



Enchanted Thymes

MARCH 2010

VOLUME 4, NUMBER 1

Events Calendar

COMPASS™ Scans
available in **Loving
and Carlsbad**. Call
(575) 745-1673 to
schedule your
appointment.

Healthy Habits Herbal
Hour, **Saturday,
January 9th @ 9:00
am** at **Enchanted
Herb Pantry, LLC**.

**FEEL BETTER Than
You Thought
Possible** - Schedule
your **COMPASS™**
Scan today!

WHO'S AFRAID OF THE BIG, BAD FLU?

Protecting Yourself from Contagious Diseases

It seems like every year the news reports threaten us with some new disease that's going around. This year it's been the H1N1 virus (or swine flu); a few years ago it was the avian flu. There have also been scares about the West Nile virus and anthrax. In general Americans have become germ phobic. We're so concerned about microbes that we miss the most important point – not everyone who is exposed to a microbe gets sick. Why? Because of something called the immune system.

When you have a strong immune system, you are naturally resistant to the actions of microbes. Even vaccines depend on your immune system to be effective, because all a vaccine does is to challenge your immune system to mount a response. If your immune system is too weak, a vaccine not only won't work, it will "backfire" and make you sick. What's even more interesting is that your immune system depends on microbes to work properly. That's right; you need friendly bacteria and other organisms in your body to defend yourself against diseases. These friendly microbes, known as probiotics are an essential component to your ability to resist disease. That's why you don't want to over sterilize everything. There is evidence that excessive use of antimicrobials increases the risk of asthma and allergies in children because it prevents their immune system from developing normally.

Learn how to build your immune system to avoid catching whatever "bug" is going around at this month's LIVE Healthy Habits class on **Saturday, January 9th at 9:00 a.m.** Cost: \$15/person. Bring a friend – Save \$10 (2/\$20). Class includes: one-hour class with handouts. Register early as space is limited, call (575) 745-1673 or email enchantedherbpantry@yahoo.com. Purchase your **2010 Healthy Habits Class Pass** good for all 2010 classes. **Cost: \$120*** (save \$60)

*Pass includes any bonus Healthy Habits classes that may be added to the calendar.

EHP Monthly Specials

Get Your Health on Track with 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. The COMPASS™ is easy to use and can help you make accurate decisions about your personal health and wellness program.

SAVE \$10 – Now Only \$25/Scan

It Works! – Shed those pesky pounds with the **Ultimate Body Applicator**. What are you waiting for?! It's fast. It's effective. It's mess-free and comes with an affordable price tag. The **Ultimate Applicator** allows you to pick where you want to lose and literally shrinks your trouble spots in an easy, one-step application. See results in just 45 minutes!

***Save over 50% @ www.itworks.net/enchantedherbpantry**

*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

Flu Goo

4 drops Thyme Linalol
4 drops Marjoram
3 drops Eucalyptus
2 drops Tea Tree
2 drops Oregano
1 teaspoon Aloe Vera Gel
1/8 teaspoon Massage Oil
Combine ingredients and rub into chest before bed.

Products are available from **NSP**. Recipe from Larissa Jones.

Shield your home or business and sanitize the air you breathe with an exciting new product from Nature's Sunshine! Visit the following link for information on the Boomerang: **<http://www.naturessunshine.com/us/products/boom.aspx>**

Are You 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

If you want to enhance your love life, or simply want to learn how to help people who have these problems, join us for next month's Healthy Habits Class. You'll find our discussion of this topic both tasteful and helpful for lighting up your romantic life.

Enchanted Herb Pantry, LLC

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Office Hours: Monday - Friday, 9-6, Saturday, 9-Noon

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 Road, 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.