

ENCHANTED THYMES

There Is a Cure for Arthritis

Looking Beyond Pain Relief and Repairing the Damaged Joints

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!**

Arthritis is a Latin word that simply means “inflammation of a joint,” which means that a person’s joints are painful, red and swollen. That’s a nice description of symptoms for an illness that affects 22.7% of adults in America. This means that 52.5 million people have been medically diagnosed with some form of this disease.

The vast majority of people who have arthritis believe that it is insurable and that nothing can be done to treat it, except to take medications that relieve the pain. While this can make movement easier, it does nothing to heal the disease and the pain medications themselves can have disturbing side-effects.

That’s why people need to know that they have other options. To actually do something about this disturbingly common problem, which is expected to affect 25% of the population (or 67 million people by 2030, we need to look beyond the symptoms and understand the causes, and that’s what we’ll be doing in this month’s Healthy Habits topic.

We will talk about the two primary types of arthritis, osteoarthritis and rheumatoid arthritis, in depth as well as mention some of the other forms. We will look at the underlying causes of this disease and what can be done about it.

We will look at safer, more natural remedies that can be used as alternative to pain relieving drugs, but we will go beyond that and look at things a person can do to actually help joints heal. We will look at nutrients essential for bone and joint health and things one can do to remove the sources of irritation that are causing the joint inflammation in the first place.

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
SolleFlex PI and
SolleFlex AC!

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

SolleFlex PI and SolleFlex AC:

What if you could participate in all the activities you value most, without being limited by pain and inflammatory challenges? Women, what if you could lessen the pain and cramping during that time of the month? We believe you can make those positive thoughts a reality with the concentrated natural ingredients proven to support structural balance and vitality in SolleFlex PI.

Let's face it, life comes at us pretty fast, and no matter how we spend our time we get our share of challenges to both body and mind. But that's OK. Really. We can handle it—especially with the right nutrition. Whether we supplement our diet or bring therapy to our body and mind through the skin, a little extra healing power can make all the difference. SolleFlex AC Therapeutic Cream combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So what's going on in your life right now? Soreness? Discomfort? Bruising? Injuries? Don't worry; with Solle Naturals you're covered. So when life brings the heat, turn up the AC! SolleFlex AC.

***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

Has Life Got You “Singing the Blues?” – Our next Healthy Habits topic will how to overcome depression using lifestyle changes, nutritional supplements, herbs and other natural methods.



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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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