

ENCHANTED THYMES

Superfoods:

Instead of Eating Junk Foods, Feed Your Body Right with Nature's Nutritional Powerhouses

It's common knowledge that most Americans don't eat a very healthy diet, and while nutritional supplements can make up for some of the nutrients lacking in the typical American diet, they simply don't provide all of the phytonutrients found in whole foods. That's why many people are discovering the value of adding superfoods to their diet.

Superfoods are nutritionally-dense foods that provide the body with extra nutrition in a whole food, and often low-calorie, form. Examples of superfoods include: Various berries (such as blueberries, goji berries and Acai berries), dark green vegetables (like kale, spinach and Swiss chard), raw nuts (especially walnuts), wild caught salmon, cruciferous vegetables (like broccoli and cauliflower), squashes, beans quinoa, sweet potatoes, fermented dairy foods (yogurt, kefir), onions and garlic and dark chocolate.

Ideally, we should include these foods in our regular diet, but when we're busy, we can use whole food supplements like Nature's Harvest, Love and Peace, Ultimate GreenZone and Thai-Go to get these superfoods into our diets and the diets of those we love in a quick (and struggle-free) manner. By regularly consuming superfoods, we can increase our energy, reduce our risk of chronic illness, promote weight loss and help our bodies heal from numerous chronic ailments.

Monthly Healthy Habits Class

DATE: Saturday, September 8, 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 about the underlying causes of chronic sinus problems and how to heal them. 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.

Space is limited ~ Register early!

Events Calendar:

- **Healthy Habits Class, Saturday, September 8th @ 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!

EHP Monthly Specials

Save 10% on any
tea purchase.

Save 10% on any
Redrock Naturals
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.

Product Tips

Super Breakfast:

2 Scoops Nature's Harvest*

½ C Frozen Tropical Fruit Mix

½ - 1 C Greek Yogurt

Mix in a blender until creamy. Enjoy! Great quick and nutritious breakfast!

*Products available NSP @ www.mynsp.com/stevens.

Natural and Organic Foods

We are going to try something new! Order from the WHOLE catalog this month (including frozen and refrigerated!). Enchanted Herb Pantry offers Healthy and Organic foods and personal care items at affordable prices! Pricing is only 25% above actual cost. Please contact me or visit www.enchantedherbpantry.com for more information.

Check out our new inventory of Buffalo and Elk Jerky and Summer Sausage

Save 25% on **LifeExtension®** products at EHP
Contact me for details.

Coming Next Month

All Stuffed Up? – At next month's Healthy Habits Class, on **Saturday, October 13th at 9:30 am**, learn about the underlying causes of chronic sinus problems and how to heal them.



Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

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

Email: jackie@enchantedherbpantry.com

Visit us on the web: 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. If you wish to be removed from this email list just send a blank email with "unsubscribe me" in the subject box.