

# ENCHANTED THYMES

## All Stuffed Up?

### Clear Up those Sinus Problems Permanently the Natural Way

#### Events Calendar:

- **Healthy Habits Class, Saturday, October 13<sup>th</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!

If you suffer from chronic sinus problems, you're not alone. According to the Center for Disease Control statistics about 30 million people or 13% of adults have been diagnosed with sinusitis. The U.S. National Center for Health Statistics reports that sinus and allergy problems combined are the number one chronic health complaint across the country. Sixty million people suffer from sinus and sinus allergy-related problems.

Medical treatment for sinusitis (inflammation of the sinuses) usually involves antibiotics. Researchers in a recent study from the University of Nebraska found that over 80% patients with acute sinus infections and nearly 70% of patients with chronic sinus problems were prescribed antibiotics. Unfortunately, the majority of acute sinus problems are viral (which means antibiotics have no affect) and most chronic sinus problems are due to inflammation.

In another study, it was determined that chronic sinus problems are not caused by infection, but rather by chronic inflammation that makes the tissues more susceptible to infection. Therefore, the long term solution is to mediate the immune response and reduce the inflammation.

Natural healers know that there is a big connection between the health of the mucus membranes of the gastrointestinal system and those of the respiratory system. So, the long-term answer to sinus problems is typically found by healing the intestines, not by fighting infections in the sinuses. Most allergic reactions also have their roots in our intestines, which means that this number one chronic health complaint is most likely linked to poor diet and poor digestive health.

### Monthly Healthy Habits Class

**DATE:** Saturday, October 13, 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 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.

## Product Tips

*Balm for the Sinuses:*

1 tsp Golden Salve      6 drops Eucalyptus

3 drops Peppermint      2 drops Thyme

Blend together and apply a small amount to the inner nose daily.

**\*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! Choose from **all** items in the catalog (including Frozen and Refrigerated)! Pricing is only 25% above actual cost. Share cases with family, friends or on our group page at [www.EHP\\_GoodFoodGroup@yahoo.com](mailto:www.EHP_GoodFoodGroup@yahoo.com) For more information, please contact me or visit [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com).

**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

**Fiber is Fabulous!** – At next month's Healthy Habits Class, on **Saturday, November 10<sup>th</sup> at 9:30 am**, discover the incredible health benefits of dietary fiber.



## 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.

## EHP Monthly Specials

**10% off Organic,  
Non-Irradiated,  
Baking Spices  
and Seasonings**

\*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.\*