



Fit For Life Newsletter

Recipe of the Month

Avocado Dressing

2 organic avocado's
3 organic garlic cloves minced
2 tbsp organic grape seed oil
1/2 c pure water
2 organic lemons cut in 1/2
3 d Young Living lemon essential oil
Blend all ingredients together and serve on fresh garden salad

Health Tip of the Month

In the book, "Chemistry of Essential Oils Made Simple" by David Stewart it says, "your belief has something to do with how well oils work." Perhaps now is a good time to examine some of our beliefs and pay attention to our language patterns. Let's take a brief look at how our thinking and our belief system affects our health. Dr. Bernard Jensen said, **'every illness begins in the colon and every dis-ease begins in the mind'** Therefore we don't catch a dis-ease, we create it!! All too often we look *out there* instead of *in here* for the cause, & the cure of our problems. Belief systems affect or drive our whole life, as well as our bodies & specific organs. All thoughts & words have a frequency or carry energy. Look at the research on Dr Emoto's web site. www.wellnessgoods.com. Notice how words affect us, considering we are 70% water, this is vital to our wellbeing. Pay attention to commonly used 'word patterns' and how they effect our 'belief system'~ for example: ~ *I'm not a morning person* ~ *Rome wasn't built in a day* ~ *I never get to bed on time* ~ *Oh, this desert is to die for* ~ *It takes time to heal* ~ *That makes me sick* ~ *I killed myself laughing* ~ *I'm too old to learn.* ~ *If something can go wrong it will happen to me* ~ Remember, every illness, lack or discomfort has an emotional reason. We don't necessarily have to know what it is because we can release or create it by our language; this process is called, **Conscious Language**. For more information on conscious language go to Marcella's website at www.marcellavonharding.com

Take a moment now and think about some of your own sayings. Ones not empowering or productive. Say them over a few times, notice how you feel. Write them down. If one thing you wrote down was 'I don't sleep well.' Did it affirm your belief system? Give you the feeling you'll most likely have another restless night or maybe you wrote 'I'm so unorganized or I'm always late. Remember your body obeys whatever you program in. Think about what you wrote down & how it makes you feel. Now; Make another choice, take the same sentence and re-write it. Change the

wording to set you free, to unlock the blocks, revise your belief system and dissolve the glue, releasing you from the stuck mode of limitation. For example – change – I never sleep well – to – I choose to have a good sleep tonight. – or - I always get adequate rest and wake feeling refreshed. If you said – 'my boss always makes me feel inferior' – how about – I've come to understand no one makes me feel inferior, rather it is my own insecurities that cause me to feel inferior....so use the new expression of 'I am now learning to appreciate my talents' If you said 'I never have enough money' how about - abundance is the natural state of the universe - there is more than enough for all of us - I always have more than enough money to do whatever I choose. Pick your new expressions, use them until you believe. Believing it is seeing it. It is all in our language!!! **Our subconscious is literal. It either does or it doesn't.** Like a computer You push a key or tell your body something & it doesn't discern, only responds to the command given. Regarding thoughts & expressions, not empowering to us, we'd do well to push the DELETE button!! '

Align your words with your hearts desire, only speak those things you wish to come to fruition. **Marcella Von.** Our reality comes from within us rather than from found around us. **Everything we are in our bodies or have in our life is something we are creating or consenting to.** NEVER own an illness!!! For example, if you say 'I have diabetes' you show ownership. Your body will respond accordingly creating the appropriate set of symptoms according to your beliefs. Focus on solutions, affirm the positive. Instead of feeling we have to "stop" this or "stop" that (bringing up the defense mode) make a higher choice – affirm the positive. For example; you could say, 'I choose to nurture my body by drinking water' versus 'I have to stop drinking coffee'. Which one feels better? Both statements are true, they both essentially say the same thing, yet one leaves you feeling empowered and the other resistant. Take time to notice your word patterns & what you are actually saying. Re-affirm the positive until you have successfully changed your thought pattern, thus changing your belief system.

Find a Fault or Find a Remedy, You Choose.

Feature Oil ~ Believe



Discover an uplifting blend of essential oils in Believe™. This blend has a steady, balancing effect on emotions to help you overcome feelings of despair and move to a higher level of awareness. Believe helps release the unlimited potential everyone possesses, making it possible to more fully experience health, happiness, and vitality.

Upcoming Events

C.A.R.E. Nanaimo BC Sept 4–6, 08
Essential Oil Training Nanaimo BC Aug 19, 08
C.A.R.E. Tisdale Sask. Oct 9–11, 08
C.A.R.E. Calgary AB. Oct 16–18, 08

For More Information

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