



# Enchanted Thymes

MARCH 2010

VOLUME 3, NUMBER 4

## Events Calendar

Healthy Habits Herbal Hour, **Saturday, April 11<sup>th</sup> @ 9:00 am.**

Schedule your COMPASS™ Scan today!

COMPASS™ Scans and Foot Spa sessions in Carlsbad on Monday mornings at SW Pharmacy. Call Enchanted Herb Pantry, LLC to schedule your appointment today.

## Are You In Pain? Suffer No More!

It's Time to Learn the Simple Secrets to Pain Relief Without Medication. Nobody enjoys pain. Pain is why we seek help when we are sick. If illness didn't cause "disease" (literally a "lack of ease") we would not be motivated to cure it. Pain, be it mild or severe, is the nearly universal symptom in all human affliction and our universal desire is to find relief from that suffering.

Pain is a signal that something is wrong. It is the body's 911 system, alerting us to the need to change what we are doing because our diet and lifestyle is causing damage to the body. Modern medicine has given us lots of pain relieving drugs and millions of Americans take these medications every day. The problem is that these remedies aren't fixing anything. They are simply numbing the nerves or masking the sensation of pain, while the problems that are causing the pain to go unresolved. Has anyone actually permanently "cured" themselves of getting headaches by taking a pain killer? It's pretty doubtful.

Learn how to relieve pain and promote real healing, the natural way, at this month's Healthy Habits class on **Saturday, April 11<sup>th</sup> at 9:00 a.m.** Cost: \$15/person. Bring a friend and save \$10 (\$10/ea). Class includes: one-hour class with handouts. Register early as space is limited, email [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com) or call (575) 745-1673.

## EHP Monthly Specials

**Introducing the COMPASS** – FEEL BETTER THAN YOU THOUGHT POSSIBLE with our new assessment tool... Zyto™ technology is used by more than 5,000 doctors and health care providers to make decisions on the health care needs of their clients with 95% proven accuracy. Now, that same technology is available here at Enchanted Herb Pantry, LLC. Zyto's new COMPASS™ is easy to use and can help you make accurate decisions about your personal health and wellness program.

**Introductory pricing for the month of April! Only \$25 (save \$10)**

### How does the COMPASS work? It's EASY!

- Rest your hand on the COMPASS™ "hand cradle"
- Relax and watch a short video that explains how it works
- The computer measures and records your body's response to digital signatures, which indicate your body's preferences for particular supplements needed to help bring it back into a state of balance, and consequently, improved health.

### March Madness Package: Lose Weight ~ Gain Health

Includes: Basic Health Consultation (discuss your health concerns, receive lifestyles improvement tools), Proactazyme Plus or Food Enzymes (assists digestion), Antioxidant Greens Drink Mix (helps you meet daily fruit/veggie requirements), Tiao He Cleanse (liver, kidney & digestive detoxification).

**\$144.97\*** (Save over \$25) \*Expires 4/30/09

\*Sale prices valid for in-stock items only during advertised month. Sale prices/free product not valid on services or website orders unless otherwise stated.

All prices subject to change without notice.\*

### ***Tired of Feeling Tired?***

*Re-energize your body with an Energy Foot Spa session.*

*Appointments are available Monday through Saturday at Enchanted Herb Pantry in Loving and Carlsbad. Call (575) 745-1673 to schedule your Energy Foot Spa session. Refer a friend, receive \$5 off.*

*Important Notice: This information is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.*

### **Product Tips**

#### **Headache Stick**

4 drops Lavender  
4 drops Peppermint

Fill a Roll-on Bottle with Massage Oil just below the bottle neck, then add Lavender and Peppermint. Blend by "rolling" bottle between your hands. Apply to temples and back of neck and massage. Products are available from **NSP**.

### **Looking for Testimonials...**

Would you like to share your health success story? I am looking for testimonials from my clients so I can add them to my website, newsletter and advertising. If you would like to share your story, please email it to [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com).  
*Thank you.*

### **Frontier Naturals Coop products now available!**

Stock your cabinets with *organic, non-irradiated* spices, teas, natural skin care items, health accessories and much, much more! Simply visit [www.frontiercoop.com](http://www.frontiercoop.com) to view the wonderful products they carry. Then **send me an email with your order. Orders are due the 25<sup>th</sup> of each month.** Orders are wholesale cost + 25% (you save 25% or more).

### **Stay Connected**

Be more informed with information via email, i.e., specials, upcoming events, important product information, etc. If you would like to be "in the know" and receive these emails, send me an email with "Add me to your email list" in the subject line.

**FREE Sunshine Sharing subscriptions** are available to active Enchanted Herb Pantry clients. Don't miss out on this valuable information. Annual subscriptions may be purchased for \$15. Please mail payment to: Enchanted Herb Pantry, LLC, Attention: Sunshine Sharing, 97 W Ogden Rd, Loving, NM 88256. Monthly *Enchanted Thymes* issues are available FREE via email. Current and past issues can also be viewed on my website.

### **Coming Next Month**

In next month's Healthy Habits Class, we'll talk about how you can put together a simple and relatively inexpensive herbal home first aid and health care kit and use it to take care of many of your family's common health problems.

It's time for us to return to the inexpensive and proven home remedies our ancestors knew and regain control over our own health care. Join us and learn why we say, "Nature has a remedy!"

## **Enchanted Herb Pantry, LLC**

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