



Enchanted Thymes

MARCH 13, 2010

VOLUME 3, NUMBER 3

Events Calendar

*Healthy Habits Herbal Hour, **Saturday, March 7th @ 9:00 am.***

*Join us **Saturday, March 14th @ 9:00 am** for the Eddy County Health Fair @ Walter Gerrells Performing Arts Center.*

Foot Spa sessions in Carlsbad on Monday mornings at SW Pharmacy. Call Enchanted Herb Pantry, LLC to schedule your appointment today.

Feeling Stressed? We can help you handle it!

Everyone has stress in their life, but when we don't have the tools we need to handle our stress, it can make us physically ill. Chronic stress is linked with high blood pressure and other heart problems, digestive and intestinal disorders, fatigue, insomnia and a reduced immune response.

If stress is making you feel overwhelmed, there are proven ways to reduce your stress level and help you cope better with the problems of life. The tools for healthy stress management fall into three categories – nutritional, physical and psychological.

Let us teach you how to get out of the "hot water" of stress and "cool down" those worried, tense and anxious feelings at this month's Healthy Habits class on **Saturday, March 7th at 9:00 a.m.** Cost: \$15/person. Bring a friend and save \$10 (\$10/ea). 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

For those of you who were unable to participate in the Weight Loss Challenge, here is a great program to help you get on track. Whether you want to lose weight or just improve your health and lifestyle, the **March Madness Package** is designed to assist you in meeting your goals. This package may also be used to enhance other weight loss programs.

March Madness Package: Lose Weight ~ Gain Health

Includes: Basic Health Consultation (discuss your health concerns, receive lifestyles improvement tools), Proactazyme Plus or Food Enzymes (assists digestion), Antioxidant Greens Drink Mix (helps you meet daily fruit/veggie requirements), Tiao He Cleanse (liver, kidney & digestive detoxification).

\$144.97* (Save over \$25) *Expires 4/30/09

Save 10% on all Red Rock Naturals Products – Stock up on these alcohol-free, glycerin-based liquid tinctures. Try the 'NEW' Candida Free, Muscle Ease, G-Stones Away, Lymph Clear or Para Gone. For a complete list of products visit www.myredrocknaturals.com/100059.

Liquidation of The Feast Products – Enchanted Herb Pantry, LLC will no longer stock The Feast products, however, these are excellent products and you can purchase them at: www.uriinternational.com/tjstevens. **Save \$5/ea on remaining items.** (Including: **Beyond Berries powder and Beyond Berries packets***). *Only available while supplies last

*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

'Unwind After that Hard Day at the Office' Blend

2 drops Chamomile
2 drops Marjoram
1 drop Rose

Use an Aromaball or mix with ½ cup Epsom salts. A blend that counters the emotional effects of a harried day at the office (or at home for the mothers). Recipe by L. Carl Robinson. Products are available from **NSP**.

New Addition – Coop enthusiasts rejoice!

Enchanted Herb Pantry, LLC is proud to announce the addition of Frontier Natural Products Coop. 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**. Pay only wholesale cost + 25% (you save 25% or more). When we have a \$250 order we will place the order – hopefully monthly (at least every other month). They do not carry all that we had in the previous coop, but it's a start. If you are interested, let me know and I will add you to the list to receive the monthly specials via email.

Stay 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 and 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.

Coming Next Month

If you're ready to learn about the cause of pain and the various ways to relieve it by promoting actual healing, then this class is for you. We'll explain the cause of pain and discuss various natural ways of permanently relieving pain without using drug medications of any kind. Learn how to relieve pain and promote real healing, the natural way, at next month's Healthy Habits class!

Enchanted Herb Pantry, LLC

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

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 Rd., 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.