



# Enchanted Thymes

AUGUST 2011

VOLUME 5, NUMBER 8

## Events Calendar

**Are you having allergy issues? Does your head feel plugged up? Are you having hearing troubles? Schedule your EAR CANDLING session today. Call (575) 745-1673**

**Healthy Habits Herbal Hour, Saturday, August 13th @ 9:30 a.m. at Enchanted Herb Pantry, LLC.**

**In September Enchanted Herb Pantry will celebrate the Grand Opening of our new office. Watch for more details coming soon!**

**FEEL BETTER Than You Thought Possible - Schedule your COMPASS™ Scan today! Now with Nature's Sunshine Products AND New Sun Products!**

## Does Your Head Hurt?

**If so, it's time to learn how to stop having headaches instead of just masking the pain with pain killers!**

In the average year, it has been estimated that at least 90% of the population has at least one headache. About one out of six people suffers from chronic problems with headaches and five percent of all adults have a headache almost daily. Although there are many types of headaches, one of the worst types is a migraine. About 25% of women and about 8% of men experience migraines during their lifetime. There are also sinus headaches, tension headaches, cluster headaches and more. Having a headache isn't a life-threatening situation, but headaches cause a great deal of suffering. Almost ten million people visit the doctor or emergency room each year because of them, making headaches one of the top ten reasons people see a doctor.

Headaches also disrupt lives. They are the number one reason children miss school and account for about 127 million days of missed work in adults. Most people who have a headache just reach for a pain reliever. Unfortunately, this doesn't really cure the headache, it just masks the pain and it doesn't stop you from getting more headaches in the future. Furthermore, chronic use of pain relievers causes some serious side effects. Pain is a sign that something is wrong and masking the pain doesn't fix the cause. So, the smart thing to do is learn why your head is hurting, fix the cause and become headache-free.

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## September Healthy Habits Class

**DATE:** Saturday, August 13, 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 ways to make your hurting head a happy head. 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

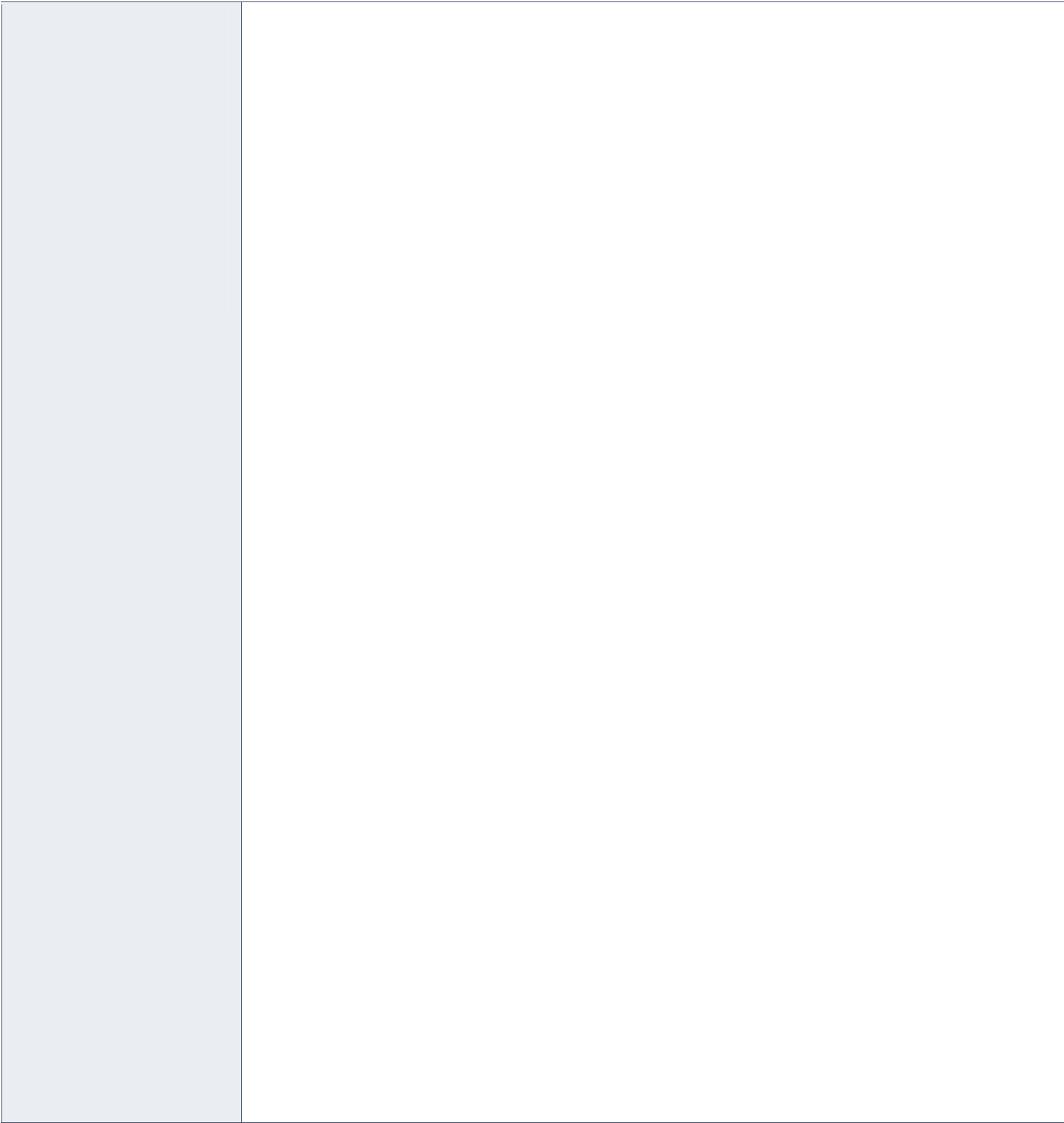
**Headache Stick – Only \$8.99 (Regular \$12.99)**

**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**

#### *Migraine Remedies:*

Tei Fu Lotion is an excellent migraine remedy. I have personally used it for years with great results. I find that it works best when you first feel the migraine coming on. Apply a small amount of Tei Fu Lotion to the neck and throat as well as along the jaw line up to the temples. And go to bed. This process can also be done during a migraine for some relief. **WARNING:** When using Tei Fu, avoid contact with eyes, mucus membranes and other sensitive areas. It is best to wash your hands after applying.

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

[Enchanted Herb Pantry is now selling ground buffalo meat and buffalo jerky!](#)

### **Coming Next Month**

**America’s Children are NOT Suffering from Drug Deficiencies** – At next month’s Healthy Habits Class, on [Saturday, September 10<sup>th</sup> at 9:30 am](#), we will learn how to help children learn better with better nutrition and other natural means. Help us end the ADHD madness by educating yourself and others about the real nature of this problem, how to fix it and protect our children from being “legally” drugged.

Effective August 1, 2011, I will have two product lines available for Compass scans - Nature’s Sunshine Products AND New Sun! I am very excited about adding the New Sun line as they have wonderful homeopathics and essential oil blends. Schedule your Compass scan today!

## **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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