



Enchanted Thymes

FEBRUARY 2011

VOLUME 4, NUMBER 8

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, August 8th @ 9:00 a.m.** at **Enchanted Herb Pantry, LLC**.

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

Get a God Night's Sleep

Overcoming Insomnia with Natural Remedies

Insomnia is a wide-spread problem affecting 50 – 70 million Americans. Over half of all Americans report having sleep problems during their lifetime and about one in four experiences sleep problems regularly. Statistics suggest that Americans have more problems sleeping than any other country in the world. Sleep is important for our health and well-being. Lack of sleep not only affects our performance, it makes us more prone to accidents and disease. Sleep disorders have been linked with high blood pressure, heart disease, depression, diabetes and even obesity.

There are numerous problems that can interfere with sleep, including stress, depression, anxiety, jet lag, dehydration, nutritional deficiencies and chronic pain. Sometimes the answers to improving the quality of sleep lie in resolving physical health issues and other times they lie in resolving mental and emotional issues. Many times it is a combination of both.

Getting a good night's sleep so you can wake up refreshed and invigorated is vital to your health and well-being. So, if you're not getting the sleep you need, be sure to join us and learn how you can overcome insomnia at this month's LIVE Healthy Habits class on **Saturday, August 8th 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

Buy 1, Get 1 FREE – EHP Mystic Pillow Spray (2 oz), Reg. Price \$5.99/ea

Back to School Special ~ 10% Off Any Product Purchase

(Not valid with other specials)

*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

Protein-Balance Snacks

Nut butter and apple slices with pumpkin seeds ~ A handful of nuts and dried fruit
Yogurt and nuts or fruit ~ A hard-boiled egg and vegetable sticks
Cottage cheese and cubed fruit

Relaxing Blend

5 drops Bergamot
3 drops Marjoram
3 drops Lavender

Blend with Nature's Fresh in a 4 oz. Amber Spray Bottle. Use as a room, pillow or body spritzer. ***Products available NSP @ www.mynsp.com/stevens.**

Coming Next Month

Here's a bright idea: Come to the September Healthy Habits class and discover how to learn faster and remember better. In addition to herbs and nutrition there are simple techniques you can learn that will dramatically increase your ability to remember and process information. We will cover these and other tips for making yourself smarter at the September Healthy Habits class. The intelligent thing to do is to mark your calendar now so that you won't forget to join us at next month's Healthy Habits Class on **Saturday, September 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.

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.



