



Fit For Life Newsletter

Recipe of the Month

Salsa (organic ingredients)

2 minced tomatoes
 ½ c finely chopped cilantro
 ½ finely chopped red pepper
 ¼ c finely chopped onion (purple)
 4 garlic cloves put thru garlic press
 1/4 c freshly chopped oregano
 1/4 c freshly chopped basil
 Mix all ingredients together in a bowl
 Add - Juice of ½ lemon freshly squeezed, 3 d lemon oil, 3 d black pepper oil, 1 d oregano oil. Mix well.
 2 diced avocado, add to mixture and gently fold in...serve immediately....yum !!! Add oils/garlic to flavor as desired.

Health tip of the Month

Interesting Facts about the Human Body

- Scientists say the higher your I.Q. the more you dream. The average human dream lasts 2-3 seconds.
- You use 200 muscles to take one step.
- The average woman is 5 inches shorter than the average man.
- Your big toes have two bones each while the rest have three.
- A pair of human feet contains 250,000 sweat glands.
- A full bladder is roughly the size of a soft ball.
- The acid in your stomach is strong enough to dissolve razor blades.
- Your stomach needs to produce a new layer of mucus every two weeks or it would digest itself.
- The human brain cell can hold 5 times as much information as the Encyclopedia Britannica.
- It takes food seven seconds to get from your mouth to your stomach.
- Men without hair on their chests are more likely to get cirrhosis of the liver than men with hair.
- At the moment of conception, you spend about ½ hr as a single cell.
- There are about one trillion bacteria on each of your feet.
- Your body gives off enough heat in 30 minutes to bring half a gallon of water to a boil.
- The enamel in your teeth is the hardest substance in your body.
- Your teeth start growing 6 months before you are born.
- When you are looking at someone you love, your pupils dilate, and they do the same when you are looking at someone you hate.
- Your thumb is the same length of your nose.
- A human being loses an average of 40 to 100 strands of hair a day.
- An average human scalp has 100,000 hairs.
- A cough releases an explosive charge of air that moves at speeds up to 60 mph. A sneeze can exceed the speed of 100 mph. When you

sneeze, all your bodily functions stop even your heart.

- Every time you lick a stamp, you're consuming 1/10 of a calorie.
- A fetus acquires fingerprints at the age of three months.
- Every person has a unique tongue print.
- According to German researchers, the risk of heart attack is higher on Monday than any other day of the week.
- After spending hours working at a computer display, look at a blank piece of white paper. It will probably appear pink.
- A human drinks about 16,000 gallons of water in a lifetime.
- It takes 17 muscles to smile and 43 to frown.
- Babies are born with 300 bones, by adulthood we have only 206.
- Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime.
- By age sixty, most people have lost half of their taste buds. The average life of a taste bud is 10 days.
- By the time you turn 70, your heart will have beat some two-and-a-half billion times (figuring on an average of 70 beats per minute.)
- Each square inch of human skin has twenty feet of blood vessels.
- The cornea is the only living tissue in the human body that does not contain any blood vessels.
- Every square inch of the human body has an average of 32 million bacteria on it.
- Humans shed about 600,000 particles of skin every hour - about 1.5 pounds a year. By 70 years of age, an average person will have lost 105 pounds of skin.
- A fingernail/toenail takes about 6 months to grow from base to tip.
- Babies are born without knee caps. They don't appear until the child reaches 2-6 years of age.
- Human thigh bones are stronger than concrete. Gardening is said to be one of the best exercises for maintaining healthy bones. The human body makes anywhere from 1 to 3 pints of saliva every 24 hours.
- The adult human body requires about 88 pounds of oxygen daily, twenty percent goes to the brain. The # 1 cause of depression is lack of oxygen to the brain.

Feature Oil ~ Black Pepper Oil



Black pepper (*Piper nigrum*) has a pungent, crisp aroma that is comforting and energizing. It is supportive of the digestive system and is useful topically for soothing muscle discomfort following exercise. Black pepper may also be used to enhance the flavor of foods.

Upcoming Events

C.A.R.E. Nanaimo BC Nov 5-7, 2010

Check the Young Living web Renew you Tour

Young Living Convention June 16-19, 2010

For More Information

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