

ENCHANTED THYMES

Age is Just a Number

Three Tips for Enjoying Vibrant Health as We Grow Older

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.

Growing older is inevitable, but wasting away with chronic and degenerative disease doesn't have to be part of that process. Many people have proven that it's possible to live to a 'ripe old age' while still having the health and energy necessary to enjoy life.

So, is there a way to slow the aging process? Many researchers believe that there is and the fact that there are seniors who maintain active and productive lives for decades beyond the time most people retire, shows that it is possible.

Besides just living a generally healthy life, there are three basic things one should do in order to slow the aging process. First, we need to help prevent free radical damage and chronic inflammation. Environmental toxins and other irritating substances can cause oxidative damage to tissues and more specifically to our DNA, which can alter the way genes express themselves. These substances can also create chronic inflammation, which is directly linked with all the major chronic diseases.

Secondly, high caloric intake, particularly of empty calorie foods, results in high levels of insulin production and a cascade of imbalances known as metabolic syndrome. Laboratory research shows that limiting caloric intake lengthens life span in laboratory animals.

Lastly, our attitude towards life plays a critical role in how we age. Stress, in particular, plays a very big role in causing rapid aging. Staying "young at heart" and learning how to enjoy life is critical to maintaining health as we grow older.

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.*

Merry Christmas and may you be blessed with Health and Happiness in 2017!

EHP Monthly Specials

Buy 1
DermaGRID
Scan Session, Get
1 ½ off.

Save 10% on
aromatherapy
items, including
custom blends.
Great gift ideas

*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.



Product Tips

Peppermint Surprise Diffuser Blend:

6 drops Peppermint EO*

3 drops Ylang Ylang EO*

Diffusing essential oil blends is a fun and natural way to spread yummy aromas throughout any space. Those expensive, synthetically perfumed candles can be tempting with their bright colors and promises of candy canes, apple pie, and evergreen cheer, but diffusing pure essential oils at home or work is a wonderfully natural way to scent a room with seasonal aromas. I hope this holiday inspired blend brings a smile to your face!

*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 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. *NOTE: There will NOT be a food order in December. Sorry for any inconvenience.*

CBD Products now available – See Insert

Save 10% when you buy 3 bottles of soft gels or tinctures (1 or 2 oz)

Coming Next Month

The Amazing Benefits of Berberine – Our next Healthy Habits topic will show how berberine extracts and plants containing berberine can help you. Learn uses and modern research of these valuable remedies.

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 by appointment

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.