

ENCHANTED THYMES

Do Your Intestines Leak?

Leaky gut and SIBO are a Root Cause of Numerous Health Problems. Are They Contributing to Yours?

Events Calendar:

- **Healthy Habits Class, Saturday, March 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!

In our modern world we are exposed to numerous influences that irritate and inflame our digestive tract. This inflammation damages the intestinal membranes, making them more permeable, a condition known as Leaky Gut. With Leaky Gut, undigested food particles pass through the intestinal membranes causing immune reactions and other imbalances throughout the body.

In as much as 50% of the population, Leaky Gut is associated with SIBO (Small Intestinal Bacterial Overgrowth), which causes belching, gas, bloating, acid reflux, constipation and/or diarrhea. This condition is often mistaken for a yeast infection.

SIBO and Leaky Gut are a root cause of numerous health problems. They may play a factor in problems like acne, autism, celiac disease, cystic fibrosis, chronic fatigue syndrome, diabetes, diverticulitis, fibromyalgia, GERD (gastroesophageal reflux disease), *H. pylori* infection, hypochlorhydria (low stomach acid), hypothyroid/hashimoto's thyroiditis, IBD (inflammatory bowel disease such as Crohn's and ulcerative colitis), IBS (irritable bowel syndrome), interstitial cystitis, lactose intolerance, NASH/NAFLD (non-alcoholic steatohepatitis/non-alcoholic fatty liver disease), obesity, Parkinson's, prostatitis (chronic) and rheumatoid arthritis.

Monthly Healthy Habits Class

DATE: Saturday, March 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 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 autoimmune problems or digestive problems, this information may help you learn how you can get your health, energy and mental clarity back.

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

Modern Herbal
Medicine Book,
by Steven Horne
and Thomas
Easley ~ Sale
\$29.99/ea

*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

Product Tips

ProBioIQ

Specifically blended as a clarifying formula, **ProBio IQ™** combines mind/body herbal benefits with proven strains of probiotics to deliver a health supplement in vegetarian capsules. In addition, FiberTract™ our unique blend of Konjac and Xanthan carries our product further into the GI tract for enhanced results. Recommendations: Take 2 vegetable capsules daily. Combine with **Solle Vital™** for a strong daily health foundation, and enliven and energize your health!

*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.

Now Available – Farm-Fresh Eggs - \$3/dozen

Coming Next Month

The Breath of Life – The Healing Power of Oxygen – At our next Healthy Habits Class, on **Saturday, March 8th at 9:30 am**, we will learn how to use oxygen to relieve pain, improve energy, increase mental concentration and promote improved general health. Given the problems with air pollution and reduced oxygen levels in the atmosphere, we can no longer afford to take air for granted.



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.

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 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. If you wish to be removed from this email list just send a blank email with "unsubscribe me" in the subject box.