

FIT FOR LIFE *NEWSLETTER*

September 2005

Recipe of the month

Liver Compress

7 drops grapefruit oil

5 drops lemongrass

5 drops cypress

15 drops ledum

½ tsp V6 mixing oil

Using Young Living essential oils blend the above together and massage over the liver area. Cover immediately with a dry cloth, place a very moist, hot cloth on and cover with another dry cloth. Leave on for 20 minutes. Repeat this every other evening for 60 days.

Product of the month

Juva Power - a whole food high antioxidant vegetable powder, containing the highest acid binding foods and essential oils for superior results in fortifying liver function. Juva Power is packed with advanced phytonutrient fibers to simultaneously cleanse the liver and intestines. (p 146 EODR) My personal experience in using this product is reduced cravings and easier weight reduction. The suggested directions are to sprinkle on food or mix in water. I prefer to put a spoonful in my mouth and swish down with water. 1 heaping tsp twice a day.

Feature Oil

Juva Cleanse

The liver is the body's largest internal organ and major detoxifier of the body. Even toxins we breathe are filtered through the liver, including fumes and vapors from household cleaning products, new fabrics, carpets, bug sprays etc. JuvaCleanse is a blend of ledum helichrysum and celery seed essential oils, long known for their liver cleansing properties. JuvaCleanse is clinically proven to remove mercury from body tissues. Take 1 capsule, 8 - 15 drops daily

Health tip on the Month

The importance of liver health! **Proper liver function is essential to health.** The liver performs over 5000 functions a day...some of these functions include: removing and neutralizing toxins and germs from the blood, promoting digestion, manufacture of hormones, maintaining hormone balance, regulating blood sugar levels, making proteins to regulate blood clotting, promotes

regrowth of cells and tissues, produces bile to help absorb fats and fat-soluble vitamins, produces immune cells to fight infection and manufacture of red blood cells. Every emotion travels thru the liver to be sorted, stored or released. The liver contains the largest amount of fat cells, this is where petrochemicals and toxins get stored. Fat has no blood vessels making it difficult to eliminate the toxins....thus the compress ☺ Dr Young has repeatedly told us, people with distended abdomens indicate an overloaded, swollen, fatty liver. The liver plays an important role in eye health, in fact a compromised liver is the #1 cause of poor eye sight. (Chemistry of Essential Oils Made Simple by David Stewart) Some indicators of liver stress include: loss of appetite, overweight/difficulty reducing weight, bloating and excessive gas, poor digestion, frequent and continued fatigue, frequent migraines/headaches, mood and behavior swings, high cholesterol/blood pressure, skin conditions (rashes, eczema, spots, moles etc), cravings..... 2 main LIVER STRESSORS are exposure to chemicals and poor dietary habits. In other words, the things we put on and in our bodies are causing us to be well or not!!!! EXPOSURE to CHEMICALS include many everyday household cleaners & sprays, pesticides, fertilizers, petrochemicals in/ on food, make-up and skin care products, pharmaceutical drugs, and drinking water. This is one of the reasons I appreciate Young Living, they offer superior products and the education. I invite all of you to join me in a cleansing routine.
MY 90 day ROUTINE
Liver compress (as above)
Juva Power - 1 tsp (heaped) noon & evening meals
Ningxia Red - 1 oz morning & noon
Grapefruit Oil - 15 drops, Lemon Oil & Cypress Oil - 7 drops of each in a capsule take in the morning after Ningxia Red.
Juva Cleanse Oil - take 10 drops in a capsule with evening juva power.
Record start date and detail your progress.

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Upcoming Events:

YL Regional Mtgs. - Toronto Sept 13, Calgary Sept 14, Ningxia Red - Vancouver Sept 26

