

# Fit For Life Newsletter

## Recipe of the Month

**Curry Sauce** ~ especially good with Salmon

1/2 medium onion-grated or very finely chopped  
 3 tbsp organic cold pressed extra virgin coconut oil  
 3 tbsp organic spelt flour  
 1/4 tsp celtic sea salt  
 2 tsp organic yellow curry powder  
 2 drops young living ginger oil  
 3 drops young living pepper oil  
 1 1/2 cups heavy organic whipping cream.

Sauté the onions in the coconut oil until they are clear, remove from heat. Stir in spelt flour until mixed well. Add cream, curry powder and salt, mix well. Return to heat stirring until thickened. Remove from heat and stir in essential oils.

1.) Add 3—4 cups cooked (left over) salmon directly to sauce. Mix well... to thicken add a little rice milk.

2.) Place salmon (to serve 4) in baking dish, pour sauce over salmon. Bake till salmon is cooked.

## Product of the Month ~ Blue Agave

The ultimate low-glycemic sweetener, Blue Agave nectar is harvested from organic Agave tequilana plants. The hearts (heads) of the agaves are chopped, ground, and pressed for their juices. The result is a viscous, honey-like fluid that has an appearance and shelf stability similar to honey.

~ A **sugar alternative** with a low glycemic index of 39 (it has minimal impact on blood sugar levels). This makes it a sweetener of choice for diabetics, hypoglycemics, or others who cannot tolerate sucrose or choose not use artificial sweeteners.

~ Agave is about **50 percent sweeter** and has **fewer calories** per teaspoon than sucrose (table sugar)

~ Records show the ancient Meso-Americans used this plant as food as well as externally and internally for injuries and illnesses. Known as the Mexican Tree of Life and Abundance.

~ In recipes, **use 1/2 to 3/4 cup in place of 1 cup sugar**. You may also need to reduce the amount of liquid, just as you

would for honey.

## Health Tip of the Month

After the recent season of festivities some may be experiencing the sugar blues. Nothing stresses the human body as much as refined sugar. **Sugar actually drains the body of vitamins, minerals and nutrients.** It also stresses the pancreas, forcing it to pump out a surge of unneeded digestive enzymes. To prevent being poisoned from excess sugar, the body converts it into fats, like triglycerides. So instead of killing you quickly, the body defends itself by clogging its arteries. Now let's take a look at one of the most popular commercial alternatives...aspartame. When aspartame is heated higher than 86 degrees F, methanol (wood alcohol) results. Wood alcohol, when consumed causes blindness and even death. 1 qt of aspartame-sweetened beverage contains 56 mg of methanol. After methanol is ingested, it breaks down into formic acid and formaldehyde. Aspartame, marketed as Nutra-Sweet, Equal, Spoonful & Equal-Measure, is mostly made from aspartic acid, phenyl line & methanol and is found in over 9000 products. Dr. Russell Blaylock, professor of neurosurgery at the Medical University of Mississippi explains that aspartame is a neurotransmitter facilitating the transmission of information from one neuron to another, allowing too much calcium into the brain cells, killing certain neurons. The epidemic of memory loss, Alzheimer's and MS is no surprise. **So chase away the sugar blues with BLUE AGAVE.** Use Agave the ultimate low glycemic sweetener of choice for diabetics, hypoglycemics or those looking for a healthy alternative. **Agave helps to heal the pancreas & balance blood sugars.**

## Feature Oil - Gentle Baby



**Gentle Baby** is a gentle blend designed specifically for mothers and babies. Uniquely comforting, soothing, & relaxing, it helps calm stress during pregnancy, provides additional benefits during the birthing process, and is useful for quieting troubled little ones. It is soothing to thin, irritated & chapped skin. Many of the essential oils in this blend are used in elite cosmetics to help smooth wrinkles & enhance a youthful appearance.

## Upcoming Events

Young Living Training Calgary AB – Jan 8  
 C.A.R.E. Eureka, Montana - Feb 1 – 3, 2007  
 C.A.R.E. Kelowna, BC March- 8 - 10, 2007  
 C.A.R.E San Antonio, Texas - Feb 15 – 17, 2007  
[www.youngliving.com](http://www.youngliving.com) - for events near you

## For More Information

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