

FIT FOR LIFE NEWSLETTER

November 2005

OIL RECIPE OF THE MONTH

Acid Reducer

4 – 6 oz. organic apple cider vinegar

3 – 4 drops thieves oil

4 drops lemon oil

Combine & drink every morning & evening to restore proper PH balance in the stomach, neutralize acid & digest mucous. Make this a habit. Over time it will be a great benefit in re-establishing & maintaining proper PH balance.

PRODUCT OF THE MONTH

Young Living's Oil Diffuser

Diffused oils: - alter the structure of the molecules that create odors rather than just masking them – increase oxygen availability – eliminate and destroy air born virus, molds & bacteria – relax the body – relieve tension – clear the mind – help with weight management – improve concentration, alertness and mental clarity – stimulate neurotransmitters – stimulate secretion of endorphins – stimulate growth hormone production and receptivity – improve hormone balance – relieve headaches – improve digestive function – improve the immune system – help eliminate/heal respiratory conditions – neutralize acid –

When inhaled directly the oils are transmitted directly into the blood stream and into the limbic system of the brain (our emotional cortex – thus we have an emotional response to the aroma of essential oils before we have a rational one).

When using a cold air diffuser the micro mist remains suspended in the air for several hours.

Diffuse oils 15 – 20 minutes twice a day

Purchase Your Diffuser during the month of Nov and receive a **free bottle of purification, citrus fresh and thieves.**

Code # 4605 – 4608 for \$99.75

FEATURE OIL – THIEVES

The story of thieves – thieves oil blend was formulated after extensive research into the many stories of the 15th century thieves, who robbed the bodies and homes of the dying and the dead. This group of men were formerly the spice traders who were out of work, they found a way to make a living by selling their loot and thus the pawn business began. When apprehended they told of the oils they rubbed on their bodies to protect themselves from the plague. Thus we see the powerful anti-microbial

knowledge of essential oils, is ancient history!

Studies conducted at Weber state university show inhibition of air born virus and bacteria from 90 to 99.96 %. The oils used in the Young Living blend are – clove, lemon, cinnamon bark, eucalyptus radiata and rosemary officinalis.

HEALTH TIP OF THE MONTH

The path of illness is created thru acid conditions in the body. Stress increases acid, which turns into inflammation. Where there is inflammation the cortisol levels go up manifesting in illness. Tumors, polyps, fibrocystic conditions, cancers, heart disease, pain related trauma's etc are all acid conditions. In order to heal the acid and mucous levels need to be neutralized. This is accomplished by eliminating acid foods, keeping the body well hydrated, maintaining a peaceful state of mind, living in a chemical free environment. You can use the oils to enhance each process. As time goes on we will be bombarded with more and more mutations and strains of virus's, bacteria and fungus --- also more and more toxic chemical waste in our water systems and aquifer. The place for us to start - to make a difference is in our own homes! Take responsibility now! Eliminate the chemicals from your personal living environment. Replace lemon pledge, pinesol, Mr. Clean and other toxic cleaners with Thieves household cleaner. Carpets, tile, paint, drapery & upholstery fabric, etc. are constantly infusing our homes with chemicals. Daily diffuse oils in your home – take another look at some of the benefits of diffusing oils. **Consider the power of diffusion.** Listen to training CD # 73 on the power of Thieves and Training tape # 74 on the Research facts of Ningxia Wolfberry...these come free in your auto ship orders, you can also order them from YL.

UPCOMING EVENTS

NOVEMBER/DECEMBER SPECIAL!

Perfect for the holiday season – free oils – an opportunity to share – a gift from young living

NINGXIA RED LIVE – check the web or call YL to find the one nearest you. Don't miss out!!

CARE COCHRANE – Nov 17 – 19

Contact – Carol Howden 805-208-6628

carolhowden@yahoo.ca

<http://www.youngliving.org/346932A>

