



# Enchanted Thymes

DECEMBER 2011

VOLUME 5, NUMBER 12

## 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, December 10th @ 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!

## Do You Hear What I Hear?

### Keeping Your Ears Healthy with Natural Remedies

Most of us take hearing for granted, but as we grow older many of us suffer from hearing loss. While only 18% of adults aged 45-64 suffer from hearing loss, 47% of adults over 75 have a hearing impairment. Currently, only one out of five people who could benefit from a hearing aid actually wear one.

Hearing loss is not the only health problem affecting our ears. Another common problem is tinnitus or ringing in the ears. In adults ages 65 and older in the US, 12.3% of men and nearly 14% of women are affected by tinnitus. In fact, roughly 25 million Americans have experienced ringing in the ears at one time or another.

Ear infections are another common ear problem. Three out of four children will experience at least one ear infection (otitis media) by age three. What is not well known is that antibiotics have virtually no benefit in otitis media, even though they are commonly prescribed for this problem.

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## December Healthy Habits Class

**DATE:** Saturday, December 10, 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 about natural solutions to hearing problems. 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](mailto:enchantedherbpantry@yahoo.com). **Space is limited ~ Register early!**

## EHP Monthly Specials

Buy (2) Regular Ear Candling Sessions, Get (1) FREE (Regular Price - \$20/ea)

See the attached flyer for Holiday Aromatherapy Gift Sets

\*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**

#### *Ear Remedies:*

Easy Ear Infection Relief:

Warm (1) NSP Garlic Oil gel cap (rub/roll in your hand)

Puncture the end with a pin

Squeeze 1-3 drops of oil into ear canal (as with ear drops)

For frequent ear infections, eliminate dairy products from the diet.

**\*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.

**Enchanted Herb Pantry is now selling ground buffalo meat and buffalo jerky!**

**Buffalo Dog Bones – Only \$12/ea**

### **Coming Next Month**

**Flower Essences** – At next month’s Healthy Habits Class, on **Saturday, January 14<sup>th</sup> at 9:30 am**, we will discuss seven flower essence blends used to help people deal more constructively with anger, depression, grief, lack of love, fear and anxiety, addictions and compulsions, and stress. We will also talk about Chinese herbal formulas and essential oils that can be used as complimentary therapies for healing emotions.

## **Enchanted Herb Pantry, LLC**

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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.