



Enchanted Thymes

MARCH 2010

VOLUME 3, NUMBER 9

Events Calendar

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

Healthy Habits Herbal
Hour, **Saturday,
September 12th @
9:00 am** at
**Enchanted Herb
Pantry, LLC**.

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

For Ladies Only

Discover the Natural Secrets to Protecting the Health of Your Breasts

It's no secret that breast cancer is the most common form of cancer in women, accounting for about 30% of all cases. As a result, many women are concerned about preventing breast cancer.

In this month's Healthy Habits Class, I will share with you five keys to reducing your risk of breast cancer and breast health problems in general. I will discuss diet and lifestyle changes you can make to promote breast health, the problem of xenoestrogens and how to avoid them, herbs and supplements you can use to protect breast health, care of your emotions and self-examination for early detection.

Besides discussing breast cancer prevention, I will also talk about how to prevent and treat breast cysts naturally. Tips for breast problems will also be covered.

Learn natural ways to keep your breasts healthy at this month's LIVE Healthy Habits class on **Saturday, September 12th 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. See the new/improved products from NSP and hear convention highlights!

Carlsbad Appointments

Beginning Monday, September 14th - Compass Scans and Detox/Energy Foot Spa Sessions will be available at Southwest Pharmacy* in Carlsbad. Sessions are available Monday mornings by appointment. PLEASE CALL ENCHANTED HERB PANTRY AT (575) 745-1673 TO SCHEDULE YOUR APPOINTMENT.

*Please do not call Southwest Pharmacy to schedule your appointments.

EHP Monthly Specials

Get Your Health on Track with the COMPASS – FEEL BETTER THAN YOU THOUGHT POSSIBLE! Zyto™ technology is used by more than 5,000 doctors and health care providers to make decisions on the health care needs of their clients with 95% proven accuracy. Zyto's new COMPASS™ is easy to use and can help you make accurate decisions about your personal health and wellness program.

BUY 2 GET 1 FREE* (*Must be used before December 31, 2009)

BUY 3 GET 1 FREE ON ALL IN-STOCK RED ROCK NATURALS PRODUCTS

A full line of Full Spectrum Ionic Trace Mineral enhanced Liquid Herbal Tinctures, Children's Formulas and Skin Care. Are you ready for this year's cold and flu season?

*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

Start your day *fresh* with Nature's Fresh! In a 2 oz. Bottle w/Sprayer add 15-20 drops of Lavender or Guardian (or your favorite NSP essential oil) and fill with Nature's Fresh for a non-toxic deodorant.

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! 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 teach you how to improve your nutrition to eliminate tooth decay and gum disease. We will also discuss the health problems associated with mercury (amalgam) fillings and fluoride and suggest ways to detoxify from these substances. Finally, we will discuss a host of natural ways to remedy tooth and gum problems, including cavities, abscesses, gum disease and whitening teeth. Join us and learn how to keep your smile (and your body) healthy in a completely non-toxic and 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 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.