

ENCHANTED THYME

The ABC Foundations of Good Health If you want to be healthy, you can't overlook the basics

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.

You can't build a building without a foundation, but many people who become sick try to get well without bothering to examine the foundations of their health. Just as you can't learn to read without mastering your ABC's, there are ABC principles of good health that you can't ignore if you want to get healthy and stay healthy.

Most people are aware of basic health principles, such as good nutrition, but few people think of health-building activities as cures for disease. So, instead of examining how they could improve their health habit, they set out looking for the magic pill (drug, herb or nutritional supplement) that will fix their disease. It's not their fault, they've never been taught the difference between health care and disease care.

This is unfortunate, since the best way to heal from most chronic and degenerative diseases is simply to take better care of one's overall health. This can be thought of as "treatment by prevention," or in other words, treating disease by doing the things you should have done to stay healthy in the first place.

This month's topic focuses on the ABC's of real healthcare, which are: Activating the body's healing mechanism through maintaining a positive mental and emotional state, Building the body with good nutrition and Cleansing the body of things that are weakening or irritating it. It's not rocket science, but we need to be brought back to basics sometimes, because you can't create health without proper foundations.

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 Solle
Drink Samples
with each \$50 in-
store purchase.**

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

Oral Chelation and Cardiac Herbs – The Natural Approach to Preventing and Reversing Coronary Disease – Our next Healthy Habits topic will give tips on using herbs and supplements to reduce your risk of heart disease and to help the body reverse hardening of the arteries.



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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.

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.