



Enchanted Thymes

JUNE 2011

VOLUME 5, NUMBER 5

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, May 14th @ 9:30 a.m.** at **Enchanted Herb Pantry, LLC**.

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

Is Your Body's "Plumbing" Working?

Or is your body suffering from corroded "pipes," "leaks" and "clogged drainage"?

We all enjoy the convenience of modern plumbing - having hot and cold water at the turn of a tap and wastes that are flushed or drained away instantly. So, if the pipes corrode and start to leak or the drains plug up, we get our plumbing fixed right away. Unfortunately, many people have internal "plumbing" problems that aren't getting properly fixed. We are talking about signs of "corrosion" in the urinary system, such as frequent urinary tract infections, incontinence, kidney stones, cystitis and edema. People may be taking drugs for these problems, but all too often the problems keep recurring because the drugs are not repairing the body's "pipes," they are just treating symptoms.

This is unfortunate because the health of the urinary system is vital to the health of the body as a whole. Most people do not realize that problems like skin rashes and other skin problems, high blood pressure, excess weight, muscle aches and pains and even arthritis and osteoporosis may have their roots in "plumbing" problems. This is because of waste material that "backs up" in the system when the urinary tract is not "draining" them away as it should.

May Healthy Habits Class

DATE: Saturday, May 14, 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 to keep your urinary "pipes" in good working order and solve common personal "plumbing" 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.

Space is limited ~ Register early!

EHP Monthly Specials

Save 10% on Water Retention Reducer Homeopathic & Kidney Tonic

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

Kidney Remedies:

Water w/fresh lemon – helps to flush and purify the system
Organic Cranberry Juice – tonic for the kidneys
Hydrangea – may help to breakdown calcium build-up
Cranberry & Buchu – diuretic formula for preventing UTI's
Silver Shield – kills infection
JP-X – soothing, antiseptic diuretic
Uva Ursi – diuretic, strong disinfectant and infection fighting
Avoid acidic foods and drinks such as red meats, dairy products and caffeine drinks.
***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 25% above actual cost. Please contact me for more information.

Coming Next Month

Drugs Don't Cure High Blood Pressure! – If you're one of the millions of Americans who suffer from high blood pressure, or you know someone who does, then you need to come to next month's Healthy Habits Class, **Saturday, June 18th at 9:30 am**. We're going to discuss the causes of high blood pressure and a variety of nutritional and herbal remedies that can get your blood pressure down naturally and permanently. Don't miss this potentially life-saving information.

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 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.