



# Fit For Life Newsletter

## Recipe of the Month

### Master cleanse (lemonade cleanse)

2 Tbsp freshly squeezed organic lemon or lime juice

2 Tbsp organic maple syrup or Young Living Agave

1/10 tsp organic cayenne pepper

Combine the above with 10 oz of hot or cold, pure water. Drink as much as you need during the day. Continue for a minimum of 7, days maximum of 21 days. No other food should be taken during this time. No you will not die if you miss a meal. A laxative tea or the salt water flush needs to be used at the end of each day. REMEMBER anyone who follows the above does so voluntarily and must use his or her own judgment as to its use

## Health Tip of the Month

Basic cause of disease - **Mystery or NO MYSTERY ?**

Cleansing is vital for the elimination of every kind of disease regardless of the name or diagnosis.

Habits of improper diet, inadequate exercise, negative mental attitudes and lack of spiritual attunement, all combine to produce toxic conditions and malfunctions in our bodies.

Elimination of the cause of disease, is the obvious way to optimum health. The elimination of the 'habits' causing illness, is done by a positive approach of developing new 'habits' causing health, combined with techniques to remove the ill effects of former incorrect ways.

Disease and aging are the result of accumulated poisons and congestions throughout the entire body. Toxins become crystallized and hardened, settling around joints, in the muscles and throughout the billions of cells everywhere in the body.

We have been schooled to believe by 'orthodox' medicine that we have a perfectly healthy body until something,

such as germs or virus come along to destroy it. In reality, building material for the organs & cells is defective, thus they are inferior or diseased. Lumps and growths form as storage spots for accumulated waste. Their spread and growth is determined by the amount of waste material throughout the body. Fungi absorb and live off this poison. When we stop providing the food for the fungi by cleansing, the waste is passed from our bodies and the fungi have nothing to feast on. They do not feed on healthy tissue! Germs and virus do not cause disease! *Dr Stanley Burroughs is quoted in saying, "...man will never find a poison or group of poisons strong enough to destroy all the billions upon billions of germs without destroying himself at the same time."*

In reality we create all of our own diseases, thus we now have the opportunity to create our own health & wellness. The logical procedure is to prevent these toxins from accumulating in the first place. However many of us are in the second phase of needing to implement cleansing.

The well known MASTER CLEANSE is one of the best places to begin. Lemons, limes, agave and maple syrup are all rich sources of vitamins and minerals.

Fat melts away at about 2 pounds a day. All skin disorders disappear, including boils, abscesses, carbuncles & pimples. Mucous diseases such as colds, flues, asthma, hay fever, sinus, lung & bronchial conditions rapidly resolve. Cholesterol deposits also respond to this cleansing.

**Note:** You do not need to worry about eliminating healthy tissues, the only things you can possibly lose are mucus, accumulated waste and diseased cells. More next month.

## Feature Oil ~ Eucalyptus Globulus



Enjoy Eucalyptus globulus at a 10% discount from Dec 16 thro Jan 15. This oil contains a high % of the constituent eucalyptol, a key ingredient in many mouth rinses. Applying this oil topically may help soothe muscles after exercise or support a healthy respiratory system.\*

## Upcoming Events

**S.C.F.R Calgary Alberta Jan 18 - 20, 08**

**S.C.F.R. San Diego CA Feb 10 - 8, 08**

**Check out this amazing opportunity at [www.secondchancefacelift.com](http://www.secondchancefacelift.com)**

**C.A.R.E. Kelowna BC March 13 - 15, 08**

**C.A.R.E. Arlington Virginia May 15 - 17, 08**  
**[www.raindropttraining.com](http://www.raindropttraining.com)**

## For More Information

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**[www.electromedtech.com](http://www.electromedtech.com)**

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