

ENCHANTED THYMES

Do you have Metabolic Syndrome?

Discover How Overcoming Metabolic Syndrome can Reduce your Risk of Heart Disease, Diabetes, Stroke and Other Degenerative Diseases

Events Calendar:

- **Healthy Habits Class, Saturday, December 14th @ 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!

Metabolic syndrome is the name for a group of risk factors that increase your risk of degenerative diseases like heart disease, diabetes and stroke. These risk factors include:

- Abdominal obesity (excess fat in the stomach area)
- A high triglyceride level or being on medication for high triglycerides
- Low HDL cholesterol levels or being on medication for treating low HDL cholesterol
- High blood pressure or being on high blood pressure medication
- High fasting blood sugar or being on medication to treat high blood sugar
- Excessive blood clotting
- Low grad inflammation throughout the body

Millions of American have these symptoms and don't realize that these are signs they need to take steps to improve their health so they can reduce their risk of more serious health problems. Metabolic syndrome is caused by a combination of health factors, which can include insulin resistance, a fatty liver and a sedentary lifestyle, but the primary cause is diet related. People are simply eating too many simple carbohydrates and not getting enough high quality protein, good fats and nutritionally-dense foods.

By recognizing the symptoms of metabolic syndrome that taking step to improve their health, they not only reduce their risk of more serious diseases, they will also have more energy, sleep better and feel better in general.

Monthly Healthy Habits Class

DATE: Saturday, December 14, 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 the symptoms of metabolic syndrome and what causes it. We'll also look at the dietary/lifestyle changes and nutritional supplements that can help correct this problem.

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.

EHP Monthly Specials

Save 10% on any
regular priced
Nature's
Sunshine 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.



Product Tips

Hakuna Matata

In a 2 oz. spray bottle add:

20 drops **Distress Remedy** (or other NSP Flower Essence Remedy)

15 drops **Pink Grapefruit**

15 drops **Bergamot** or **Lemon**

Fill bottle with **Nature's Fresh**

Shake well to blend. Close your eyes and spray directly on you and take a deep breath. You should feel the anxiety melt away!

***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. Visit our group page at www.EHP_GoodFoodGroup@yahoo.com to share cases or share with family and friends. For more information, please contact me or visit www.enchantedherbpantry.com to view regular and sale catalogs.

**Check out our inventory of Buffalo and Elk
Jerky and Summer Sausage**

Coming Next Month

Effective Home Remedies for Colds, Flu, Fevers and More – At our next Healthy Habits Class, on **Saturday, January 11th at 9:30 am**, protect your family's health this winter. Learning how to use old-time home remedies can help you fight colds, flu and other common ailments.

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.