

ENCHANTED THYMES

Sweeten Your Health with Herbal Bitters!

Bitter herbs might not taste good, but they can improve your digestion, elimination and overall health.

Everything in this world appears to have an opposite – light and darkness, good and evil, love and hate and, of course, bitter and sweet. If you're normal, you probably prefer the taste of sweet and avoid the taste of bitter. However, if your health has gone sour, too much sweet may be to blame, and small amounts of bitter herbs may be just what you need to restore health (and sweetness) to life.

Bitter tasting herbs have numerous benefits that we need in modern culture. For starters, millions of people suffer from digestive upset – acid indigestion, GERD (heartburn), gas, bloating and other digestive problems. Bitter herbs may be the answer to their troubles. Bitters became popular as digestive aids in Europe as early as the 1600s, when trade opened up with China. The Chinese has been using bitters to improve digestion for more than 5,000 years.

Bitter herbs can also aid the liver in detoxifying our body, something that is vitally important because of all the chemicals we're exposed to in modern life. Bitters can also aid elimination in general, making them one of the most critical components of herbal cleansing programs. As detoxification and elimination improve, people find they has greater mental clarity, more energy, fewer aches and pains and experience improved general health. Bitters can even help with weight loss.

Monthly Healthy Habits Class

LOCATION: Enchanted Herb Pantry, Loving, NM

MORE: At the next Healthy Habits Class 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. Call to schedule a class for your group.

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.

Space is limited ~ Register early!

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!
Get a DermaGRID Scan and you will be entered in the monthly 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!**

EHP Monthly Specials

**MERRY
CHRISTMAS!**
Save 10% on
ANY
PURCHASE

Mention this ad to receive discount. 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

Diffuse your Essential Oils

I use to love burning candles in my home and office (especially, this time of year!). My candle collection has been pushed to the back of the cabinet and all but forgotten. For several years now, I have been diffusing essential oils using a cool mist diffuser. Candles are often petroleum-based, therefore, they are toxic. Diffusing pure essential oils can make your room smell wonderful, help your kids focus on homework, improve moods, calm for better sleeping, ease the respiratory system during colds/flu, relieve headaches, fill the room with seasonal scents, and much more. Today I am diffusing Solle Naturals **Lift** in my office and it smells very spicy and festive! With so many uses, essential oils and a diffuser will make a great gift for anyone on your Christmas list – especially, yourself!

*Products available at Enchanted Herb Pantry, LLC

Congratulations Juanita G.
for winning last month's Solle Naturals \$25 Gift Card drawing!

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.

Farm-Fresh Eggs - \$3/dozen

Coming Next Month

Natural Remedies for Viral Infections – In our next Healthy Habits topic, you will learn about some herbal remedies for viral infections and how one can strengthen one's immune system. Learn how nature can help protect your from viruses and help you recover when you get one. Call to schedule your group class.



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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