



Fit For Life Newsletter

Recipe of the Month

Avocado Angel'd Eggs

1 dozen large hard cooked organic eggs, peeled
 2 ripe organic avocados
 1 Tbsp freshly squeezed organic lemon juice
 1/2 tsp fresh pressed organic garlic or 1/4 Tbsp coarse organic garlic powder
 2 Tbsp finely chopped organic shallots or green onions
 Garnish, with slivers of red, yellow organic bell pepper
 ~Slice each egg in half lengthwise ~Remove egg yolks ~Cut avocado in half, remove seed ~ Peel avocado & cube ~ Combine egg yolk, avocado, lemon juice and garlic, mashing to blend ~Stir in shallots or green onions ~Fill each egg white with avocado mixture ~Garnish with bell pepper slivers

Health Tip of the Month

Interesting facts to consider:

1. People who do not eat breakfast are prone to lower blood sugar levels. This leads to an insufficient supply of nutrients to the brain causing brain degeneration.
2. Overeating causes hardening of the brain arteries, leading to a decrease in mental power.
3. Smoking causes multiple brain shrinkage and may lead to Alzheimer disease.
4. High Sugar consumption interrupts the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.
5. The brain is the largest oxygen consumer in our body. Inhaling polluted air decreases the supply of oxygen to the brain, decreasing in brain efficiency.
6. Sleep allows our brain to rest. Long term deprivation from sleep will accelerate the death of brain cells.
7. Sleeping with the head covered, increases the concentration of carbon dioxide & decreases concentration of oxygen that may lead to brain damaging effects.
8. Working hard or studying during sickness may lead to a decrease in effectiveness of the brain as well as damage of individual brain cells.
9. Thinking is the best way to train our brain, lack in brain stimulating thoughts may cause brain shrinkage.
10. Intellectual conversations promote brain efficiency.

The main causes of liver damage are:

- ~Main cause - Sleeping too late, waking up too late.
- ~ Not urinating in the morning.
- ~ Over eating.
- ~ Skipping breakfast.

~ Consuming too much medication.
 ~ Consuming preservatives, additives, food coloring, and artificial sweetener.
 ~ Consuming unhealthy cooking oil. Avoid fried foods.
 ~ Consuming all of your foods raw adds to liver burden
 Daily lifestyle and **eating in "time"** are important for our bodies to absorb and get rid of unnecessary chemicals **according to "schedule" Because:**
Evening 9 - 11 pm: is the time for eliminating unnecessary toxic chemicals (detoxification) from the anti-body system (lymph nodes). This time duration is best spent relaxing or listening to music. If one is still in an un-relaxed state such as washing the dishes, monitoring children doing their homework, etc. this will have a negative impact on health.

Evening 11 pm - 1 am: detoxification process in the liver, ideally should be done in a deep sleep state.

Early morning 1 - 3 am: detoxification process in the gall, also ideally done in a deep sleep state.

Early morning 3 - 5 am: detoxification in the lungs. May sometimes trigger a severe cough for cough sufferers during this time. The detoxification process has reached the respiratory tract, taking cough medicine will interfere with the toxin removal process.

Morning 5 - 7 am: detoxification in the colon, time to empty your bowel.

Morning 7 - 9 am: absorption of nutrients in the small intestine, time to eat. Breakfast is best before 6:30 am, for those who are sick. Breakfast before 7:30 am most beneficial to those wanting to stay fit. Better to eat breakfast late, 9 - 10 am rather than skip it. Sleeping late and waking up late disrupts the process of removing toxic chemicals. **Midnight to 4:00 am is the time when the bone marrow produces blood.**

Feature Oil ~Melrose



Enjoy benefits of Melrose essential oil blend at a 10% discount from July 16 - August 15. Apply Melrose to your face & neck daily to help renew healthy-looking skin, reduce the appearance of breakouts & blemishes. Diffuse Melrose to help freshen & cleanse the air from unpleasant odors.

Upcoming Events

C.A.R.E. White Rock B.C. Sept 20-22, 2007
C.A.R.E. Saskatoon Sask. Oct 25-27, 2007
Emotional Release Calgary AB Oct 27, 2007
C.A.R.E. Calgary AB. Oct 29-31, 2007
C.A.R.E. Nanaimo B.C. Nov

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