



Fit For Life Newsletter

Recipe of the Month

Pain Recipe

20 drops of Valerian
10 drops of Helichrysum
3 drops of Clove
3 drops of Peppermint

Put oils in a small amount of water and sip every few minutes as needed or put oils in an empty gel capsule and drink 8 Oz of water. Repeat as needed

Gary told to us that 200 people out of 200 had 100% pain control when using these 4 oils right after surgery. Is this an expensive formula? No! Expensive is not being able to move, work, think, play or walk normally.



Lavaderm cooling mist is specially formulated from proven ingredients to soothe and protect damaged skin. Bring relief to stressed skin with these gentle skin-soothing ingredients including lavender essential oil and aloe vera. Spray directly onto the affected area and repeat every 10-15 minutes until desired relief is achieved. Wonderful for eczema, rashes, burns and for general relief after a long day in the sun. Keep in your kitchen.

I know it is called Animal Scents, not people scents, yet this blend is a must for every first aid kit. The ingredients are blended with several essential oils, including Melaleuca alternifolia & myrrh, two of nature's most powerful essential oils. A protective & soothing salve formulated for minor skin irritations, cuts, & abrasions. A perfect replacement for any antibiotic ointment.



Health Tip of the Month

What's in YOUR First Aid Kit?



Thieves® Waterless Hand Purifier is an all-natural hand purifier designed to cleanse and refresh the hands. Use to clean any abrasion. Thieves Waterless Hand Purifier can be used by adults and children to keep hands clean and promote good hygiene, without the use of water. Dermatologist tested.



Deep Relief Essential Oil Roll on is a proprietary blend of oils specially formulated to relieve muscle soreness and tension. Peppermint, Wintergreen, Copal, and Palo Santo essential oils as well as others play an integral part of healing in this blend. Deep Relief is offered in the portable convenience of a roll on application.



Thieves Lozenges are the answer to soothe a scratchy, itchy throat and freshen your breath. These lozenges also contain the essential oils of orange and peppermint. Experience nature's perfect design of therapeutic-grade essential oils for relief of occasional symptoms of congestion, headaches, sore throat, watery eyes and sneezing. Kids love them too.

Upcoming Events

Make plans now to attend the Young Living Convention Sept 16-19, 2009 Minneapolis

Celebrate the Season with Young Living Refer to your Seasonal Essentials holiday catalog.



A MUST for Every First Aid Kit.

No First Aid Kit is complete until it includes the 9 Everyday Oils of Lavender, Peppermint, Lemon, Frankincense, Valor, Peace & Calming, Panaway, Purification and Thieves.

For details on how to use each one of these oils, email me for my power point presentation on **"How to replace any medicine cabinet with nine essential oils"**.

Feature Oil ~ Life



Aroma Life™ combines the harmonizing effects of ylang ylang with known powerhouses cypress, helichrysum, and marjoram. Pulsing with life, this vibrant blend energizes your life force. It is best applied over heart energy - front and/or back. Purchase your own bottle at 10% discount from Oct 16-Nov 16, 2008

For More Information

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