

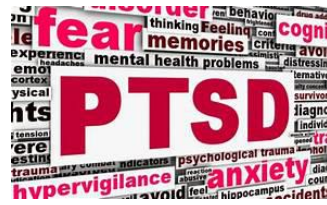
ENCHANTED THYMES

Recovering from Post-Traumatic Stress Disorder



No matter if you are considering home school or public school, check out EHP's stress & anxiety aromatherapy items.

- **There is Always Hope!** Now is the time to take control of your health and lifestyle! Call today to schedule your Personal Health Consultation (in-person or via phone).
- **Tired of Feeling Tired?** Re-energize your body with an Detox/Energy Foot Spa session. Appointments are available Monday



What is now called PTSD has long been observed in soldiers returning from war. It was called *shell shock* in World War I and *battle fatigue* in World War II. PTSD is a mental health problem associated with people who have witnessed or participated in terrifying events. It is the ongoing effects of the trauma the person experienced because of the event.

There are four main categories of symptoms experienced by someone suffering from PTSD. If you, or someone you know, is experiencing these symptoms following a traumatic event, they may have PTSD. The first is *intrusive memories*. These are recurrent distressing memories of the event that continually come, unwanted, into a person's mind. The person may relive the traumatic event as if it were happening again (flashbacks) or suffer from nightmares about it. They may also suffer severe emotional distress when something reminds them of the traumatic event.

The second group of symptoms occurs around *avoidance*. The person tries to avoid thinking or talking about what happened and avoids places, activity and people that remind them of the traumatic event. The third group of symptoms involves *changes in thinking or mood*. This may include feeling hopeless about the future, feeling detached from family or friends, finding it difficult to experience positive emotions, feeling emotionally numb or losing interest in activities the person once enjoyed.

The final group of symptoms involves *emotional and physical reactions* such as being easily startled or frightened or always being on the lookout for danger. The victim of PTSD may have trouble sleeping or concentrating and may engage in self-destructive behavior, such as addictions or reckless driving. They may also suffer

EHP Monthly Specials



Solle Compass Blend Gift Box

Purchase the gift box of 4 (which includes the blend information brochure) or individual blends.

August Special -

\$70

(reg. \$74.95)

Product Tips



EHP Custom-Blend Essential Oils

Child Calm – Not just for children! Used to calm, focus and reduce anxiety and stress feelings.

Sweet Dreams Pillow Spray – Used to calm and relax. Spray on pillow before bedtime.

Mental Energizer – Used to clear mental “cobwebs,” increase alertness, energize the brain.

Invincible Immunity – Revitalizing and purifying. Can help to strengthen the respiratory system as well as supporting the immune system.

Daily Supplement Recommendations: Vitamin D3, Magnesium, AdaptAble, Enzymes, Daily Immune formula – Stay Safe and Healthy!

*Products available at Enchanted Herb Pantry, LLC



Enchanted Herb Pantry, LLC

Jackie Stevens, CNHC

97 W Ogden Road, Loving, NM • (575) 343-0944

Email: Jackie@EnchantedHerbPantry.com

Visit us on the web: EnchantedHerbPantry.com

(Please text, email or call in your orders until shopping is available on website)

Office Hours: Monday – Friday: 9-4 by appointment

Important Notice:

This information is for educational purposes only and should not be used to diagnose and treat diseases. If you have a

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