



February 2008

Fit For Life Newsletter

Recipe of the Month

Coconut Milk

6 c room temperature purified water
3 c grated dried organic coconut
2 Tbsp Young Living Agave

Place water, agave and coconut in the Vita Mix. Blend to liquefy, on low to begin, then turn to high (approx 2 min) Strain the pulp. Repeat using the pulp again, adding water and agave. Strain pulp again. Save pulp, set aside. Yields approx 10 cups of rich, nutritious milk. Use to drink, in smoothie's, or to replace milk in any recipe.

Coconut milk is best for you and best for your children. It is superior to any animal milk. Animal milk is meant for their babies not yours!! Coconut milk is second best to mother's milk for babies. If you have the privilege of living where you can purchase fresh organic coconuts, it is even better with fresh coconut pulp.

The pulp that you set aside is excellent used in cookies, muffins or any of your favorite curry dishes.

Note: Organic coconuts are only safe if they have not been shipped across the borders.

Health Tip of the Month

Nutrition ~ is God right or is man right? You decide. If God is right then man will never take a group of natural or synthetic foods, process and combine them in a variety of products and come up with anything even equal to the original. I believe God is right, and man and his ideas of processing, tearing apart and rearranging are all wrong. **These processes eliminate much of the basic life energy of the food. Leaving us with little or no nutrition to nourish and feed our bodies. Eating a variety of whole foods is your best option, maybe soon to be your 'only option'.**

As we cleanse our bodies & free our cells of the toxins that clog & paralyze our assimilation, we free our organs to do their proper jobs. This is your responsibility **NOW** I believe anyone seeking improved health, regardless of

the condition, needs to begin with the master cleanse. This of course only applies to those who really desire to be well, if you enjoy your illness you are welcome to keep it. You need to ask your self "What am I willing to do to have optimum health".

The following is taken directly from the book **"Healing for the Age of Enlightenment", by Stanley Burroughs . Lemon is a loosening and cleansing agent with many building factors. The combination in the master cleanse produces these results.**

- ~ potassium strengthens and energizes the heart, stimulates & builds the kidneys and adrenal glands.
- ~ oxygen builds vitality.
- ~ carbon acts as a motor stimulant.
- ~ hydrogen activates the sensory nervous system.
- ~ calcium strengthens and builds the lungs.
- ~ phosphorus knits the bones, stimulates and builds the brain for clearer thinking.
- ~ sodium encourages tissue knitting.
- ~ magnesium acts as a blood alkalizer.
- ~ iron builds red corpuscles to rapidly correct the most common forms of anemia.
- ~ chlorine cleanses the blood plasma.
- ~ silicon aids the thyroid for deeper breathing.

The natural iron, copper, calcium, carbon and hydrogen found in the sweetening, supplies additional building and cleansing materials. It is truly a perfect combination for cleansing, eliminating, healing and building.

Feature Oil ~ Geranium 10%off



Enjoy geranium's uplifting fragrance to help balance emotions, release negative memories, relieve tension and stress. Geranium was traditionally used to support both the circulatory and nervous systems

Upcoming Events

S.C.F.R. San Diego CA Feb 10 - 8, 08
www.secondchancefacelift.com

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

C.A.R.E. Arlington Virginia May 15 - 17, 08

C.A.R.E. Halifax Nova Scotia May 29 - 31, 08

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www.fitforlifeonline.org

www.raindropttraining.com

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