

Fit for Life Newsletter

March 2006

Recipe of the Month ~ Peppermint tea ~

Put 1 -2 drops of peppermint oil in the bottom of a cup. Heat water to pleasing temperature for drinking. Pour water into cup. Enjoy a pleasant stimulating beverage. Use the oil flavor of choice as suits your preference.

Feature Oil ~ Peppermint

~ Mentha piperita Steam distilled from leaves, stems, and flower buds. Medical Data: Reputed to be part of the "Marseilles Vinegar" or "Four Thieves Vinegar" used by grave-robbing bandits to protect themselves during the 15th century plague. A highly regarded digestive stimulant. Jean Valnet, M.D, used peppermint to treat liver & respiratory diseases. Medical Properties: Anti-inflammatory, antitumoral, antiparasitic (worms), antibacterial, antiviral, antifungal, gallbladder/digestive stimulant, pain-relieving, pain-reliever, curbs appetite. USES: Rheumatism/arthritis, respiratory infections (pneumonia, tuberculosis, etc), obesity, viral infections (Herpes simplex, herpes zoster, cold sores, human papilloma virus etc.), fungal infections/Candida, digestive problems, headaches, nausea, skin conditions (itchy skin, varicose veins, eczema, psoriasis, dermatitis), scoliosis/lumbago/back problems. Fragrant Influence: Purifying & stimulating to the conscious mind. Dr. William N. Dember of the University of Cincinnati found inhaling peppermint oil increased mental accuracy by 28 percent.

Health Tip of the Month ~ Travel Tips ~

Well know fact - Travel adds extra stress to the immune system!! Protect yourself the safe way!! Learn the benefits of therapeutic oils ☺....enhance your immune system.....
...maintain a safe environment for yourself & your travel companions. Learn how ~ Some Essential Travel Oils ~ Thieves, Lemon, Peppermint, RC, Lavender, Ginger, Helichrysum, Digize, Myrrh, Purification, Aroma siez, Endoflex, Frankincense, Eucalyptus Radiata. 1) THEIVES ~ Rub 1 – 2 drops onto your hands before entering the airport, breath in deeply, repeat before boarding the airplane. Repeat every couple hours of flight. 2) Purchase a clay pendant, put several drops of oil on the pendant and wear around your neck during flight or when visiting public places. 3) Thieves Spray, spray on hands after visiting a public washroom, on grocery store cart handles, always spray your hotel room, bed, blankets, pillows and furniture. 4) Take a drop in your mouth to ward off sore throats and lung congestion. 5) Take a capsule full every hour – alternating with Digize to eliminate food poisoning. 6) Rub several drops on your feet every night to maintain a strong immune system. 7) Diffuse 20 drops in your hotel room at night or spray mist the air just before going to bed to protect yourself from air born virus and bacteria. 8) Place 2 drops of RC and Thieves in your hand and rub behind the ears to keep ears clear while flying or climbing to high altitudes. 9) Use the same combination to apply on wrists and under nose to prevent motion sickness. 10) Thieves and RC will also stop coughing which seems to be irritated during flight. 11) Drink 2 oz of Ningxia Red just before flight, drink 1 oz every 3 hours of flight. 12) RC, Hyssop, Eucalyptus Radiata and Frankincense applied to the back of the neck and tips of the toes keeps your oxygen at

high levels during flight. 13) RC and Peppermint, under the nose and on the forehead keeps the sinus from getting congested during flights. 14) Endoflex – 1 capsule full ½ hour before flying, 1 capsule full (14 – 15 d.) ½ our after landing. Take an additional capsule for every 5 hours of flight. This prevents jet lag along with drinking ample water thus keeping well hydrated – remember - juice, coffee, tea, pop & other beverages do not hydrate you!!!! 15) Always have purification on hand to use as a natural insect repellent. Put several drops in your hands and rub over area to be protected. Purification also takes the itch out of bites. 16) Purification is also well renowned for ‘purifying things and people’. ☺ 17) 10 – 15 drops of purification in a 1 oz spray bottle used to mist the entire body works well as an insect repellent. 18) 1 drop each of Lavender & Frankincense palm blended and palmed over the eyes give relief from eye stain, &/or eye pressure from flying. 19) Always have Lavaderm on hand for cooling/healing sunburns...spray on as often as needed. 20) To prevent blistering use Lavender oil, Lavaderm & Satin Hand & Body Lotion or mineral essence. 21) Sunsation Suntan Oil helps filter ultraviolet rays without blocking the absorption of vitamin D. It also accelerates tanning. 22) Myrrh & Helichrysum oils offer natural sunscreen while nurturing your skin. 23) Prevent/alleviate motion/travel sickness - Effective oils to apply behind ears, on wrists, temples & around navel are Digize, ginger, nutmeg, peppermint or spearmint. 24) 2 – 3 drops of Lavender on the bottom of the feet at night to promote sound sleep in new surroundings. 25) Wash all fresh fruits and vegetables with lemon oil.

~ More information on travel uses of peppermint on the Feature Oil sheet ~

Travel Recipe's

~ Insect Repellent ~

6 d peppermint 6 d Melaleuca Alternifolia

9 d Eucalyptus Radiata

Palm blend and apply to exposed skin

~ Prevent Travel Sickness ~

4 d peppermint 4 d ginger in 1 oz V6 mixing oil applied to chest and stomach before traveling.

~ Sunscreen ~

7 d Helichrysum 7 d myrrh in 1 oz V6 mixing oil apply evenly on any skin exposed to the sun. Repeat every 2 hours.

~ Hand Cleaner ~

2 oz distilled water

½ bottle cap YL household Thieves cleaner

1 tsp organic brown rice vinegar

5 d grapefruit 3 d bergamont 3 d purification

Mix together in a spray bottle. Use as a hand cleaner and for all your cleaning needs while away from home.

Upcoming Events ~ www.youngliving.com ~ ‘go to events near you’, ~ avail yourself of every opportunity to learn ~

COCHRANE CARE: May 29 – 31

YL Convention: Sept 27 – 30, make reservations NOW ☺

For Additional Information Contact – Carol or Ben
carolhowden@yahoo.ca www.youngliving.org/346932A