

ENCHANTED THYMES

Autoimmune Disorders

Holistic Approaches to Restoring Normal Immune Function

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!**

The human immune system is amazing in its remarkable ability to determine what is “self” and what is “non-self,” or in other words, what is a part of the body and what is foreign to the body. It is able to tag what is “non-self” so it can be destroyed and eliminated from the system. This enables it to get rid of harmful viruses, fungus, bacteria and parasites.

Unfortunately, the immune system can malfunction in its ability to distinguish between what belongs to the body and what doesn't. When this happens, the immune system starts tagging the body's own tissues for destruction. Like an officer acting on bad information can accidentally attack and kill his own troops in what is ironically called “friendly fire,” important body tissues are tagged and destroyed, resulting in the serious health problems known as autoimmune disorders.

Some of the more common disorders that are thought to be autoimmune in nature are rheumatoid arthritis, lupus, celiac disease, pernicious anemia, vitiligo, scleroderma, psoriasis, inflammatory bowel diseases, Hashimoto's disease, Addison's disease, Graves' disease (overactive thyroid) and Type 1 diabetes. While medicine has not yet discovered the precise cause of these health problems, the dramatic rise in the incidence of these health issues suggests that modern diets, lifestyles and exposure to environmental toxins of various kinds are involved.

This month we'll explore the more common autoimmune disorders and some of their potential causes. More importantly, we'll look at natural remedies that can help get the immune system working the way it's supposed to so these disorders can be reversed.

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

Buy 1
DermaGRID
Scan, Get 1 ½
off!

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

DermaGRID:

Your Window to Wellness - DermaGRID is a mobile application that utilizes dermal scanning technology to generate reports within minutes. This skin mapping dermal analysis is used to identify markers that relate to internal imbalances as well as external influences. Each report will offer customized supplement, food and esthetic suggestions matched to your specific needs. The DermaGRID Scan is available to clients anywhere in the world.

*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.