



# Fit For Life Newsletter

## Recipe of the Month

### Broccoli Salad with NingXia Wolfberries

3 c chopped organic broccoli ~ 1 c dried NingXia Wolfberries ~ 1/2 c chopped pecans ~ 1/4 c hemp seeds ~ 1 c grated organic goat feta ~ 1/2-3/4 c organic mayo ~ 2 d YL tangerine oil ~

Chop broccoli into fine pieces. Add berries, nuts, seeds and cheese. Combine mayo and tangerine oil. Add to broccoli, mix well. Serve chilled.

## Health Tip of the Month

**Enzymes a key to optimum health** ~ Every year Gary reminds us of the importance of enzymes in our nutritional programs. Enzymes are crucial for every function of the human body including a strong immune system, healing of wounds & bone, balancing hormones, increasing resistance to disease, mental clarity, sex, digesting toxins, burning of fat, to attach iron to the red blood cells, dissolve blood clots, anti-aging and more.

Gary pleaded with us as **parents and grand parents** to give our children enzymes, they may be the ones who need them most, to face the on slot of mutations and new diseases.

Did you know, the human body is designed to digest approximately 50% of the food we eat. Live enzymes are supplied in raw food, in cooking or processing we kill the enzymes. This is one the most overlooked, underestimated, contributing factor to health problems, premature aging and chronic illness.

Neglecting to take digestive enzymes with your food uses the body's enzyme reserves to help digest the cooked and processed food. You also weaken the body's natural ability to **protect and repair** itself on a daily basis.

Take digestive enzymes with your food to digest the food and clean up the blood. This conserves the body's enzyme reserves giving your body supplies to protect and repair, on as ongoing basis as well as in times of additional trauma or stress.

Take digestive enzymes between meals to aid the body in breaking up toxins, enhancing the body's ability to be well.

## Upcoming Events

**C.A.R.E. Saskatoon Sask. Oct 4-6, 2007**

**C.A.R.E. Calgary AB. Oct 29-31, 2007**

**C.A.R.E. Nanaimo B.C. Nov 1-3, 2007**

**FREE Wellness Pro Mtgs. 7-9 pm**

**Saskatoon Oct 4 Calgary Oct 29 Nanaimo Nov 1**

Young Living enzymes include Essentialzyme, Carbozyme, Detoxzyme, Fiberzyme, Polyzyme, Mightyzyme & Lipozyme.

**Essentialzyme** is a high-quality enzyme complex to improve digestion & aid the elimination of toxic waste from the body. Formulated to supply enzymes for ease in digesting & assimilating food. **Carbozyme** is designed to relieve bloating, cramping, intestinal distress, combat candida and yeast overgrowth. It is an advanced starch & sugar digesting vegetarian enzyme complex containing pure amylase & therapeutic-grade essential oils. Best when combined with fiberzyme. Clinical studies in 2002 using two capsules twice a day of Carbozyme eliminated the need for insulin in diabetic patients. **Detoxzyme** is a vegetable enzyme complex designed to promote detoxification of the body. Combines essential oils with enzymes to digest starches, sugars, proteins & fats. This formula is structured with trace minerals to help the body detoxify itself, reducing cholesterol & triglycerides. It helps in opening the gallbladder duct & cleansing the liver, preventing candida & yeast overgrowth. **Fiberzyme** is designed to combat yeast overgrowth and candida conditions in the body. It works best when combined with polyzyme or detoxzyme. **Lipozyme** is a fat-digesting enzyme complex to promote fat digestion and enhance the absorption of fat-soluble vitamins such as vitamin A, D, and E. **Polyzyme**, an enzyme complex used medically as a powerful anti-inflammatory to aid in combating arthritis, irritable bowel syndrome, fibromyalgia, ALS & food allergies. Polyzyme prevents putrefaction in the intestines. **Kid Scents** **Mightyzyme** a chewable, delicious high-powered vegetable enzyme complex for children. Includes enzymes to digest proteins, carbohydrates and fats. Also includes folic acid and peppermint oil to enhance digestion.

**Please refer to the EODR for a complete description of the power and potential of Young Living enzymes.**

## Feature Oil ~ Clary Sage



Sept 16 - Oct 15, enjoy clary sage essential oil at a 10% discount! Clary sage has a mild, warm scent that is uplifting and relaxing. Applied topically or diffused, it can be used to balance the body and support a healthy attitude during hormone cycles.

## For More Information

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[www.raindropttraining.com](http://www.raindropttraining.com)

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