



Enchanted Thymes

JANUARY 2011

VOLUME 5, NUMBER 1

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, January 8th @ 9:30 a.m.** at **Enchanted Herb Pantry, LLC**.

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

Happy New Year!!!

THE BEST OFFENSE IS A GOOD DEFENSE

Don't Catch a Cold, Catch Health!

When it comes to fighting colds and flu, most people go on the offensive to defend themselves. They focus their efforts on trying to destroy germs. When it comes to preventing contagious disease, however, the best defense is to build up one's immune defenses.

It seems that in all the rush to kill microbes with antiseptics, disinfectants and antibiotics we forget one simple fact - a healthy body naturally resists infection. It's not that cleanliness isn't important, it is just that its impossible to avoid all contact with microbes. That's why we have an immune system.

Nutritional deficiencies, stress, negative attitudes and lack of sleep all lower our immune defenses and no amount of disinfectant offensive actions can make up for this reduced immune response. However, there are herbs and supplements that can.

Adaptagens, for instance, can reduce stress responses while boosting the immune system. Non-specific immune stimulants can increase white blood cell production, putting the body on "red alert" to be prepared for any microbe to which you might be exposed. Probiotics also build your defenses and help to protect your body against yeast, mold and harmful bacteria.

January Healthy Habits Class

DATE: Saturday, January 8, 2011 **TIME:** 9:30 AM

LOCATION: Enchanted Herb Pantry, Loving, NM

MORE: Learn how to get your immune defenses in shape this winter by attending this month's Healthy Habits Class. Cost: \$10/person, Bring a Friend ~ Receive a FREE Gift. Class Includes: One-hour class with handouts. To register call (575) 745-1673 or email: enchantedherbpantry@yahoo.com. Space is limited ~ Register early!

NOTE: **New Time - Lower Cost!**

EHP Monthly Specials

Mama's Prevention Combination - This HOT combination is great to take in the beginning stages of a cold or flu. It also helps to speed the healing process so you can feel better faster. It can be taken "straight" or mixed with 4 oz. of water.

SALE PRICE - \$20 (Regular \$25)

*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

Guardian Spritzer

Guardian is an excellent way to protect you and your family from "what is going around", try this simple recipe:

20 drops Guardian EO

Fill a 2 ounce spray bottle with Nature's Fresh and add the Guardian, shake to blend, spray in face and on body and enjoy! This blend can also be used as deodorant.

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

Coming Next Month

At next month's Healthy Habits class learn how to create beautiful skin from the inside out. We will talk about general principles of skin care and also discuss natural solutions to various skin conditions. So, join us and learn how to put a more beautiful and vibrant skin "cover" on your body at next month's Healthy Habits Class on **Saturday, February 12th at 9:30 am.**

New for 2011

Changes for 2011 Healthy Habits Classes

- New start time of 9:30 am.
- Lower class fee of only \$10/person. Bring a friend ~ Receive a FREE gift.
- Attend any five (5) classes and receive your sixth (6th) one FREE.

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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