



# Fit For Life Newsletter

## Recipe of the Month

### Body Wrap

15 d Grapefruit oil      10 d Lemongrass oil  
10 d Cypress oil      10 d Lemon oil  
30 d Ledum oil      4 oz V6 mixing oil

Mix all ingredients together and rub generously from rib cage down to knees. (or on areas desiring to be reduced)

Wrap tightly in saran wrap. Wrap quilt or towels around body to maintain body heat. Remain wrapped for one hour.

Drink lots of water with organic lemons squeezed into it. The more water you drink, the more fat you will burn!

## Health Tip of the Month

### Diffuse Therapeutic Grade Essential oils

Diffusing oils is one of the easiest, gentlest ways to begin introducing oils to your family. It is also one of the most user friendly ways to receive profound benefits.

**Consider the following** ~ Diffused oils: ~ alter the structure of the molecules that create odors rather than just masking them ~ increase oxygen availability ~ eliminate and destroy air born virus, molds & bacteria ~ relax the body ~ relieve tension ~ clear the mind ~ help with weight management ~ improve concentration, alertness and mental clarity ~ stimulate neurotransmitters ~ stimulate secretion of endorphins ~ stimulate growth hormone production and receptivity ~ improve hormone balance ~ relieve headaches ~ improve digestive function ~ improve the immune system ~ help eliminate/heal respiratory conditions ~ neutralize acid ~ remove metallic particles and toxins from the air ~

**Cold air diffusion** atomizes a micro fine mist of essential oils into the air that remain suspended for up to several hours. As molecules with a fragrance flash into the air they stimulate the receptors of the olfactory system. These receptors are similar to hair-like extensions of the nerve fibers that lie submerged in a thin layer of mucous. As the vapor molecules enter the nasal cavity they are received by the receptors similar to a key in a lock. If a vapor has the proper structure, it is received by the nerve endings in the form of an impulse. The nerve impulse is then transmitted to the limbic system. The sense of smell is the only one of our five senses directly linked to the limbic lobe (the emotional control center) of the brain. The limbic lobe also directly activates the hypothalamus which is referred to as the master

gland acting as our hormone control center. When inhaled directly the oils are transmitted directly into the blood stream as well as the limbic system of the brain. Multiple studies prove the ability of essential oil to enhance quality of life and make our world a safe, nurturing place for us and our children. Here are just a few.

According to Jean Valnet MD, diffused **lemon** oil can kill *enengococcus* in 15 minutes, typhoid bacilli in 1 hour, *staphylococcus aureus* in 2 hours and *pneumococcus* within 3 hours.

Studies conducted in 1997 with diffused **thieves** oil showed a 90% reduction of gram positive *Micrococcus luteus* after diffusing for 12 minutes, 99.3% after 20 minutes. Another study showed a 99.96% kill rate of *pseudomonas aeruginosa* after 12 minutes

Studies done diffusing different oils and their effect on learning: with **lemon** there were 54% fewer errors, with **Jasmine** there were 33% fewer errors and with **Lavender** there were 20% fewer errors. When oils are diffused while studying and smelled during a test, test scores may increase by as much as 50 %. The same oils should be used during the test as was used while studying for that particular test. The smell of the oil seems to increase memory recall of what was studied.

In 2003 researchers found that diffusing **lavender** oil was sufficient to suppress the growth of pathogenic fungi on surfaces.

A 1999 University of Miami study administered 3 minutes of aromatherapy to 40 healthy adults. Researchers found that subjects exposed to **lavender** aromas were less depressed and scored higher on mathematical tests, performing faster and more accurately. Subjects also exhibited increased beta waves in the brain and exhibited lower anxiety scores. *Diego et al., 1999*

## Feature Oil ~Citrus Fresh



Citrus Fresh is a relaxing, calming blend loved by children and adults alike. Rich in the powerful antioxidant d-limonene, it supports the immune system and overall health while bringing about a sense of well-being, creativity, and feelings of joy. It also works as an air purifier.

## 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 Level II Calgary AB Oct 27, 2007**  
**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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