

Fit For Life Newsletter

July 2005

~ Oil Recipe of the Month ~

Hand cleaner (anti- bacterial)

*1/2 cap full of thieves cleaner in 2 oz spray bottle *add 7 – 8 drops of YL Rosemary oil (rosmarinus officinalis CT 1,8 cineol) *shake before using
*spray on hands.

FEATURE OIL ~ Rosemary ~

The name 'rosemary' is derived from the Latin words for, 'dew of the sea' (ros & marinus). Rosemary has been burned as incense since about 1000 BC. Later cultures believed it warded off devils, a practice adopted by the sick who burned rosemary to protect against infection. Until recently, French hospitals used rosemary to disinfect the air. Rosemary is one of the oils in our most loved blend of YL Thieves Oil. Rosemary is well known for its ability to assist the body in fighting infection, eliminating bacteria, parasites and fungus. It is beneficial for the liver, enhances mental clarity & concentration and has high anti-itch properties.

~Health Tip of the Month~

There is approximately 20 square feet of skin on the outer surface of the average adult human body. For adults the skin comprises between 15 – 20 % of the total body weight. It is the largest human organ and the first line of defense against harmful substances, infection and dehydration. Thus it is important to consider soaps we use for cleansing the skin. A properly formulated soap does more than just clean, it can also act as a therapeutic skin tonic with powerful antioxidant with

skin protecting properties. Use to assist with eczema, psoriasis, pigmentation and other skin conditions. YL bar soaps are derived from an ancient Spanish recipe combined with modern technology, using ultra-pure ingredients, including therapeutic grade essential oils. Hand poured and cultured for almost a month Young Living soaps are mild and long lasting. Morning start bar soap and morning start bath and shower gel both contain the essential oil of rosemary in their recipe.

-consumer alert- a recent study published in Environmental Science & Technology stated: Antibacterial household soap as the latest devastating pollutant - saying – the US flushes more than 1 million kilograms of the active ingredients (triclocarban & triclosan) in antibacterial soaps every year (Canadian stats not incl.) Using triclocarban for almost ½ a century at 1 million pounds a year, and using triclosan in even greater amounts. These chemicals kill all kinds of bacteria and micro-organisms including those essential to maintain a healthy environment. Antibacterial chemicals may also be responsible for the mutation of disease causing bacteria.
– proven fact- antibacterial soaps do not clean any better than regular soaps!

Young Living's policyif you can't eat it – don't wear it, don't rub it on your skin

Upcoming Events ~ Young Living Annual Grand Conv. – July 12-16, 2005
Cochrane CARE - Nov 17-19, 2005
Contact - Ben or Carol Howden 403-804-7117 or carolhowden@shaw.ca

