

Fit For Life Newsletter

Recipe of the Month

Recipe To Relieve Pain

Dr. Gary Young gave us this recipe on the cruise. He said it has been successfully used in 136 surgeries in Ecuador, 100 % pain-free ~ why not use it for any type of pain elimination
10 drops Vetiver, 10 drops Valerian
5 drops Helichrysm, 5 drops clove
Add 3 drops of peppermint to improve the flavour.

Product of the Month ~ MutliGreen

MultiGreen is a high protein, high energy, chlorophyll formula that invigorates and revitalizes the cells. It supports immune, thyroid and digestive health. Clinical studies showed: Mutli-green without essential oils to have 42% blood absorption in 24 hours. MultiGreen with essential oils increased blood absorption to 64% in 30 minutes and 86% in an hour
conclusion -essential oils enhance nutrient assimilation in the cells. **Ingredients:** **Spirulina** - a source of chlorophyll, a magnesium rich pigment noted for improving energy and metabolism - used as a tonic, purifier, and detoxifier - targets the immune system, liver, kidneys, blood, intestinal flora and cardiovascular systems. **Barley grass juice concentrate** - an antioxidant rich in minerals - high in protein and low in fat and sodium - loaded with vitamins and minerals, including potassium, calcium, magnesium, zinc, manganese, copper and B vitamins. **Panax ginseng** - boosts energy and reduces stress - stimulates lymphocyte formation, an essential part of the immune system.

L-arginine - an amino acid promoting circulation in the small capillaries of our tissues- improves nutrient delivery and cellular metabolism. **L-cystine** - supports healthy liver function and healthy hair. **L-tyrosine** - supports the formation on neurotransmitters, such as dopamine and serotonin. **Choline bitartrate** - used in the treatment of Alzheimer's disease - it is essential for liver health. **Kelp** - contains nutrients to prevent thyroid hormone deficiency and estrogen imbalance. Essential oils : **Melissa** - anti-inflammatory & energizing-Raises oxygen

in the blood. **Lemon** - prevents cellular mutation and enhances DNA repair. **Lemongrass** - is antiseptic, antifungal, and boosts digestion. **Rosemary** - fights candida & balances the endocrine system. **Suggested use:** 1-3 capsules one to three times a day.

Health Tip of the Month

Holistic medicine is a new buzz word. It simply means looking at the whole picture as a means to addressing health concerns. On our cruise Dr Young emphasized the importance of addressing our life-style eating habits, as well as our emotions, environments & beliefs. Dr Hill told us at the meeting on Jan 8th that 80% of our health is lifestyle, 20% is genetics. He also said that the 20% can be controlled & managed by changing our lifestyles & our thinking. In other words take responsibility for one's self & for that of our children. Dr Young stressed the importance of keeping the body in alkaline balance. He said multigreen is one of the most under used products. It is one of the best to maintain this balance. **Are you eating for longevity?**
Some tidbits from the cruise ~oils in the supplements bond with bioactive nutrients transporting nutrients into the cell ~ cellulite is the result of an acid condition in the body ~ multigreen 20 - 30 caps a day cleared leukemia ~ radish is excellent for dissolving hardened mucus, eating ground horse radish discharges mucus & kills parasites ~ adequate enzymes are the greatest aid in cancer prevention & other diseases, take 3 detoxyme with each meal, essentialzyme before going to bed, use carbozyme to prevent blood sugar imbalance ~ mega cal is high in magnesium, the greatest mineral for micro valve function ~ Palo santo reduces heart stress, balances HBP & alleviates depression ~ frankincense & balsam fir taken internally reduces inflammation & repairs tissue ~ balsam fir rubbed on the gums increases courage ~ multigreen stimulates the pituitary to produce HGH

Feature Oil - White Angelica



White Angelica is a blend of 10 essential oils, some were used during ancient times to increase the body's aura. Using this blend brings a delicate sense of strength and protection, creating a feeling of wholeness in the realm of one's own spirituality. Its frequency neutralizes negative energy. It is found to be calming and soothing and brings a feeling of protection and security.

Upcoming Events

C.A.R.E. San Antonio TX - Feb 15 - 17, 2007
C.A.R.E. Kelowna BC - March 8 - 10, 2007
Young Living Convention 2007 Sept 20 - 22
Register now to reserve your place with us :) www.youngliving.com - for events near you

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