

ENCHANTED THYMES

Has Life Got You “Singing the Blues?”

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!**

According to an article in the Huffington Post in January of 2015, some 350 million people world-wide suffer from some form of depression, with about 16 million adults having at least one major depressive episode during 2012. This means that slightly less than 7% of the population reported feeling severely depressed that year. Eleven percent of adolescents have a diagnosable problem with depression by the time they are eighteen and a whopping 30% of college students report feeling depressed enough that it disrupts their studies.

We have a lot of people in the world who are feeling tired, run down, defeated and discouraged. Unfortunately, the standard medical treatment, selective serotonin reuptake inhibitors (SSRIs), take an average of four to six weeks to start taking effect, and they have numerous side effects. Potential problems with SSRIs include: increased risk of suicide (especially violent suicide), increased tendencies towards violent crimes and hostility towards family and friends, increased abuse of alcohol and other substances and an increased tendency to impulsive acts with no concern for punishment. And, oddly enough one of the potential side effects of these drugs is insomnia and depression.

There has got to be a better approach, and there is. You see, depression isn't actually a disease. It's really just a symptom, and it has numerous causes. These include: Intestinal problems like constipation and leaky gut, liver stagnation, low thyroid, imbalances in reproductive hormones, grief, chronic anxiety (stress), adrenal fatigue, nutritional deficiencies and a lack of exposure to sunlight (seasonal affective disorder). So, it doesn't make sense to try to “treat” depression directly.

What makes sense is to assess what is causing the depression and fix it and that's what is covered in this month's Healthy Habits topic. Learn how to identify the causes of depression and what natural remedies you can use to fix those causes and lift a person out of their depression. Learn how to stop “singing the blues.”

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 Solle
Vital and
Adaptable!

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

Adaptable:

Effective nutritional programs for stress management require a balanced design. During stressful times, we need more energy, better sleep, a level head, and a strong immune system. Choosing a thoughtful combination of adaptogenic herbs can make a world of difference in our ability to adapt and perform. Solle Naturals' plant-sourced stress blend was developed to support each of the above-mentioned needs.

Adaptogen "Roots"

In Chinese and Ayurvedic herbal philosophy, the most highly-esteemed herbs are safe to use daily, over long periods of time, and yet are often the most difficult to describe in terms of their specific activity. Named "adaptogens" by Russian scientists, these herbs are valued for their unmatched benefits related to the various "stressors" in our lives which result in physical fatigue, hormonal imbalance, compromised immunity and altered mental outlook. Our ability to adapt to the demands of life is directly affected by our nutritional balance and reserves. Solle Naturals' Adaptable™ is a blend of 6 top adaptogenic herbs that are uniquely balanced using our own combination of standardized and concentrated plant extracts. A balanced extract of St. John's Wort is also included.

***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

PMS – There's no need to suffer during that "time of the month" – Our next Healthy Habits topic will give tips on how to ease "that time of the month."



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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.

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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.