



Enchanted Thymes

MARCH 2010

VOLUME 4, NUMBER 3

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, March 13th @ 9:00 am** at **Enchanted Herb Pantry, LLC**.

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

FEED YOUR FAMILY RIGHT

Improve Your Family's Health with Better Nutrition

American families are facing a serious health crisis. Health experts are saying that the upcoming generation of young people will have a shorter life span than their parents. Childhood obesity has become a serious issue and a growing number of teenagers are developing insulin-resistant (type two) diabetes, a disease that used to primarily affect the elderly. The primary cause of these and other health problems is poor nutrition. With approximately seven percent of the average American's caloric intake coming from soda pop and some of the most popular American foods being donuts and pastries, hamburgers, French fries, pizza, white bread, cheese and beer, it's no wonder we're having problems.

In this month's Healthy Habits Class, I will share some tips on how to feed your family right. Don't worry you don't have to give up all your favorite foods to be healthy. I will show you how to transition to a healthier diet by simply upgrading your food choices. I will offer tips on helping children eat healthier too.

Learn to weigh your nutritional options and improve your family's nutrition at this month's LIVE Healthy Habits class on **Saturday, March 13th 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. **Last month** to 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

March into a healthier lifestyle with these specials:

Specialty mini- **COMPASS** Scans (Choose from Essential Oils, Homeopathics, Chinese Herbs, Liquid Herbs or Children's Products)

SAVE \$15 – Now Only \$20 (does not include "All Products" Scan)

It Works! – Ultimate Body Applicator

For serious detoxification, add a Detox Body Wrap to your Detox/Energy Foot Spa Session

Only \$50 (includes (1) Detox Body Wrap and (1) Detox/Energy Foot Spa Session)

Save 25% on all in-stock Diodes

Protect yourself from EMF's (Electromagnetic Frequencies) with Cell Phone, Appliance and Equipment Diodes, Pocket Diodes and attractive Pendants. No local? It's ok, I'll send them to you for only \$3 (US only).

*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

Pleasant Aromas

3 parts geranium

5 parts lemon

1 part frankincense

Combine oils and add to diffuser.

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

Boomerang Air and Surface Sanitizer

SAVE \$50 if you order before March 6th. Shield your home or business and sanitize the air you breathe with an exciting new product from Nature's Sunshine! New "quieter" model. Visit the following link for information on the Boomerang:

<http://www.naturessunshine.com/us/products/boom.aspx>

Testimonial: We were out of town for my daughter's choir concert. The day we arrived, everyone had tuna salad lunch in our hotel room and the dirty dishes were thrown out in the room's trash. The Boomerang was plugged in when we arrived. There was NO tuna smell at all (or stinky hotel room smell) and the trash was there until the room was cleaned the next day!

Website Update

Our website (enchantedherbpantry.com) is currently getting a makeover. Please look for our new and improved website soon. Thank you for your patients.

Coming Next Month

At next month's Healthy Habits Class I'll give you some additional information on how you can determine if your thyroid may be the source of some of your health problems. I'm also going to share with you ways of rebuilding thyroid health naturally for various types of thyroid conditions. With the growing number of people experiencing thyroid problems, this is one program you should not miss. Next month's Healthy Habits Class will be Saturday, April 10th at 9 am.

Enchanted Herb Pantry, LLC

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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.

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.