



Enchanted Thymes

NOVEMBER 2010

VOLUME 4, NUMBER 11

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, November 13th @ 9:00 a.m.** at **Enchanted Herb Pantry, LLC**.

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

Don't Get Bent "Out of Joint"

Natural Remedies Can Help You Overcome Arthritis and Other Joint Problems

Arthritis and rheumatic conditions affect a large percentage of people. In fact, according to the Center for Disease Control (CDC), over one in five adults (18 years of age and older) and one in two seniors (65 years of age and older) have been diagnosed with some form of arthritis. This means that about 46 million adults in the United States have some form of joint disease such as arthritis, rheumatoid arthritis, gout or lupus. We tend to think of these diseases as unavoidable results of the aging process, but this is not really true. These diseases also affect children. Again, using statistics from the CDC we find that about one on every 250 children also has one of these conditions.

Medical science offers little help for these conditions beyond pain killers for symptomatic relief. In fact, most doctors not only regard arthritis as incurable they also feel it is inevitable for many of us because of our genetics. The truth is that these diseases are not inevitable or incurable. They are brought on by a combination of lifestyle factors, including a lack of proper nutrition, unnecessary mechanical wear and tear on the joints, toxins and infections. Also, many people have cured themselves of these conditions through appropriate changes in diet and lifestyle and the use of supplements, herbs and other natural therapies.

Get the "straight" story about arthritis and other joint disorders by attending this month's LIVE Healthy Habits class on **Saturday, November 13th at 9:00 a.m.** Cost: \$15/person. Bring a friend – Save \$10 (2/\$20). Class includes: one-hour class with handouts. Seating is limited, to register call (575) 745-1673 or email enchantedherbpantry@yahoo.com. **Join us for the Clean Home, Green Home Party immediately following the Healthy Habits class.** Party perks: **Save 10%, FREE Shipping, \$50 off Boomerang, Sign-up a Friend and You BOTH receive \$25 product credit.** These new **Nature's Fresh** cleaning products are 100% chemical FREE!!!

**** Attend this month's Healthy Habits Class **
and receive a FREE Relaxing Bath Salt**

EHP Monthly Specials

EHP Headache Stick Roll-on ~ Only \$9.99

Save 10% on Red Rock Green Gold Salve and Muscle Ease Tincture

*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

Tei Fu Spritzer

5-6 Drops Tei Fu Essential Oil

Add to 4 oz Spritzer Bottle filled with Nature's Fresh. Spray directly on achy neck, shoulders or joints for pain relief.

Thank you Nancy Hollyfield for this great tip!

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

Coming Next Month

At next month's Healthy Habits class we will learn the holistic secrets of losing weight. It is just in time to help you with those New Year's resolutions and really make them "stick" (or do we mean "shed"). Either way, you will get great tips that will help you lose those pounds and improve your health at the same time by joining us at next month's Healthy Habits Class on **Saturday, December 11th at 9 am.**

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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