

# ENCHANTED THYMES

## Is Something Eating Your Lunch?

### 70-80% of Americans have parasites, how about you?

Parasites are a common, but frequently undiagnosed, part of many people's chronic health problems. When we think of parasites, we typically think of intestinal worms, like tapeworm and roundworm, but certain single-celled organisms like amoebas, giardia and yeast could also be considered parasites. If we include these single-celled organisms, it is likely that at least 70-80% of the people in North America have at least one form of parasite in their body.

If any of the following apply, you may have parasites and should seriously consider doing a parasite cleanse.

1. If you have pets and animals of any kind, it is probably wise for everyone in the family (pets included) to do a parasite cleanse at least once per year.
2. If you have any kind of chronic health problems that don't seem to go away. In particular, consider this possibility if you have symptoms like chronic fatigue, teeth grinding, dark circles under the eyes, nervousness, diarrhea or alternating diarrhea and constipation, ulcers or digestive pain, weight loss or gain, anemia, itching (especially in the rectal area) and lowered immune response.
3. If you have traveled abroad recently, or if you have experienced a decline in health since traveling abroad (in some cases even domestically).

### Monthly Healthy Habits Class

**DATE:** Saturday, July 21, 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 parasites can cause chronic health problems and what you can do to protect yourself and your family from parasites. Class Includes: One-hour class with handouts.

Cost: \$10/person, Bring a Friend ~ Receive a FREE Gift.

To register call (575) 745-1673 or email: [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com).

**Space is limited ~ Register early!**

#### Events Calendar:

- Enchanted Herb Pantry office will be **closed July 2 – 18, 2012**. During this time **Compass™ Scan and Consultation sessions will be available in South Fork, CO**. Call (575) 745-1673 to schedule today!
- **Healthy Habits Class, Saturday, July 21<sup>st</sup> @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- **COMPASS™ Scans** are now available for both **Nature's Sunshine and New Sun** products! Call and schedule your appointment today!
- **Tired of Feeling Tired?**  
Re-energize your body with an Detox/Energy Foot Spa session. Appointments are available Monday thru Saturday at Enchanted Herb Pantry, Loving, NM. Refer a friend, receive \$5 off!

## Product Tips

### *Parasite Rub:*

2 Drops Clove                      1 Drop Cinnamon  
1 Drop Oregano                    4 Drops Thyme Linalol  
1 Drop Peppermint

½ to 1 Ounce Aloe Vera Gel or Irish Moss Lotion (depending on skin sensitivity)  
Mix essential oils into Aloe Vera Gel or Irish Moss Lotion. Use more aloe or lotion if you have sensitive skin. Do not use a synthetic lotion with mineral oil as it may impede absorption. Massage into stomach and abdomen and place warm towels over each application. Use this rub 2-3 times a day while you are on an herbal parasite cleanse. It really makes a difference! Be cautious with sensitive skin – do not overuse.

Recipe from Larissa Jones

**\*Products available NSP @ [www.mynsp.com/stevens](http://www.mynsp.com/stevens).**

## Natural and Organic Foods

Enchanted Herb Pantry offers Healthy and Organic foods and personal care items at affordable prices! Items found in the “inner aisles of the grocery store” are available (no refrigerated or frozen foods – yet, however, the more we order the closer we get). 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

**Inflammatory Bowel Disorders** – At next month’s Healthy Habits Class, on **Saturday, August 11<sup>th</sup> at 9:30 am**, learn what causes intestinal inflammation and how diet, herbs and nutritional supplements can cool the “fire” and improve health. You’ll also learn about the importance of digestive tract health to the overall health of the body.

## EHP Monthly Specials

Receive a **FREE**  
Bumble Bar with  
any in-store  
purchase.

\*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.\*



## Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

97 W Ogden Road, Loving, NM • (575) 745-1673

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

Visit us on the web: [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com)

Office Hours: Monday – Friday: 9-6, Saturday: 9:30-Noon

### 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.

**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 Thymes* 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.