

Fit for Life Newsletter*

June 2005

Oil Recipe of the Month

Lavender Lemonade ~ refreshing, cleansing and thirst quenching all at the same time ~ it doesn't get any better ☺
6 organic peeled lemons (save peel of 1 lemon)

¾ cup organic honey (maple syrup or agave)

2 liters pure water

3 drops Young Living Lavender oil

2 drops Young Living Lemon oil

Blend lemons, lemon peel, sweetener, and oils in 1 cup of water. Add remaining water. Stir. Serve chilled.

Feature Oil ~ Lemon

Lemon oil is cold pressed from the rind. It takes 3000 lemons to produce a kilo of oil. Research by Jean Valnet, M.D. showed vaporized lemon oil can kill meningococcus bacteria in 15 min, typhoid in one hour, staphylococcus in 2 hours and pneumococcus in 3 hours. Lemon oil is widely used in skin care to reduce wrinkles and combat acne. Studies show lemon oil to reduce depression, inhibit tumor growth, improve circulation, stimulate immune function, increase white blood cells, enhance the bodies' ability to absorb Vitamin C and improve memory. Lemon oil is an excellent water purifier, use 1 drop per glass for drinking water. The fragrant influence promotes clarity of thought and purpose. CAUTION – after applying lemon oil directly on the skin, avoid sun exposure for 24 hours.

Health Tip of the Month

Chlorine is one of the most reactive and toxic elements known to man. When used in the water system as a disinfectant, it creates disinfection byproducts (DBP). DBP's cause cancer,

birth defects and spontaneous abortions. Chlorine is also chemically bonded in the manufacture of numerous industrial chemicals. Many toxic herbicides, fungicides, and insecticides are made by attaching one or more chlorine molecules to a carbon skeleton. Once ingested or inhaled, chlorinated chemicals leach into the fat cells and become trapped. Some of the most toxic are 4 carcinogenic chemicals known as trihalomethanes (THM's): chloroform, bromoform, bromodichloromethane, and chlorobromomethane. These THM's are created when chlorine reacts with naturally occurring organic matter in raw water. THM's are very volatile, meaning we inhale them. Bathing, showering, washing dishes and flushing the toilet all contaminate the air with THM's. Once inhaled or ingested they accumulate in the fat cells – trapped in the body they chemically bind with and damage DNA. Knowing *Lemon oil in particular digests chlorine and essential oils in general help rid the body of petrochemicals and toxic waste* is reason enough to do some more research and learn how to use therapeutic oils to enhance and revitalize your body and your environment. Go on the web or read the Essential oil Desk Reference by D Gary Young.

Upcoming Events

Free Panaway & Purification ~ a \$69 value ~ May 16 – June 15 with a \$200 order.

Gold of the Gods ~ Annual Grand Convention ~ July 12 – 16, 2005
CARE Cochrane ~ Nov 17 - 19
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