

ENCHANTED THYMES

Do You Suffer from PMS?

Learn How to Bring Ease to Your Monthly Cycle

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.

PMS (Premenstrual Syndrome) is a term used to describe varying combinations of over 150 symptoms women may experience during the final week of their menstrual cycle. PMS symptoms typically occur during the last week before the period, and typically include emotional symptoms such as anxiety, depression and/or irritability, as well as physical symptoms like cramps, food cravings and fluid retention.

The emotional issues associated with PMS have given rise to many jokes about that “time of the month,” but PMS is not a mental or emotional problem. It’s caused by imbalances in a woman’s hormones, many of which occur because of poor diet, toxicity and specific nutritional deficiencies. About 75% of all Western women experience some symptoms of PMS during their childbearing years. Rates are much lower in Oriental cultures where women have been treated with herbs to prevent PMS for thousands of years.

Since PMS is a syndrome, not a disease, it not only has multiple symptoms, it also has multiple causes, so the remedies that will correct it vary from one woman to the next. Fortunately, researchers have been able to identify the primary causes and symptoms of four major and two minor types of PMS symptoms. By figuring out which type or combination of types of PMS a woman has, it can usually be remedied with herbs and supplements.

Suffering with PMS for a week every month adds up to years of suffering. This is a terrible waste, when there are so many herbs and nutritional supplements that can ease PMS symptoms and other menstrual issues without harmful side effects. Contact me to learn more about what a woman can do to make “that time of the month” more pleasant.

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

FREE
Elderberry
Extract with any
\$100 product
purchase!
(\$22.99 Value)

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

Experiencing Chronic Skin Problems? – Discover how to solve chronic skin conditions like acne, eczema and psoriasis by building beautiful skin from the inside out – Our next Healthy Habits topic will give tips on how to create beauty that is more than “skin deep” by discovering the underlying problems that contribute to chronic skin conditions.



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.