



# Enchanted Thymes

MAY 2012

VOLUME 6, NUMBER 5

## 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, May 12th @ 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!

## Traditional Chinese Medicine An Ancient System the can Improve Our Health in the Modern World

People in modern society place a lot of faith in modern medicine. Yet, half of all new drugs that are introduced into the marketplace are recalled within 10 years due to dangerous side effects. The fact is that modern medicine has been around for less than 200 years, whereas there are traditional systems of medicine that have been around for thousands of years.

Traditional Chinese Medicine (TCM) is one of the two oldest established paradigms of medicine in the world. It has developed through nearly 25 centuries of observation, practice and refinement to become one of the most sophisticated and side-effect free systems of healing on the planet.

It's not that Chinese herbs are better than Western herbs – in fact, both systems use many of the same plants. It's that the Chinese systems of utilizing those herbs is outstanding at balancing the underlying causes of the health problems we experience. While modern medicine excels at trauma medicine, it actually does very poorly at resolving chronic and degenerative disease, typically offering only symptomatic relief. In contrast, TCM excels at dealing with the underlying imbalances causing chronic and degenerative health problems, making it a valuable complimentary therapy to modern medicine.

---

## May Healthy Habits Class

**DATE:** Saturday, May 12, 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 Chinese herbs 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](mailto:enchantedherbpantry@yahoo.com). **I will need a definite count for this class, so please let me know if you plan to attend. Space is limited ~ Register early!**

## EHP Monthly Specials

**Save 10% on all in-stock teas and spices.**

\*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**

#### *Nature's Fresh Uses:*

Neutralize cat spray  
Dishwasher spot remover  
Unclogging drains  
Plant spray  
Arthritis

For many more uses and details, the *Nature's Fresh* booklet can be purchased at Enchanted Herb Pantry for only \$4.00.

**\*Products available NSP @ [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.

### **Coming Next Month**

**Complimentary Cancer Therapies** – At next month's Healthy Habits Class, on **Saturday, June 9<sup>th</sup> at 9:30 am**, we are going to discuss what causes cancer and how we can adopt a diet and lifestyle that will help to prevent it. Whether you are concerned about preventing cancer, or helping yourself or a loved one who already has cancer, you will find the information extremely valuable.

## **Enchanted Herb Pantry, LLC**

Jackie Stevens, CNHC

97 W Ogden Road, Loving, NM

575-745-1673

[www.enchantedherbpantry.com](http://www.enchantedherbpantry.com)

Email: [jackie@enchantedherbpantry.com](mailto:jackie@enchantedherbpantry.com)

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](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.