



# Enchanted Thymes

APRIL 2010

VOLUME 4, NUMBER 4

## 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, April 10<sup>th</sup> @ 9:00 am** at **Enchanted Herb Pantry, LLC**.

**NSP is coming to Albuquerque, NM on April 24<sup>th</sup>**. I will be driving up, if you want to go, I need to know by **April 9<sup>th</sup>**. We may need a 2<sup>nd</sup> driver??

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

## Do You Feel Tired or Depressed? Is Your Libido Low? Does Your Hair Fall Out Easily? Is Your Skin Dry? Do You Have Trouble Losing Weight? Do You Frequently Feel Cold?

### Your Thyroid May Be the Source of Your Problems

Thyroid disorders are very common in this country, but they are ten times more common in women than they are in men. About 2% all women suffer from diagnosable hypothyroid (low thyroid) and about 0.2% of men. Some researchers believe that this disorder is often misdiagnosed and that the actual incidence of thyroid problems is much higher. When your thyroid is low, you may feel like your "get up and go" got up and left. Your energy and mood will be lower, you will feel colder and have a lower sex drive and your hair and skin will suffer. Since the thyroid regulates fat metabolism, it may also be difficult to maintain our ideal weight.

Hypothyroid isn't the only thyroid problem we face, either. Hashimoto's Thyroiditis, an autoimmune disease of the thyroid, and Grave's Disease, a hyperactive (or overactive) condition of the thyroid, are also increasingly common. In fact, about 80% of cases of thyroid disorder involve a hypoactive thyroid and the other 20% an overactive thyroid (as in Grave's disease).

Discover natural solutions to common thyroid problems at this month's LIVE Healthy Habits class on **Saturday, April 10<sup>th</sup> at 9:00 a.m.** Cost: \$15/person. Bring a friend – Save \$10 (2/\$20). Class includes: one-hour class with handouts. To register call (575) 745-1673 or email [enchantedherbpantry@yahoo.com](mailto:enchantedherbpantry@yahoo.com), seating is limited.

