

Fit For Life Newsletter

July 2006

Recipe of the Month ~ Sunscreen ~

4 drops Helichrysum, 5 drops Myrrh, 3 drops each of lavender, melaleuca and lemongrass in 1 ounce V6 Mixing Oil. Mix together and apply before going out in the sun. This is my favorite©. If I am out for long periods of time I also use the Lavaderm Spray, misting my face & shoulders. Helichrysum has been used as a natural sunscreen by the native Tamanu's, for centuries. Myrrh is healing for the skin and a natural sunscreen. *see - Health Tip. Lavender is balancing & calming - good for the skin. Melaleuca is a strong antiseptic and tissue regenerator. Lemongrass helps repair connective tissue by stimulating the agents in the tissue to rejuvenate and reconnect. It is also a n insect repellent.

Product of the Month ~ Boswellia Wrinkle Cream

Boswellia Wrinkle Cream nourishes aging skin for a smoother, more youthful appearance. It contains MSM, often called nature's beauty mineral, along with nourishing essential oils and wolfberry oil. MSM plays an essential roll in skin health and beauty by supporting collagen and minimizing fine lines. One of the safest ingredients known, it helps improve skin firmness and smoothness. Therapeutic-grade essential oils enhance absorption. The oils of frankincense, sandalwood, myrrh geranium and ylang ylang help make this cream a collagen builder. Wolfberry seed oil is rich in the antioxidant vitamin E and linoleic and linolenic acids, which enhance collagen formation. Use cream daily to help prevent and minimize wrinkles

Feature Oil ~ Myrrh ~

Myrrh (Commiphora myrrha) – belongs to the same Botanical family as frankincense – is steam distilled from gum/resin - is mentioned in one of the oldest known medical records dating from sixteenth century BC, (Ebers Papyrus an ancient Egyptian list of 877 prescriptions and recipes). The Arabian people used myrrh for many skin conditions, such as chapped and cracked skin and wrinkles. It was listed in Hildegard's Medicine, a compilation of early German medicines by highly-regarded Benedictine herbalist Hildegard of Bingen (1098-1179) Myrrh is noted for its Powerful antioxidant, antitumoral, anti-inflammatory, antiviral, antiparasitic, analgesic and anesthetic properties. Used for conditions of diabetes, cancer, hepatitis, fungal infections (Candida, ringworm, eczema), tooth/gum infections, skin conditions (chapped, cracked, wrinkles, and stretch marks). The fragrant influence of myrrh promotes spiritual awareness and is uplifting. It contains sesquiterpenes which stimulate the limbic system of the brain (the center of memory and emotions) and the hypothalamus, pineal and pituitary glands. The hypothalamus is the master gland of the human body, producing many vital hormones including thyroid and growth hormone. Apply 2-4 drops on location, - on chakras/vitaflex points, - directly inhale, - diffuse, or - take as dietary supplement.

Health Tip of the Month ~ safe use of oils while sunbathing ~

Did you know – certain essential oils pose phototoxicity problems if applied to the skin followed by any exposure to

ultraviolet light. This is true even if oils have been mixed in carrier oil. The Furan Molecule in essential oils is responsible for this offence. The furan molecule is a 5 sided ring, like a molecular prism or magnifying glass, that favors the frequencies or wave lengths of ultraviolet (UV) light. This means if you apply oils with furanoid compounds to your skin and then go out into the sunlight or a tanning booth, you run the risk of severe sunburn or skin discolorations, some permanent. Young Living oils considered to be phototoxic are lemon, grapefruit, bergamot, and petitgrain.

PHOTOTOXICITY INCREASES** for a period of 2 hours, for example if you apply lemon oil to your face at 8 a.m. the most dangerous time to be in the sun is for the next 2 hours...all danger is passed within 8 hours. Interesting point - the oil with the highest amount of furanoids is myrrh and the lowest is petitgrain – yet ***MYRRH IS A NATURAL SUNSCREEN** and petitgrain is the most phototoxic oil. How can this be? It is because of the unique property called 'quenching' in which furanoid molecules configure/combine with other molecules in a way that UV light is absorbed, thus providing sunscreen protection – the very opposite of phototoxicity. ***"In terms of physics, furanoids can resonate with UV light in two opposing ways, depending on their configuration: one reinforces the UV radiation resulting in wave magnification while the other results in destructive interference with the UV radiation resulting in wave cancellation." Evidently there are compounds in myrrh to mitigate or quench the solar amplifying properties of the furans. Many essential oil companies's sell FCF oils, which means 'furanocoumarin free' meaning, they have tampered with the oil and removed the furanoid compounds. The therapeutic actions are also altered or destroyed by this process. I point this out to re-emphasize the importance of using pure therapeutic oils – not tampered with in any way – in this aspect Young Living oils are our guarantee !! Many ancient Egyptians, living under the intense tropical desert sun applied myrrh oil on their skin daily without sunburn. In Egyptian hieroglyphics, the cones pictured on the heads of figures were fat saturated with myrrh oil, allowing the fat to slowly melt and run down over their bodies as a protection from the sun and also as a repellent to biting insects. Queen Ester of the Old Testament was massaged daily with Myrrh for 6 months prior to her marriage to the king and apparently suffered no ill effects from the sunlight. Myrrh seems to act more like a sunscreen protecting the skin from ultraviolet light.

*this information is taken from 'Chemistry of Essential Oils Made Simple' by David Stewart - an excellent resource for serious oilers ©

Upcoming Events ~ check the young living web site for events near you ~

Young Living Convention – Sept 27 – 30

CARE Eureka Montana Feb 1 – 3, 2007

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