



Enchanted Thymes

MARCH 2010

VOLUME 3, NUMBER 11

Events Calendar

COMPASS™ Scans
available in **Loving
and Carlsbad**. Call
(575) 745-1673 to
schedule your
appointment.

Healthy Habits Herbal
Hour, **Saturday,
November 14th @
9:00 am** at
**Enchanted Herb
Pantry, LLC**.

**FEEL BETTER Than
You Thought
Possible** - Schedule
your COMPASS™
Scan today!

When the Immune System Misfires

Solving the Riddle of Autoimmune Disorders

We all know what the immune system is supposed to do. It's supposed to defend the body against harmful microbes, parasites and deviant cells (like cancer cells). But what happens when the immune system turns on the tissues of your own body and destroys them? That's what's happening in an autoimmune disorder.

Think of the immune system in an autoimmune disease as an army that has received confusing messages on whom and where the enemy is. Acting on this critical misinformation, the commanding officers order an attack on what they think is the enemy, while in reality they are attacking their own troops and destroying them with what is called "friendly fire."

Autoimmune disorders include problems like multiple sclerosis, Hashimoto's thyroiditis, Grave's disease, fibromyalgia, lupus, type I diabetes, rheumatoid arthritis, myasthenia gravis and Lou Gehrig's disease. At one time, these diseases were rare, you seldom heard of many of them, but the incidence of autoimmune diseases has been increasing. The big question is why? And the bigger question is, what can we do to get the immune system working properly again.

The answer lies in understanding that the immune system isn't attacking healthy tissue. It's attacking tissue that has been weakened through poor nutrition and toxicity. Environmental pollution, particularly solvents and heavy metals, are major culprits in the rise of autoimmune diseases. Vaccines are also a big factor.

Learn how to fix a malfunctioning immune system before it destroys your health at this month's LIVE Healthy Habits class on **Saturday, November 14th at 9:00 a.m.** Cost: **Special \$10/person**. Class includes: one-hour class with handouts. Register early as space is limited, email enchantedherbpantry@yahoo.com or call (575) 745-1673.

EHP Monthly Specials

Thanksgiving Special – Buy 4 – Get 1 FREE*

Buy any 4 products and receive the 5th product FREE. Mix and match, your choice.
*Lowest priced product is free.

It Works! – Be thin and trim for the upcoming holiday parties with the **Ultimate Body Applicator**. What are you waiting for?! It's fast. It's effective. It's mess-free and comes with an affordable price tag. The **Ultimate Applicator** allows you to pick where you want to lose and literally shrinks your trouble spots in an easy, one-step application. See results in just 45 minutes!

Thanksgiving Special – Buy 2 wraps – Get 1 FREE (Save \$25)

***Save over 50% @ www.itworks.net/enchantedherbpantry**

*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.*

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 and Carlsbad. 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

Cleaner Air

2 drops Eucalyptus
1 drops Lemon
1 drops Thyme Linalol

Add to 2 oz Nature's Fresh in a Bottle w/Sprayer. Spray to freshen the air, or put oils directly into a Aroma Plug-In Diffuser and diffuse.

Products are available from **NSP**.

Are you ready for the cold/flu season? Now you can shield your home or business and sanitize the air you breathe with an exciting new product from Nature's Sunshine! If you are local, we can do a 48-hour petri dish test at your home or office with our loaner Boomerang unit. Call Enchanted Herb Pantry, LLC for details. Visit the following link for information on the Boomerang:

<http://www.naturessunshine.com/us/products/boom.aspx>

Frontier Naturals Coop products now available!

Stock your cabinets with *organic, non-irradiated* spices, teas, natural skin care items, health accessories and much, much more! Simply visit www.frontiercoop.com to view the wonderful products they carry. Then **send me an email with your order. Orders are due the 25th of each month.** Orders are wholesale cost + 25% (you save 25% or more). Select products are available at Enchanted Herb Pantry, LLC.

Are You Connected?

Be more informed with information via email, i.e., specials, upcoming events, important product information, etc. If you would like to be "in the know" and receive these emails, send me an email with "Add me to your email list" in the subject line.

FREE Sunshine Sharing subscriptions are available to active Enchanted Herb Pantry clients. Don't miss out on this valuable information. Annual subscriptions may be purchased for \$15. Please mail payment to: Enchanted Herb Pantry, LLC, Attention: Sunshine Sharing, 97 W Ogden Rd, Loving, NM 88256. Monthly *Enchanted Thymes* issues are available FREE via email. Current and past issues can also be viewed on my website.

Coming Next Month

In next month's Healthy Habits Class, we will discuss six natural approaches to healing depression by working on its underlying causes. If you are feeling blue, or you know someone else who is suffering from depression, join us and learn how to get that happy feeling back again.

Enchanted Herb Pantry, LLC

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Enchanted Times 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 enchantedherbpantry@yahoo.com. If you wish to be removed from this email list just send a blank email with "unsubscribe me" in the subject box.