

ENCHANTED THYMES

Balance Your Brain

Learn Natural Approaches to Balancing Your Brain's Neurotransmitters for Enhanced Memory, Mood and More

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 Mini-Pak of Stixated.** 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!**

Inside your head, millions of brain cells (neurons) are talking to each other right now. They are sending chemical messages to each other using compounds called neurotransmitters like serotonin, dopamine, epinephrine, GAB and acetylcholine.

Most modern psychiatric drugs are aimed at trying to enhance or block the action of these various chemical messengers to stabilize or enhance mood, calm or stimulate the brain, ease irritation and anxiety, improve memory and concentration and enhance mental health. Unfortunately, these medications have lots of side effects, making them a less-than-ideal solution to balancing brain function.

Fortunately, there are other ways to get your brain cells communicating in healthy ways. These include improved general nutrition, specific herbs and nutritional supplements and lifestyle modification. These natural methods aren't going to have harmful side effects and can result in permanent improvement in your brain function.

If you would like to learn about natural ways to balance your brain to enhance memory, relieve anxiety or depression, calm down hyperactivity and otherwise improve your mental health, schedule your personal consultation or a 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

Save 10% on any
Diode purchase!

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

EMF Exposures Destroy Health and Wellbeing, claims panel of top international scientists:

(NaturalNews) Nearly 8 million people worldwide die from cancer on an annual basis. Cardiovascular disease is the number one cause of death, killing almost 17 million people in 2011; both of these statistics are spiraling out of control. Now three top scientists, Dr. Panagopoulos of the *University of Athens*, Associate Prof. Johansson of the *Karolinska Institute*, and Dr. Carlo of the *Science and Public Policy Institute*, are sounding the alarm bell.

Leaders in their respective fields, Panagopoulos, Johansson, and Carlo, claim electromagnetic field (EMF) exposures significantly below international safety levels exposures are destroying the public's health and well-being.

Learn More:

http://www.naturalnews.com/041575_electromagnetic_fields_cell_phones_public_health.html .

***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 - \$4/dozen

Coming Next Month

When Healthy Food Makes you Sick – Our next Healthy Habits topic will discuss how to identify and heal gluten intolerance and other food sensitivities. Also, special diets and supplements that can heal the GI tract and reduce food sensitivities.



Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

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

Email: Jackie@EnchantedHerbPantry.com

Visit us on the web: 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 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.