

# Fit For Life Newsletter

## Recipe of the Month

### Stanley Burroughs' Eye Drop Recipe

Combine 5 parts distilled water

2 parts organic honey

1 part organic apple cider vinegar

Mix together and store in a bottle, no need to refrigerate.

Apply 1 drop at a time to each eye several times a day until condition is cleared. May take several months before you notice a difference .... **don't give up !!!!** Has been successful to help clear glaucoma, cataracts, spots, film and growths of various sorts.

## Health Tip of the Month

**Special alert to all contact lens wearers!** Does your rinsing and cleansing solution say 'thimerosal free'? This means that some contact lens solution does contain thimerosal. Thimerosal is 49.6% mercury, a proven deadly neuro-toxin causing permanent brain damage. In spite of well-established health risks organic mercurials\* are still being added to prescription and non-prescription drugs, such as preparation H, as well as formulations for treatment of bacterial and fungal infections. Mercury has antifungal properties. Until recently, nearly ALL contact lens solution contained thimerosal as an antimicrobial agent. Thimerosal is ethyl mercury sometimes called Merthiolate. **NOTE:** organic to a chemist simply means 'carbon compound'. - for some interesting reading go to <http://nourished.com> or [www.safeminds.org](http://www.safeminds.org).

### EYE CARE

**Never put oils directly in the eyes** – be sure to have some V6 mixing oil handy, never use water to wash oils out of the eyes. If you get oils directly in the eye it may sting, simply put some V6 or other organic vegetable oil on a tissue and wipe the eye.

**Cataracts** – 8 d lemongrass, 6 d cypress, 3 d eucalyptus – apply around eyes 2 times a day

**Dry /Itchy** – melaleuca in humidifier

**Drooping eyelids** – use aroma life, helichrysum & lavender or helichrysum & peppermint – apply around eyes and on vitaflex points of fingers and toes

**Improve vision** – dragon time, endo flex, frankincense, juniper, lemongrass, mister, m-grain, thieves...apply around eyes and on all eye

vitaflex points. According to Dr Mercola, just about any oil can be used if consistently rubbed around each eye for several minutes twice a day. Be consistent, it may take at least 3 weeks until you will notice much improvement.

- ❖ 10 d lemongrass, 5 d cypress, 3 d eucalyptus radiata in 1 oz V6 mixing oil applied to vita flex points around eyes, on fingers, toes and ears
- ❖ 5 d lemongrass, 3 d cypress, 2 d eucalyptus in 1 oz V6 mixing oil, apply as a blend or layer around the eye

**Inflammation of Iris** – use eucalyptus

**Retina Bleeding** – 5 d tangerine, 5 d orange, 5 d grapefruit, palm blend and use finger tips to apply on vitaflex points at least twice a day. Diffuse and allow vapor to mist into eyes. Rub cel-lite magic around the eyes. Eat all the white of oranges that you can.

**To Strengthen Retina** – apply around the eyes several times a day any of oils of cypress, lavender, lemongrass, helichrysum, juniper, peppermint, sandalwood. Apply 5 d juniper, 3 d lemongrass, 3 d cypress on the brain stem.

**Swollen eyes** – cypress, helichrysum and lavender around the eyes, peppermint on the back of the neck.

**Emotional aspects** – Carolyn L Mien, a chiropractor, acupuncturist and bio-nutritionist, says that many eye problems are connected in some way to things we do not wish to see. Sometimes related to a fear of seeing or a fear of what we have seen, Carolyn recommends using purification on the eye reflex points on the hands and feet. **CLEAN THE LIVER** Remember the eyes are the chimney to the liver, therefore if you have eye problems it will certainly be in your best interest to cleanse & nourish the liver. For additional information refer to Releasing Emotional Patterns with Essential Oils by Carolyn L Mien.

## Feature Oil - Valor



Valor is really the most important oil in any application. It helps the electrical energies within the body, giving courage, confidence and self esteem. Most importantly, it builds the bridge between the body and the oils allowing higher frequency oils to raise the frequency of the body thus promoting physical, emotional and spiritual wellbeing

## Upcoming Events

**C.A.R.E. Toronto- Oct 12 – 14, 2006 –SOLD OUT**  
**C.A.R.E. Eureka, Montana - Feb 1 – 3, 2007**  
**Young Living Raindrop Training Calgary, AB – Jan 8,9,10, 2007**  
[www.youngliving.com](http://www.youngliving.com) - for events near you

## For More Information

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