

ENCHANTED THYMES

Nature's Infection Fighters

Events Calendar:

- **Healthy Habits Class, Saturday, October 12th @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- **Ziva 360™ and COMPASS™ Bio Feedback Scans** can help you decide what supplements are best for you. For more details, visit my website or 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!

Without question the discovery of antibiotics has saved many lives. However, these wonder drugs of modern medicine have also been overprescribed and abused. First, they are taken for conditions where they have little or no effect, such as viral infections like cold, sore throats, bronchitis and earaches. Worse yet, antibiotics have been routinely fed to animals, both to make them fatten up faster and to prevent them from getting infections in the cramped and unsanitary conditions in which they are being raised.

As a result, microbes are becoming increasingly resistant to antibiotics. This has been making it much more difficult to treat diseases such as tuberculosis, gonorrhea, malaria and ear infections. Worse yet, antibiotics have also been wakening our immune systems. This is because they kill off friendly bacteria in the intestinal tract, which causes people to get small intestinal bacterial overgrowth (SIBO), yeast infection and leaky gut syndrome.

In spite of these facts, many people run to their doctor and practically insist on getting prescription for an antibiotic for these types of health problems. What these people don't realize is that using antibiotics inappropriately will actually harm their health in the long run. The good news is that there are natural alternatives to antibiotics; alternatives that don't harm the intestinal flora, but still help the body fight infection. These natural remedies often strengthen the immune system instead of weakening it. Also, many of them are as effective for viral and fungal infections as they are for bacterial infections. In fact, for viral infections herbal remedies are usually superior to antibiotics in their effectiveness.

Monthly Healthy Habits Class

DATE: Saturday, October 12, 2012

TIME: 9:30 AM – 10:30 AM

LOCATION: Enchanted Herb Pantry, Loving, NM

MORE: Join us at the next Healthy Habits Class and learn about remedies that work on viral, bacterial and fungal infections, as well as strengthening your own immune system.

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!

Product Tips

Essential Oils can be Essential!

Microbes do not develop resistance against essential oils. Use essential oils as natural disinfectants: Tea Tree, Thyme, Pine, Eucalyptus and Lemon can all be added to Sunshine Concentrate and water for cleaning and basic sanitation.

***Products available at Enchanted Herb Pantry and www.mynsp.com/stevens**

EHP Monthly Specials

Save 10% on
Nutiva and
Tropical
Traditions
Coconut Oils

*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.*

Natural and Organic Foods

Enchanted Herb Pantry offers Healthy and Organic foods and personal care items at affordable prices! (We still need to get our order volume up before we can order/receive frozen/refrigerated items). 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 to view regular and sale catalogs.

Check out www.bountifulbaskets.org for fresh produce deliveries in your area.

**Check out our inventory of Buffalo and Elk
Jerky and Summer Sausage
Free-Range, Farm-Fresh Eggs - \$4/dozen**

Coming Next Month

Downsize Your Stress – At our next Healthy Habits Class, on **Saturday, November 9th at 9:30 am**, learn of to downsize your stress and improve your health.



Enchanted Herb Pantry, LLC

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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.

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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.