

# ENCHANTED THYME

## Are You a Junk Food Junkie?

### How to Overcome Your Cravings for Sugar and Unhealthy Foods

#### 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! 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!**

Let's face it. Everyone enjoys a little treat now and then. But for millions of Americans, what should be an occasional treat has become a staple of the diet. High sugar foods like soda pop, candy, pastries, donuts and ice cream are now consumed in large quantities almost daily. Deep fried foods, pizza and other convenience foods, often high in calories and low in vitamins and minerals are also daily staples for most people.

The results of this high consumption of "junk foods" are tremendous problems with obesity, diabetes, heart disease, mood disorders like anxiety and depression, learning problems in children and problems with teeth, bones and joints. Most people are probably aware that they should be eating healthier, but actually getting themselves to make the transition is an entirely different problem.

This is partly due to the fact that simple sugars are highly addictive. In fact, most fast and convenience foods are designed to be addictive, so you can't eat just one little serving without craving more. So, how do you break the junk food addiction for yourself and your family so you can enjoy the good health you both desire and deserve? That's exactly what this month's Healthy Habits topic covers.

Schedule a class or personal consultation to learn serious consequences our junk food culture is having on our health and the health of our children. How to transition away from high sugar and processed foods by making healthier substitutes for the foods we crave. Herbs and supplements that can help to reduce cravings for sugar and processed foods, while balancing our blood sugar and enhancing our mood.

Making the switch to a healthier diet does take effort, but the increased energy, improved mood and alertness and overall improvement in our health make the effort well worth it. You can overcome your "junk food junkie" cravings and improve your diet without making yourself feel deprived of those treats we all enjoy.

### 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**

**Buy 1, Get 1  
DermaGRID  
Scan 50% 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**

*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**

**Weeds Can be Good Medicine** – Our next Healthy Habits topic will discuss how to use 15 weeds and 10 kitchen spices for food, medicine and more. 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.