

# ENCHANTED THYMES

## Herbal Remedies for Children

### Events Calendar:

- DermaGRID Scans** can help you decide what supplements and foods may be most beneficial to you. For more details, visit my website or call and schedule your in-office or distance appointment today!  
**All DermaGRID Scan clients this month will be entered in a drawing for a \$25 Solle Gift Card.**  
 Schedule your scan 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.
- Your referrals are appreciated!** Refer a friend and receive 10% of any product or \$5 off any service!  
\*Savings on regular prices.
- Contact me to have this month's **Healthy Habits Class at your location!**

Just a few generations ago, most people used home remedies when their children were sick. The doctor was called upon only when the problem was serious or failed to respond to these home remedies. Today, few parents use home remedies. Most take their children to the doctor for relatively benign ailments like colds, flu and tummy aches.

Even adults who use natural remedies themselves may be reluctant to use these remedies with their children because they didn't grow up with home remedies themselves. The truth is, however, that if a child's health problems aren't serious or persistent, applying some simple home remedies, along with a dash of common sense and some tender loving care, will usually get the child feeling better quickly. Of course, if the home remedies don't work, medical advice should be sought, but often a child can be well in the time it takes for a parent to get an appointment with the doctor.

There are a few things parents need to know to be successful in using herbs (and other home remedies) with children. First, they need to know what remedies to use for the problems their children are experiencing. Second, they need to learn how to prepare those remedies in forms their children will actually take. (The remedy won't do any good if the child won't take it.) Finally, they need to know the indications that the problem *is* serious and requires medical attention.

### Monthly Healthy Habits Class

**DATE:** Saturday, November 15, 2014

**TIME:** 9:30 AM – 10:30 AM

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

**MORE:** Join us for the next Healthy Habits Class and you will learn about what remedies to use, how to administer them and how to recognize when they are (and aren't) working. We will also discuss the kinds of symptoms that signal the need for medical attention. So, if you have children (or grandchildren), arm yourself with the knowledge that will help you take responsibility for their health.

**CLASS INCLUDES:** One-hour class with handouts.

**COST:** \$10/person, Bring a Friend ~ Receive a FREE Gift.

**TO REGISTER:** Call 575-745-1673 - Email: [EnchantedHerbPantry@yahoo.com](mailto:EnchantedHerbPantry@yahoo.com).  
**Space is limited ~ Register early!**

## EHP Monthly Specials

Save 10% on  
Spices

\*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

#### Pumpkin Cookies

¾ C Butter (or equivalent: coconut oil, etc.)

1 C Sweetener (or equivalent: **xylitol**, **maple syrup**, honey, etc.)

2 eggs

1½ t. **Pure Vanilla Extract**

¼ C Pumpkin (or other orange squash puree)

2½ C Sprouted Wheat Flour\* or other flour

1 C Chopped nuts, raisins, **unsweetened carob chips**, **dark chocolate chips**, etc.

In a large bowl, cream butter. Add sweetener, eggs, vanilla, and pumpkin and mix well. In a separate bowl, mix the dry ingredients together, then add to the wet ingredients. (May need to add more flour, depending on moisture content of sweetener and pumpkin; dough should be stiff enough to hold its shape.) Stir in nuts or other additions as desired.

Drop by Tbsp onto an oiled cookie sheet. Bake at 350 degrees for 9-12 minutes; cookies should be soft but baked through and slightly browned on bottom. Remove to rack and cool.

\* *from wheat that has been sprouted, dried, and ground into flour, increasing digestibility and lessening intolerances*

1 t. **Baking Soda**

½ t. **Sea Salt**

1 t. **Ground Cinnamon**

¼ t. **Ground Ginger**

¼ t. **Ground Cloves**

Original recipe from *The Diet Rebel's Cookbook: Treasured & Tasty Recipes*

**\*Products available at 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](http://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](http://www.enchantedherbpantry.com) to view regular and sale catalogs.

**Farm-Fresh Eggs - \$3/dozen**

**Delivered to your Carlsbad office - \$4/dozen (2 dz minimum)**

### Coming Next Month

**Sweeten Your Health with Herbal Bitters** – At our next Healthy Habits Class, on **Saturday, December 13<sup>th</sup> at 9:30 am**, we will share with you the healing properties of bitter herbs and explain how adding some herbal bitters to your life can sweeten your health.



## Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

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

Email: [Jackie@EnchantedHerbPantry.com](mailto:Jackie@EnchantedHerbPantry.com)

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.