

ENCHANTED THYMES

The Roots of Health

Healing Your Gastrointestinal Tract Can Solve Numerous Health Problems

A plant extracts the nutrients and water it needs from the soil through its roots. Without healthy roots, a plant can't thrive because it can't get what it needs to survive. The human gastrointestinal system is our equivalent to a plant's roots. Through it we extract the water and nutrients we need to survive and thrive. That's one reason why problems in the stomach, small and large intestines have far reaching influence on our overall health. But, the influence of the gastrointestinal (GI) tract is also critical for health because 70% of our immune response is centered in the intestinal membranes.

So, besides the health problems that obviously involve the GI tract, such as irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), colitis, ulcers, GERD and so forth, there are numerous other diseases that have links to the GI tract. These include: acne, allergies, arthritis, autism, autoimmune disorders, chemical sensitivities, chronic fatigue, diabetes, fibromyalgia, chronic inflammation, non-alcoholic fatty liver disease, malaise, migraines, obesity, chronic pain, pancreatitis, prostatitis and chronic skin conditions like eczema and psoriasis. Problems with the GI tract have been linked to mental and emotional issues like depression, anxiety and brain fog.

This is why anybody who is interested in improving and maintaining their overall health should look first to how well their GI tract is functioning. Taking care of these "roots" of good health usually produces both surprising and pleasing results.

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.*

Events Calendar:

- **DermaGRID – Your Window to Wellness:** 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!**
- **Please send me your testimonials!** I would love to use them in the new website.

EHP Monthly Specials

Purchase (2)
AmiTox for only
\$68

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

Pumpkin Spice Smoothie:

1/2 cup of pumpkin (frozen is best)
12 oz your favorite milk
1/2 avocado or 2 Tbsp avocado coconut oil*
2 scoops of Solle Complete Natural protein powder*
1 tsp. pumpkin spice
1 cup ice
Optional - 1/2 banana

Mix all ingredients in your blender

***Products available at Enchanted Herb Pantry, LLC**

Thank you Kerri Norbut for this yummy and innovative recipe!

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 to share cases or share with family and friends. For more information, please contact me or visit www.enchantedherbpantry.com to view catalogs.

Farm-Fresh Eggs - \$4/dozen

Coming Next Month

Emotional Balance – Flower Essences and Aromatherapy Can Help Heal Your Wounded Feelings – Our next Healthy Habits topic will show you how flower essences and aromatherapy can improve your emotional well-being.



Enchanted Herb Pantry, LLC

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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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