



Enchanted Thymes

JANUARY 2012

VOLUME 6, NUMBER 1

Events Calendar

Schedule your **COMPASS™ Scans and Detox/Energy Foot Spa Sessions** today! Call (575) 745-1673 to schedule your appointment.

Healthy Habits Class, Saturday, January 14th @ 9:30 a.m. at Enchanted Herb Pantry, LLC.

Compass Scans are now available for both **Nature's Sunshine Products** and **New Sun Products!** Call and schedule your appointment today!

Happy New Year!

May You Have a Healthy, Happy and Blessed Year!

Discover the Power of the Flower

Learn How Flower Essences Can Help You Become Happier and Healthier

In our modern world we face a lot of emotional stress. As we hear a bout the economy, wars and natural disasters and other troublesome news, it's natural for people to feel emotions like sadness, fear and even anger. In addition, we all face challenges that bring up negative emotional responses with which we have to cope. Most people try to change their emotions through their mind or their body. That is, they try to change their thinking, or take drugs that alter chemical messengers in the body that are involved in emotional responses. However, there are ways of dealing directly with our emotions that produce more lasting changes. One of these tools for emotional healing is flower essences.

Flower essences are vibrational (homeopathic-like) remedies made from the flowers of plants. They are used to help a person find healing on an emotional rather than a physical or mental level.

Flower essences can help people learn how to cope constructively with anger, overcome their fears, let go of their grief and sadness, heal childhood wounds and rise above challenges like depression, procrastination, lethargy and worry. A good flower essence practitioner can even create a custom blend specifically formulated for an individual's needs. The amazing thing about flower essences is that they not only work, they are completely non-toxic and can be safely used by anyone from young children, to pregnant mothers and the elderly.

January Healthy Habits Class

DATE: Saturday, January 14, 2012

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 flower essences can promote emotional and physical wellbeing. 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

FREE Flower Essence Compass Scan* (*with purchase of recommended remedies)

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

Flower Essences:

Flower Essences can be added to water, sprayed on one's face and/or body or simply taken orally. They are non-toxic and safe to use for anyone, even your pets.

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

Natural and Organic Foods

Enchanted Herb Pantry offers Healthy and Organic foods at affordable prices! Items found in the "inner aisles of the grocery store" are available (no refrigerated or frozen foods – yet). Pricing is only 25% above actual cost. Please contact me or visit www.enchantedherbpantry.com for more information.

Enchanted Herb Pantry offers ground buffalo meat and buffalo jerky!

LARGE Buffalo Bones for Large Dogs – Only \$11.99/ea

Coming Next Month

Addictions – At next month's Healthy Habits Class, on **Saturday, February 11th at 9:30 am**, we will explore healthy ways to overcome addictions with better nutrition, detoxification and emotional healing work, so we can learn how to feel good without engaging in self-destructive or self-defeating behaviors.

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