

# ENCHANTED THYMES

## Feeling Anxious?

### Let Herbs and Supplements Come to Your Rescue

Anxiety is a complex combination of feeling apprehension, dread, fear, nervousness and worry, in anticipation of problems or misfortune. If you've ever had to speak or perform in front of a large group of people, you've probably felt a little anxiety. Most people do. In fact, it's perfectly normal to feel anxious when facing difficult, dangerous or even challenging situations.

However, for about 18% of the adult population (about 40 million people), anxiety is something far more serious and persistent. These people have anxiety disorders, which are often severe enough to interfere with family relations, socializing and work. Anxiety disorders include panic disorder (panic attacks), phobias, obsessive-compulsive disorder, post-traumatic stress disorder and generalized anxiety disorder.

Severe anxiety can manifest as shortness of breath, rapid heartbeat or heart palpitations, muscle tension, trembling, insomnia, irritability, chest pain, cold sweats, feeling faint and/or general feelings of stress. These symptoms are bad enough, but to make matters worse, anxiety contributes to the development of other health problems, including heart disease, high blood pressure, cancer, diabetes, and pain-related disorder such as arthritis and fibromyalgia. There is also a high correlation between anxiety of addiction to alcohol, smoking and drug use.

While there are drugs that can reduce anxiety, these medications, like all drugs, can have serious side effects. They also fail to correct some of the underlying causes of the anxiety. Fortunately, there are herbs, nutritional supplements and other natural methods that can reduce anxiety and help people and anxiety disorders to have a normal life.

Schedule a class or consultation to learn the major types of anxiety disorders and some of the natural remedies that can help. If you or someone you love suffers from anxiety, learn what can be done to calm the nerves and replace those anxious feeling with more peaceful and calm emotions.

### 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.

#### 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!**

## EHP Monthly Specials

**April Showers**  
**Save 5% on Bath**  
**and Body**  
**Products!**

\*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

#### Re-Nue

**Feeling like you can use a “Do-over”?** - We’ve all been there: you’re rolling along doing your thing when something moves you into frantic mode. Sometimes you move right past it, but sometimes you find yourself scrambling—stressed, messed and pressed into stuff you really don’t want as part of your day. What’s more, you know that nowadays the odds of it happening again are pretty high. These unexpected twists in daily life can too often leave us depleted and less enthusiastic in our outlook. And, these fight/flight reactions can also take us down the path to chronic “dis-ease” both in mind and in body. At that point, it seems like the best solution would be simply a “do-over”!

Thankfully, Solle ReNūe allows us to give ourselves a nutritional “do-over” whenever we get pulled off course. By providing remarkable ingredients to nutritionally calm, restore and re-center ourselves, ReNūe, in effect, let’s us reset ourselves and proceed forward with the mind and body strength to get it done.

**\*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](http://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 - \$3/dozen**

### Coming Next Month

**Are you Prepared?**— Our next Healthy Habits topic will discuss what emergency supplies to acquire, how to create an herbal first aid kit and other tips for being prepared for emergencies. Call to schedule your group class or personal consultation.



## **Enchanted Herb Pantry, LLC**

Jackie Stevens, CNHC

97 W Ogden Road, Loving, NM • (575) 745-1673

Email: [Jackie@EnchantedHerbPantry.com](mailto:Jackie@EnchantedHerbPantry.com)

Visit us on the web: [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com)

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.

*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](mailto: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.