



Enchanted Thymes

FEBRUARY 2011

VOLUME 4, NUMBER 7

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, July 24th @ 9:00 a.m.** at **Enchanted Herb Pantry, LLC**.

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

Oh Say, Can You See?

Natural Approaches to Healthy Eyes

Being able to see is a precious gift. Unfortunately, there are many health problems that can affect our eyes and/or impair our ability to see clearly. These range from near-sightedness and far-sightedness to infections like conjunctivitis to serious disorders that can impair our vision, like cataracts and macular degeneration. Most diseases of the eye that cause visual impairment are caused by diseases related to oxidative damage to the eye and malnutrition. The World Health Organization (WHO) shows that almost half of all vision problems are caused by cataracts. Another 12% is due to glaucoma and about 9% to macular degeneration. Diabetes causes about 5% of the cases. All of these problems are nutrition related and most involve some type of free radical damage to the eyes.

Fortunately, there are things we can do to prevent vision problems naturally. There are also many herbal and nutritional remedies that can be used to treat eye diseases naturally. At this month's Healthy Habits Class we'll explore vision problems like near and far-sightedness 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.

See your way clearly to naturally healthy eyes at this month's LIVE Healthy Habits class on **Saturday, July 24th 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

10% Off Silver Shield Liquid and Gel

Buy 4, Get 1 FREE – In-Stock 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

See Attachment – Have a fun & healthy summer!

Website Update

Our website (www.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 will look at a variety of health problems that can cause insomnia. We will discuss different patterns of insomnia and various herbs and nutritional supplements that can help correct them. We will also look at lifestyle changes you can adopt that will improve the quality and length of your sleep. Sleep soundly and wake refreshed with the information at next month's Healthy Habits Class on **Saturday, August 8th at 9 a.m.**

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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