



# Enchanted Thymes

MARCH 2011

VOLUME 5, NUMBER 3

## 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, March 12<sup>th</sup> @ 9:30 a.m.** at **Enchanted Herb Pantry, LLC**.

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

## Is Cleaning Your Home Poisoning Your Family?

Improve Your Family's Health by Keeping Your Home "Nature's Fresh"

Just looking at the labels of most commercial household cleaning products is enough to cause toxic shock! The warnings and cautions you see on most of these products should be enough to make any thinking person wary of using them.

You'll usually see the warning and cautions showing that these products contain toxic chemicals. Health problems associated with these chemicals include:

- Neurotoxic effects, which can cause depression, headaches, lack of mental concentration, mental confusion and even symptoms of mental illness
- Allergic effects, which contribute to allergies and asthma
- Respiratory irritation, which can cause coughing, sneezing, allergies and asthma
- Endocrine disrupters, which contribute to infertility, PMS, reproductive cancers and other glandular problems
- Liver and kidney toxicity
- Corrosive actions that can burn the skin and eyes
- Carcinogenic compounds that contribute to the development of cancer

The indoor pollution from these products is not only a hazard to our health, it is also a hazard to the environment. Come to this month's Healthy Habits Class and learn how to keep your home safer, healthier and environmentally-friendly using Nature's Fresh and other natural cleaning products.

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## January Healthy Habits Class

**DATE:** Saturday, March 12, 2011

**TIME:** 9:30 AM

**LOCATION:** Enchanted Herb Pantry, Loving, NM

**MORE:** Join us at this month's Healthy Habits Class and learn how to keep your home clean and non-toxic Nature's Fresh way. 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 1, Get 1 on Detox/Energy Foot Spa Session ~ Only \$35

Fresh, Free-Range Chicken Eggs - \$2/dozen

\*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**

#### *Disinfectant Room Spray*

6 drops eucalyptus essential oil  
6 drops bergamot or lemon essential oil  
4 drops pine essential oil  
2 drops peppermint essential oil  
2 ounces Nature's Fresh

Combine oils and water in a 2 oz. glass spray bottle. Shake well and spray to combat odors and infection.

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

**PLEASE NOTE:** For those of you who use the Natria Skin Care line from NSP ~ these products are soon to be discontinued.

### **Natural and Organic Foods**

I am pleased to announce that with the opening of my new office I will be able to offer Healthy and Organic foods! Until the official opening, I am now able to offer "the inner aisles of the grocery store" (no refrigerated or frozen foods). The purpose of this is to bring affordable health food to our area. In order to keep this affordable, pricing will be 25% above actual cost. Please contact me for more information.

### **Coming Next Month**

**Mend Your Body and Improve Your Mood** – If you, or someone you love has a mood disorder, join us for next month's Healthy Habits class. We will discuss how changes in diet, herbs and nutritional supplements, aromatherapy and other safe, natural tools can help you have a better mood without resorting to drug medications. Join us at next month's Healthy Habits Class on **Saturday, April 9<sup>th</sup> at 9:30 am** and learn to improve your life by lifting your mood with the knowledge you will gain.

## **Enchanted Herb Pantry, LLC**

Jackie Stevens, CNHC

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**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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