

ENCHANTED THYMES

Oral Chelation and Cardiac Herbs

The Natural Approach to Preventing and Reversing Coronary Disease

The medical profession is finally admitting that the cholesterol hypothesis of heart disease is flawed, which means that hardening of the arteries or atherosclerosis is not caused by elevated cholesterol. So, if cholesterol isn't the culprit, what *does* cause plaque to form in the arteries?

More recent research suggests that plaque forms in response to damage to the arteries. This damage may be due to infection or to exposure to toxins like solvents and heavy metals. This damage weakens the artery and the body builds the plaque to help protect the weakened arteries.

This is why antioxidants help to reduce the risk of heart disease. They help prevent the inflammation and damage that causes the plaque to be laid down, but it turns out that these same antioxidant herbs and nutrients may be able to help reverse the damage to reduce or eliminate arterial plaque. This process is known as oral chelation. Medicine uses intravenous chelation to remove heavy metals from the body. Some doctors have also maintained that it helps to reduce arterial plaque. Oral chelation on the other hand, uses nutrients to help remove the heavy metals and plaque.

This month's Healthy Habits topic includes this controversial therapy and its many potential uses. Oral chelation may not only improve overall cardiac function and circulation, it may also be helpful for heavy metal poisoning, memory loss, soft tissue calcification and much more. Various cardiac herbs that can be used to improve circulation and heart function, as well as other therapies we can use to help heal the heart and arteries naturally will be covered. Since cardiovascular disease is still the leading cause of death in Western societies, don't miss this extremely valuable information.

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.*

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.

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

Solle Naturals:

HAPPY HOUR – Host a Happy Hour and learn about all of the Solle Naturals products. Invite your friends, family, church group or whoever would like to improve their health and wellbeing, lose weight, improve energy, learn about essential oils and have some fun. You will receive a **FREE** tube of **SolleFlex AC Cream + 101 Uses for SolleFlex AC Cream** just for hosting a Happy Hour. You could also receive a **Solle Essential Oil Diffuser** and a box of **Solle Vital**. Happy Hours can be held at your location or in my office. Call or email me today to schedule your Happy Hour date (starting in August 2016).

*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.

Farm-Fresh Eggs - \$4/dozen

Coming Next Month

Herbal Remedies to Help Fight Cancer – Nature’s Pharmacy is a Valuable Ally in the Battle Against Cancer – Our next Healthy Habits topic will give tips on using herbal remedies for fighting cancer.



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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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