

ENCHANTED THYMES

Effective Home Remedies for Colds, Flu, Fevers and More

Events Calendar:

- **Healthy Habits Class, Saturday, January 11th @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- **DermaGRID, Ziva 360TM and COMPASSTM Bio Feedback Scans** can help you decide what supplements and food may be beneficial to 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!

At one time people didn't run to the doctor for every snuffle or sneeze, most of the time they used home remedies and only called for medical assistance for serious or persistent illnesses. It's a shame that many people have forgotten these old-time remedies because they are still highly effective. In fact, in many cases they work faster than modern medicine at getting rid of ordinary ailments.

In the early 1800's, a man named Samuel Thomson wrote a book called New Guide to Health. In it, he proposed the idea that every family should have their own herbal doctor. He advocated a simple system for treating acute illnesses that was so successful that by 1830 it has been estimated that about one-quarter of the American population (about three million people) relied on his system when they were sick.

Thomason was so successful that he paved the way for a new era of health freedom that allowed numerous schools of health care, such as homeopathy and naturopathy to develop. Yet, his teaching are often overlooked and neglected because his system seems too simple for modern minds.

Monthly Healthy Habits Class

DATE: Saturday, January 11, 2014

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 Thomson's philosophy and approach to treating contagious diseases. I'm sure you'll discover that Thomson's ideas are as useful today as they were nearly 200 years ago. I'll teach you some modern applications of his techniques that you can use next time illness strikes you or your family. You may be pleasantly surprised at how fast these techniques work to get you feeling well again. Learn how simple and inexpensive these effective pioneer home remedies are, even in today's high-tech world.

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

Inhalation for Thick Mucus

4 drops Myrrh

3 drops Eucalyptus

2 drops Thyme

1-2 drops Tea Tree

Drop essential oils into a bowl of almost boiling water. Cover head with a towel and carefully inhale vapors deeply for five minutes. Repeat three times a day for five days, or until condition clears. From: Larissa Jones

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

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. Visit our group page at www.EHP_GoodFoodGroup@yahoo.com to share cases or share with family and friends. For more information, please contact me or visit www.enchantedherbpantry.com to view regular and sale catalogs.

**Check out our inventory of Buffalo and Elk
Jerky and Summer Sausage**

Coming Next Month

Feeling a Little “Run Down” – At our next Healthy Habits Class, on **Saturday, February 8th at 9:30 am**, we will discuss the various reasons why people don’t have enough energy and what can be done to correct them naturally. Get the energy you need without resorting to stimulants.



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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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

Buy 1/Get 1
½ off of
**DermaGRID or
Ziva 360 Scans.**

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.