

ENCHANTED THYMES

Experiencing Chronic Skin Problems?

Discover how to solve chronic skin conditions like acne, eczema and psoriasis by building beautiful skin from the inside out

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.

As the largest organ of the body, the skin plays important roles in both our physical and emotional health. Not only does the skin serve as a protective barrier for the body, it is also a major organ of elimination. But, beyond these physical functions, the skin is also part of how the world perceives us. The phrase “beauty is only skin-deep,” reflects the truth that, right or wrong, people may be perceived as beautiful and attractive just because of their healthy skin.

So, while chronic skin conditions like acne, eczema or psoriasis aren't contagious or life-threatening diseases, they can, and usually do, affect a person's sense of social well-being. A person suffering from a visible skin condition may feel judged or rejected by others simply because of their skin. This may result in a loss of self-esteem and self-confidence, which can lead to social withdrawal, frustration and even anger. Combined with the fact that skin conditions can also be very annoying due to itching and discomfort, these health problems need to be addressed to help someone achieve the health and wellness they deserve and desire.

Unfortunately, the solutions most people seek to these health issues are only skin deep. This is unfortunate, because the health of the skin is dependent on the overall health of the body. Skin conditions can be indications of problems with the colon, liver, lymphatics, blood and/or kidneys. They may signal the presence of toxins that need to be eliminated from the body or deficiencies of critical nutrients, such as vitamins, minerals, amino acids or essential fatty acids. There may even be emotional factors contributing to their presence.

So, in order to really clear up these conditions, it's necessary to look beyond the skin to determine the real underlying causes of these problems and eliminate them. And, that's exactly what we're going to discuss this month. We'll learn how to correct the internal health problems that create external skin problems and fix them, so that a person's true, inner beauty can shine forth via their skin for everyone to see.

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

Wasp Trap
\$19.00



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

The ABC Foundations of Good Health – If you want to be healthy, you can't overlook the basics – Our next Healthy Habits topic will give tips on the foundational practices that account for 50-80% of the cure of most chronic and degenerative diseases.



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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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