

ENCHANTED THYMES

Natural Solutions for a Healthy Prostate

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 FREE bottle of Ultra Therm.** 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!**

If you are a man over the age of 50, it is very likely you have or are developing benign prostate hyperplasia or BPH. Studies show that half of all men between 51 and 60 have this disorder, which involves an enlargement of the prostate gland. By the age of 80, more than 80% of all men will have this condition.

The prostate gland sits right under the bladder and surrounds the urethra. As it enlarges, it puts pressure on the urethra, which inhibits the flow of urine. This results in symptoms such as:

- Difficulty starting the flow of urine
- Intermittent urine flow (stopping and starting of urination)
- Weak urine stream
- Dribbling after urination is done
- Urgency to urinate, even with scant urine production
- Disturbance of sleep, waking up needing to urinate at night

These symptoms are problematic, but they also increase the risk of other problems. For instance, the lack of urine flow increases the risk of urinary tract infections (UTI), which can cause painful, burning urination. The urine sitting in the bladder can increase the risk for bladder stones, which can be very painful. There is also an increased risk for kidney problems.

Although BPH and prostate cancer are not the same, men also are at risk for developing prostate cancer as they age. Another problem men can develop is prostatitis, which is an inflammation of the prostate that can also cause problems with urination.

Fortunately, there are herbs and nutritional substances that can help men have a healthier prostate gland. If you are a man age 45 or older, or have a loved one in this age range and would like to discuss these substances, and dietary and lifestyle changes that can also help prostate health, call me to schedule a personal consultation or class for your group.

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
15% on Stixated!

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

Tri-MacaXD

Stamina Empowered - We all need stamina every day. And some moments require a distinct stamina boost. True, life has a way of depleting our reserves. That's just the way it is. But the right nutrition can put you back where you deserve to be: enjoying yourself and feeling strong and confident. **Tri-Maca XD** gives you stamina to perform in times when you need energy, and to boost your overall well-being, outlook, and activity level in life.

5 key benefits for Tri-Maca XD™

Energy & Stamina: Cordyceps and Maca both help support energy, stamina and endurance during workout or simply to give you the boost you need throughout the day.

Libido & Virility: Damiana, combined with the Tri-Maca Vibrancy blend, not only acts as an aphrodisiac, but also helps support libido and the entire endocrine system, which in turn supports memory, restful sleep, depression, mood, prostate, and reproductive health.

Hormone Balancing: Maca nutritionally supports the glands in the body to optimal function, according to your individual unique requirements.

Mental Health: The adaptogenic herbs in the formula help boost all of the ingredients to lift and balance the body and mind, while supporting mental alertness and recall.

Respiratory System Support: Controlled studies have shown Cordyceps helps support improved respiratory function, by helping increase oxygen assimilation and absorption.

***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 - \$3/dozen

Coming Next Month

Feeling Anxious? Let Herbs and Supplements Come to Your Rescue – Our next Healthy Habits topic will discuss what natural remedies can help to reduce (or eliminate) anxiety. 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.