

ENCHANTED THYMES

Are You in Pain?

Discover the Secrets to Pain Relief without Medication

Events Calendar:

- **Healthy Habits Class, Saturday, May 11th @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- **COMPASS™ Scans** are available for both **Nature's Sunshine and New Sun** products! Call and schedule your appointment 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. Refer a friend, receive \$5 off!

Nobody enjoys pain, and most of us go to great lengths to avoid it. However, like it or not, pain is part of our lives. Mild or severe, pain is the universal symptom in all human afflictions, whether from physical injury, disease or emotional suffering. And, it is our universal desire to find relief from this pain and suffering.

In answer to our desire, modern medicine affords us many convenient ways to relieve pain. TV ads promoting modern drugs promise us “instant” relief from our physical and emotional pain. This message is so deeply ingrained in most people that their immediate reaction to any kind of suffering is to reach for the “magic” pills offered by big pharma.

On the other hand, it's wonderful that we have effective painkillers to ease our suffering. But setting aside the fact that this “instant relief” comes with many side effects, there is an even darker downside to our blind trust in pills to fix our pain – whether our pain is physical or emotional, it is the body's way of telling us that something is wrong. Pain says that we are not following the natural laws upon which health and well-being are based. Therefore, we continue to violate these laws and both our health and our well-being continue to deteriorate.

If we want to start getting rid of our pain permanently, rather than temporarily masking it with drugs, then we need to start understanding what pain is trying to tell us. We need to find the underlying cause of our pain and remove it, a process that will actually get rid of the pain, rather than just mask or dull it.

Monthly Healthy Habits Class

DATE: Saturday, May 11, 2012

TIME: 9:30 AM – 10:30 AM

LOCATION: Enchanted Herb Pantry, Loving, NM

MORE: Join us at this month's Healthy Habits Class and learn the secrets of natural pain relief. Class Includes: One-hour class with handouts. Cost: \$10/person, Bring a Friend ~ Receive a FREE Gift.

To register call (575) 745-1673 or email: enchantedherbpantry@yahoo.com.

Space is limited ~ Register early!

EHP Monthly Specials

Ziva Scan –
Introductory
Price: \$30
(Regular \$45)

Introducing Solle
Naturals
Save 10%

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

Arthritis Pain Relief:

2 Drops Oregano 2 Drops Rosemary

½ teaspoon MSM/Glucosamine cream

Squeeze cream into the palm of your hand. Add essential oils and rub into painful joints.

***Products available at Enchanted Herb Pantry and www.mynsp.com/stevens**

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. Share cases with family, friends or on our group page at www.EHP_GoodFoodGroup@yahoo.com For more information, please contact me or visit www.enchantedherbpantry.com.

Check out www.bountifulbaskets.org for fresh produce deliveries in your area.

**Check out our inventory of Buffalo and Elk
Jerky and Summer Sausage
Free-Range, Farm-Fresh Eggs - \$4/dozen**

Coming Next Month

Quenching Free Radical Damage – At next month's Healthy Habits Class, on **Saturday, June 15th at 9:30 am**, learn how you can use antioxidants to reduce your risk of heart disease, cancer and other degenerative diseases, as well as help you look and feel younger.



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: 9-6, Saturday: 9:30-Noon

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.