

Fit For Life Newsletter

Recipe of the Month

Body Brushing - you will need - **one natural, vegetable bristle, body brush - 10 to 15 minutes**

Daily, vigorous, dry body brushing is best done first thing in the morning before bathing. Start with the sole of the foot, do the whole foot, whole leg, working up the body to the belly, bum & back. Next do the right fingers, hand, arm, neck & right chest. Repeat on the left side. Google '**dry skin brushing**' to bring up several sites with excellent information.

Feature Oil ~ Sandalwood

Sandalwood (*Santalum album*) has a rich, sweet, warm, and woody aroma that is sensual and romantic. Used traditionally as incense in religious ceremonies and for meditation, it is uplifting and relaxing. It is highly valued in skin care due to its moisturizing and normalizing properties. Found in the ART skin care system along with frankincense.

Health Tip of the Month

What is the largest organ in the body? **THE SKIN** What organ is responsible for ¼ of the body's detoxification each day? **THE SKIN** What organ eliminates two pounds of waste acids daily? **THE SKIN** What is one of the most important elimination organs in the body? **THE SKIN** What organ receives one third of all the blood that is circulated in the body? **THE SKIN** When the blood is full of toxic materials, what organ will reflect this with problems? **THE SKIN** What organ is the last to receive nutrients in the body, yet the first to show signs of imbalance or deficiency **THE SKIN!** The practice of dry skin brushing may be old news for some of you, thought it important to emphasize a process that is one of the simplest ways maintain healthy skin **and** a healthy body. **The ability of the skin to excrete toxins is of paramount importance to you.** Stimulation of the skin sets in motion natural healing pathways within your body. Additionally, it enlivens nerve beds within its structure, promoting the normal healing processes throughout your body. **There are several automatic systems contained in the body. Your heart beats by design,**

you breathe automatically, your body's "automatic healing process" is another. It is set in motion when your body generates an itching response to the required areas. You are drawn to scratch the area, in turn, the area turns red with a fresh blood supply, setting in motion the natural healing process. **Dry skin brushing triggers the same healing process. Your skin is the primary sign of an internally toxic body.** As soon as your internal body becomes toxic, it will spread out into your skin causing your skin to become irritated & itchy. Body odour is also an additional indicator of toxic build-up and is eradicated through the same channels. Our skin is permeable or porous, and can absorb toxins directly from the environment. Caustic chemicals, such as alkaline solutions, can also penetrate the skin. Once a chemical has penetrated the stratum corneum (the most superficial layer of the skin), it moves through the epidermis and into the dermis. Skin brushing, along with the drinking of adequate pure water, is one of the quickest, simplest, most optimal ways to embark on your road to cleansing. **Dry Brushing to exfoliate the outer layer of skin invigorates the heart, increases circulation and stimulates the endocrine system.** Have the debris from skin brushing analyzed it is significantly made up of uric acid & petrochemicals. The instantaneous result from a brushing session is a feeling of increased physical well being.

Product of the Month



Evening Peace Bath & Shower Gel blends the most natural botanical ingredients with therapeutic-grade essential oils to relax tired muscles & help soothe away stress and tension. Soothing & gentle, its aromatic essential oils will help you feel calm and relaxed. This bath gel blend contains the essential oils of Rosemary, Sandalwood, Rosewood Wood, Lemon, Blue Tansy, Jasmine & Bergamont. A perfect combination of oils effective in nurturing the health of your skin.

Upcoming Events

2007 C.A.R.E. Intensives taught by Ben & Carol
Kelowna BC-March 8 - 10 Shreveport LU, April 15-18,
Midland TX-April 19-21, Eureka CA April 29-May 2,
Grants Pass OR- May 3-5 Rocky Mountain House AB-June 21-23.

For More Information

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