

ENCHANTED THYMES

Keeping in a Healthy Vein

Natural remedies for chronic venous insufficiency (CVI), varicose veins and other vascular problems

Blood is the life of the body. It supplies all our tissues with life-giving oxygen and nutrients via the arteries and removes carbon dioxide and other wastes from the tissues via our veins. We seldom think about our veins, but problems with our veins aren't just limited to cosmetic problems like varicose veins or spider veins.

When a person suffers from Chronic Venous Insufficiency (CVI), there are problems with the ability to move blood in the legs upward toward the heart. This causes blood to pool in the legs, causing swelling, pain and, in some cases, leaking fluid or ulcers in the skin. Symptoms of CVI include bruising of muscle tissue, edema, swelling and heaviness, itching, irritation and pressure and congestion in the abdominal, prostatic and uterine regions.

CVI often leads to varicose veins. These are enlarged, deformed and knotted veins, typically found in the legs, ankles and feet. Varicose veins can make themselves felt in the form of throbbing, cramping, swelling and pain. These symptoms get worse when you sit or stand for long periods. But varicose veins aren't just unsightly, they can eventually cause blood clots, which can dislodge and lead to stroke, heart attack, pulmonary embolism or deep vein thrombosis.

Monthly Healthy Habits Class

DATE: Saturday, August 24, 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 share tips about how to improve venous circulation and get back in a healthy vein. We will not only help you understand what causes venous problems, but provide tips for natural remedies that can help with CVI, varicose veins and other vascular health issues.

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!

Events Calendar:

- **Healthy Habits Class, Saturday, August 10th (Balancing Hormones) and 24th @ 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!

EHP Monthly Specials

Buy 1/Get 1
Half Off –
Ziva360 Pro
Scan (save \$23)

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

Hot Flash Relief:

6 oz. Distilled Water

3 Drops Roman Chamomile

2 Drops Lemon

2 Drops Peppermint

3 Drops Geranium

1 Drop Pine

4 Drops Clary Sage

Add essential oils to water in a spray bottle. Shake well before use. When you feel a hot flash coming, spritz yourself and inhale, or spritz a cloud and walk through it.

*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@yahoo.com. For more information, please contact me or visit www.enchantedherbpantry.com to view regular and sale catalogs.

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 - \$3/dozen

Coming Next Month

Conquering COPD & Asthma – At our next Healthy Habits Class, on **Saturday, September 14th at 9:30 am**, learn about the natural option available for conquering COPD and asthma.



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.

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