



# Enchanted Thymes

NOVEMBER 2011

VOLUME 5, NUMBER 11

## 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, November 12th @ 9:30 a.m.** at Enchanted Herb Pantry, LLC.

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

## Testosterone

### It's What Makes a Man a Man

#### Unfortunately, Many Men Have Very Low Levels of this Vital Hormone

Testosterone is the hormone that makes a man, manly. It not only promotes the sexual changes that take place during puberty, it reduces fat, builds muscle and stimulates a man's sex drive. Testosterone improves a man's mood, creativity and imagination. In fact, contrary to what most people think, higher testosterone levels do not make men more aggressive, they actually make them calmer and more centered. Good testosterone levels even reduce the risk of degenerative diseases, like cancer and diabetes, as men age.

Unfortunately, men's testosterone levels are falling and make reproductive health in serious trouble. Thirty to fifty percent of American men have some type of erectile dysfunction. Sperm count in the average male is half what it was 70 years ago. Estimates indicate that 25-80% of men over the age of 40 are affected with benign prostate hyperplasia (BPH), with 90% of men over the age of 80 showing signs of prostate enlargement. One quarter of all men are affected severely enough to require medical attention, often involving surgery. Other signs of a decline in male reproductive health include increases in prostate cancer and birth defects. Prostate cancer affects one out of nine men and is the second leading cause of cancer deaths among men in the US. There is also a growing problem with birth defects of the penis and undescended testicles in male babies. These reproductive problems are even being seen in wild animals, suggesting that the problem is an environmental issue.

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## November Healthy Habits Class

**DATE:** Saturday, November 12, 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 balancing testosterone can improve men's health. 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](mailto:jackie@enchantedherbpantry.com). **Space is limited ~ Register early!**

## EHP Monthly Specials

Buy (1) Detox/Energy Foot Spa Session, Get an Ear Candling Session for only \$10 (Save 50%)

\*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**

#### ***Dry Skin Remedies:***

##### Soothing Skin Oil

1 ounce jojoba oil

½ ounce carrier, NSP Massage Oil, hazelnut or rice bran oil

3 capsules Vitamin E, cut open

3 drops sandalwood

3 drops bergamot

2 drops ylang ylang

2 drops myrrh

2 drops clary sage

1 drop tea tree

1 drop pine

Combine oils and salts. Add to bath and soak for 20 minutes. OR, mix and store in a 2 oz, amber, glass bottle and apply to affected areas as needed. Omit bergamot if you will be exposed to the sun within 30 minutes of application. Recipe from:

Larissa Jones. **\*Products available NSP @ [www.mynsp.com/stevens](http://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**

**Do You Hear What I Hear?** – At next month’s Healthy Habits Class, on **Saturday, December 10<sup>th</sup> at 9:30 am**, we will discuss what you can do to protect your hearing and the health of your ears. We will also cover natural remedies for ear infections, including remedies for otitis media that work better than antibiotics, plus tinnitus, itchy ears and other common ear problems. Join us and learn how to keep your ears hearing clearly.

### **Enchanted Herb Pantry, LLC**

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**NEW Email: [jackie@enchantedherbpantry.com](mailto: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](mailto: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.