



April 2008

Fit For Life Newsletter

Recipe of the Month

Aromatic 'Pick Me Up'

You will need :

3 (or more) drops Valor

3 drops Palo santo, 3 drops Frankincense

2 drops En-R-Gee

60 seconds of time per day

A single commitment to rise above opposition and oppression. Place Valor in the palm of your hand. Apply to the lower back & the brain stem. Palm blend the Palo santo & Frankincense, apply to lower back & brainstem. Last but not least, apply En-R-Gee to lower back & brainstem. Deeply inhale the fragrance from your hands. Smile!!

Health Tip of the Month

Taking responsibility for your own health has a lot to do with maturity. Here is the question, are you mature enough to take responsibility? Following are some ways you can do a 'self examination'.

Maturity is the ability to do a job whether you are supervised or not; finish a job once it is started; carry money without spending it and be able to bear an injustice without wanting to "get even". Maturity is the ability to control anger and settle differences without violence. Maturity is patience. It is the willingness to postpone immediate gratification in favor of the long-term gain. Maturity is perseverance, the ability to sweat out a project or a situation in spite of heavy opposition and discouraging setbacks; the capacity to face unpleasantness and frustration, discomfort and defeat without complaint or collapse. Maturity is humility. It is being big enough to say, "I was wrong." And, when right, the mature person need not experience the satisfaction of saying, "I told

you so." It is the ability to make a decision and to stand by it. The immature spend their lives exploring endless possibilities; then they do nothing. Maturity means dependability, keeping one's word in a crisis. The immature are masters of the alibi. They are confused and disorganized. Their lives are a maze of broken promises, former friends, unfinished business and good intentions that somehow never materialized. Maturity is the art of living in peace with that we cannot change, the courage to change that which can be changed and the wisdom to know the difference. Maturity is doing and living what you know to be right.

Take a look now at the vast amount of information you have been given since this time last year. What have you actually done with it? What have you put into practice in your life. Exactly how have you upgraded your life? Now is a good time to do inventory, congratulate yourself on your success. Now write down one way you will upgrade your life this month (April 2008).

Remember our ailments and difficulties are not from lack of knowledge, but from lack of applied knowledge.

Feature Oil ~ Palo Santo



Palo santo is very similar in action to Frankincense. It is from the same botanical family. It is highly regarded as a sacred oil & used in many curing rituals. Wear as a perfume, take internally or use on location. It is excellent as an emotional balancer, to build the immune & calm the nervous system. Purchase yours now for 10% discount until April 15, 2008.

Upcoming Events

C.A.R.E. Halifax May 29 - 31 2008
Young Living Conv. June 11 - 14 2008
Check the YL web for events near you Canadian Tour Toronto May 5 Winnipeg May 6 Saskatoon May 7 Calgary May 8 Vancouver May 9

For More Information

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