

# ENCHANTED THYMES

## Medicinal Mushrooms

### Friendly Fungi that Can Balance Your Immune System, Reduce Your Stress and Otherwise Boost Your 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 Mini-Pak of Stixated.** 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!**

We usually think of mushrooms as something you eat (or something you were warned in childhood not to eat). Some people may even associate “shrooms” with getting high. But few people in modern times realize what valuable health allies mushrooms can be.

In ancient times, many mushrooms or fungi were highly prized for their healing properties. The use of medicinal mushrooms in traditional Chinese medicine dates back thousands of years. Today, scientific research has confirmed that more than 270 species of fungi have therapeutic properties.

Besides their nutritional value, many mushrooms have bioactive compounds, including complex polysaccharides, triterpenoids, beta-glucans, and proteins. These compounds can help to stimulate the immune system to fight infections and calm down the immune system in auto-immune disorders, thus helping the immune system to function better all the way around. Other compounds in mushrooms have antioxidant, anti-inflammatory, cholesterol reducing, hepatoprotective, antidiabetic and blood pressure reducing properties. Some even have adaptogenic (stress-reducing) effects.

In this month’s Healthy Habits topic we’ll review four important health promoting mushrooms like: Reishi or Ganoderma, Maitake, Cordyceps and Shiitake. Also, herbal formulas and supplements that utilize these beneficial fungi to resolve a wide variety of health issues.

### 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 10% on any  
Custom  
Essential Oil  
Blend!

\*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

#### Immune Stimulator:

A blend that acts as a nonspecific immune stimulator. By boosting white blood cell count, and enhancing antibody and white blood cell activity, Immune Stimulator can enhance the body's natural ability to destroy viruses, bacteria, fungus and even cancer cells. Immune Stimulator can be helpful for problems as simple as warding off a cold in the early stages or as difficult as dealing with serious infections such as pneumonia. It can even be helpful when dealing with immune disorders such as AIDS and cancer.

\*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](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 - \$4/dozen

### Coming Next Month

**There is a Cure for Arthritis – Looking Beyond Pain Relief and Repairing the Damaged Joints** – Our next Healthy Habits topic will focus on what causes arthritis and what natural remedies there are for easing the pain and actually healing the tissues of the joints to result in permanent relief.



## Enchanted Herb Pantry, LLC

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Office Hours: Monday – Friday: 9-4

#### 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.

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