



Enchanted Thymes

SEPTEMBER 2010

VOLUME 4, NUMBER 9

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, September 11th** @ **9:00 a.m.** at **Enchanted Herb Pantry, LLC**.

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

Boost Your Brain Power

Tips to Improving Memory and Increasing Intelligence

Contrary to what most people think, your intelligence and ability to remember isn't a set thing. There are ways to enhance your ability to remember information and even increase your intelligence. So, at this month's Healthy Habits Class we want to introduce you to ways you can boost your brain power. For starters, nutrition plays a big role in enhancing the clarity of your mind. In particular, the intelligence of children can be greatly enhanced with good nutrition. In fact, your brain is the most chemically-sensitive organ in the body, so your nutritional intake greatly influences how your mind functions.

For instance, when it comes to being smart, you want to become a "fat head." That's because 50% of the dry weight of your brain is fats. So, good fats like DHA and other omega-3 fatty acids are absolutely critical to keeping your brain healthy. There are also herbs that have been traditionally viewed as memory-enhancing. Modern research confirms the fact that these herbs have positive influence on your brain.

Come to this month's LIVE Healthy Habits class on **Saturday, September 11th at 9:00 a.m.** and discover how to learn faster and remember better. 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

25% Off All Coconut Oil products

Including: Gold Label Coconut Oil, Expeller Pressed Coconut Oil, Coconut Flour, Coconut Soap, Coconut Lotion and Coconut Lip Balm

*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

Clear Your Mind

1 drop Tei-Fu Oil

or

1 drop Peppermint Oil

Drop oil in back of your hand and lick off. This is great to clear your mind and wake up when you need it (meetings, long car trips, etc.)

***Products available NSP @ www.mynsp.com/stevens.**

Coming Next Month

Flee the sugar-coated horrors of diabetes! Did you know, type II diabetes is not only preventable, many people have been able to reverse it with changes in diet and lifestyle and appropriate herbs and supplements. To learn how you can take control of the sugar horror and keep diabetes from ruining your health and the health of those you love join us at next month's Healthy Habits Class on **Saturday, October 9th at 9 am.**

Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

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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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