



# Fit For Life Newsletter

## Recipe of the Month

### Peppermint Brownies

Mix together: 1 c organic spelt or whole wheat flour, 1 c organic carob powder (can make by grinding grain sweetened carob chips in food processor w/a little flour), 1/2 tsp. sea salt, 1 Tbsp. baking soda.  
Whisk together: 3 large (organic) eggs, 1 -1/2 c blue agave. Add 1 c. vegetable oil (coconut), add 2 - 4 d YL peppermint oil (to taste preference).  
Combine with the dry ingredients.  
Bake at 340 degrees in an oiled 9 x 9 pan for 30-40 minutes. Test at 30 minutes for doneness.  
Let cool 20 minutes before cutting. Serve with organic whipped cream and fresh blueberries.

## Health Tip of the Month

More on 'eating in time', as taken from, *Yes No Maybe Chronobiotic Nutrition* by Marcella Von Harting.

Some facts for you to consider:

- ~ Today's society eats more than ever before in history, yet suffers from malnutrition.
- ~ The one single element - universally everyone needs for longevity, is Time.
- ~ No one, regardless of where in the world they live can experience longevity without "time".
- ~ The miracle of life lies within the human body.
- ~ Humans are time controlled organisms, naturally operating on a 24 hour cycle.
- ~ Time is the most accurately measured entity in the world today, yet timing is the most misunderstood.
- ~ Some of the greatest health benefits come from eating food 'in time'.

**Eating in time simply means: to eat foods at the time of day corresponding to each specific foods growth cycle.**

Chronobiology is the scientific study of the effect of

time on living systems. The chronobiological light cycle is a timing function regulating the growth cycle of all life on the earth. Chronobiotic nutrition has to do with eating foods 'in time'. Foods are grouped into 3 categories to be best used and assimilated by the human body.

**Morning foods** are those best to be eaten between 12:30 AM and 11:30 AM are tree foods. Fruits and nuts are nourished and vitalized by the morning sun as it comes over the horizon, supplying the right kinds of protein, carbohydrate, fat, oil, water and air to be used by our bodies as nourishment at breakfast time.

**Afternoon foods** are those that receive the afternoon sun, and include all foods growing on bushes or vines or walking upon legs, including beef, chicken, turkey and dairy. Afternoon foods are best eaten between 11:30 AM and 6:30 PM. At noon with the sun directly overhead, the leaves act as umbrellas for the fruit and nuts while the vegetables growing above the surface of the ground receive the intensity of the sun's rays supplying nutrients perfect for the body's increased activity and demands. The third category is **evening foods** and consists of all foods growing underground or foods living or swimming in the sea. Best eaten between 6:30PM and 12:30 AM. Evening foods also include eggs. This category of foods receive the warehoused rays of the sun, providing perfect nutritional balance. Evening food selections are limited as nature did not intend us to consume large quantities of food at night. Evening foods eaten in appropriate quantities aid the body in producing melatonin, our natural sleep hormone.

## Feature Oil ~ Clarity



Enjoy the benefits of Clarity essential oil at a 10% discount from Aug 16 - Sept 15. Apply Clarity topically to the temples or diffuse to promote a clear mind. Clarity also can be used to help restore mental alertness when you are experiencing fatigue or drowsiness.

## Upcoming Events

**C.A.R.E. White Rock B.C. Sept 20-22, 2007**  
**C.A.R.E. Saskatoon Sask. Oct 4-6, 2007**  
**Emotional Release Playshop Calgary AB Oct 27**  
**C.A.R.E. Calgary AB. Oct 29-31, 2007**  
**C.A.R.E. Nanaimo B.C. Nov 1 - 3, 2007**

## For More Information

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