



# Enchanted Thymes

MARCH 13, 2010

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## Events Calendar

*Healthy Habits Herbal Hour, Saturday, July 19<sup>th</sup> @ 9:00 am.*

## Good to the Bone

Besides protecting important organs from damage and manufacturing both red and white blood cells in their marrow, bones are also the body's primary storehouse of minerals. So having bone and joint problems (like arthritis or osteoporosis) is a sign of a mineral-deficient diet. But don't think that taking calcium supplements is going to solve this problem, because it won't.

In fact, in the month's Healthy Habits class we'll share with you why you're probably wasting your money on those calcium supplements (assuming you, like million of other Americans are actually taking them). We'll also explain to you the four keys to maintaining healthy bones and how to work with specific bone problems like osteoporosis, arthritis, calcification, bone spurs and broken bones. If you want to be good to the bone, join us for this month's Healthy Habits class and start building a strong foundation for your health.

Please join us on **Saturday, July 19<sup>th</sup> at 9:00 a.m.** Cost: \$15/person (includes one-hour class with handouts). Bring a friend and save \$10 (2/\$20). Register early as space is limited. To register, please call (575) 745-1673 or email [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com).

## EHP Monthly Specials

**Outdoor Freedom Spray & Bug Off! Gel** - Avoid harmful chemicals found in common insect repellants. Our all-natural products are custom-made with high quality essential oils - safe for humans, but not appealing to insects. **Sunburn Relief Spray, Cooling Cucumber Lotion, Scented Shea Butter Cream & more** also available. Stock up now for summer.

Price: \$8/ea

**Special: 3/\$20**

**Red Rock Natural's Phyto-Mins** - Contains six different forms of calcium that are absolutely essential to our health. This product also contains a complete spectrum of 70+ trace ionic minerals making this formula fantastic for calcium assimilation, vitality and immunity.

Master Herbalist Steven H. Horne formulated and requested Red Rock to make this product because he fully embraces the concept that the best way to take in our major minerals is from organically grown plant foods. It is through the proprietary process used by Red Rock Natural's that makes these minerals completely bio-available to the body. In other words our cells absorb the minerals immediately for faster healing of illness by supporting and stimulating the immune system and building and maintaining healthy, strong bones. This formula is completely safe during pregnancy and assists in growing a strong and healthy baby.

**Sale Price: \$29.99/4 oz.**

**Ear Candles** - Used to clear excess wax and foreign debris from the ears. This process has been known to increase hearing and improve chronic ear and sinus problems. Available in unscented, lavender and herbal scents. 4/pk.

Price: \$7.99

\*All prices subject to change without notice. Sale prices valid for advertised month only. \*

### ***Tired of Feeling Tired?***

*Re-energize your body with an Energy Foot Spa session.*

*Appointments are available Monday through Saturday at Enchanted Herb Pantry in Loving. Call (575) 745-1673 to schedule your Energy Foot Spa session.*

*Refer a friend, receive \$5 off.*

*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.*

### **Product Tips**

Tei Fu Muscle Relief Spray

4 oz. Nature's Fresh

15-20 drops Tei Fu Essential Oil

Shake to blend and spray on stiff and achy neck, joints and muscles.

\*Avoid contact with eyes and mucus membranes, may cause burning.

Provided by: Nancy Hollyfield

### **NSP QV Reminder**

Don't miss out on the bonus checks you deserve! Remember all you need is 100 QV in any given month, and you will receive a 10% bonus check from Nature's Sunshine. Roughly that means that if you spend \$100 in a month, you will receive a check for \$10.\* Here is the chart from NSP:

QV Volume	0-99	100-299	300-599	600-999	1000-2,999	3,000+
Payout	0%	10%	12%	18%	27%	30%

\*Not all QV is equal to purchase price.

### **Coming Next Month**

If you or someone you know suffers from Fibromyalgia, then come to next month's Healthy Habits class to learn how natural remedies can aid help. Between two to four percent of the population is now afflicted with a medically-incurable condition known as fibromyalgia. Affecting nine times more women than men, fibromyalgia is characterized by the presence of widespread pain and tenderness to the touch. Tingling of the skin, muscle spasms, weakness of the limbs, fatigue, sleep problems and cognitive dysfunction (commonly called "brain fog") are other common symptoms.

## **Enchanted Herb Pantry, LLC**

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

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