

# ENCHANTED THYMES

## Conquering COPD and Asthma

### Lifestyle Changes and the Right Natural Remedies Can Help You Breathe Freely Again

Life is miserable when you can't breathe, and for millions of people not being able to breathe freely is a chronic problem. Chronic Obstructive Pulmonary Disorder (COPD) and asthma affect millions of adults and children. COPD includes chronic bronchitis and emphysema. According to the Centers for Disease Control for 2011, 10.1 million Americans were diagnosed with chronic bronchitis and another 4.7 million with emphysema. The CDC also reports that about 7.1 million children and 18.9 million adults currently have asthma. That's nearly 10% of all children and a little over 8% of all adults.

All these lung diseases are typically treated with inhaled steroids or bronchial dilators. Steroids reduce inflammation (and the swelling that accompanies it) to open airways. Bronchial dilators relax and bronchial passages to make breathing easier. Less frequently, oral steroids, oxygen or antibiotics are also used. These medications offer symptomatic relief, but they do not cure the problem. Furthermore, side effects will often develop with long-term use of these medications.

Fortunately, there are things one can do to actually heal the lungs. These may involve some serious lifestyle changes, as well as some well-chosen herbs and supplements, but it is possible. Emotional healing work may also be needed. Even if a complete cure is not achieved, these natural methods can offer serious improvement and a reduction of the need to medication.

### Monthly Healthy Habits Class

**DATE:** Saturday, September 14, 2012

**TIME:** 9:30 AM – 10:30 AM

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

**MORE:** Join us at the next Healthy Habits Class and learn about the natural options available for conquering COPD and asthma.

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, September 14<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 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!

## Product Tips

### *Tei Fu Essential Oil & Lotion:*

As many of you know, I think everyone should have these two products on hand due to their many great uses. I have helped stop coughing and asthma attacks by dropping 1 drop on the back of the hand and licking it off. The lotion can be used on the bottom of the feet and on the chest for the same purpose. CAUTION: Do not get Tei Fu in sensitive areas of the body (there will be a 20-minute burning sensation).

**\*Products available at Enchanted Herb Pantry and [www.mynsp.com/stevens](http://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](mailto:www.EHP_GoodFoodGroup@yahoo.com). For more information, please contact me or visit [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com) to view regular and sale catalogs.

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 Month

**Nature's Infection Fighters** – At our next Healthy Habits Class, on **Saturday, October 12<sup>th</sup> at 9:30 am**, get ready for the cold and flu season by learning about natural infection fighters.



## 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.

*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.

## EHP Monthly Specials

**Buy 1/Get 1  
Half Off –  
Ziva360 Pro  
Scan** (save \$22.50)

\*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.\*