

ENCHANTED THYMES

Healing from Trauma

Natural Aids for Recovering from Post-Traumatic Stress Syndrome

Events Calendar:

- **Healthy Habits Class, Saturday, April 13th @ 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!

Most of us associate Post-Traumatic Stress Disorder (PTSD) with the horrors of war. This condition used to be called "Shell Shock" or "Battle Fatigue" and was identified in soldiers who had gone through so much stress that they simply could not cope any more.

Today we understand PTSD to be a severe anxiety disorder that can develop after exposure to any event that results in lasting psychological or physical trauma. The event may be a serious accident, major surgery, violent assault or physical, sexual or emotional abuse. Whatever the triggering event(s), they overwhelm one's ability to cope, leaving a person feeling disconnected from life, people, and even one's own feelings.

The person suffering from PTSD may feel overwhelmed by the challenges of life, angry, hypersensitive, or emotionally numb and paralyzed. They may be irritable, angry or aggressive, or they may suffer from depression, chronic anxiety and obsession. They may also turn to drugs, smoking, alcohol or other addictions.

Recovery from PTSD requires a holistic approach that involves learning to reconnect with feeling and life, counseling and emotional healing work and nutritional support for the body.

Monthly Healthy Habits Class

DATE: Saturday, April 13, 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 discover the tools that aid recovery from the effects of trauma and PTSD. 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

Stress Blend:

4 Drops Sandalwood
2 Drops Thyme Linalol
1 Drop Geranium

2 Drops Marjoram
2 Drops Rose

Fill a basin of a tea light diffuser with water, and count drops of essential oil on top of the water. Light the tea light and enjoy!

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

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 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
Free-Range, Farm-Fresh Eggs - \$4/dozen**

Coming Next Month

Are you in Pain? – At next month's Healthy Habits Class, on **Saturday, May 11th** at 9:30 am, learn the secrets of natural pain relief.



Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

97 W Ogden Road, Loving, NM • (575) 745-1673

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.

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
Custom-Blend
Aromatherapy
Products**

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.