

ENCHANTED THYMES

When Healthy Food Makes you Sick

Understanding Gluten Intolerance and Other Food Sensitivities

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!**

A food allergy is an excessive immune reaction to a particular food, but an increasing number of people who don't have a food allergy are learning that they do have food sensitivities. Food allergies can be pretty obvious because the symptoms usually occur quickly and can even be life threatening. Food sensitivities are much more subtle. They many show up a day or so later, contributing to problems like allergies, asthma, arthritis, indigestion, weight gain, fatigue, migraine headaches and more. Also known as food intolerances, they may be a big factor in the development of autoimmune disorders.

Many people are finding they have intolerance to grains containing gluten, dairy products, night-shades, citrus fruits and other common foods. They are discovering that eliminating these foods from their diet improved their digestion, increases their energy, improves their mood and removes vague and annoying symptoms like skin problems, itchy ears, sinus congestion and even aches and pains.

There are several possible contributing actors to the recent rise in food sensitives. The first is the increasing use of toxic pesticides, herbicides and fungicides on our crops. Genetically-modified crops may be another. Leaky Gut Syndrome and the Small Intestinal Bacterial Overgrowth (SIBO) also seen to be factors, as well as the level of stress people are under.

This month's Healthy Habits topic explores the problem of gluten intolerance and other food sensitivities. We can discuss how to determine if food sensitives may be a contributing factor in your ill health, things you can do to heal your GI tract and possibly overcome these sensitivities and special diets you can adopt that can improve your health and energy.

Healthy Habits Class

What to know more about this topic? Schedule a Personal Health Consultation or 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 5% on any
Personal Care
item 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

Verdezymes:

This formula contains a full-spectrum enzyme blend, along with a number of soothing herbs, including peppermint, passion flower, and marshmallow. Offered in capsule form, Verdezymes is designed to help calm the digestive system and relax the mind.

*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

Turmeric – More than just a spice, turmeric and its major constituent curcumin have incredible healing properties – Our next Healthy Habits topic will discuss all the amazing things just one herb, turmeric, can do for your health.



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.