

# ENCHANTED THYMES

## Detoxification

### Using Herbs and Nutrients to Support Your Liver in Getting Rid of Toxic Chemicals

There is no question about it - those of us living in modern society are exposed to more chemicals than any of our ancestors. We have chemicals in our food (pesticides, herbicides and food additives), in our personal care products (soaps, shampoo, toothpaste and cosmetics), in our household cleaning products and in our homes themselves (paints, glue, pesticides, stain resistant chemicals, etc.). This does not even take into consideration air and water pollution.

The liver takes the primary hit from this chemical onslaught as it has to process all of these chemicals for elimination from the body. This is in addition to breaking down the body's own toxic by-products, including used up hormones and neurotransmitters. As if that's not enough, the liver also has to process nutrients from the foods you eat to be utilized by the cells, regulate blood sugar and perform hundreds of other biochemical reactions every day.

To do this, the liver requires nutrients – vitamins, minerals, amino acids and fatty acids. So, when you combine this chemical onslaught with the nutritional deficiencies caused by most people's empty calorie diets, people's livers are simply overwhelmed and cannot keep up with the load.

Moderate liver dysfunction won't show during a checkup, but it will show up in the way you feel. When you are tired, sluggish, suffering from headaches and other minor aches and pains, PMS, irritability, depression, anxiety, insomnia, grogginess, brain fog and other vague and difficult-to-pin-down symptoms, it is often a sign of a congested, stagnant, over-worked and under-nourished liver.

### Monthly Healthy Habits Class

**DATE:** Saturday, September 20, 2014 **Note: Date Change**

**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 explain how your liver protects you from chemical toxins and eliminates them from the body. We will introduce you to herbs and nutrients that can ease your over-worked liver and help it do its job. So, join us and learn how supporting your liver can improve your health, your mood and your life.

**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](mailto:enchantedherbpantry@yahoo.com).  
**Space is limited ~ Register early!**

#### Events Calendar:

- **Healthy Habits Class, Saturday, September 20<sup>th</sup> @ 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.
- Contact me to have this month's **Healthy Habits Class at your location!**

## Product Tips

### What Can the Detox/Energy Foot Spa Do For You?

Increase Energy and Vitality • Quicker Healing/Recovery Time • Relief from Constipation • Better Sleep/Less Insomnia • Less Fluid Retention/Edema • Improved Mental Clarity • Headache Relief • Improvements with ADD/ADHD Symptoms • Reduced Joint Pain • Improvements with Parkinson's Symptoms • Help with Muscular Pain • Improved Kidney and Liver Function.

**\*Products available at Enchanted Herb Pantry, LLC**

## EHP Monthly Specials

Save 50% on  
Detox/Energy  
Foot Spa  
Sessions  
Buy 1/ Get 1  
50% off

\*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

## 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](mailto: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](http://www.enchantedherbpantry.com) to view regular and sale catalogs.

**Farm-Fresh Eggs - \$3/dozen**

**Delivered to your Carlsbad office - \$4/dozen (2 dz minimum)**

## Coming Next Month

**It's Not all in Your Head** – At our next Healthy Habits Class, on **Saturday, October 11<sup>th</sup> at 9:30 am**, we will look at the physical aspects of mental illness. We will talk about how various nutritional deficiencies, environmental toxins and imbalances of the body chemistry affect our mind, mood and through process. We will also explore natural solutions for bringing our body, mind and emotions back into balance and health.



## **Enchanted Herb Pantry, LLC**

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Visit us on the web: [www.enchantedherbpantry.com](http://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](http://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](mailto: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.