



# Enchanted Thymes

MAY 2010

VOLUME 4, NUMBER 5

## 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, May 8<sup>th</sup> @ 9:00 am** at **Enchanted Herb Pantry, LLC**.

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

## Hot News for Hot Flashes!

### Natural Remedies Can Ease Menopausal Problems

Although the transition of menopause can involve some uncomfortable symptoms and changes in her body, menopause is not a disease! It is a transition in life that women were successfully passing for thousands of years before the advent of modern hormone replacement therapy. In fact, many women in traditional cultures go through menopause with very few symptoms. Modern women, due to our high stress lifestyles, poor diets and exposure to environmental toxins, seem to experience more problems than our ancestors did.

Fortunately, there are herbs, supplements and other natural therapies that can ease a modern woman's transition through menopause and perimenopause, and that is our focus for this month's Healthy Habits class. We're going to talk about the changes that take place in a woman's body at menopause, and the common problems women experience during this life change. Then, we're going to discuss a variety of strategies for dealing with common menopausal issues, including hot flashes, vaginal dryness, depression and deteriorating bone health. We will also discuss the pros and cons of hormone replacement therapy and the safest way to approach hormone replacement therapy.

Discover how to "stay cool" during the change of life at this month's LIVE Healthy Habits class on **Saturday, May 8<sup>th</sup> at 9:00 a.m.** Cost: \$15/person. Bring a friend – Save \$10 (2/\$20). Class includes: one-hour class with handouts. To register call (575) 745-1673 or email [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com), seating is limited.

## EHP Monthly Specials

### Save 10% on Antioxidant Natural Greens w/o Licorice

Antioxidant Natural Greens: support nutrition, digestion, circulation & immunity; contain 2600mg Organic Flax & Organic Flax Lignans per serving, rich in ALA Omega 3; provide dark green plants, herbs, spices, natural food concentrates, and nutritious fruits and vegetables to help meet your daily requirements; supplies a rich blend of totally natural vitamins, minerals, plant enzymes, antioxidants, phytonutrients and symbiotic intestinal flora for optimal energy metabolism, digestion, detoxification, and immune enhancement. Getting your 7-9 servings of fruits and veggies has never been so easy and tasty! **Only \$39.60**

### Save 10% on all in-stock Ancient Secrets Salt Lamps

**Buy 4, Get 1 FREE** – Simply Organic Dip and Seasoning Mixes

\*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**

#### **Sunshine Concentrate – If you start to use it, You'll never stop!!!**

Phosphate Free ~ Non-Polluting ~ 100% Organic ~ Not a Soap ~ Non-Toxic ~ Non-Magnetic Bio-degradable ~ Not a Detergent ~ Non-Irritating ~ Non-Volatile ~ Safe for Septic Systems! The most economical cleaner you can buy ~ a little goes a long way! Just ONE quart makes 64 gallons of cleaning solution! Makes water "wetter" ~ if it's safe in water its safe in Sunshine Concentrate!

Here are some everyday uses: Cleaning Hands, Bathing, Shaving, Insect Repellent, Insect Bites, Shoe Cleaner, and Shampoo. Household Cleaner: General Cleaning, Appliances, Bathroom Fixtures, Dishes, Floors, Fruits & Veggies and much, much more!! Combine NSP Essential Oils (lemon, lavender, pink grapefruit and others) with Sunshine Concentrate and your house will smell great.

Products are available from **NSP**. Visit [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com) for Sunshine Concentrate Uses.

### **Boomerang Air and Surface Sanitizer**

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>

**"Test-Drive" the Boomerang:** Contact me if you would like to see how the Boomerang works. We will do a "Before" and "After" Petri dish test to show how well the Boomerang can clean up your home or office environment.

### **Website Update**

Our website ([enchantedherbpantry.com](http://enchantedherbpantry.com)) is currently getting a makeover. If you have not checked in lately, you should. I am very pleased with the progress. Thank you for your patients and THANK YOU! Dave Golden for all your hard work.

### **Coming Next Month**

Learn how to relieve PMS and "period problems" at next month's Healthy Habits Class on **\*Saturday, June 24<sup>th</sup> at 9 am\***. Join us and learn how to keep your sense of well-being (and good humor) going during that "time of the month."

\*Please note date change\*

## **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.

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