

# ENCHANTED THYMES

## Are You Prepared?

### Having First Aid and Emergency Supplies Can Give You Peace of Mind in a Crisis

#### 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 have a car, chances are that your car has a spare tire, a jack and a wrench to remove lug nuts. This is because sooner or later, most people will experience a flat tire while driving a car. Being prepared with the proper equipment to change a flat tire (and the knowledge of how to use it) means you won't panic when you get a flat tire because you will be able to fix it and handle the situation properly.

A flat tire is just one of the many situations where having the supplies and the know-how makes coping with a difficult situation a lot easier. A wise person knows the value of being prepared, because they realize that during their lifetime, they will likely encounter a variety of these emergency situations.

Some will be minor, like a flat tire or a short term power outage. Others could be more serious such as a natural disaster. Depending on where you live, you may one day find yourself having to deal with a natural disaster such as an earthquake, flood, fire, tornado or hurricane. If you have thought ahead and prepared for these problems, you will find it easier to deal with.

We also face the threat of man-made disasters, such as wars, riots, economic problems or the spread of contagious diseases. But, whether it is natural or man-made, an emergency places extreme demands on medical and emergency personnel, who may not be able to "come to your rescue" for several days, or even longer.

Knowing this, it's realistic and smart to acquire both the supplies and the knowledge you need to handle an emergency for a least a few days. So, this special Healthy Habits topic includes emergency preparedness, with emphasis on supplies you can store and use to take care of first aid and health problems during an emergency.

Schedule a class or personal consultation to learn what supplies to have on hand for emergencies (including an herbal-based first aid kit) and how to use them. 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.

**EHP  
Monthly  
Specials**

Save 10% on  
NSP Flower  
Essences!

\*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**

*4Ward Thinking with Solle*

At Solle Naturals, we constantly strive for true innovation and when it comes to our 4 signature drink formulas: Solle Vital®, CinnaMate®, Solle Excell™ and new Solle ReNue™, the term we prefer to use is “4Ward Thinking.” Solle’s 4 category leading beverage products are all one-of-a-kind, industry leading, 100% herbal blends that are formulated for complete mind and body wellness. Each comes sealed in single serving packets that you make up fresh for maximum potency. So, whether you want to strengthen your core and energize your mood, increase your stamina and manage your blood sugar, relax and rejuvenate or regulate your hormones and boost your libido, Solle has a great tasting formula perfectly suited for you.

<p><b>Solle Vital® – Key Benefits:</b></p> <ul style="list-style-type: none"> <li>• Detoxing • Alkalizing/pH Balancing</li> <li>• Recovery and Inflammation • Mood Balancing</li> <li>• Increase Energy</li> </ul>	<p><b>Solle ReNue™ – Key Benefits:</b></p> <ul style="list-style-type: none"> <li>• Stress Relief • Sleep Aid</li> <li>• Restore Harmony • Rejuvenate • Refocus</li> </ul>
<p><b>CinnaMate® – Key Benefits:</b></p> <ul style="list-style-type: none"> <li>• Blood Sugar Management • Craving Control</li> <li>• Boost Stamina • Digestive Energy</li> <li>• Immune Enhancing</li> </ul>	<p><b>Solle Excell™ – Key Benefits:</b></p> <ul style="list-style-type: none"> <li>• Clarify Circulatory/Respiratory Systems</li> <li>• Libido and Endocrine System Support</li> <li>• Powerful Antioxidants • Increase Alertness</li> <li>• Strengthen Bones</li> </ul>

\*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](http://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](http://www.enchantedherbpantry.com) to view regular and sale catalogs.

**Farm-Fresh Eggs - \$3/dozen**

**Coming Next Month**

**Are You a Junk Food Junkie?** – Our next Healthy Habits topic will discuss how to overcome your cravings for unhealthy foods and improve your diet without stress. Call to schedule your group class or personal consultation.



**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.

*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.