

# ENCHANTED THYMES

## The Breath of Life

### The Healing Power of OXYGEN

#### Events Calendar:

- **Healthy Habits Class, Saturday, April 12<sup>th</sup> @ 9:30 am**, at Enchanted Herb Pantry, Loving, NM.
- **DermaGRID Scans** 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!
- **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.

We seldom think of oxygen as a nutrient, but no substance is more vital to our health than oxygen. We can live weeks without food and days without water, but we will die in a few minutes if we are deprived of oxygen. Unfortunately, air pollution has caused oxygen levels in the atmosphere to drop from 21% to as low as 18% in some major cities. There are also problems with indoor air pollution. On top of this, many people are shallow breathers and have nutritional deficiencies that make it harder for their blood to carry needed oxygen to the cells.

Without adequate oxygen we find it more difficult to concentrate. Fatigue sets in and our performance, mentally and physically, declines. Chronic pain is often a sign of a lack of sufficient oxygen reaching the tissues, which is why deep breathing exercises often relieve pain.

Given the problems with air pollution and reduced oxygen levels in the atmosphere, we can no longer afford to take air for granted. Join us and learn about the healing power of oxygen and how you can use it to improve your health.

### Monthly Healthy Habits Class

**DATE:** Saturday, April 12, 2014

**TIME:** 9:30 AM – 10:30 AM

**LOCATION:** Enchanted Herb Pantry, Loving, NM

**MORE:** Join us for the next Healthy Habits Class and we will discuss how you can better oxygenate your body through a variety of means. We will show how deep breathing exercise can improve stamina, endurance and mental concentration, while reducing chronic pain. We will discuss supplements you can use that will help your body carry more oxygen to the tissues, alkalizing them and producing improved general health. We will also discuss the Boomerang Air Sanitizer, a device you can use in your home and office to eliminate odors and indoor pollutants as well as knock out tobacco smoke, pet dander, airborne bacteria, mold spores and fungi and indoor air pollutants.

**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](mailto:enchantedherbpantry@yahoo.com).  
**Space is limited ~ Register early!**

## EHP Monthly Specials

Save 15% on  
Kidzerbs  
Gardening Kit  
for Growing  
Medicinal Plants

\*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.\*



## Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

97 W Ogden Road, Loving, NM • (575) 745-1673

Email: [jackie@enchantedherbpantry.com](mailto:jackie@enchantedherbpantry.com)

Visit us on the web: [www.enchantedherbpantry.com](http://www.enchantedherbpantry.com)

Office Hours: Monday – Friday: 9-6, Saturday: 9:30-Noon

## Product Tips

### Solle Vital

Solle Vital™ is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Formulated to protect, enliven and energize the body and to strengthen and support a balanced mood, this foundational product strengthens a variety of health functions. Solle Vital is sugar-free and has herbal ingredients that represent an “inside-to-outside” health approach by supporting healthy circulation, digestion, respiration and immunity. Like “core strength” exercise programs (such as yoga, swimming, and pilates), which steadily improve health and fortify against injury and sickness, Solle Vital is a core, daily herbal blend which enhances all body systems and fortifies against assaults on your health, including mood stresses that are part of daily activity.

\*Products available at [www.onesolle.com/enchantedherbpantry](http://www.onesolle.com/enchantedherbpantry) and 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](mailto: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](http://www.enchantedherbpantry.com) to view regular and sale catalogs.

### Coming Next Month

**The Healing Power of Water and Herbs – Herbs and Water are a Powerful Team for Healing** – At our next Healthy Habits Class, on **Saturday, May 10<sup>th</sup> at 9:30 am**, we will help you understand water as you’ve never understood it before. We will talk about the importance of drinking adequate amount of pure water for good health. And, we will talk about how water and herbs work together to heal your body.

#### 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](http://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](mailto: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.