

ENCHANTED THYMES

Tonic Herbs

Would you like to increase energy and stamina, improve your resistance to disease, slow the aging process and otherwise build good general health?

Events Calendar:

- **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! **Get a DermaGRID Scan and you will be entered in the monthly drawing for a \$25 Solle Gift Card.** Schedule your scan 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 **Create your own Healthy Habits Class!**

In Western medicine, we tend to think a remedy is good if it's fast acting, quickly relieving the symptoms of a disease. An effective drug is one that makes a rapid change in specific body processes, such as reducing high blood pressure or easing pain. An Agent that gradually improved overall health over a long period of time would never get the attention of modern pharmaceutical companies.

Traditional Chinese Medicine (TCM) sees things differently. Fast acting, symptom-relieving agents are considered inferior medicine. A superior medicine is something that acts slowly to restore balance and health to the system. About 50 herbs, out of the thousands used in TCM, have been labeled superior medicines. In the West we call these health-building herbs *tonics*.

In order to be recognized as a tonic herb, a plant must meet many criteria, including:

1. It must have anti-aging properties and enhance longevity.
2. It must have broad and proven health-promoting actions.
3. In addition to improving one's physical health, it must also improve one's emotional and spiritual well-being.
4. It must have no negative side effects when used reasonably, thereby facilitating safe, daily use over a long period of time.
5. It must taste good enough to be easily consumed and must be easily digested and tolerated.

Unlike therapeutic herbs that make specific changes in a particular organ or body system, such as laxatives, diuretics or expectorants, tonic herbs work gradually in subtle ways that benefit many body systems. They help to rebuild, renew and rejuvenate the whole body.

Monthly Healthy Habits Class

Due to this past year's low class attendance and my recent diagnosis of breast cancer, in 2015, I will only be teaching classes upon request. It is time for me to take a step back and take some time for me. Not to mention it is crucial for my recovery. To create your own class: choose your class topic, \$50/class* (includes up to 5 people) - \$10/person thereafter. Each class includes: 1 ½ hour class and handouts. Simply call or email to schedule your class. Thank you for your understanding. **Travel fees may apply.*

THANK YOU FOR ALL YOUR THOUGHTS AND PRAYERS.

EHP Monthly Specials

Happy New
Year!
Save on Ultra
Therm – BOGO
½ off!

Mention this ad to receive discount. 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

Ultra Therm

Rev up your metabolism with Ultra Therm. This thermogenic formula helps you break down fat while increasing calorie burn.

Benefits:

- * Increases calorie burn throughout the day
- * Helps break down body fat
- * Promotes weight loss

How It Works:

Rev Up your metabolism. Featuring a powerful combination of green coffee bean extract, green tea and a sustained-release energy blend, this thermogenic formula increases calorie burn while helping your body break down fat. Boost your metabolism and start achieving your weight management goals with Ultra Therm today. *Products available at 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@yahoogroups.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 - \$3/dozen

Coming Next Month

Natural Remedies for Viral Infections – In our next Healthy Habits topic, you will learn about some herbal remedies for viral infections and how one can strengthen one's immune system. Learn how nature can help protect your from viruses and help you recover when you get one. Call to schedule your group class.



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.