

Magic of Health Newsletter

Jan 2005

Oil Recipe of the Month...

Recipe for Inspiration

1 glowing warm fireplace

1 Cynthia Kerseys book called 'Unstoppable'

1 d Young Living Peppermint oil

1 c Pure Hot water

1 Young Living diffuser

1 bottle Young Living Believe oil

1. Start fire, Boil water, Retrieve 'Unstoppable' book

2. Start diffuser, drip 10 – 15 d Believe oil into diffuser

3. Drip 1 d peppermint oil into cup & add water

4. Enjoy the inspiring stories of perseverance & success of unstoppable people, a warm cup of peppermint tea, a glowing fire place and the beautiful aroma of believe.

5. Be inspired & *BELIEVE* in yourself

Product of the Month...

After the recent season of festivities many of us may be experiencing the sugar blues. Nothing stresses the human body as much as refined sugar. Sugar actually drains the body of vitamins, minerals and nutrients. It also stresses the pancreas, forcing it to pump out a surge of unneeded digestive enzymes. To prevent being poisoned from excess sugar, the body converts it into fats, like triglycerides. So instead of killing you quickly, the body defends itself by clogging its arteries. Now let's take a look at one of the most popular commercial alternatives...aspartame. When aspartame is heated higher than 86 degrees F, methanol (wood alcohol) results. Wood alcohol, when consumed causes blindness and even death. 1qt of

aspartame-sweetened beverage contains 56 mg of methanol. After methanol is ingested, it breaks down into formic acid and formaldehyde. Aspartame is marketed as Nutra-Sweet, Equal, Spoonful & Equal-Measure, is mostly made from aspartic-acid, phenyl line & methanol and is found in over 9000 products. Dr. Russell Blaylock, professor of neurosurgery at the Medical University of Mississippi explains that aspartame is a neurotransmitter facilitating the transmission of information from one neuron to another, allowing too much calcium into the brain cells, killing certain neurons. The epidemic of memory loss, Alzheimer's and MS is no surprise. So chase away the sugar blues with BLUE AGAVE. Use Agave the ultimate low glycemic sweetener of choice for diabetics, hypoglycemics or those looking for a healthy alternative. Agave helps to heal the pancreas & balance blood sugars. It is similar in appearance, shelf life & usage to honey. Agave is one of the sweeteners used in our Cook Book.

Young Living Agave 8 oz: code 3221
Wholesale \$11 Preferred Customer \$13

SPECIAL NEWS

Our Cook Book, *ANCIENT WISDOM in MODERN MENU* is off to the publisher. We are ready to begin pre-sales. Be one of the first to enjoy this masterpiece. We have very special gifts for you. Watch for our sales letter in the next couple of days. Order now and get in on the many amazing 'extras' reserved just for 'pre-sale' purchasers.

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