

ENCHANTED THYMES

Inflammatory Bowel Disorders

Natural Approaches to Cooling “Fire” in the Intestines

The term *inflammatory bowel disorder* is a broad term used to describe diseases where there is a chronic or recurring inflammation of the gastrointestinal tract. The two most common inflammatory bowel diseases are ulcerative colitis and Crohn’s disease. The Center for Disease Control estimates that about 1.4 million Americans suffer from these two conditions alone. Symptoms of inflammatory bowel disorders can include abdominal pain, vomiting, diarrhea, rectal bleeding, severe cramps and weight loss.

A closely related condition, Celiac disease, also known as celiac sprue, is an autoimmune disorder that also causes inflammation of the small intestine. This generally predisposed condition involves an intolerance of gluten, a protein found in many cereal grains. Symptoms can include chronic diarrhea, failure to thrive (in children) and fatigue, but many people exhibit none of these symptoms and still have an intolerance of gluten that may contribute to other seemingly unrelated health problems, including low thyroid, schizophrenia, autism, dermatitis and neuropathy.

Many natural healers have found that reducing inflammation in the intestinal tract has far-reaching benefits such as easing arthritis, skin conditions, sinus and respiratory problems, mental alertness and energy levels. So even if you don’t have a diagnosable inflammatory condition in your intestines, improving intestinal health can have surprising health benefits.

Monthly Healthy Habits Class

DATE: Saturday, August 11, 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 reducing intestinal inflammation can improve overall health. 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, August 11th**
@ 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

Spider Fighter:

4-5 Drops Peppermint or Mandarin Orange

Mix essential oils with Rubbing Alcohol in a 4 oz. Glass Spray Bottle. Spray as needed where spiders are present.

***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! 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 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

Super Foods – At next month’s Healthy Habits Class, on **Saturday, September 8th at 9:30 am**, learn how superfoods and superfood supplements can improve your 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

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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.