



# Enchanted Thymes

FEBRUARY 2012

VOLUME 6, NUMBER 2

## 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, February 11th @ 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!

## Break Free from Addictions

Addictions are all around us, but they are often difficult for people to acknowledge or talk about. An addiction is a dependency that creates a compulsive or habitual need to repeat an experience. The addiction may be mild or severe, socially acceptable or socially unacceptable.

When we think of addictions, we commonly think of socially unacceptable addictions, specifically addictions to drugs, but many addictions are socially acceptable. The most common addiction in North America is the addiction to caffeine. Fully 97% of the population uses some sort of caffeinated beverage on a regular basis. Alcohol and tobacco are also wide-spread addictions, but how about the addiction to sugar? With 70-80% of the people in the country overweight, how many people are suffering from food addictions?

Behaviors can be addictive as well. People can become compulsive about sex, gambling or shopping. What makes a behavior addictive is its compulsive and repetitive nature. The Greeks had a saying about this: "Everything in moderation; nothing in excess." When we can't stop a behavior that is damaging to ourselves and others, it is addictive.

Moderation is the key – and it's easier said than done. Addiction is a dilemma that is deeply rooted in human nature, our need for ritual, our love and pleasure and our emotional longings.

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## February Healthy Habits Class

**DATE:** Saturday, February 11, 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 gain tools to help you break the cycle of addiction. 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

**Buy (2) Detox/Energy Foot Spa Sessions – Get (1) Free!**

\*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**

#### *Paw Paw Lice Shampoo:*

10 Capsules Paw Paw  
2 Tblsp NSP Herbal Shampoo  
7 Drops Thyme Essential Oil  
4 Drops Tea Tree Essential Oil

Mix well. Lather shampoo into dry hair and scalp. Place shower cap/hair net on head to contain shampoo and to protect the eyes. Leave shampoo lather on hair for 60 minutes. Rinse thoroughly from hair and scalp. Dry and comb hair thoroughly with lice comb and remove nits/lice. Repeat in 8 days and again in 16 days to insure thorough and complete removal; use regular shampoo in the meantime. Repeat monthly to maintain healthy hair.

**\*Products available NSP at [www.mynsp.com/stevens](http://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](http://www.enchantedherbpantry.com) for more information.

[Don't forget your ground buffalo meat available at Enchanted Herb Pantry.](#)

[LARGE Buffalo Bones for Dogs – Only \\$12/ea](#)

### **Coming Next Month**

**Vital Vitamins** – At next month's Healthy Habits Class, on [Saturday, March 10<sup>th</sup> at 9:30 am](#), we will learn how vitamins can help you have more vibrant health and vital energy.

## **Enchanted Herb Pantry, LLC**

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**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](mailto: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.