



Enchanted Thymes

JUNE 2011

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Drugs Don't Cure High Blood Pressure!

Don't just manage the symptoms of high blood pressure, identify the cause.

High blood pressure is not a disease; it is a symptom of imbalance in the body. One in three Americans has high blood pressure, which means about 74.6 million people in the United States age 20 and older have this symptom. Unfortunately, drugs do not fix the underlying imbalances that cause high blood pressure, they just treat it symptomatically. The result is that people with high blood pressure simply wind up taking medication for the rest of their lives – they are never really “cured” of the problem. In fact, in 90-95% of the people suffering from high blood pressure modern medicine does not even know what is causing it.

Fortunately, there is a better way to deal with this condition than simply taking medication for the rest of your life. High blood pressure does have causes, which include stress, chronic inflammation, obesity, diabetes, fluid retention, kidney issues and hardening of the arteries. If you identify the causes and fix them, high blood pressure can actually be cured, not just managed.

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, June 18th @ 9:30 a.m.** at **Enchanted Herb Pantry, LLC**.

Health & Fitness on the Beach, **Saturday, June 25th** at Carlsbad Beach. Stop by and get your health on track with a Compass Scan!

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

June Healthy Habits Class

DATE: Saturday, June 18, 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 make you doctor happy and yourself healthier by bringing down that high blood pressure naturally. 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!

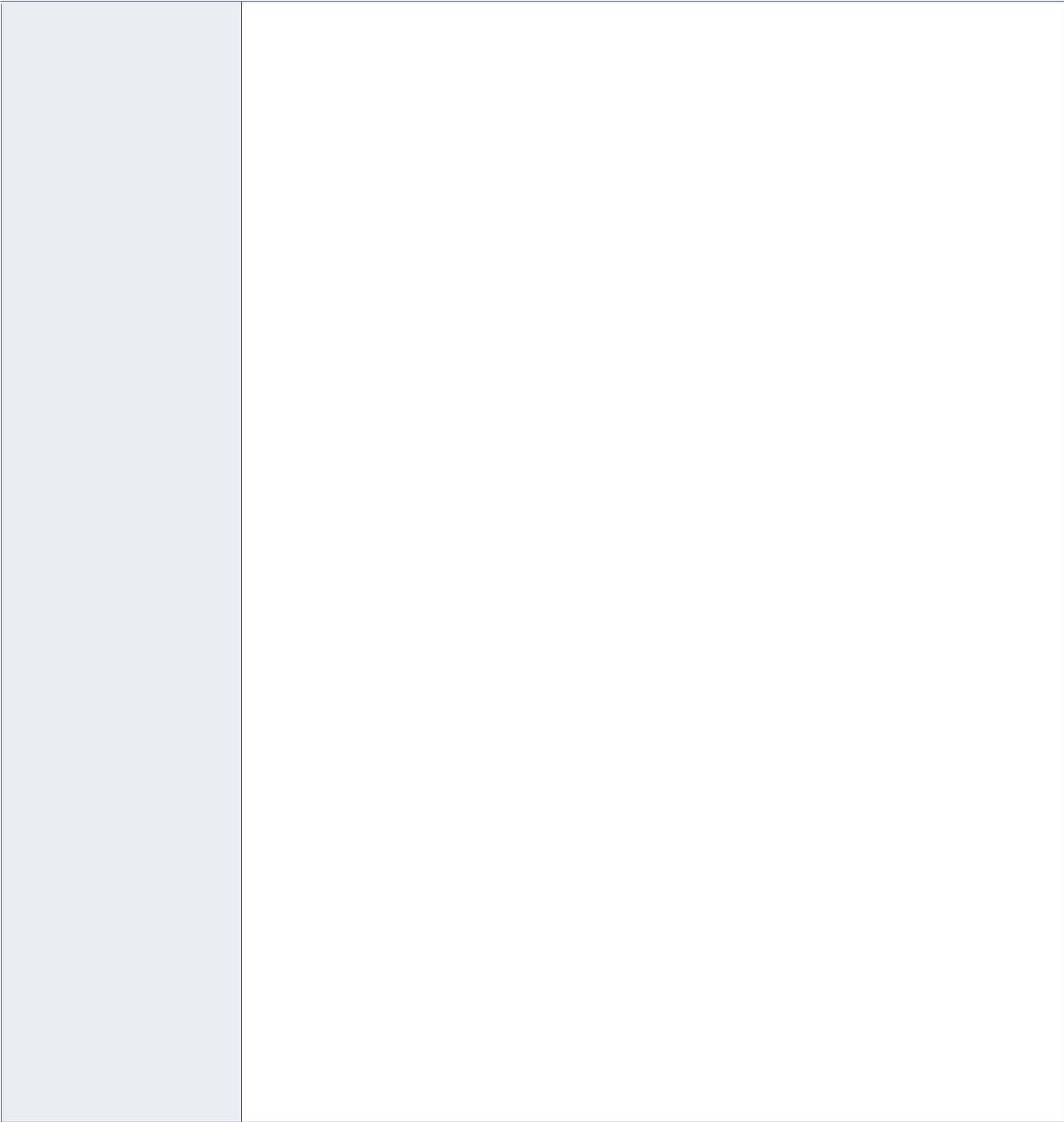
EHP Monthly Specials

Save 50% on Solstic Nutrition in stock

Compass Scans only \$25 in June!

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

Blood Pressure Remedies:

In most clients, stress (adrenals) is a factor in high blood pressure symptoms. **Blood Pressurex** along with **Nervous System Pack** (was Stress Pack) have been very helpful in nourishing the adrenals and thus lowering blood pressure. Remember to drink ½ your body weight in ounces of pure water daily.

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

Great Food ~ Affordable Prices!

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 call or email me for more information.

Coming Next Month

Learn how to Build Good Health with Amino Acids – Join us at next month's Healthy Habits Class, **Saturday, July 23rd at 9:30 am**, and learn how you can use amino acid building blocks to create good health for yourself and your family. We will be sharing all of the amazing healing properties of amino acid supplements. We will show you how they can help to improve cardiovascular health, balance your mood, help protect your body from environmental toxins, support your immune system and much more.

Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

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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.