



Enchanted Thymes

OCTOBER 2011

VOLUME 5, NUMBER 10

Events Calendar

Schedule your **COMPASS™ Scans and Detox/Energy Foot Spa Sessions** today! Call (575) 745-1673 to schedule your appointment.

Healthy Habits Class, Saturday, October 8th @ 9:30 a.m. at Enchanted Herb Pantry, LLC.

Stop by and visit our booth at the **Carlsbad Business Fair, October 15th** @ the Pecos River Village Conference Center

Compass Scans are now available for both **Nature's Sunshine Products** and **New Sun Products!** Call and schedule your appointment today!

The Earth's Cure

Mineral Deficiencies are the Root of Many Modern Health Problems

We typically don't associate dirt with health. However, if you remove all the fats, proteins, carbohydrates and water from the body, you'd be left with a handful of minerals – the “dust” of the earth. These minerals, although often present only in small amounts, are absolutely essential to our health. Unfortunately, modern commercial methods of agriculture not only deplete the soil of minerals, they also inhibit the ability of plants to absorb those minerals. The result is that the mineral content of our foods has dropped drastically over the past 100 years. In many cases the amount of trace minerals present in modern foods is less than 10% of what people would have obtained 100 years ago.

We all recognize that minerals are needed for healthy bones and teeth, but that's just the beginning. Minerals are also needed to catalyze enzyme activity, which produces all the hormones, neurotransmitters and other compounds the body needs to properly function. Deficiencies in minerals inhibit our immune system, the ability of our body to detoxify itself and the regulatory systems that keep all our organs and tissues working harmoniously.

October Healthy Habits Class

DATE: Saturday, October 8, 2011

TIME: 9:30 AM – 10:30 AM

LOCATION: Enchanted Herb Pantry, Loving, NM

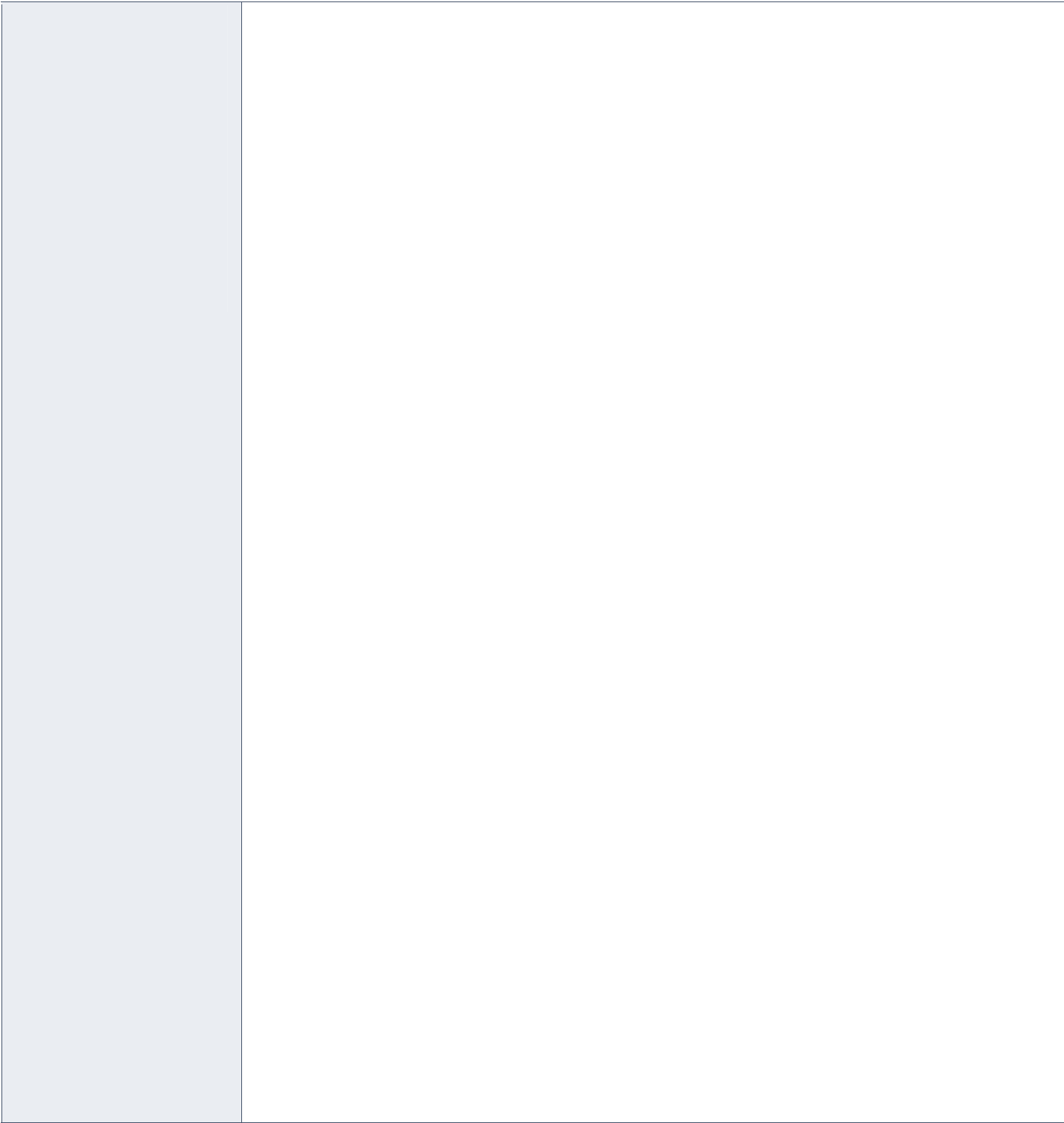
MORE: Join us at this month's Healthy Habits Class and learn how the “dust of the earth” can heal you. Cost: \$10/person, Bring a Friend ~ Receive a FREE Gift. Class Includes: One-hour class with handouts. To register call (575) 745-1673 or email: jackie@enchantedherbpantry.com. **Space is limited ~ Register early!**

EHP Monthly Specials

SAVE 10% on New Sun's Ancient Minerals and Red Rock Phyto-Mins

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.

NEW EMAIL ADDRESS: jackie@enchantedherbpantry.com



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

Mineral Remedies:

Start your day with this energizing “cocktail!”

1 oz. Thai Go

1 oz. Mineral Chi Tonic

½ oz. VitaWave

Chase with 12 oz. pure water

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

Natural and Organic Foods

Enchanted Herb Pantry is now offering Healthy and Organic foods at affordable prices! I am now able to offer “the inner aisles of the grocery store” (no refrigerated or frozen foods – yet). Pricing is only 25% above actual cost. Please contact me for more information.

Ground buffalo meat and buffalo jerky now available!

Coming Next Month

Testosterone – At next month’s Healthy Habits Class, on **Saturday, November 12th at 9:30 am**, we will discuss how xenoestrogens, fluoride and other toxins, coupled with poor nutrition and lifestyle habits are depressing testosterone in men. We will also discuss natural ways to rebuild testosterone and help men feel like men again – relaxed, confident, strong and healthy. Learn how balancing testosterone can improve men’s health at next month’s Healthy Habits Class.

Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

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575-745-1673

www.enchantedherbpantry.com

NEW Email: jackie@enchantedherbpantry.com

Office Hours: Monday - Friday, 9-6, Saturday, 9:30-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 jackie@enchantedherbpantry.com. If you wish to be removed from this email list just send a blank email with “unsubscribe me” in the subject box.