



Fit For Life Newsletter

Recipe of the Month

Curry Chicken Stir Fry Salad

1 c thinly sliced chicken * 2 tbsp slivered ginger * 4 cloves minced garlic * 1/4 tsp Herbamere * 2 d YL ginger oil *
Cook/brown the chicken, add ginger, garlic & herbamere, toss over medium heat for approx 2-3 minutes. Remove from heat, set aside.

Combine in pan, over low heat 1 can organic coconut milk * 2 tsp organic yellow curry powder * 1/4 tsp herbamere. Pour over chicken. Let sit, keep hot.

Combine in a serving bowl * 2 thinly sliced carrots * 1 c finely chopped broccoli * 1 c sliced celery * 1/2 c finely chopped cilantro * Put 2 d YL Lemongrass & Black Pepper essential oil on a stainless steel serving spoon. Rub it evenly on spoon with finger. Toss vegetables well. Pour chicken sauce over vegetables and enjoy. Hearty serving for 2.

Health Tip of the Month

Why do we care about diffusing essential oils?

Outside Air Hazards

- EPA admits that breathing outdoor toxic chemicals can expose Americans to a lifetime cancer risk that is 10 times greater than the level considered acceptable.
- It is known that the levels of toxic chemical exposures indoors are 5 to 10 times greater.
- Federal studies have shown that most samples of indoor air have high concentrations of toxic pesticides
-Diazon and DDT (banned over 30 yrs. Ago) were present in 90% of indoor air samples.
-Toxic chlorpyrifos (Dursban) found in 70%
-2,4-D found in almost 60%
-Trifluralin found in almost 50%

Indoor Air Hazards

- Solvents such as benzene, xylene, toluene and styrene can lower testosterone and sperm levels, contribute to abortions, birth defects, asthma, nose congestion and adversely affect the blood and heart.
- Formaldehyde in carpets and construction materials are often unrecognized causes of environment illness.

- Leukemia is several times more likely to children if pesticides are used in and around the homes.
- Chemicals released from hot Teflon pots, microwaved foods and aerosols containing disinfectants, deodorizers, oven cleaners, foods and cooking odors, hair or ironing sprays, etc. all contribute to indoor air pollution.
- Studies indicate that children and pregnant women are particularly sensitive to chemicals.
- In California, 87% of school districts use toxic pesticides.
- 70% used suspected cancer-causing chemicals
- 54% used substances that harm the nervous system
- 52% used chemicals that cause birth defects and prevent normal physical and mental development
- 50% used chemicals that disrupt hormones

Modern Testing: Thieves

- A 1997 study by Chao, Young, and Oberg tested Thieves essential oil for its antimicrobial effects against pathogenic aerosols—*Micrococcus luteus* (ATCC 4698) *Common gram-positive bacterium—*Pseudomonas aeruginosa* (ATCC 27853) Gram negative bacteria found in soil and dust that can cause serious infections in immune-compromised hosts—*Staphylococcus aureus* (ATCC 25923)- *Gram-positive opportunistic human pathogen carried by 30% of the population

Effect of Thieves on Air borne Bacteria

Studies at Weber State University showed that only 20 minutes of diffusing Thieves essential oil blend killed 99.2% and 99.3% of all airborne *Micrococcus luteus* bacteria in two separate trials. The longer the **Thieves' Antiseptic Action Increases with Time Results**, the longer the oil was diffused, the greater the reduction in microorganisms. Sue Chao, Weber State University, 1996
Did you know there is a 50% off coupon for the purchase of a diffuser, included with every new distributor kit.

Feature Oil ~ Wintergreen



Wintergreen has a sweet, minty flavor & can be added to foods or personal care items to enhance the flavor or aroma. Wintergreen is also beneficial in massage for soothing head discomfort & exercise-stressed muscles. Enjoy this refreshing oil from May 16 through June 15 at a 10% discount! Item # 3658

Upcoming Events

C.A.R.E. Rocky Mtn House, AB June. 21-23, 07
C.A.R.E. Grants Pass, OR. July 19 - 21, 2007
C.A.R.E. White Rock B.C. Sept 20-22, 2007
C.A.R.E. Saskatoon, Sask. Oct 25-27, 2007
C.A.R.E. Calgary, AB. Oct 29-31, 2007

For More Information

Carol or Ben 250-816-7110, 805-208-6628
carolhowden@yahoo.ca
www.youngliving.org/346932A
www.oil-testimonials.com
www.raindroptraining.com

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