

Fit For Life Newsletter

May 2005

Oil Recipe of the Month

Recent requests for information on high blood pressure have prompted me to outline some suggestions.

2 drops aromalife

2 drops ylang ylang.

1 drop helichrysum

Palm blend, massage over the heart and carotid arteries for 3 to 5 minutes.

Reported to reduce blood pressure in 5 to 20 minutes. Monitor blood pressure and reapply as needed.

Product Preview ~ Mineral Essence

Mineral essence is a balanced organic ionic mineral complex of more than 60 minerals, & essential oils of lemon, cinnamon & peppermint. It has a natural electrolyte balance, helping to prevent disease and premature aging. Without minerals, vitamins cannot be properly assimilated in the body. Minerals are necessary for proper immune and metabolic functions. Mineral essence is an excellent source of magnesium (Mg) which acts as a smooth muscle relaxant and a natural calcium blocker for the heart, lowering high blood pressure and dilating heart blood vessels.

Feature Oil ~ Ylang Ylang

Ylang Ylang means 'flower of flowers'. It is steam distilled from the flowers, picked early in the morning to maximize the yield. Often used by the ancients to cover the beds of newlyweds on their wedding night. Traditionally used in hair formulas to promote thick, shinny, lustrous hair. Medicinal properties include: antispasmodic, vasodilating, antidiabetic, antiinflammatory, antiparasitic regulates heart beat. Used to regulate heart rhythm, cardiac problems, anxiety, hypertension, depression, hair loss and

intestinal problems. The fragrant influence balances the male female energies, combats anger & low self esteem, enhances spiritual attunement, and restores confidence and peace.

Health Tip of the Month.

Magnesium's benefit to the heart and circulatory system has been examined in several population studies. The less Mg in the diet the greater incidence of heart disease. In a study done in 1977 data showed low dietary intake of Mg is directly linked to high blood pressure, high cholesterol and diabetes. Other studies examined the role of Mg in maintaining normal blood pressure and in reducing high blood pressure. A study published in 1987 showed 600 mg of oral Mg to significantly reduce blood pressure. (Longevity Secrets – the missing link to modern nutrition – by D Gary Young) Magnesium is involved in over 300 enzyme reactions in the body, including syntheses of protein, electrical stability of the cells, metabolism of glucose, the creation of cellular energy and maintaining cell membrane integrity. Levels of magnesium steadily decline with age; this is accelerated with the increased consumption of processed food. ***EARLY DETECTION or EFFECTIVE TREATMENT is NOT a REPLACEMENT FOR PREVENTION*** High blood pressure is not an illness – only a symptom. To address the real cause one needs to look at cleansing the liver & colon, proper nutrition and exercise. HBP is often connected to improper kidney function.

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