

ENCHANTED THYMES

Baby Boomer Health

Tips for helping 78 million baby boomers stay healthy as they approach retirement

Events Calendar:

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

At the end of World War II, Americans were anxious to get on with family life in a new era of peace. Over the next two decades, more babies were born than during any other period in American history. This generation, collectively known as the Baby Boomer generation, is reaching the age where they are preparing for retirement. They are also reaching the age where they are at greater risk for developing health problems such as heart disease, arthritis, Alzheimer's, dementia, Parkinson's, diabetes, macular degeneration and cancer.

The 78 million Boomers grew up in the 60s and 70s, an era of innovation and challenges to traditional values. Market experts suggest that in general Boomers expect a high quality of life, and that includes wanting to stay healthy and fit. As Boomers age, spending on health care, both medical and alternative, will increase as Baby Boomers seek to maintain the quality of life they desire.

Unfortunately, many of them will lose this quality of life as they continue to eat unhealthy, remain sedentary and take increasing numbers of prescription medications. One has only to view the many legal commercials on TV advertising compensation for harm done by prescription drugs to realize that using prescription and over-the-counter drugs to maintain one's health is not the optimal course of action.

Fortunately, there is a better way. By adopting a few basic diet and lifestyle changes and using appropriate herbs and supplements, Baby Boomers can have the health they desire.

Monthly Healthy Habits Class

DATE: Saturday, February 9, 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 to combat age-related health problems. 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

Support for the Flu:

See the attached flyer for some great information on HCP-X, VS-C and AL-J. Use Mama's Prevention Combination when you first feel illness setting in. Continue throughout cold/flu illness.

***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.

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

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

Coming Next Month

The Truth About Cholesterol – At next month's Healthy Habits Class, on **Saturday, March 9th at 9:30 am**, learn the real truth about cholesterol. The biggest problem with this preoccupation with cholesterol is that it distracts people from understanding the real cause of cardiovascular disease. You owe it to yourself and your loved ones to have this valuable information.



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.

EHP Monthly Specials

**10% off Mama's
Prevention
Combination**

*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.*