



# Fit For Life Newsletter

## Recipe of the Month

### My Favorite GREEN PIZZA with no tomato sauce

~Rice pizza crust ~ 1 tbsp organic home made mayo ~ 2 d dill oil mixed into mayo ~ 1 c cooked ground turkey ~ Herbamere seasoning ~ 4 cloves minced garlic ~ 1/2 c chopped green beans ~ 1/2 c chopped asparagus ~ 1/4 c chopped cilantro ~ 1 c grated sharp organic white cheddar cheese ~ Compile the ingredients in order given ~ Cook for 15 - 20 minutes @ 375 or until the edge of the pizza crust is light brown ~ Enjoy!

## Health Tip of the Month

### I feel compelled again, to talk about Raindrop Technique (RT)

RT originated in the 1980s from the research of D. Gary Young, a naturopathic physician, working with a Lakota medicine man. RT is a powerful, non-invasive tool integrating the art of aromatherapy, using Therapeutic grade essential oils, with various aspects of conventional massage, adaptations of Oriental acupressure, reflexology & Native American healing techniques. One of the Native American techniques used is called, 'feather stroking', which is similar to a massage technique called 'effleurage.'

Vita Flex is a therapeutic maneuver adapted from Oriental acupuncture, acupressure and reflexology. The term, 'Vita Flex' meaning, 'vitality thru the reflexes' was coined by Stanley Burroughs's, who studied Oriental medicine & brought this technique to America in the late 1920's. Vita-Flex is a reflexive or pressure point massage activating the reflex points, assisting the body to heal itself. When the technique is applied, a minute electrical impulse is sent along the channels or meridians to a specific area where the body will either stimulate or depress the region to create balance. The body itself has a self-regulating system that Vita-Flex simply taps into. Vita-Flex is exceptionally effective in delivering the benefits of essential oils throughout the body.

**During your Raindrop session, the oils are dispensed like little drops of rain from the height of about six inches above the spine and massaged along the vertebrae.** RT is based on the idea - now being explored in a number of scientific studies - that many types of scoliosis & spinal misalignments are caused by viruses or bacteria lying dormant along the spine. These pathogens create inflammation, which, in turn, contorts & disfigures the spinal column. RT is a powerful, non-invasive tool for assisting the body in correcting defects in the curvature of the spine by utilizing the antiviral, antibacterial, & anti-inflammatory action of several key essential oils. During the

years RT has been practiced, it has resolved numerous cases of scoliosis, kyphosis, & chronic back pain. Further, it has eliminated the need for back surgery for hundreds of people. By integrating Vita Flex & massage, the power of essential oils brings the body into structural & electrical alignment. The purpose of RT is to stimulate every organ, muscle & bone at a cellular level through the oils, boosting the various body systems, bringing the body into structural/ electrical balance, enabling the release of toxins wherever they may be. This includes those lodged in the mind & emotions. Any RT performed without the use of therapeutic essential oils is not a true representation of the technique.

**The Therapeutic Value of Essential Oils** Poetically called the "life force" of the plant, essential oils are very complex, concentrated & powerful. Essential oils are plant fluids that maintain plant life. These fluids & resins move through the plants circulatory system in the leaves, stems, roots & flowers, carrying nutrition & oxygen into the plant cells & carrying waste products out, just as the human blood functions in the body. A therapeutic grade essential oil is defined here as one that is specifically distilled from plants growing wild or cultivated organically. Plants need to be from the proper genus, species & cultivar. No chemical fertilizers added to the soil & crop cultivation free of pesticide & herbicides. Oils are obtained by distillation using low-temperature, low-pressure steam for the proper length of time to ensure the complete oil is extracted, taking great care to prevent loss or exclusion from the lightest (monoterpenes) to the heaviest (diterpenes) fraction of the oil. Therapeutic oils are bottled as they come from the still-nothing added-nothing taken out. The vast majority of oils are produced for the food & fragrance grade industry (over 90%) & do not fulfill therapeutic standards. Your guarantee of a therapeutic essential oil is when the chemical profile of the chemical constituents of the oil fall within certain standards such as AFNOR (Association French Normalization Organization Regulation) and/or ISO (International Standards Organization). For a complete history of RT refer to 'The Statistical Validation of Raindrop' by David Stewart and the 'Essential Oil Desk Reference' by D Gary Young.

## Feature Oil ~ Aroma Siez



Aroma Siez is a relaxing blend of essential oils, excellent for massaging away life's little discomforts. It is an excellent choice for use after exercise, or at the end of a trying day. It also provides soothing comfort for the head, neck, back and tired feet.

## Upcoming Events

**C.A.R.E. Grants Pass, OR May 3-5, 2007**  
**C.A.R.E. Rocky Mtn. House June. 21-23, 2007**  
**C.A.R.E. White Rock B.C. Sept 20-22, 2007**  
**C.A.R.E. Saskatoon Sask. Oct 25-27, 2007**  
**C.A.R.E. Calgary AB. Oct 29-31, 2007**

## For More Information

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