

ENCHANTED THYMES

Feeling a Little “Run Down?”

Learn How to Enhance Your Energy the Natural Way

Events Calendar:

- **Healthy Habits Class, Saturday, February 8th @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- **DermaGRID, Ziva 360™ and COMPASS™ 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!

If the booming sales of energy drinks are any indication, it's clear that many Americans feel they need more energy. Sales of energy drinks grew 60% from 2008 to 2012, with the total U.S. sales being more than \$12.5 billion in 2012 (*foodproductdesign.com*). In fact, according to data from the National Health and Nutrition Examination Survey, 2009-2010, about 20% of American drink energy drinks daily.

These energy drinks rely primarily on the effects of large amounts of caffeine, but may also contain taurine, creatine and various herbs, plus a lot of refined sugar, of course. The scariest trend is the number of teenagers who consume these beverages. Oh, and let's not forget that over half of all Americans drink coffee every day, as well as all the caffeinated sodas people consume. Clearly, a lot of people feel they need stimulants to cope with day to day life.

Unfortunately, stimulants don't actually give you energy. They actually cause your body to expend more of its energy reserves, which depletes your body over time. They also do nothing to correct the underlying reasons why people are low in energy, such as low thyroid, adrenal burnout, blood sugar imbalances, nutritional deficiencies, and most importantly, a lack of sleep. Worse yet, they can have negative effects. The number of emergency visits to medical doctors involving the side effects of energy drinks doubled between 2007 and 2011.

Monthly Healthy Habits Class

DATE: Saturday, February 8, 2014

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 discuss the various reasons why people don't have enough energy and what can be done to correct them naturally. Learn how to give yourself a much needed energy boost.

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!

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.



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

Product Tips

CinnaMate

A powder beverage that combines a traditional blend of Yerba Mate with Cinnamon, Nopal Cactus, Banaba Leaf and Thyme. The result is a pleasant-tasting drink (cold or hot) that not only serves as an excellent digestive and blood-sugar management tool, but also as an effective mood and energy booster.

Add 1 packet to 16-20 oz. of HOT water. Drink instead of coffee or tea in the morning. Or, add 1 packet to your morning coffee. Enjoy!

*Products available at www.onesolle.com/enchantedherbpantry 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.

Purchase your Buffalo and Elk Jerky HERE! – Yummy!

Coming Next Month

Do Your Intestines Leak? – At our next Healthy Habits Class, on **Saturday, March 8th at 9:30 am**, we will discuss the problems of SIBO and leaky gut, what causes them, and how we can correct them with diet and natural remedies. If you're tired, overweight, suffer from "brain fog," how auto-immune problems or digestive problems, this information may help you learn how you can get your health, energy and mental clarity back.

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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