



Enchanted Thymes

APRIL 2011

VOLUME 5, NUMBER 4

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

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

Mend Your Body and Improve Your Mood

A Holistic Approach to Anxiety, Depression and Other Mood Disorders

About 15 million Americans suffer from clinical depression. Another 19 million suffer from anxiety disorder. All together, one in four Americans suffer from a diagnosable mood disorder every year.

A mood disorder is an emotion or feeling that lasts a long time, such as chronic anxiety or depression. These disorders are usually treated with drugs and alter neurotransmitters in the brain and/or psychotherapy. Unfortunately diet and lifestyle factors are rarely considered in working with these conditions. This is unfortunate, because physical well-being affects mental and emotional well-being and thoughts and feelings, in turn, affect physical health. So a holistic approach, which considers general health, including nutrition, exercise and sleep (as well as working directly with thoughts and feelings), is the best long-term solution to mood disorders, such as anxiety, depression, panic, obsession, post traumatic stress disorder, schizophrenia, phobias and personality disorders.

January Healthy Habits Class

DATE: Saturday, April 9, 2011

TIME: 9:30 AM

LOCATION: Enchanted Herb Pantry, Loving, NM

MORE: Join us at this month's Healthy Habits Class and improve your life by lifting your mood with the knowledge you will gain. 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!

EHP Monthly Specials

It's the Season for Sneezing. As Spring brings warmer weather, plants start flowering and pollen starts making millions of people feel miserable.

To help slow down the drips, sneezes and itches that come with the spring allergy season, we have **Allergy Relief**. This fast-acting formula was put together by Steven Horne and it really works! Don't be caught without it. Stock up now and avoid the misery! **SAVE 10% in April.**

Save 10% on all in-stock New Sun Homeopathics

*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

The effects of essential oils on our emotions can be powerful and numerous. To understand these effects, it is helpful to break them down into the following six categories: energizing, euphoric, stimulating, calming, grounding and relaxing.

ENERGIZING: Lemon, Grapefruit, Thyme

EUPHORIC: Clary Sage, Rose, Ylang Ylang

STIMULATING: Rosemary, Clove, Oregano

CALMING: Lavender, Bergamot, Frankincense

RELAXING: Chamomile, Sandalwood, Lavender

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

Great Foods ~ Affordable Prices!

Enchanted Herb Pantry is now offering Healthy and Organic foods! Until the official opening of the new office, I am now able to offer "the inner aisles of the grocery store" (no refrigerated or frozen foods - yet). 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 and I will email you this month's specials.

Coming Next Month

Is Your Body's "Plumbing" Working? – Join us at next month's Healthy Habits Class, **Saturday, May 14th and 9:30 am**, and learn how to take care of your personal plumbing system - the kidneys and bladder - with natural remedies. We will talk about general urinary health and how to deal with specific urinary problems like cystitis, kidney and bladder infections, incontinence, kidney stones, water retention and more. In short, we will show you how to keep your body's plumbing "leak-free" and its "drains" open.

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.

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 enchantedherbpantry@yahoo.com. If you wish to be removed from this email list just send a blank email with "unsubscribe me" in the subject box.

