



Fit For Life Newsletter

Recipe of the Month

A recipe to Eliminate Kidney Stones

You will need: double '0' gel capsules, Young living lemon oil and Young Living frankincense oil.

To prepare: fill the gel capsule with 1/2 lemon oil and 1/2 frankincense oil.

Ingest one capsule of the oils, 3 times a day for several days. Results show quickly.

Health Tip of the Month

Kidney Health

The kidneys have the potential to filter over 200 quarts of blood each day and remove over 2 quarts of waste products and water. Thus they are crucial in maintaining clean, healthy blood. This helps control blood pressure. If you have problems with blood pressure you may consider your 'kidney health'.

Strong kidneys are essential for good health. Ineffective or damaged kidneys result in accumulated waste in the blood, causing multitudes of additional complications.

A simple way to strengthen the kidneys is to take 3 dropers of K & B tincture in 4 oz of distilled water 3 times a day.

Swollen ankles is an early indication of poor kidney function.

Inflammation of the kidneys can be caused by structural defects, but most commonly from poor diet and bacteria.

The Chinese Wolfberry and essential oils are the best kidney detoxifiers. The Chinese Wolfberry has been used in China for centuries as a kidney tonic and detoxifier.

Kidney Detoxifying blend

- 2 drops YL German chamomile
- 2 drops YL juniper
- 1 drop YL fennel

Dilute these oils with 5 drops V6 mixing oil, place in a capsule, take twice a day. Can also apply neat as a compress over the kidneys. The tincture of K & B, MultiGreen and Sulfurzyme are essential for assisting the detoxification process while supporting kidney health.

~ Aroma life reduces congestion after intoxication ~
Endo flex, geranium, grapefruit & juniper improve kidney function ~ Juvaflex, ledum & lemongrass help strengthen the kidney ~ Aroma siez, cedarwood & lavender for scar tissue ~ apply release topically or on vitaflex points to help eliminate blockages ~ rosemary for infection ~
aroma siez, fennel or juniper to strengthen lazy muscles ~
aroma life, juniper or juva flex to reduce inflammation ~
eucalyptus, hyssop, geranium, frankincense, lemon or juniper for stones ~ RC to break up calcification ~

Blood cells live 120 days and then replicate, a damaged cell will replicate a damaged cell, a healthy cell will replicate a healthy cell. Here is a simple way to support and maintain overall health: drink NingXia Red, supplement with Multi Greens and Sulfurzyme.

Feature Oil ~ RC



R.C.™ contains powerful therapeutic-grade essential oils that are invigorating when applied, especially to the chest and throat area. R.C. is a wonderful blend to diffuse during the winter season.

Upcoming Events

Opening soon - Sunshine Rejuvenation Spa -
Contact us for dates and details of spa weeks.
Our first tentative week is Feb 24 - March 1, 08
C.A.R.E. 2008 Kelowna Mar 13-15: Halifax May 1-3:
West Virginia May 15 - 17 all classes are Thurs - Sat

For More Information

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