

ENCHANTED THYMES

Heavy Metal Health Hazards

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.

Heavy metals like lead, mercury, arsenic, aluminum, cadmium and lithium occur naturally in the earth's crust and small amounts make their way into the foods we eat. In addition to the heavy metals mentioned above, certain minerals that are essential for health in small amounts, such as copper, selenium and zinc also become health hazards when introduced into the body in excessive amounts or in the wrong forms.

Fortunately, the body has defensive mechanisms to deal with heavy metals. For starters, many of them are poorly absorbed. However, when they are utilized in certain chemical forms they become easier to absorb, bypassing this initial line of defense. Once in the body, there are detoxification processes in the liver and other tissues that neutralize these substances so they can be flushed out through our eliminative organs. Unfortunately, these processes require vitamins, minerals, amino acids, antioxidants and other nutrients that are often deficient in modern diets, making it harder for the body to eliminate them.

The heavy use of these substances in modern industry has led to increased exposure to these potentially harmful substances. Some researchers estimate that over 50% of US residents are exposed to heavy metals in their everyday environments.

Heavy metals can contribute to numerous health problems. Many of them are neurotoxins, meaning they can damage the nervous system and cause mental illness, mental retardation and other neurological disorders. Some interfere with the immune system, contributing to increased susceptibility to infections. They many also confuse the immune system, resulting in autoimmune disorders and cancer.

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

Purchase (2) Cell
Phone Diodes
for only \$50. All
other Diodes
10% 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

Banana Split Protein Shake:

1/2 C grass-fed kefir or yogurt
12 to 14oz water or milk of your choice
1/2 frozen banana
3/4 C frozen strawberries - approx. 5
1/4 to 1/2 avocado or 2 - 4 Tbs avocado oil or coconut oil*
2 scoops cocoa Solle Compete*

Optional:

2 to 4 Tbs. soaked Chia seeds
2 to 4 Tbs. Goji berries

Add ice to make colder and thicker, Blend all ingredients in blender until smooth. Enjoy!

*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

The Roots of Health – Healing your Gastrointestinal Tract Can Solve Numerous Health Problems – Our next Healthy Habits topic will show how many health problems will automatically improve with a healthy GI tract.



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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.