

Fit For Life Newsletter

Recipe of the Month

Pumpkin Soup

5-6 cups organic pumpkin (or any meaty, orange squash)

1-2 medium organic onions, finely chopped

3-4 organic garlic cloves, minced

1/2 cup pure water

1 cup organic heavy whipping cream

1 tbsp organic extra virgin coconut oil

1 d oregano, 3 d black pepper, 2 d sage, 3 d basil (only use YL Oils)

1 tsp Herbamere (spicy)

Place oil, onions & garlic in skillet, lightly sauté. Set aside. Put water & pumpkin into pan, cover & cook on low until pumpkin is soft, but still firm, may need to add more water if you do not have waterless cookware. Mash pumpkin with a potato masher. Add cream, sautéed onions, garlic & herbamere. Mix well, bring to desired heat. Remove from heat. Add oils. Stir well. Serve on cool fall evenings.

Health Tip of the Month

Facts of **Toxic exposure**. *In one year we dump enough toxins into the air we breathe, the food we eat, and the water we drink to completely fill 18 wheelers, end to end, from LA to Des Moines IA.* We're exposed to more toxins in one day than our grandparents were in a lifetime. There are over 70k chemicals used commercially in the US, every day, with another 5-6k introduced daily for testing and experimentation. Toxic stress appears differently in everyone: obesity, inflammation, digestive problems, memory loss, fibro, allergies, immune dysfunction, high blood pressure, low energy, rashes, mood swings, etc. Toxicity = inflammation which destroys tissues. Both fat-soluble and water soluble Toxic waste is encapsulated and stored in the body tissues. Fat-soluble toxins need to be converted to water soluble to be eliminated. Cleansing pathways include the lymph, colon, liver, kidney and skin. The bowel is the number 1 organ, if the bowel doesn't work, the liver can't do its job, if the liver doesn't work no other eliminative pathway can

properly do it's job either - Inflammation in the colon does not just affect the colon, it backs up into the intestine. Toxic overloads in the liver, the primary organ for internal cleansing, create whole body toxicity = Kidney toxicity creating inflammation and infection - Toxic kidney stress = acid build up in the blood; to compensate the body leaches potassium & magnesium from muscle tissue and calcium from osseous tissue to neutralize the acid. Osteoporosis is a symptom of toxicity and kidney inflammation because the body is leaching calcium from the bones. Skin is the last organ for toxic elimination. Sweat glands can eliminate water-soluble toxins by creating a fever, reducing the load on the kidneys. Oil ducts can be useful to eliminate fat-soluble toxins, generally causes itching and rashes. Toxins end up in the blood or lymph and go to the liver. The liver tries to eliminate water-soluble toxins or convert fat to water-soluble toxins. These toxins go to the kidneys. Fat soluble toxins go to the colon to be removed, if colon is not eliminating properly it goes back to the skin, either to the sweat or oil glands. To see Dr Hill's complete presentation on the 'how to's of internal cleansing' get the conv DVD's code 4398. **NingXia Red** is still one of the best options to begin your healing journey. **My Health—If it is going to be, it is up to me -**

Feature Oil -



With its strong, spicy aroma, basil can refresh the mind, soothe the body, and help restore mental alertness during times of fatigue. When applied topically, basil can relax tired, aching muscles. Basil also sharpens your sense of smell and is a wonderful addition to any recipe that calls for this herb.

Upcoming Events

C.A.R.E. Eureka, Montana - Feb 1 – 3, 2007
Young Living Raindrop Training Calgary, AB – Jan 8,9,10, 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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