

ENCHANTED THYMES

Xenoestrogens

Environmental Chemicals are Destroying Reproductive Health in Both Men and Women

There is a serious problem affecting the reproductive health of both men and women worldwide – xenoestrogens. *Xeno* means foreign, which means these are chemical that act as unnatural estrogen-like substances. They overstimulate estrogen receptors in the human body, causing a variety of harmful effects.

In females, they cause young girls to start to sexually mature and develop breasts at an early age. In older women, they contribute to PMS problems, uterine fibroids, endometriosis and estrogen-dependent cancers, such as breast and uterine cancer. In fact, many researchers consider them to be the primary cause of breast cancer.

Xenoestrogens also have harmful effects on males. They compete with testosterone, reducing testosterone levels in men. This results in reduced sex drive, weight gain, loss of muscle tone, the development of “man boobs” or breasts in men, erectile dysfunction, prostate enlargement and cancer, lowered sperm counts and infertility, undescended testicles and even deformations of the male sex organs.

Clearly, we want to avoid xenoestrogens and minimize their harmful effects if we want to stay healthy. Sources of these endocrine disrupting chemicals include:

- Many pesticides and herbicides
- Soft plastics
- Some commercially raised eggs, meat and dirty products
- Certain cosmetics and beauty care products.

Monthly Healthy Habits Class

DATE: Saturday, August 9, 2014 **NO CLASS IN JULY**

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 not only educate you about the harmful effects of xenoestrogens, we will tell you what foods and products you should avoid to minimize your exposure to them. We will also tell you how to counteract the effects of them in your body using herbs and supplements.

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, August 9th @ 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.

EHP Monthly Specials

Save 10% on
Coconut Oil

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

Balance

The Solle Essential **Balance** Blend has specific ingredients designed to restore harmony, balance, energy, mood, stress relief and sleep patterns. When used in conjunction with other Balance products like SolleVital™ SolleFlex™ and Adaptable™, they can help you to achieve overall balance – physically, mentally, emotionally and spirit. Also available:

Calm, Clarify and Lift.

*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.

**Farm-Fresh Eggs – Available at the
Carlsbad Farmers Market through the end of July**

Coming Next Month

Xenoestrogens – Environmental Chemicals are Destroying Reproductive Health in Both Men and Women – At our next Healthy Habits Class, on **Saturday, August 9th at 9:30 am**, we will not only educate you about the harmful effects of xenoestrogens, we will tell you what foods and products you should avoid to minimize your exposure to them. We will also tell you how to counteract the effects of them in your body using herbs and supplements.

Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

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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.