



Enchanted Thymes

FEBRUARY 2011

VOLUME 4, NUMBER 6

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, June 26th @ 9:00 am** at **Enchanted Herb Pantry, LLC**.

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

PMS

It's Not a Joking Matter

There are a lot of jokes about PMS. So, before we get serious about this very real health problem, we have to indulge in at least one. If you don't know what PMS stands for, well, for some women, it could be an acronym for any of the following: Perpetual Munching Spree ~ Puffy Mid-Section ~ Provide Me with Sweets ~ Pardon My Sobbing ~ Pimples May Surface ~ Pass My Sweatpants ~ People Make Me Sick ~ Pissy Mood Syndrome ~ Psychotic Mood Shift ~ Pass My Shotgun ~ Plainly Men Suck.

While the above might be true for some women, for ALL women, PMS stands for Pre-Menstrual Syndrome. PMS isn't a disease, it's a collection of symptoms associated with the time just before a woman's period starts, and, for women afflicted with severe PMS, it really isn't a laughing matter. PMS can make women angry, depressed, chocolate munching, moody, bloated, crampy, crabby, swollen, sugar-craving, anxious and otherwise miserable. Fortunately, it doesn't have to be this way, because there are many effective natural remedies for PMS and other menstrual problems.

We are going to take a look at the various types of PMS and learn about remedies that can balance women's hormones and ease discomfort associated with periods. We will deal with anxiety, irritability, bloating, depression, skin problems, sugar cravings, cramps, heavy bleeding and other health concerns associated with a woman's monthly cycle at this month's LIVE Healthy Habits class on **Saturday, June 26th 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, seating is limited.

EHP Monthly Specials

Gold Label Coconut Oil 16 oz. - Only \$15 (Save \$10)
All other in-stock Coconut Products 10% Off

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

Easy Vegan Macaroons

1½ C Unsweetened Almond Milk
2 T Virgin Coconut Oil*
2 T Coconut Cream Concentrate*
3 T Xylitol*
1 T Organic Cornstarch
1 T Coconut Flour*
2 C Shredded Coconut
½ C Coconut Flakes*
2 t Vanilla
½ t Almond Extract
½ t Sea Salt*

24 Whole Almonds or Walnut Halves for garnish

Preheat oven to 400 degrees. Heat milk, oil, coconut cream and xylitol on low until melted. Add cornstarch and coconut flour and whisk until smooth. Add milk mixture to all other ingredients in a large bowl and mix. Spoon batter in mounds about the size of 2 T onto well-greased (w/coconut oil) cookie sheets. Top with nuts and bake for 15-20 minutes, or until golden brown on tops and edges. Let cool before serving. Makes about 2 dozen. ***Products available at Enchanted Herb Pantry.**

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 we'll explore vision problems like near and farsightedness and astigmatism, discuss natural therapies for eye infections like conjunctivitis (pink eye) and consider ways to prevent and possibly reverse degenerative eye diseases like macular degeneration, cataracts and glaucoma. I hope you'll see your way clearly to join us on **Saturday, July 24th at 9 am.**

Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

97 W Ogden Road, Loving, NM

575-745-1673

www.enchantedherbpantry.com

Email: enchantedherbpantry@yahoo.com

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.

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.



