

# ENCHANTED THYMES

## Natural Hormone Replacement

### Events Calendar:

- **NO Healthy Habits Class in July**
- **Healthy Habits Class, Saturday, August 10<sup>th</sup> and 24<sup>th</sup> @ 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 and 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!

As we age, levels of certain hormones decline and the balance of hormones in the body can become increasingly disordered. This problem is compounded by poor diet, stress and environmental toxins that act as endocrine disrupters. These hormonal imbalances can cause both physical and emotional problems as women enter menopause and men go through a similar (but less dramatic) change called andropause. It can also result in increasing health problems as we age, such as declining sex drive, loss of memory, fatigue and increased risk of chronic diseases like heart disease, obesity and diabetes.

Modern medicine offers synthetic hormones as a “solution” to this problem. However, these synthetic hormones are not the same as the body’s natural hormones and often have undesirable side effects. There are natural hormones that can be used in this hormone replacement therapy, but they require a doctor’s prescription, and finding a doctor who works with them can often be difficult.

Fortunately, there is a third alternative. All over the world, various cultures have recognized that certain plants help to counteract the effects of aging and ease the transitions of menopause and andropause. These tonic herbs often have thousands of years of human experience behind them, which makes them both effective and extremely safe. When coupled with a healthy diet and lifestyle, they can be used as a form of natural hormone replacement to help us continue to feel good as we grow older.

### Monthly Healthy Habits Class

**DATE:** **Saturday, August 10, 2012**

**TIME:** 9:30 AM – 10:30 AM

**LOCATION:** Enchanted Herb Pantry, Loving, NM

**MORE:** Join us at the next Healthy Habits Class and we will discuss the hormonal changes that take place as we age and the options we have for natural hormone replacement using traditional tonic herbs. You will learn about foods and lifestyle habits that help to keep your endocrine hormones balanced for optimal 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](mailto:enchantedherbpantry@yahoo.com).

**Space is limited ~ Register early!**

## EHP Monthly Specials

### 10% off Organic Lemonade Mix

\*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

### *Solle Essentials Balance:*

- Balancing and harmonizing physically, mentally, emotionally and spiritually.
- Provide stress relief for a variety of situations.
- Revitalizing, centering, energizing yet provides contentment.
- Allows for flexibility in responding to situations.
- Balances out extreme emotions (anxiety to depression).

\*Products available at [www.onesolle.com/enchantedherbpantry](http://www.onesolle.com/enchantedherbpantry) and 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](mailto:www.EHP_GoodFoodGroup@yahoo.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  
Free-Range, Farm-Fresh Eggs - \$4/dozen**

## Coming Next – There will be NO Healthy Habits Class in July

Keeping in a Healthy Vein – At our next Healthy Habits Class, on Saturday, August 24<sup>th</sup> at 9:30 am, learn how to improve chronic venous insufficiency (CVI) and varicose veins.



## Enchanted Herb Pantry, LLC

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Visit us on the web: [www.enchantedherbpantry.com](http://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](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.

*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](mailto: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.