



Enchanted Thymes

APRIL 2012

VOLUME 6, NUMBER 4

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, April 7th @ 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!

**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. **

The Good Guys

Bacteria are often considered the bad guys, because some of them cause infection, but probiotics bacteria are actually essential for good health

Bacteria and other microbes are all around us, which is why washing hands and keeping kitchens sanitary is important for our health. However, not all bacteria are bad, some are actually essential for good health. There are about two to four pounds of good bacteria living in the average person's digestive tract. These good bacteria are known collectively as friendly flora or probiotics. Probiotics literally mean "for life," in contrast to the word antibiotic, which means "against life."

While antibiotics are helpful in saving lives by combating bacterial infections, they have side effects, and one of them is that they also tend to destroy the friendly flora of the digestive tract. This can actually weaken the body's immune system, resulting in more frequent infections.

Probiotics colonize the intestinal walls and actually form a protective barrier against infection. By producing lactic acid, probiotics hold down the growth of yeast and unfriendly bacteria like E. coli in the digestive tract. The friendly flora also help our body assimilate nutrients and maintain the health of our gut membranes.

Unfortunately, the overuse of antibiotics and other drugs, chlorination of water supplies and the over-sterilization of homes and food has disrupted the friendly flora of many people's digestive tracts. The lack of a healthy balance of friendly microbes makes people more prone to gut infections, inflammatory bowel disorders and can even contribute to mood disorders like depression.

April Healthy Habits Class

DATE: Saturday, April 7, 2012* **Note: Date Change**

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 probiotics can improve your health. 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 Bugs Be-Gone insect repellent

Save 10% on Gold Label Virgin Coconut Oil, 16 oz



