

ENCHANTED THYMES

Turmeric

More than just a spice, turmeric and its major constituent Curcumin have incredible healing properties

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.** 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!**

Turmeric is an Asian spice that gives curry its yellow color. Related to ginger, this rhizome is a classic ingredient in Indian cooking also has a long history of use in Ayurvedic and traditional Chinese medicine. Its chief constituent, curcumin, has been the subject of about 61 clinical trials according to the National Institutes of Health.

Research on curcumin suggests that it has antimutagenic properties, which means it helps prevent the formation of cancer cells. It also helps the liver to detoxify cancer-causing chemicals and may help the body fight cancer.

It inhibits arachidonic acid metabolism, the metabolic pathway that creates pro-inflammatory chemical messengers and is a very effective anti-inflammatory. It also stimulates the immune system and inhibits viral replication.

The healing properties of turmeric make it very useful for reducing pain and inflammation after injuries to muscles. It also helps to reduce pain in both osteoarthritis and rheumatoid arthritis.

Turmeric is antioxidant and helps prevent the oxidation of fats. It can help improve blood flow and reduce the formation of arterial plaque. It can help protect the brain from both trauma and strokes and may help protect against memory loss.

In addition to the above, turmeric may be good for eye health, sinus and ear infections, food poisoning, herpes, wound healing, eczema and psoriasis, ulcers and gastritis and possibly even weight loss.

Healthy Habits Class

What to know more about this topic? Schedule a Personal Health Consultation or Healthy Habits Class. To create your own class: choose your class topic. Each class includes: 1½ hour class and handouts. \$50/class* (includes up to 5 people) - \$10/person thereafter. Simply call or email to schedule a Healthy Habits Class.

**Travel fees may apply.*

EHP Monthly Specials

Save 5% on any
Spice purchase!

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

Curry Soup:

3 carrots	1 onion	½ bell pepper
1 large potato	3 celery stalks	2 garlic cloves minced
2 Anaheim chilies	½ lime (squeeze the juice)	2 tablespoon coconut oil
1 tablespoon turmeric	1-2 teaspoons salt (to taste)	1 can coconut milk

½ teaspoon each of: cinnamon, ginger, coriander, cayenne, chili powder, cumin and smoked paprika
3-5 cups water, according to desired consistency

Over medium heat sauté the celery, onion, chilies, carrots, potato and bell pepper in 1 tablespoon of coconut oil for 3 minutes. For the last minute put in the minced garlic. Add the can of coconut milk and water and bring to a simmer. In another pan, place 1 tablespoon coconut oil and the turmeric on low heat for 2-3 minutes. Turmeric's medicinal properties are drawn best in a low heat with oil. Then add all the rest of the spices. Once mixed, add to the vegetables and coconut milk mixture. Let simmer until the potato and carrots are soft and the flavors have had a chance to blend well (about another 5 minutes).

This can be served over cooked quinoa, brown rice, fresh spinach, or served as a soup. This recipe is best served on a cool day. Serves 5

Recipe by Kelly Pomeroy.

*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@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 - \$4/dozen

Coming Next Month

Medicinal Mushrooms – Friendly Fungi that Can Balance Your Immune System, Reduce Your Stress and Otherwise Boost Your Health – Our next Healthy Habits topic will discuss all the benefits of medicinal mushrooms in natural health.



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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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