

*FIT FOR LIFE * NEWSLETTER *

Sept 2006

~Recipe of the month ~Pear Sauce ~

2 quarts finely sliced organic pears

½ cup pure water

1 drop cinnamon, clove and nutmeg essential oils

1 cup organic dry sweetener (date sugar etc.) or ¾ cup liquid (agave etc.)

Wash and slice pears, put into heavy pot, add water. Bring to simmer. Add sweetener, continue to stir well to mix sweetener. Turn off heat. Pour into vitamix blender. Blend until smooth. Add essential oils, blend until well blended. Turn off blender. Pour into containers. Recipe doubles well. If you wish to do as a preserve, pour into hot jars, put on lids (making sure rims are clean). Place jars in a deep dish pan of hot water, place in 350 F oven for 20 minutes. Let cool over night.

~ Health tip of the month ~

Below is a tidbit of info to consider as we touch and teach others. *Taken from - Diversified Health*

Occupations: 5th Addition page 99. **One square centimeter of skin contains 3 million cells, 10 hairs, 15 sebaceous glands, one yard of blood vessels, 700 sweat glands, 3,000 sensory cells at the end of nerve fibers, 4 yards of nerves, 25 pressure apparatuses for the perception of tactile stimuli, 200 nerve endings to record pain, 2 sensory apparatuses for cold, & 12 sensory apparatuses for heat.** Think about the healing potential of touch. **Couple this with therapeutic essential oils in the vitaflex and raindrop technique.**

What is Raindrop Technique?

Raindrop Technique originated in the 1980s from the research of D. Gary Young working with a Lakota medicine man. Raindrop Technique is a powerful, non-invasive tool integrating the art of aromatherapy with the techniques of Vita-Flex and massage in the application of therapeutic grade essential oils to various areas of the body.

During your Raindrop session, the oils are dispensed like little drops of rain from the heights of about six inches above the spine and massaged along the vertebrae. The purpose of Raindrop Technique is to stimulate every organ, muscle and bone at a cellular level through the oils, boosting the various body systems, bringing the body into structural/ electrical balance, and enabling the release of toxins wherever they may be. This includes those lodged in the mind and emotions.

Vita Flex is the ancient Tibetan massage technique that was rediscovered by Stanley Burroughs in the late 1920s. Vita-Flex is a reflexive or pressure point massage that activates the reflex points, assisting the body to heal itself. When the technique is applied, a minute electrical impulse is sent along the channels or meridians to a specific area where the body will either stimulate or depress the region to create balance. The body itself has a self-regulating system that Vita-Flex simply taps into. Vita-Flex is exceptionally effective in delivering the benefits of essential oils throughout the body. The Therapeutic Value of Essential Oils Poetically called the “life force” of the plant, essential oils are very complex, concentrated and powerful. Essential oils are extracts from the plant fluids that maintain plant life. These fluids and resins move through the plants circulatory system in the leaves, stems, roots and flowers, carrying nutrition and oxygen into the plant cells and carrying waste products out, just as the human blood functions in the body.

~Feature Oil of the Month~ Oregano~

Oregano (*Origanum compactum*). Found in Utah, Turkey and France. Steam distilled from leaves and flowers. **Oregano is one of the most powerful and versatile essential oils, oregano contains strong immune-enhancing and antioxidant properties. It is very effective to support the respiratory and digestive systems. Oregano is also a key oil used in the Raindrop Technique. Enjoy a 15 ml bottle of this amazing oil at a 10% discount from August 16-September 15!**

Upcoming Events

www.youngliving.com ‘go to events near you’, ~

avail yourself of every opportunity to learn ~

C.A.R.E. Grants Pass. OR - Sept 14 – 16, 2006

C.A.R.E. Toronto, Ontario Canada - Oct 12 – 14, 2006

C.A.R.E. Eureka, Montana - Feb 1 – 3, 2007

YL Convention: Sept 27 – 30, make reservations NOW

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www.youngliving.org/346932A

www.oil-testimonials.com

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