



Enchanted Thymes

MARCH 2012

VOLUME 6, NUMBER 3

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, March 10th @ 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!

Vital Vitamins

Drugs Can't Correct the Nutritional Deficiencies Underlying most Modern Degenerative Diseases but, Supplements Can!

At one time, the diseases that afflicted mankind were mostly infectious. With modern sanitation and the discovery of antibiotics, infectious diseases are largely under control in Western society. The diseases afflicting mankind today are degenerative diseases, such as diabetes, heart disease, arthritis, auto-immune disorders, Alzheimer's disease and cancer.

Generally speaking, modern medicine offers little help for degenerative disease, except when it comes to symptomatic relief. This makes sense when you realize that nutritional deficiencies and environmental toxins are at the root of most degenerative diseases. Therefore, it makes little sense to "treat" them with drugs.

What does make sense is to correct the underlying nutritional deficiencies, while reducing one's exposure to toxins and improving one's overall health habits. But, where do you begin? A good multi-vitamin and mineral supplement is a good start; but, when you're suffering from degenerative diseases you need to examine more closely the specific nutritional deficiencies you are suffering from.

March Healthy Habits Class

DATE: Saturday, March 10, 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 vitamins can help you have more vibrant health and vital energy. 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 10% on NSP Super Trio - Super Trio offers the basic nutrients your body needs for optimal function in easy-to-carry cello-packs. Taken twice a day, it provides a full month's supply of portable, powerful nutrition. Each pack contains one capsule each of Super Supplemental to support your daily vitamin and mineral needs, Super Omega-3 to satisfy your body's vital need for essential fatty acids, and Super ORAC, an exclusive formulation packed with potent free-radical-quenching antioxidants.

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

Asthma Rub for Children:

2 drops Frankincense

2 drops Lavender

1 drop Geranium

2 drops Peppermint

Mix in 30 ml (2 tablespoons) of Massage Oil. Massage chest and back daily with blend.

Recipe from Larissa Jones

***Products available NSP 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.

Ground buffalo meat now available at Enchanted Herb Pantry!

LARGE Buffalo Bones for Dogs – Only \$12/ea

Welcome – Keith Autry Massage!

I am proud to announce Keith Autry is now scheduling massage appointments at Enchanted Herb Pantry. Beginning in April, appointments will be available the first Thursday and Friday of the month, 9:00 am – 12:30pm. Keith offers: Deep Tissue, Swedish, Prenatal, Sports, Reflexology and Fibromyalgia massage techniques. Call (575) 745-1673 to schedule your massage today!

Coming Next Month

The Good Guys – At next month’s Healthy Habits Class, on ***Saturday, April 7th at 9:30 am***, we will learn how probiotics can improve your health.

Please Note: Date Change

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.

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.