

ENCHANTED THYMES

Happy New Year!

From: Enchanted Herb Pantry

Drink Your Way to Better Health

Nutritional Supplements in Liquid Form

When we think of drinking, we usually don't associate it with good health, and when you look at the beverages most people drink, there is a good reason for that. The alcohol, coffee, tea, sodas and energy drinks many Americans consume every day can be harmful to their health.

Water, of course, is the most important beverage people need to be drinking, but it is also possible to take your nutritional supplements in liquid form. For many people, it is a lot easier than swallowing a hand-full of capsules and tablets. It is also a great way to get nutrition into children (and adult who simply do not like taking pills).

In this month's Healthy Habits Class, we are going to talk about healthy alternative to caffeinated beverages and natural way to increase your energy. We will also introduce the Solstic line of stick pack nutritional supplements, which includes general nutrition, immune support, cardiovascular support and drinks for energy and fitness. We will talk about liquid chlorophyll, the green blood of plants, and its amazing healing properties and other great supplements you can drink.

Monthly Healthy Habits Class

DATE: Saturday, January 12, 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 easy it is to drink your way to better health. Taste samples and decide which ones you like the most. 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, January 12th @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- **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!

EHP Monthly Specials

10% off Organic
Teas, Juices and
Hot Chocolate
mixes

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

Turn your Solstic Drink into a *Solstic Shake*:

Simply mix your **Solstic** packet with fresh fruit (blueberries, strawberries, pineapple, bananas, apples, etc.) and/or yogurt, add some ice and mix in a blender. You could even add a scoop of **Love and Peas** or **Nature's Harvest** – Yum!

***Products available at Enchanted Herb Pantry**

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 inventory of Buffalo and Elk Jerky and Summer Sausage

Coming Next Month

Baby Boomer Health – At next month's Healthy Habits Class, on **Saturday, February 9th at 9:30 am**, learn how to combat age-related health problems.

Important Mailing Update

In an effort to be 'greener,' **effective February 2013**, your monthly copy of the ***Enchanted Thymes/Sunshine Sharing*** newsletter **will be sent via email**. Please see below for more details or contact me if you have any questions.



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 Enchanted Thymes and Sunshine Sharing subscriptions are now available to active Enchanted Herb Pantry clients **via email**. Don't miss out on this valuable information. Please visit my website at www.enchantedherbpantry.com to join my email list. To receive this monthly newsletter via USPS mail, annual subscriptions may be purchased for \$15/12 issues. **Order before January 31, 2013, and pay only \$10 (save \$5)**. Please mail payment to: Enchanted Herb Pantry, LLC, 97 W Ogden Rd, Loving, NM 88256. Current and past issues of Enchanted Thymes 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.