



Fit For Life Newsletter

Recipe of the Month

Liver Compress

7 drops grapefruit oil

5 drops lemongrass

5 drops cypress

15 drops ledum

½ tsp V6 mixing oil

Using Young Living essential oils blend the above together and massage over the liver area. Cover immediately with a dry cloth, place a very moist, hot cloth on and cover with another dry cloth. Leave on for 20 minutes. Repeat this every other evening for 60 days.

Health Tip of the Month

Liver Health

Let's take a look at a simplified and basic understanding of the importance of the liver in maintaining or restoring any function on the body.

It takes 180 days to regenerate the cells of the liver, in other words we have the potential of having a new liver every 6 months. This is amazing and good news for all of us !!! Considering the fact that all hormones, all emotions, all our blood, all digestive processes and much more depend on the health of our liver, keeping it in good repair is vital to our health and wellbeing.

We also know that the liver dumps it's waste into the colon to be eliminated from the body, hence the importance of a properly functioning colon. As a matter of note, 'a properly working colon', means - 'you need to have a bowel movement for every meal you eat'. In other words three trains in -- three trains out.

Upcoming Events

C.A.R.E. Kelowna March 13 - 15 2008

C.A.R.E. Halifax May 29 - 31 2008

Young Living Conv. June 11- 14 2008

Check the young living website for events near you coming soon to your area

From my observation and experience, the easiest most efficient and effective way to begin assisting the body in cleaning the liver, aiding the colon to eliminate waste, restore the health of the blood, balance hormone function, restore efficient metabolism, eliminate toxins and petrochemicals from the body and much more is with the daily consumption of NingXia Red. Three ounces, 3 times a day for six months is the beginning routine. Then you can taper off to 3 oz a day for maintenance. Add Juva Cleanse, begin by taking 3 - 4 drops a day, working up to 10 - 15 drops a day. Combine this the CORE essentials program. Which includes a meal replacement, supplement to nourish and cleanse, a digestive enzyme capsule of oils, necessary to aid in digestion as well as elimination, and a capsule of oils to promote longevity and maintain a healthy immune system.

The final thing to remember is the importance to discontinue use of all personal care products that contain foaming agents, detergents, sodium laurel sulfate, petrochemicals and propylene glycol (which is antifreeze). These are highly toxic and greatly compromise liver function. Also to discontinue the use of all toxic household cleaners etc that we inhale and absorb thru our skin.

Feature Oil ~ Juva Cleanse



Juva Cleanse is a blend of specially selected oils to provide support for the liver through a carefully formulated blend of therapeutic-grade essential oils that supports normal liver function.

For More Information

Carol or Ben 250-585-8200, 805-208-6628

carolhowden@yahoo.ca

www.youngliving.org/346932A

www.electromedtech.com

www.raindropttraining.com

Obligatory Disclaimer: The information in this section is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. This information and these products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician.