



# Enchanted Thymes

AUGUST 2011

VOLUME 5, NUMBER 7

## 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, July 23rd @ 9:30 a.m.** at **Enchanted Herb Pantry, LLC.**

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

## The Amazing Amino Acids Are the Body's Building Blocks For Creating Good Health

Amino acids are the building blocks of protein, and the foundation for the body's structure and function. DNA is simply a blueprint for assembling amino acids into various proteins, which form the basis of cellular structures, enzymes, neurotransmitters, hormones and other essential components of the body. There are 22 standard acids found in the foods we consume. Eight are absolutely essential to our health, since the body cannot synthesize them. However, eleven of the non-essential amino acids may be needed in the diet in some cases, so it is very important that we get most of the amino acids in our diet on a regular basis if we want optimal health.

In recent years, we have discovered that supplementing with specific amino acids can be a useful form of nutritional therapy for overcoming specific health issues. For instance, supplementation with arginine creates more nitric oxide, which can help to lower blood pressure. Supplementation with tryptophan (or its derivative 5-HTP) will enhance the neurotransmitter serotonin, which helps to elevate mood. And these are just a few basic examples.

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### July Healthy Habits Class

**DATE:** Saturday, July 23, 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 build good health with amino acids. 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

Save 10% on in-stock Solstic products

Save 50% off retail on Thai-Go (old formula)

Remember to add Thai-Go to your natural lemonade for an increased cooling effect.

Farm-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**

#### *Refreshing Solstic Revive!*

This past weekend I was out in 115° heat setting up for a local event. I am not one who normally drinks electrolyte replacement drinks (my usual drink is water w/liquid chlorophyll). When I felt the heat "getting too me," I added the Solstic® Revive to my water and began to feel much better quickly. I was very glad I had the Solstic® Revive available. Keep your Solstic® Revive on hand and beat the Summer heat with this refreshing drink!

**\*NSP Products available @ [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 25% above actual cost. Please contact me for more information.

### **Coming Next Month**

**Make Your Hurting Head a Happy Head** – At next month's Healthy Habits Class, on **Saturday, August 13th and 9:30 am**, we will examine the various types of headaches, including migraines and what causes them. We will also discuss natural ways to relieve the pain and fix the cause of that pain in your head so it won't come back. Now, wouldn't that put a smile on your face?

## **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.

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