### EHP Monthly Specials

#### April Showers you with Savings:

**FREE COMPASS** Scans – Receive a FREE Compass scan when you order the complete recommended program. **Save \$35**

#### Save 10% on Iodoral

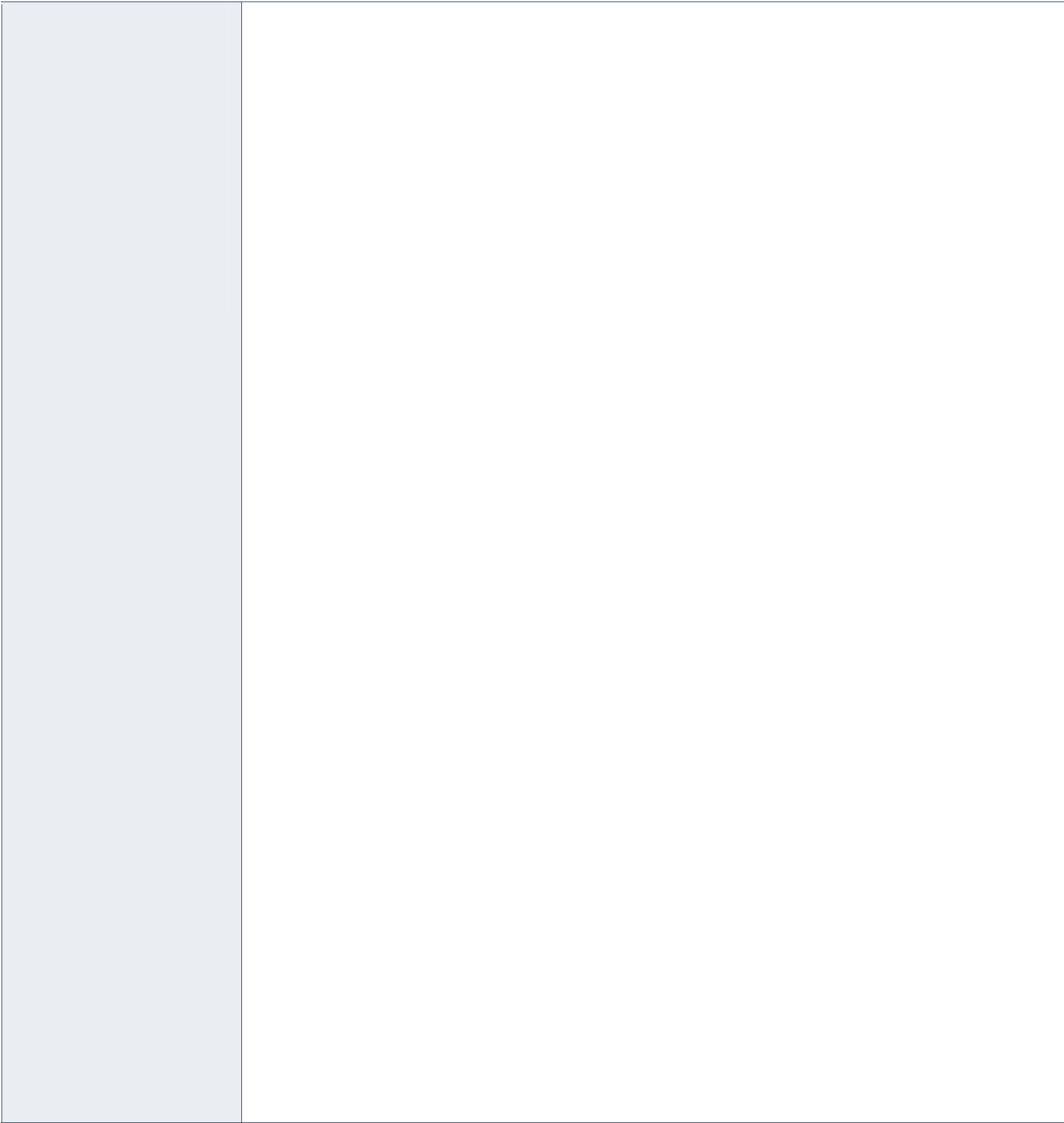
**Save 10% on in-stock MetaboStart Plus** (only at Enchanted Herb Pantry thru April 10th)

#### Benefits:

- Boosts energy.
- Increases or enhances fat burning.
- Helps prevent calories from starchy foods from reaching the bloodstream.
- Helps build lean muscle mass.
- Helps prevent the digestion of some dietary fat and cholesterol.

\*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**

#### **[Shower Gel](#)**

2 drops Ylang Ylang  
2 drops Rose  
8 drops Bergamot

Combine oils with 4 oz. Sunshine Concentrate and shower your self in freshness. Products are available from **NSP**. Recipe from Larissa Jones.

### **Boomerang Air and Surface Sanitizer**

Shield your home or business and sanitize the air you breathe with an exciting new product from Nature's Sunshine! New "quieter" model. Visit the following link for information on the Boomerang:

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

**"Test-Drive" the Boomerang:** Contact me if you would like to see how the Boomerang works. We will do a Before and After Petri dish test to show how well the Boomerang can clean up your environment.

### **Website Update**

Our website ([www.enchantedherbpantry.com](http://www.enchantedherbpantry.com)) is currently getting a makeover. If you haven't been there lately, you should check it out. There is still more to do, but (I think) it's looking great. Thank you Dave for all your work and patients!

### **Coming Next Month**

If you've got hot flashes or other menopausal issues, I've got hot news. There are natural remedies that can make this change of life easier. Join us at next month's Healthy Habits Class on Saturday, May 8<sup>th</sup> at 9 am, and discover how you can ease menopausal problems with natural remedies.

## **Enchanted Herb Pantry, LLC**

Jackie Stevens, CNHC

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575-745-1673

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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](mailto: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.