

*** FIT FOR LIFE * NEWSLETTER ***

February 2005

~ Oil Recipe of the Month ~

Did the ground hog see his shadow? Just in case lets prepare for some cooler nights and keep our hot tubs fragrant and chemical free. **Here is a recipe for all you hot tub lovers.** You will need:

1 bottle YL lemon oil (code 3578)

12 drops YL geranium oil (code 3554)

15 drops YL thieves oil (code 3423)

1 Sacred Mountain Aqua Essence Pack (code 3403)

(YL purification oil – optional)

After filling the hot tub, pour in the complete bottle of lemon oil, run tub for 10 – 15 minutes, add 12 drops of geranium oil, run tub for 20 – 30 minutes. If you have children using the tub rub purification oil on their feet before getting into the tub. Throw in the sacred mountain aqua essence packet. Basque in the uplifting aromas and enjoy a truly healing hot tub. After you are done using the hot tub, add 12 – 15 drops of geranium oil and run tub for 15 – 20 minutes. To clean filters soak in water and 15 drops thieves oil for 3 hours.

~ Aqua Essence Oil Packs

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Essential oil packs use a special inert material to slowly diffuse oils into the air or water. Once the impermeable outer packet is opened, the inner packet gradually release a measured amount of essential oils for purification, odor control or mood enhancement. Each packet contains 4 individual inner packs of 10 ml of essential oil blend. These packs can be placed in your ventilation system, left open in the room to passively diffuse, in the bath or HOT TUB! **Sacred**

mountain oil represents grounding, power, strength and oxygen.

~ Health Tip of the Month ~

Special alert to all contact lens

wearers! Does your rinsing and cleansing solution say ‘thimerosal free’? This means that some contact lens solution does contain thimerosal.

Thimerosal is 49.6% mercury, a proven deadly neuro-toxin causing permanent brain damage. In spite of well-established health risks organic mercurials* are still being added to prescription and non-prescription drugs, such as preparation H, as well as formulations for treatment of bacterial and fungal infections. Mercury has antifungal properties. Until recently, nearly ALL contact lens solution contained thimerosal as an antimicrobial agent. Thimerosal is ethyl mercury sometimes called Merthiolate. *organic to a chemist means ‘carbon compound’* for some interesting reading go to <http://nourished.com> or www.safeminds.org.

~ Upcoming Events ~

CARE Seminars for February & March

Tucson AZ – Feb 10 – 12

Cochrane AB – Feb 17 – 19

Chilliwack BC – March 3 – 5

Winnipeg March 17 – 19

For our complete calendar or for more information go to:

<http://my.youngliving.com/346932>

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