



July 2008

Fit For Life Newsletter

Recipe of the Month

Slush Punch

2 c organic honey or Young Living Blue Agave
6 c pure water
5 ripe organic bananas
2 c organic fresh squeezed lemons
4 c organic fresh squeezed oranges
2 c organic fresh pineapple juice (if you prefer to use the whole fruit-juice it in the vitamix)
Boil water and honey together for 8 minutes ~ Chill ~ Blend bananas and lemon oils with the fruit or juice (pineapple, lemons, oranges) - mix the fruit juice blend with the chilled honey ~ Freeze in containers ~ Serve with one ounce of NingXia Red or on its own ! Makes a wonderful hot weather treat ~ Add strawberries, blueberries or mango for variety.

Health Tip of the Month

~ ~ ~ some interesting facts for you to ponder ~ ~ ~

- ~ Low progesterone causes low milk production in breast feeding women.
- ~ Low testosterone is the biggest cause of heart problems in women.
- ~ You will not lose weight if your hormones are not balanced.
- ~ You need cholesterol and protein to make hormones.
- ~ You can never balance your hormones while on a low fat diet, low fat diets are a menace to hormone balance and create long term deep seated disturbances.
- ~ You cannot get rid of acid in the system while continuing to eat refined food.
- ~ The causes of inflammation are emotions, toxic environment, bacteria, fungi, mold, and diet. Emotions being the first on the list.
- ~ Every bottle of NingXia Red is HALF wolfberry puree.
- ~ Current testing on the NingXia Red report that our ORAC is 1,500 per fluid ounce. As each bottle of NR contains 34 ounces or 1 liter, this would give the full bottle an ORAC score of 51,000. The SOD (S- ORAC)

of NR rated 12,300 per liter. The H-ORAC for NR is 549 per liter and the N-ORAC is 489 per liter.

~According to the Centers for Disease Control and Prevention, the oil of lemon eucalyptus is one of the most effective mosquito repellents. It is also called eucalyptus citradora and can be purchased from Creer Lab.

~ A native of El Salvador, made this comment, "Ruta, very powerful. In our country, when someone had epileptic seizures, they take the leaves of the Ruta plant and rub the body down with it and the seizure would stop".

~ Dogs have 200 million scent receptors in their nasal folds, we have 50 million.

~ Staying indoors all your life, or slopping on toxic chemical sunscreens when outdoors, are both damaging to our bodies. In case the doctors didn't know it, we do need vitamin D from the sun.

~ Claraderm is exceptional to use before and after sun exposure. It contains both Myrrh and Helichrysum, which are natural sunscreens.

- Our new oil, Eucalyptus Blue is beneficial for the respiratory tract, gives direct stimulus to the hypothalamus and balances endocrine system.

- Our other new oil, Doradu Azul is an amazing oil for modulating brain function and is highly effective in balancing estrogen.

-All I know is "We are the World Leader in Essential Oils" and NingXia Red contains Orange and Lemon Essential Oils.

Feature Oil ~Roman Chamomile



10% Off Roman Chamomile Essential Oil until July 15, 2008. Unwind with Roman chamomile's warm, sweet, herbaceous scent that's relaxing and calming for both mind and body. Its gentleness makes it especially valuable for restless children. Soothing to all types of skin, Roman chamomile is used extensively in Europe in skin preparations. It can also be added to massage oil to relieve muscle discomfort after exercise.

Upcoming Events

Check out Young Living Events near you.....
C.A.R.E. Nanaimo, BC Sept 4-6, 2008
C.A.R.E. Tisdale, Sask. Oct 9-11, 2008
C.A.R.E. Calgary AB. Oct 16-18, 2008
Young Living raindrop in Nanaimo late August

For More Information

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