



Enchanted Thymes

FEBRUARY 2010

VOLUME 4, NUMBER 2

Events Calendar

COMPASS™ Scans and Detox/Energy Foot Spa Sessions available in **Loving and Carlsbad**. Call (575) 745-1673 to schedule your appointment.

Healthy Habits Herbal Hour, **Saturday, February 13th @ 9:00 am** at **Enchanted Herb Pantry, LLC**.

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

LIGHT UP YOUR LOVE LIFE

Natural Aids for Male and Female Reproductive Health

It's a delicate subject for many people, but physical intimacy is an important aspect of adult life, particularly for married couples. Unfortunately, many people appear to be having health issues associated with intimacy. For instance, the National Institutes of Health says that about 5 percent of 40-year-old men and between 15 and 25 percent of 65-year-old men experience erectile dysfunction on a long-term basis. Numerous couples also struggle with problems like lack of libido, vaginal dryness and other impediments to intimacy.

Fortunately, there are natural remedies that can help these problems, which will be the focus of this month's Healthy Habits Class. We'll discuss common problems that interfere with intimacy in both men and women and how to correct them with a healthier diet, lifestyles, herbs and supplements. Problems we will address include the various causes of erectile dysfunction and causes of painful intercourse in women and how to correct them. We'll also discuss the causes of low sexual desire and how to enhance libido naturally. Finally, we'll address the issue of sexually transmitted diseases (STDs). We'll talk about natural remedies for STDs and about preventing their spread.

Learn how to build improve your love life and solve reproductive issues naturally at this month's LIVE Healthy Habits class on **Saturday, February 13th at 9:00 a.m.** Cost: \$15/person. Bring a friend – Save \$10 (2/\$20). Class includes: one-hour class with handouts. Register early as space is limited, call (575) 745-1673 or email enchantedherbpantry@yahoo.com. Purchase your **2010 Healthy Habits Class Pass** good for all 2010 classes. **Cost: \$120*** (save \$60)

*Pass includes any bonus Healthy Habits classes that may be added to the calendar.

EHP Monthly Specials

COUPLES MONTH – BUY ONE, GET ONE ½ OFF

(Save on Services for you and your spouse or family member, your friend or two sessions for yourself)

COMPASS Scan(s) and/or Detox/Energy Foot Spa Session(s)
SAVE \$17.50 – Now Only \$52.50/2 Scans

It Works! – Ultimate Body Applicator
SAVE \$12.50 – Now Only \$37.50/2 Wraps
***Save over 50% @ www.itworks.net/enchantedherbpantry**

Ear Candling
SAVE \$10 – Now Only \$30/2 Sessions

*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

Sensual Honey Bath

2 drop jasmine	3 drops sandalwood
3 drops geranium	2 drops clove
2 drops ylang ylang	4 drops bergamot
¼ cup runny honey	

Mix the essential oils with the honey. Add honey mixture to a warm running bath.

Products are available from **NSP**. Recipe from Larissa Jones.

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>

Testimonial: We were out of town for my daughter's choir concert. The day we arrived, everyone had tuna salad lunch in our hotel room and the dirty dishes were thrown out in the room's trash. The Boomerang was plugged in when we arrived. There was NO tuna smell at all (or stinky hotel room smell) and the trash was there until the room was cleaned the next day!

Sunshine Friends

There is no better time than now to take the steps to improve your health and lifestyle! Join the "Loving Leaders"! We currently have 8 team members and there is plenty of room for more! If your goals include getting rid of some unwanted pounds and focusing on health while doing it, you may be happy to learn about the [Sunshine Friends Weight Loss Contest](#). After our February 21, 2010 start date, you can log in you results. If you are interested in joining the "Loving Leaders" – just click the Sunshine Friends link above to register.

Coming Next Month

Next month's Healthy Habits Class will take the mystery out of supplements by teaching you the seven most important supplements – why they are important, how to determine if you need them, and options available for both children and adults. If you want to be healthier (and help those you love to be healthier) you can't afford to miss next month's Healthy Habits Class, Saturday, March 13th.

Enchanted Herb Pantry, LLC

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

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.

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.