



Enchanted Thymes

MARCH 2010

VOLUME 3, NUMBER 6

Events Calendar

Healthy Habits Herbal Hour, Tuesday, June 9th @ 6:30 pm in Ft. Smith, AR. Topic: Herbal First Aid Kit. Call (479) 632-3766 for details.

COMPASS™ Scans available **June 10th – 19th** in Ft. Smith, AR. Call (575) 745-1673 to schedule your appointment.

Healthy Habits Herbal Hour, Saturday, June 6th @ 9:00 am at the Carlsbad Beach Area.

Schedule your COMPASS™ Scan today!

HOT TEMPER? EASILY IRRITATED?

Discover the Secrets to Holistic Anger Management

We all get angry from time to time, but sometimes people have serious issues with anger. They “blow up,” “lose their cool” and vent their anger in ways that are destructive to themselves and those around them. Being constantly angry can damage your heart and increase your risk of heart disease. It can raise blood pressure and increase your stress level. Anger has been traditionally linked with liver, gallbladder and urinary problems. Excessive anger also damages our relationships with others.

Fortunately, there are strategies that can help us keep our cool. Supporting the liver and detoxifying our body, balancing our blood sugar and reducing our output of stress hormones can all help reduce irritability and frustration in our lives. Learning how to set appropriate boundaries in our lives can also reduce anger and tension and go a long way towards improving our relationships with loved ones, co-workers and more.

Don't lose your cool, learn constructive ways to reduce your anger and irritability at this month's Healthy Habits class on **Saturday, June 6th at 9:00 a.m.** **This class will be at the Carlsbad Beach area during the Chili Cook-Off.** 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 or call (575) 745-1673.

EHP Monthly Specials

Experience the COMPASS – FEEL BETTER THAN YOU THOUGHT POSSIBLE! 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. Zyto's new COMPASS™ is easy to use and can help you make accurate decisions about your personal health and wellness program.

One Day Only – Chili Cook-Off Special! Only \$25/ea

Detox/Energy Foot Spa Sessions – Tired of Feeling T-I-R-E-D (or angry)??

The human body is approximately 80% water. Water is an excellent conductor of electricity. The human body functions off of electromagnetic signals. Similar to a car battery that charges a car, the human body greatly benefits from being recharged. The Detox/Energy Foot Spa charges the water and the water (in which your feet soak) charges your entire body.

