

Fit For Life Newsletter

Recipe of the Month

Oil Recipe of the Month Body Wrap

15 d Grapefruit oil
10 d Lemongrass oil
10 d Cypress oil
10 d Lemon oil
30 d Ledum oil
4 oz V6 mixing oil

Mix all ingredients together and rub generously from rib cage down to knees. Wrap in saran wrap. Wrap quilt or towels around body to maintain body heat for one hour. Drink lots of water with organic lemons squeezed into it. Add 1 drop grapefruit oil per every 8 oz of water. The more water you drink, the more fat you will burn!

Health Tip of the Month

Choose Health ~ HOW? ~ Choose to cleanse ~ *Stimulate the cleansing of your body from the inside out* ~ cleanse gently on a daily basis to maintain and restore your health ~ Young Living has given us a core cleansing program to fuel and maintain the cleansing systems in our body. This amazing **5 Day Cleanse** includes Balance Complete, NingXia Red and Digest & Cleanse capsules.

Restore balance with Balance Complete.

Young Living's Balance Complete is an energizing, super food shake high in essential fibers. Young Living's cutting-edge blend of soluble and insoluble fiber is ideal for cleansing, weight-loss and everyday health maintenance. Ingredients found in balance complete are effective in maintaining normal blood sugar levels. As the fiber mixes in water it swells in the intestines, providing bulk that absorbs and removes toxins and excess fat from the digestive tract. Balance complete also contains a prebiotic fiber to nurture beneficial microflora.

Digest & Cleanse is a totally unique "purely oils" product. This precision delivery soft gel cap delivers the essential oils of peppermint, caraway, ginger, lemon, fennel and anise directly to the intestines. Peppermint is effective for gastrointestinal gas. Peppermint and caraway soothe the bowel, reduce gas and enhance digestion. Lemon is known to stimulate digestion and reduce over acidity. Gin-

ger, fennel and anise are also noted to reduce gas, improve digestion, reduce nausea, and create an unfriendly environment for parasites.

NingXia Red's reputation as a powerful, natural antioxidant and nutrient dense infusion is unmatched. NingXia Red provides dynamic and sustainable energy making it ideal for maintaining energy while cleansing. There are two distinct phases in the cleansing process. In phase one, toxins are broken down and made water soluble. Phase two removes the toxins from the body. NingXia Red provides nutrients to enhance both phases. NingXia Red is loaded with nutrients to support and nourish pancreatic and liver function. Like Balance complete, NingXia Red contains constituents to maintain normal blood sugar levels. It is also high in vitamins, minerals, amino acids, flavonoids, carotenoids, cerebrosides, pyrrolles and zeaxanthin. It is easy to digest and delicious to the taste. Ideal for any cleansing or maintenance program, NingXia Red has a glycemic index burn of only eleven.

Begin Now on your own personal cleansing journey.

To receive the greatest benefit, replace every meal for 5 days with balance complete. Take 1 digest & cleanse capsule, 1 hour before every meal. Take 3 oz of NingXia Red in the morning and 3 oz in the evening. Drink an additional 8—10, 8 oz glasses of water. Repeat this cleanse every 4 months.

Continue to cleanse, nourish and restore by replacing one meal a day with balance complete, taking 1 digest & cleanse, 1—1/2 hour before meals and taking 3 oz of NingXia Red daily.

Feature Oil -



Grapefruit oil is cold pressed from the rind. Medical Properties as listed in the EODR: Antitumoral, metabolic stimulant, antiseptic, detoxifying, diuretic, fat-dissolving, cleansing for kidneys, lymphatic and vascular system, antidepressant. Rich in limonene, which has been extensively studied for its ability to combat tumor growth in over 50 clinical studies. More in feature oil doc.

Upcoming Events

YL Raindrop Training Calgary AB – Jan 8-10, 07
C.A.R.E. Eureka, Montana - Feb 1 – 3, 2007
C.A.R.E. Kelowna, BC—Feb—Feb 8—10, 2007
C.A.R.E San Antonio, Texas - Feb 15 – 17, 2007
www.youngliving.com - for events near you

For More Information

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