

FIT FOR LIFE NEWSLETTER

December 2005

Recipe of the Month

Steam Pudding (Christmas Pudding)

4 c ea raw organic grated carrots & potatoes

4 c organic spelt flour

2 c organic maple syrup

4 c organic raisins

2 c organic soft butter

2 tbsp Young Living Agave

4 tsp aluminum free baking powder

8 d Young Living cinnamon bark oil

5 d Young Living clove oil

4 d Young living ginger oil

4 d Young Living nutmeg oil

Mix all ingredients together* Mix well* Put in glass jars, or pyrex baking dishes* Fill bottom of roaster pan with water and place jars/dishes of pudding in roaster* Steam for approx 3 hours* Serve with warm cake sauce (p 124 Ancient Wisdom in Modern Menu) or organic cream. Excellent hot or cold * with or without sauce ☺ Enjoy ☺

Product of the Month

Detoxyme (code 3203) A vegetable enzyme complex designed to promote detoxification of the body * to support & maintain a healthy intestinal environment * a combination of oils & enzymes to aid in the digestion of starches, sugars, proteins and fats * gives relief from bloating & gas * contains the essential oils of cumin, anise & fennel * take 2 or 3 with each meal * take between meals to curb appetite & reduce cravings * take 3 - 4 before going to bed to prevent undigested food in the blood stream from going rancid * this also promotes more restful sleep

Feature Oil * Frankincense*

Frankincense (Boswellia carteri) - grown in Somalia - Steam distilled from gum/resin - known as "olibanum," or "Oil from Lebanon" the name frankincense is derived from the Medieval French word for "real incense." - considered the "holy anointing oil" in the Middle East - used in religious ceremonies for thousands of years - well known during the time of Christ for its anointing and healing powers - one of the gifts given to Christ at His birth - "Used to treat every conceivable ill known to man," frankincense was valued more than gold during ancient times - only those with great wealth and abundance possessed it - mentioned in one of the oldest known medical records - Antitumoral - immunostimulant - antidepressant - muscle relaxing - is used for depression - cancer - respiratory infections - inflammation - immune-stimulating - increases spiritual awareness - promotes meditation - improves attitude and uplifts spirits - contains sesquiterpenes which stimulate the limbic

system of the brain (the center of memory and emotions) and the hypothalamus, pineal and pituitary glands. The hypothalamus is the master gland of the human body, producing many vital hormones including thyroid and growth hormone - apply neat * apply 2-4 drops on location, * chakras/vitaflex points * directly inhale * diffuse * take as dietary supplement

Health Tip of the Month

The power of enzymes - Digestive enzymes are absolutely vital to human health. They break down and digest food in order to liberate the essential nutrients, vitamins, and minerals that sustain life. Some digestive enzymes are present in the food we eat; some are produced by the body itself. A lack of digestive enzymes in the diet forces the body to overproduce its own digestive enzymes and limits its ability to produce metabolic enzymes which are also crucial for health and normal metabolism. This limitation occurs because both digestive enzymes and metabolic enzymes are created from the same enzyme precursors. The production of these precursors is limited in the human body, so when the digestive system must overproduce digestive enzymes, it causes a harmful underproduction of metabolic enzymes. Metabolic enzymes are involved in every process of the human body, even our ability to see, breathe, and think, depend upon metabolic enzymes. When the diet is supplemented with digestive enzymes that are naturally present in whole, raw, or uncooked foods, two powerful benefits are unleashed: *The body can extract maximum nutritional value from food. *The body can reduce its internal production of digestive enzymes, aiding higher production of metabolic enzymes, crucial for daily metabolism, health, and detoxification.

Enzymes help break down foods and proteins that might otherwise ferment and putrefy in the gastrointestinal tract. Undigested foods tax our bodies, sap our energy, and spur the overgrowth of yeast, fungi, parasites, bacteria, and microorganisms that contribute to viral conditions, gastritis, Crohn's disease, and inflammatory diverticulitis. Inadequate digestive enzyme activity has also been linked to chronic inflammations elsewhere in the body, such as fibromyalgia, herpes, inability to gain or lose weight, bad breath, body odor, skin rashes, and migraines.

Did you know - the human body is designed to break down or digest approximately 50% of the food we eat. Live enzymes are supplied in raw food, the cooking process kills the enzymes. This is often overlooked in health today. Until this problem is corrected the body will continue to struggle and suffer - a very serious problem our body faces on a daily basis.

Contact information: Carol or Ben Howden
carolhowden@yahoo.ca
<https://www.youngliving.org/346932A>

