

ENCHANTED THYMES

Fighting Infections with Natural Remedies

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!**

When most people think of treating infections, they think of antibiotics. But antibiotics only work against bacterial infections. Most common infections, like colds and influenza (flu), are viral and antibiotics do not work against viruses. The fact is that most coughs, sinus problems, ear infections and so forth are viral in nature, which means that antibiotics won't help *at all*.

Other acute viral infections include chicken pox, mumps and measles. There are also chronic viral infections, like herpes and more serious and dangerous viral infections, such as Ebola, which recently came to the world's attention because of a large outbreak in Africa.

Serious viral infections raise concern because modern medicine has no effective antiviral drugs. Generally, they only have medicines that relieve the symptoms of viral infections. So, they focus on trying to create immunity through vaccines.

Fortunately, the plant kingdom does have remedies that help the body get rid of viral infections. These remedies largely work by enhancing the body's own immune responses. What's great is that herbs that do this are usually good for all types of infections – viral, bacterial or fungal.

Contact me if you are interested in learning more about some of these herbal remedies for viral infections and how one can strengthen one's immune system. Learn how nature can help protect you from viruses and help you recover when you get one.

Healthy Habits Class

What to know more about this topic? Schedule a 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

Keep your
Weight
Management
Goals!!! 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

Iodoral

Iodoral a high potency iodine/potassium iodide supplement. Iodoral promotes healthy thyroid, skin and cellular growth. One 12.5 mg. tablet of Iodoral supplies an amount of total elemental iodine comparable to the average daily intake of this essential element by mainland Japanese, a population with a very low prevalence of fibrocystic disease of the breast and breast cancer.

- * Iodoral is a Tablets form of Lugol solution
- * Promotes healthy thyroid, skin and cellular growth
- * Iodine is an essential element
- * High Potency Iodine/Potassium Iodide Supplement

*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 Solutions for a Healthy Prostate – In our next Healthy Habits topic, you will learn how to solve BPH and other prostate problems with natural remedies. Call to schedule your group class or personal consultation.



Enchanted Herb Pantry, LLC

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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.

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.