



# Fit For Life Newsletter

## Recipe of the Month

**Bathing Beauty** Bathing in fragrant waters is one of the oldest, most renowned ways to relaxation and rejuvenation. It is still one of the greatest, pampering luxury's of the wealthy. Here is an exquisite bath blend for you to treat yourself on cool winter evenings. Enjoy 4 of nature's most precious oils.

- 3 drops each of **jasmine, rose, neroli and sandalwood**
- mix in 1 capful of bath gel base
- add to a tub of comfortably warm water. Relax and Enjoy

## Health Tip of the Month

### Interesting facts

- ~ There was virtually no sickness in young people until the introduction of chemical fertilizers.
- ~ Fasting is the second best ways to increase the production of HGH, first is praying, third is weight bearing exercise.
- ~ Red blood cells replicate every 120 days, when the cell has coated receptor site, the new cell is compromised and is an incorrect cell. Oils high in phenols and ketones are best for cleaning receptor sites.
- ~ It takes 72 muscles to frown, it takes 13 muscles to smile. Smiling naturally stimulates liver health.
- ~ Wimen especially, need upper body exercise to move and clean the lymphatic system.
- ~ People do not get sick, and people do not die, from lack of knowledge, only from lack of applied knowledge.
- ~ Whatever becomes your routine, is not exercise. Exercise is when you go beyond your normal routine.
- ~ Don't use the same routine of oils and supplements for more than 6 weeks at a time. Rotate them.
- ~ Obesity causes the brain to shrink in weight, while the kidneys, pancreas and liver enlarge.
- ~ Vegetarianism over the age of 50 most often results in lose of muscle mass, lowered energy and premature aging, especially for A blood types. Protein is required to maintain hormonal balance.
- ~ Excessive use of ground, black pepper causes capillary constriction, especially of the lungs, as well as oxygen deprivation to the brain.
- ~ Our children do not develop tastes—we give it to them !!!
- ~ The only thing man can cure is a 'ham'. Our bodies have

the innate ability to heal only because it is a gift from God.

~ As a single element, sulfurzyme is the most powerful support for complete body cleansing.

~ Chlorine is the biggest detriment to the thyroid and is extremely toxic when inhaled. Courtesy flushing causes a 'chlorine hit', as there is 300 times more absorption in the perineum and scrotum than in any other area. Always close the toilet lid before flushing.

~ The reason grains have become allergens, is because they are void of enzymes, due to the way they are grown, harvested and processed.

~ When we carry fat for more than 5 years it becomes metabolized, that is, cellulite. There is no blood vessels in fat cells. Strength training is most effective in breaking up fat because muscle cannibalizes fat.

~ For every one pound of muscle gained you increase your metabolic rate. One pound of muscle burns 50 calories a day.

~ The abdominal muscles help to keep the spine straight. One indication of good health is a flat tummy.

~ A piercing headache or achy joints are often indicators of an infection in the body.

~ In every 200 feet of running water there is every harmonic note known to man.

~ The magnetic energy field of the brain entrains to the magnetic energy field of the heart. The magnetic energy field of the heart entrains to the magnetic energy field of the earth. The magnetic energy field of the earth entrains to the magnetic energy field of the brain.

~ If the heart is filled with sadness, the brain entrains to sadness and thus the earth is filled with the same.

~ Rose oil is the only single oil that has the potential to completely balance the heart and synchronize the heart brain.

## 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 & 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

Opening soon - **Sunshine Rejuvenation Spa** -  
Contact us for dates and details of spa weeks.  
SCFR Calgary, AB Jan 19 -21 [www.secondchanceface.com](http://www.secondchanceface.com) C.A.R.E. 2008 Kelowna Mar 13-15: Halifax  
May 1-3: West Virginia May 15 - 17 Thurs - Sat

## For More Information

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