

April 2005

Fit for Life ☆ Newsletter☆

Oil Recipe of the Month

If you are like me spring fever has hit and it's time to sparkle those windows, cleaning off the accumulated dust of winter. My favorite window cleaner ~
1 liter distilled water
1 capful of thieves cleaner
10 d. of YL pine oil
Combine in a spray bottle ~ experience sparkling clean windows and its uplifting fragrance. This blend is also great for all your basic cleaning / dusting needs. Enjoy☺

Product of the Month

Thieves Household Cleaner (code # 3743) 16 oz bottle
This amazing product has become my only cleaner for laundry, carpets, upholstery, and all general cleaning needs. It contains thieves oil, fortifying your home or work area against germs, bacteria and viruses. With more and more germs becoming antibiotic-resistant this product is an excellent resource. When tested at the Weber State University Thieves was found to have a 99.96 % effective rate against airborne bacteria.

Feature OIL ~ Lavender

One of the most universal, well know essential oils ~ touted for its ability to facilitate tissue regeneration and speed wound healing, especially from burns. Lavender is steam distilled from the flowers. This wonderful oil has been widely researched and has many medicinal properties, including antiseptic, antifungal, anticonvulsant, antitumoral, relaxant, anti-inflammatory, reducing blood fat/cholesterol. It is

widely used for respiratory conditions, high blood pressure, arteriosclerosis, menstrual problems/PMS, skin conditions, burns, hair loss, insomnia and nervous tension. The fragrant influence is calming, relaxing and balancing both emotionally and physically. Find the documented research on www.youngliving.com or email me for more information.

Health Tip of the Month

When recovering from an illness, the intake of caffeine, bad fats (like margarine and hydrogenated oils) refined sugar and flour products will lengthen recovery time by 6 months in your body's ability to respond to natural medicine. Ingesting caffeine, bad fats, refined sugars and flour products dramatically increases financial costs in sick days & Dr. visits. Conditions taking 6 weeks to heal will often take 2 – 3 years when these items stay in the diet. Revitalize yourself– eliminate these offenders for 6 weeks and escalate your wellness. Prove it for yourself. Refined sugar causes imbalances in the blood chemistry for more than 24 hours after ingested, it also depletes the body of essential vitamins. Caffeine, among many other things constricts blood vessels, stresses the adrenal glands, pancreas, liver and heart.

Upcoming Events ~ CARE Seminars
Kelowna, BC – April 14 - 16
Grande Prairie AB – May 5 – 7
Green Bay WI – May 12 – 14
Cochrane AB – June 2 – 4
Contact Carol or Ben 403-932-6993
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