

ENCHANTED THYMES

Downsize Your Stress

How Adaptogens and Glandular Tonics can Help You Cope Calmly with a Stressful World

Events Calendar:

- **Healthy Habits Class, Saturday, November 9th @ 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!

It's no secret that we live in stressful times. Our lives are fast-paced and to maintain that pace many of us resort to consuming high amounts of sugar and caffeinated beverages, coffee, colas and the so-called "energy" drinks. As we continue to burn the candle at both ends, we start to feel "burned-out." We become anxious, our sleep is restless and disturbed, our energy levels drop and we experience back pain, neck pain, headaches and other aches from muscle tension. High stress levels also contribute to digestive problems and weight gain, while paving the way for many chronic illnesses.

Most of us could benefit from downsizing our stress, that is, by finding more ways to relax and enjoy life. We can also downsize our stress by reducing the output of stress hormones from our adrenal glands. This can have a positive effect on our sleep, energy, sex drive, mood and overall health. Fortunately, there are natural remedies that help us do just that. They are called adaptogens.

Adaptogens are herbs that modulate the production of stress hormones. They have been shown to improve both physical and mental performance, enhance immunity, improve sleep, restore energy and otherwise help people cope better with life. Closely related to adaptogens are herbs and nutrients that feed the glands, especially the thyroid and adrenals. These herbs have been traditionally used to counteract the effects of aging and improve overall health and well-being.

Monthly Healthy Habits Class

DATE: Saturday, November 9, 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 how adaptogens and adrenal tonics can help you cope with life's stress and improve your 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!

Product Tips

Adaptogen "Roots"

In Chinese and Ayurvedic herbal philosophy, the most highly-esteemed herbs are safe to use daily, over long periods of time, and yet are often the most difficult to describe in terms of their specific activity. Named "adaptogens" by Russian scientists, these herbs are valued for their unmatched benefits related to the various "stressors" in our lives which result in physical fatigue, hormonal imbalance, compromised immunity and altered mental outlook. Our ability to adapt to the demands of life is directly affected by our nutritional balance and reserves. Solle Naturals' Adaptable™ is a blend of 6 top adaptogenic herbs that are uniquely balanced using our own combination of standardized and concentrated plant extracts. A balanced extract of St. John's Wort is also included.

***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! (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**

EHP Monthly Specials

Save 5% on any
Diode 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.*

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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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. 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.