

# ENCHANTED THYMES

## The Truth About Cholesterol

### It's Not the Evil Substance People Think It Is!

When most people in our culture hear the word “cholesterol,” they immediately associate it with heart disease. Cholesterol has been demonized and criticized so much that the words, “low cholesterol” or “no cholesterol” are automatically associated with being healthy. What’s sad is that this view of cholesterol has been created by outdated research. It simply isn’t true.

Here is the truth

- ✓ Your body needs cholesterol to make cell membranes, adrenal and reproductive hormones and bile to digest fats.
- ✓ Cholesterol helps your body detoxify and fight infection.
- ✓ The cholesterol present in butter, eggs, cheese and meat has nothing to do with heart disease. Only oxidized cholesterol can stick to your arteries and oxidized cholesterol is only found in processed foods.
- ✓ Having cholesterol levels get too low can cause depression, infertility and hormonal imbalances. Low cholesterol levels also increase your risk of stroke and cancer.
- ✓ While statin drugs decrease your risk of dying of a heart attack, they increase your risk of dying of other causes.

Do these facts surprise you? If so, there is ample research to back them up. Research which I will share with you at this month’s Healthy Habits Class

### Monthly Healthy Habits Class

**DATE:** Saturday, March 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 why cholesterol isn't the evil substance people think it is and the real causes of heart disease. 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](mailto:enchantedherbpantry@yahoo.com).

**Space is limited ~ Register early!**

#### Events Calendar:

- **Healthy Habits Class, Saturday, March 9<sup>th</sup> @ 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 Tropical  
Traditions  
Coconut Oil

\*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

### *Coconut Oil:*

**This medium-chain fatty acid is used by the body for energy – not stored as fat!** **Expeller-Pressed Coconut Oil** does not taste or smell like coconut oil, yet you get all the great benefits of coconut oil. Use it in stir-fry recipes, frying your morning eggs, etc. Use it to replace butter or vegetable oil anytime you cook. Use **Gold Label Virgin Coconut Oil** when you want the full coconut oil flavor. Apply topically instead of lotion.  
**\*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@yahoogroups.com](mailto:www.EHP_GoodFoodGroup@yahoogroups.com) For more information, please contact me or visit [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com).

Check out [www.bountifulbaskets.org](http://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

**Healing from Trauma** – At next month's Healthy Habits Class, on **Saturday, April 13<sup>th</sup> at 9:30 am**, discover the tools that aid recovery from the effects of trauma and PTSD.



## Enchanted Herb Pantry, LLC

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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](http://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.

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