



Fit For Life Newsletter

Recipe of the Month

Chai Tea

12 cups Purified water * 1-1/2 cup whole Green Cardamon (optional 3 black cardamon pods) * 2 cups Certified Organic Ginger, finely chopped. Smash or crush with a heavy cleaver to release flavor in the hot water * Scant 1/2 cup Clove buds * 2 handfuls Cinnamon Bark * 1 tablespoon Fennel Seed * 6 Certified organic tea bags * Organic maple syrup * Organic whipping cream

Put all herbs in a pot of cold filtered water ~ Bring water to a boil, let simmer for 5 minutes ~ After 5 minutes, use a wooden spoon to crush cardamon pods releasing additional flavor ~ Simmer for 10 min. ~ Add tea bags & simmer for 1 minute ~ Let steep for 3 to 5 minutes depending on how strong you enjoy tea ~ After tea is done steeping, squeeze tea bags & bring back to a boil ~ Prepare cups the authentic way, put syrup & cream in the cup first, pour tea through a strainer to fill the cup ~ You can do it the English way & pour tea into the cup first & add your sweetener & cream ~ The amount of ingredients used depends on how many cups of tea you are making & how strong you prefer it ~ Listed amounts are the recipe I was given from an original family favorite. You can adjust the amount to your liking ~ Now you know the secret to the tea ~ Enjoy the flavor ~ Savor the moment with someone special ~ It is a 'labor of love' kind of tea! ~ herb mixture can be re-used 2 or 3 times.

Health Tip of the Month

NAT (Neuro-Auricular Technique), a technique worth knowing. **The purpose of NAT is to jump-start and reconnect all of the synapses of the brain and upper spine**, particularly in the locus ceruleus and vagal ganglions. The locus ceruleus is a mass of more than 1000 nerves at the base of the brain, highly pigmented as a bluish bundle of nerves. Hence its name: 'Locus' means 'location'. 'Ceruleus' means 'sky blue'. The locus ceruleus is the central switching station of the body. **Every nerve impulse controlling our voluntary muscles as well as our organs passes through this master control station. A principal purpose of NAT is to make sure this vital nerve junction is fully functioning along with the rest of the brain.** The locus ceruleus is the only part of the brain that cannot be operated on surgically. It is the portal through which our vital life energy flows into the body maintaining physical life. If this energy flow is interrupted even for a split second by a surgeon's knife, or by anything else, our spirit immediately departs. In other words, physical death is instant. **The purpose of NAT is**

to fully awaken & restore full capacity to the locus ceruleus & vagal ganglion at the base of the brain to connect all of the synapses of the brain & upper spinal cord, thus creating an environment for optimal health, healing, & bodily function. Use the 6 oils in the sequence given: Frankincense, Valerian, Vetiver, Roman Chamomile, Cedarwood, Sandalwood. The client needs to lie face down in a head cradle on a massage table.

* 1. Starting with Frankincense, apply liberally across the occipital ridge (base of the skull) rubbing it with your finger across entire occiput, making sure to include the oils at the center point, the locus ceruleus, also called the medulla.

* 2. Place tip of probe on the locus ceruleus. Keep tip of probe on the same spot, make clockwise circles a few times with gentle pressure.

* 3. Place tip of probe on right occipital bone and move probe side to side (parallel with ridge) working slowly toward the locus ceruleus. Repeat starting on left occipital bone working toward the center of the base of the skull, ending both times at the locus ceruleus with circular motions.

* 4. Apply same oil liberally on spine from about T4 up the cervical vertebra to the atlas and locus ceruleus' smooth with fingers to distribute.

* 5. Start with the lowest vertebra (T4) place probe centered between two vertebrae. Keep the tip of the probe on the same spot, wave the probe up and down parallel with the spine a few times, move up the spine to the next vertebra probing the same way, and the next, until you get to the locus ceruleus (medulla) where you make a few clockwise circles.

* 6. Return to the upper thoracic starting point, place the tip of the probe on one side of starting vertebra, rock the probe back and forth perpendicular to the spine a few times, repeat on the other side of the same vertebra. It does not matter which side you start on first. After doing both sides, move up to the next vertebra and do the same. Repeat this process on each cervical vertebra until you get to the locus ceruleus where you do a few clockwise circles.

* 7. Repeat with all six oils. The term "probe" refers to a glass medicine dropper or an auricular probe. Please email me for more complete information. **NAT is currently under further development by Dr Gary Young, it's originator. This technique has been effective for many kinds of tremors, including Parkinson's. It is also used for emotional healing, stiffness in the limbs, spinal rigidity, and pain relief.**

Feature Oil ~ImmuPower



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Upcoming Events

Please note CARE increased all class prices Sept 1, 07. We maintained the reduced rate for these classes. Please take advantage of this opportunity to save. Reserve your place now.

C.A.R.E. Tisdale Sask. Oct 9-11, 2008

C.A.R.E. Calgary AB. Oct 16-18, 2008

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