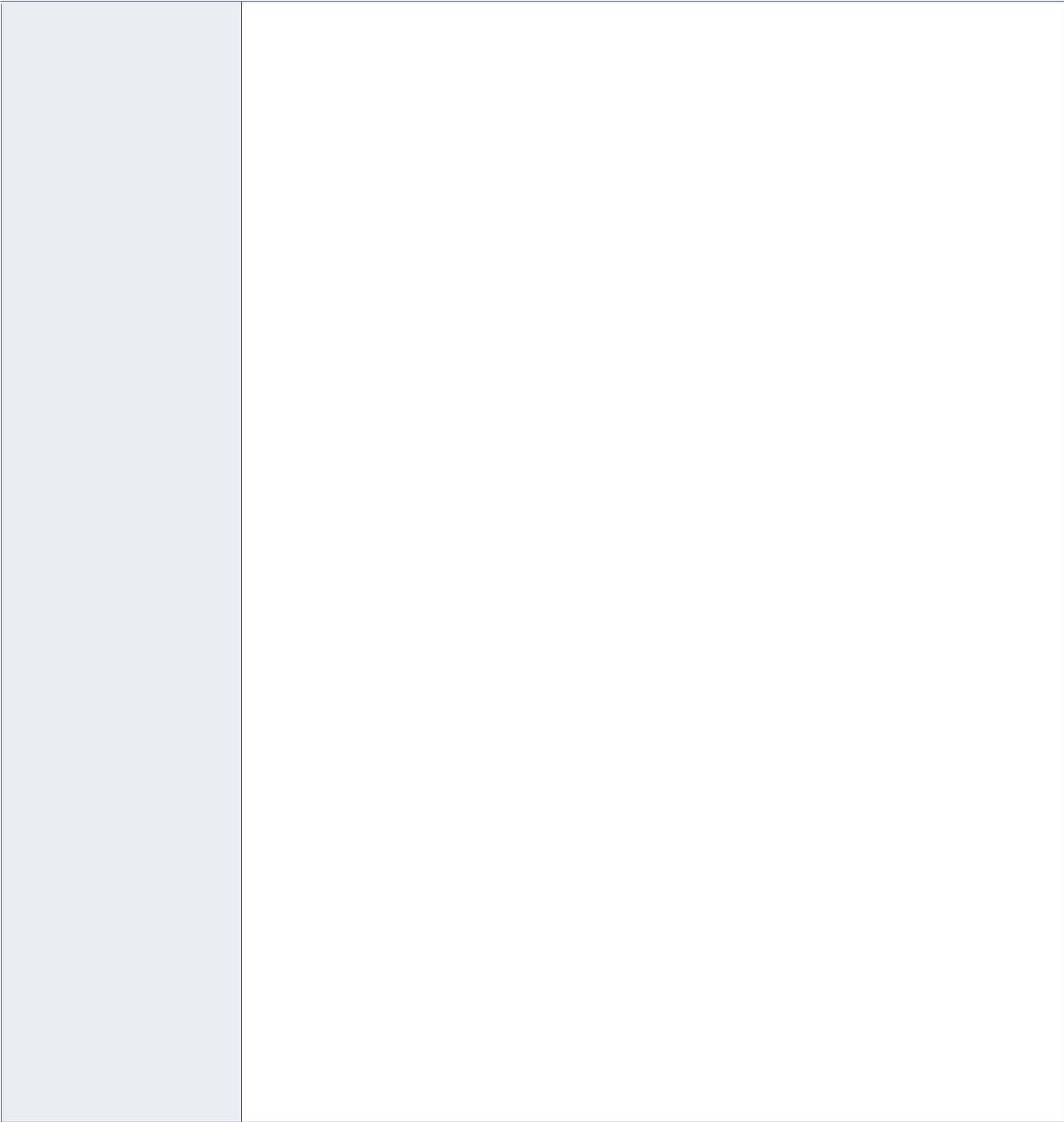
**Combine a COMPASS™ Scan & Detox/Energy Foot Spa Session
Only \$55 in June**

10% off the following Red Rock Naturals Products:

Milk Thistle
Super Mood & Super Mood Plus

*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

Stress Relief

3 drops Lavender
2 drops Bergamot
1 drop Roman Chamomile

Add to 1 C Epsom Salt for a bath, diffuse in an AromaBall diffuser or take it with you by adding to Massage Oil in a Roll-on Bottle. Products are available from **NSP**.

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 to view the wonderful products they carry. Then **send me an email with your order. Orders are due the 25th of each month.** Orders are wholesale cost + 25% (you save 25% or more). Select products are available at Enchanted Herb Pantry, LLC.

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 tell you the whole story about vaccines, including their potential problems and side effects. We'll also discuss how to help the real hero of immunity, our own immune system, with herbs and nutrition. If you have had vaccines, we'll tell you how to detoxify from them. If you're going to vaccinate yourself or your children, we'll tell you how to minimize side effects and if you want to avoid them, we'll provide you with information on how to legally do so. Join us and learn why vaccines aren't always a "hot shot." Also discover alternatives that can help you avoid being on the "wrong end" of the vaccine issue. This is important information that everyone needs to hear, so bring your family and friends.

Enchanted Herb Pantry, LLC

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Enchanted Times is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to Enchanted Herb Pantry, LLC, 97 W Ogden Rd., Loving, NM 88256 or enchantedherbpantry@yahoo.com. If you wish to be removed from this email list just send a blank email with "unsubscribe me" in the subject box.