



Enchanted Thymes

OCTOBER 2010

VOLUME 4, NUMBER 10

Events Calendar

COMPASS™ Scans and Detox/Energy Foot Spa Sessions available in **Loving and Carlsbad**. Call (575) 745-1673 to schedule your appointment.

Healthy Habits Herbal Hour, **Saturday, October 9th @ 9:00 a.m.** at **Enchanted Herb Pantry, LLC**.

Stop by and visit our booth at the **Carlsbad Business Fair**, Saturday, **October 23rd**, 9:00 am to 3:00 pm, at Pecos River Village Conference Center.

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

Don't Be "Tricked" by the "Treats"

Diabetes is a Sugar-Coated Horror Story

October is the month we celebrate Halloween, a holiday filled with ghosts, goblins, witches, monsters and sugar! And while the frights of Halloween are all in fun, the horrors of refined sugar are extremely serious. Diabetes is the third leading cause of death in the United States. It increases the risk of heart disease and cancer and is linked with obesity. Unfortunately, the number of people suffering from diabetes is growing worldwide. According to recently released information by the International Diabetes Federation, worldwide diagnosed cases of diabetes have increased from 30 to 246 million in just two decades.

A similar thing has been happening in America. According to the American Diabetes Association, 23.6 million people in the United States are affected. That's 7.8% of the population! Worse yet, another 51 million people are pre-diabetic. Diabetes is also becoming more prevalent in children, too. It's very clear that the high consumption of sugar and other refined carbohydrates is the primary cause of diabetes, which means there is a lot you can do to prevent this disease. Furthermore, when it comes to type II diabetes, there is a lot you can do to actually cure it!

Flee the sugar-coated horrors of diabetes by attending this month's LIVE Healthy Habits class on **Saturday, October 9th at 9:00 a.m.** Cost: \$15/person. Bring a friend – Save \$10 (2/\$20) and receive a FREE gift. Class includes: one-hour class with handouts. To register call (575) 745-1673 or email enchantedherbpantry@yahoo.com, seating is limited.

EHP Monthly Specials

Don't be Scared!!

Learn what supplements can bring your body to balance with a **Compass Scan**

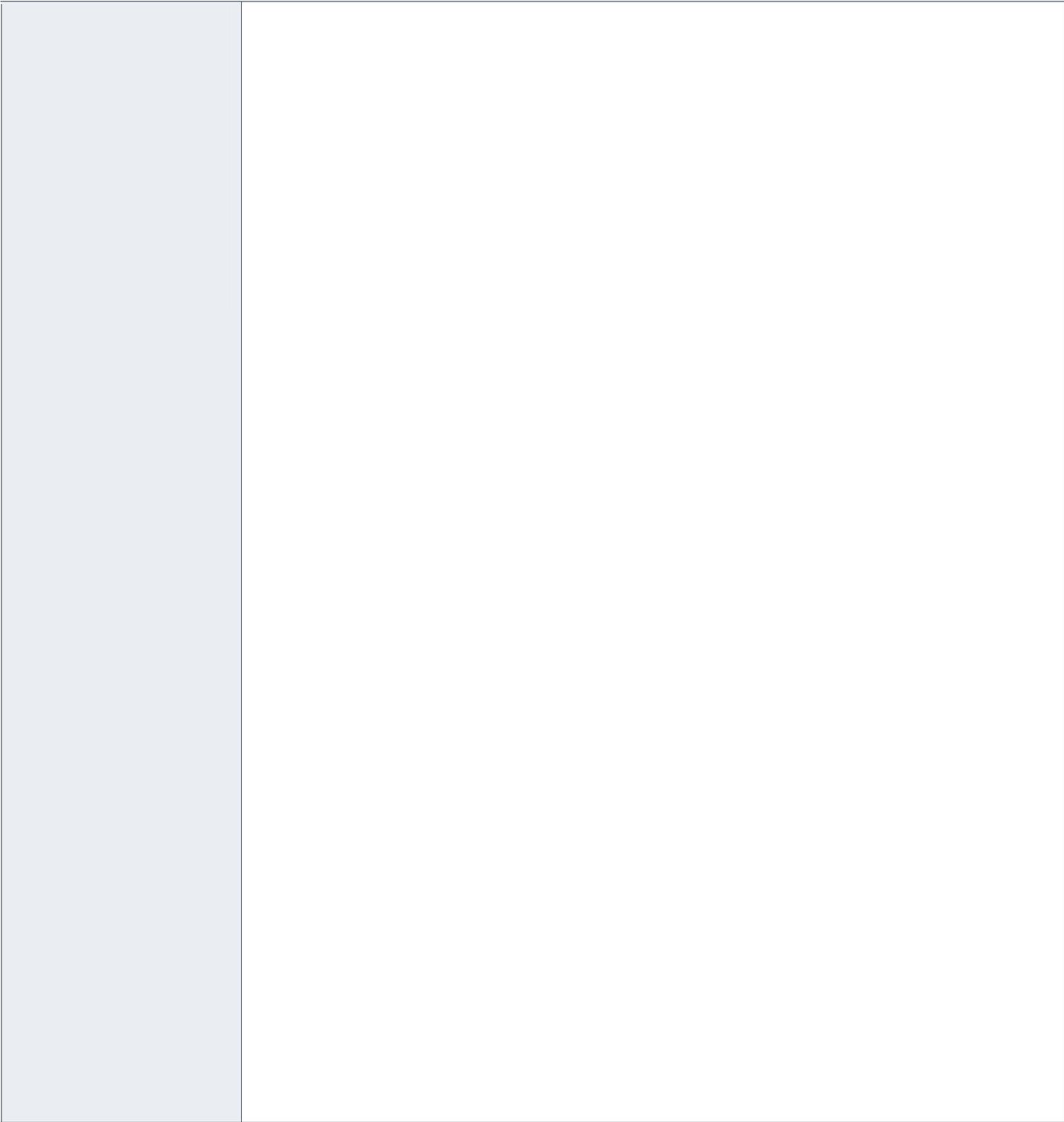
Now Only \$25/ea ~ Save \$10

Save **10%** on all **Xylitol products** (including bulk, packets, chocolate, gum and mints)

*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.

Shipping charges may apply.*



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

Xylitol:

Xylitol has the same sweetness of sugar, so it can be substituted 1-to-1 for sugar in most applications. It does not spike the blood sugar making it safe for diabetics as well as hypoglycemics. It doesn't promote tooth decay; it actually kills the bacteria that causes plaque, gum disease and tooth decay. For more information on this amazing product just give me a call or send an email.

***Products available NSP @ www.mynsp.com/stevens.**

Coming Next Month

At next month's Healthy Habits class we will explore what you can do to maintain good joint health so you can stay healthy and active. We will also look at natural approaches to helping these conditions that go beyond just relieving the pain. Get the "straight" story about arthritis and other joint disorders by joining us at next month's Healthy Habits Class on **Saturday, November 13th at 9.**

Enchanted Herb Pantry, LLC

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

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.

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