

ENCHANTED THYMES

The Healing Power of Water and Herbs

Herbs and Water are a Powerful Team for Healing

When people are sick, the first thing they usually think of is some sort of medicine, herb or supplement. What they often fail to realize is that without adequate water in the body, other remedies simply won't work. Water is the foundation of all life. Our bodies are 65-75% water, and water molecules infuse 99% of the body's cells. All of our biological processes need water, including digestion, energy production and elimination. All substances that enter the body, whether nutrients or medicines, must be dissolved in water to be utilized. In fact, many remedies work by helping to move water in the body to different organs and tissues.

While we can go for a week or two without food, the average person can only survive a few days without water. So, water is more important than food for our health. In fact, new research is showing that energy in the body isn't created just from food. Water has the capacity to create, store and transform energy, which is one of the reasons why dehydration can lead to fatigue. Water is also the primary cleansing agent in the body. It dilutes toxins and acidic waste, supporting all eliminative channels. So, you can't cleanse if you don't drink enough water. Water also helps regulate body temperature. It also lubricates and cushions tissues and joints. Adequate hydration is also a secret to keeping healthy skin and avoiding wrinkles.

In modern society we tend to take water for granted, but our water supplies are not as secure as we might think. Much of the earth's water is polluted, and unless we rethink our relationship with the earth's water sources, future generations may have difficulty finding clean water.

Monthly Healthy Habits Class

DATE: Saturday, May 10, 2014

TIME: 9:30 AM – 10:30 AM

LOCATION: Enchanted Herb Pantry, Loving, NM

MORE: Join us for the next Healthy Habits Class and we will help you understand water as you've never understood it before. We will talk about the importance of drinking adequate amount of pure water for good health. And, we will talk about how water and herbs work together to heal your body.

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!

Events Calendar:

- **Healthy Habits Class, Saturday, May 10th @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- **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!
- **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.

Product Tips

Solle Excell

When you feel really good, you are excited about the future. Your mind and body senses are heightened and clear. Your glandular functions, respiration and circulation operate in prime condition. With Solle Excell your “new norm” can be a finely tuned mind and body, because your amazing complex of organs, nerves, hormones and cells interact as they should. Why not give your mind and body enhanced vibrancy by providing unique, concentrated herbal nutrients that are targeted to today’s lifestyle issues? Why not achieve True Clarity in your personal health and enhance your wellbeing like never before with Solle Excell? At Solle Naturals, we think everyone deserves to feel this good.

***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.

Coming Next Month

Aromatherapy – Using Essential Oils – At our next Healthy Habits Class, on **Saturday, June 14th at 9:30 am**, we will introduce you to a variety of essential oils and their uses as well as cover a variety of ways in which these oils can be used. You’ll learn how you can enhance your health and wellbeing with aromatherapy. Join us for a fragrant and fun experience.

EHP Monthly Specials

Save \$5 on your
next
DermaGRID
Scan
(Regular \$45)

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

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.