

ENCHANTED THYMES

Fiber Is Fabulous! Are You Getting Enough?

Events Calendar:

- **Healthy Habits Class, Saturday, November 10th @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- Stop by our booth at the **Carlsbad Winter Wine Festival, Friday, November 30, 6 – 9 pm and Saturday, December 1, 12 – 6 pm**. We will feature **Custom Blend Redneck Wineglass Bathsalts**.
- **COMPASS™ Scans** are 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!

Fiber is something your body can't digest and yet its presence in your diet is absolutely critical to health. We need about 25-35 grams of fiber in our diet every day, but most people aren't getting nearly enough. Low fiber diets contribute to constipation, colon diseases including diverticulitis, hemorrhoids and even colon cancer, blood sugar problems like diabetes, high cholesterol and even weight gain.

In contrast, an adequate intake of fiber will reduce cholesterol, promote regularity and bowel health and balance your blood sugar. Fiber helps give you a feeling of fullness without adding calories, so it curbs your appetite, prevents overeating and helps you lose weight. Plus, fiber absorbs irritating chemical and toxins, helping to protect your body from environmental pollution.

Insoluble fiber, the kind our fore bearers called roughage, is present in wheat, nuts and vegetables. It helps promote intestinal mortality, adds bulk to the stool and helps "sweep" the colon clear. However, the type of fiber that is especially helpful to your body is that water-soluble fiber found in oats, apples and herbs like psyllium, slippery elm and marshmallow. These soluble fibers form a gel-like material that soaks up cholesterol and toxins, slows the release of sugar into the blood stream and soothes irritated intestinal membranes.

Monthly Healthy Habits Class

DATE: Saturday, November 10, 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 discover the many incredible health benefits of dietary fiber. 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!

EHP Monthly Specials

10% off Organic,
Non-Irradiated,
Baking Spices
and Seasonings
for your holiday
baking.

10% off Tropical
Traditions
Coconut Oil

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.

Product Tips

Easy Fiber:

Here is what I recommend to my clients for an easy way to take fiber: Mix fiber of your choice (I like **Nature's Three**) with 4 oz. of water (vs. the recommended 8 oz.) and drink immediately, then drink 12 oz. of water to "chase" it down. I find it is much easier to drink a 4 oz. fiber mix than an 8 oz. fiber mix.

***Products available NSP @ 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 For more information, please contact me or visit 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

Healthy Fats – At next month's Healthy Habits Class, on **Saturday, December 8th at 9:30 am**, learn about good (and bad) fats and how good fats can improve your health.



Enchanted Herb Pantry, LLC

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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.