



Fit For Life Newsletter

Recipe of the Month

Antibiotic Recipe (for bacterial infections)

3 drops oregano

10 drops lemon

8 drops mountain savory

Combine oils in a double OO gel capsule and take internally. Depending on the severity and conditions etc. Take 3 times a day or, take one capsule every hour for 7 hours and then take 1 capsule every 2 hrs for 7 times, then every 3 hrs for 7 times etc. Drink a small amount of rice milk or eat a couple bites of yogurt when taking the oils.

Health tip of the Month

Folic acid also known as vitamin B9 or folate. Vitamin B9 is essential to numerous bodily functions ranging from proper cell growth to DNA function and repair. It is especially important during periods of rapid cell division and growth. Children and adults require folic acid in order to produce healthy red blood cells and prevent anemia.

Folic acid and folate derive their names from the Latin word folium (which means "leaf").

Leafy vegetables are a principal source. High amounts are found in spinach, asparagus, turnip greens, dried or fresh beans, peas and lentils, liver, baker's yeast and raw sunflower seeds. Moderate amounts are found in: oranges, pineapple, cantaloupe, honeydew melon, grapefruit juice, banana, raspberry, grapefruit, strawberry, beets, corn, tomatoes, broccoli, Brussels sprouts, romaine lettuce, bok choy. Folic acid naturally found in food is susceptible to high heat and UV.

In the 1920s, scientists believed that folate deficiency and anemia were the same condition. Folate is the nutrient needed to prevent anemia during pregnancy. Folic acid supplements may even protect the fetus when the mother is battling a disease or taking medications or smoking during pregnancy. Deficiency of folate in pregnant women has been implicated in neural tube defects (NTD). NTDs occur early in pregnancy (first month), therefore women must have abundant folate upon conception. A woman's blood levels of folate normally fall during pregnancy due to increased demands on the body. The first four weeks of pregnancy require folic acid for proper development of the brain, skull, and spinal cord. Folate deficiency during pregnancy can increase the risk of preterm delivery, infant

low birth weight, and fetal growth retardation.

It is estimated that approximately 85% of women use folic acid supplements before they become pregnant, but only 18% use enough folic acid supplements during and after pregnancy.

A lack of dietary folic acid can result in many health problems. Supplementation with folic acid has been shown to reduce the risk of congenital heart defects, cleft lip, limb defects, prevent artery stiffness, bone loss, infertility, hot flashes, anemia, rheumatoid arthritis, allergies, asthma, cancer, depression, memory loss, obesity, schizophrenia, stroke, heart problems, spontaneous abortion, and urinary tract abnormalities.

A 2003 opinion article in the New York Times named micronutrients, especially folic acid, the "world's most luscious food," since absence of folic acid and a handful of other micronutrients causes otherwise preventable deformities and diseases, especially in fetal development. The article claims adding folic acid and micronutrients to the food supply of developing countries could be more cost effective than any other single action in improving world health.

The RDA suggests taking 400 micrograms of folic acid daily, and the suggested equivalents for pregnant women is 600-800 micrograms daily. **Young Living SUPER B contains 400 mcg per serving.**

Super B ingredients per serving: Thiamin (vitamin B1 as thiamin HCl): 25 mg, Riboflavin (vitamin B2): 25 mg, Niacin (vitamin B3) (as nicotinic acid): 100 mg, Vitamin B6 (as pyridoxine HCl): 25 mg, Folic Acid: 400 mcg, Vitamin B12 (as cyanocobalamin): 100 mcg, Biotin: 150 mcg, Magnesium (as magnesium oxide): 25 mg, Zinc (as zinc gluconate): 5 mg, Selenium (as selenium yeast): 50 mcg, Paba (para benzoic acid) 25 mcg.

One bottle contains 90 tablets. Wholesale \$19.95 Retail \$32.57

Feature Product ~ Super B



Super B™ contains a combination of B vitamins and minerals magnesium, zinc, and selenium to help support healthy energy levels. B vitamins are particularly important to support the nervous system, normal cardiovascular function, and normal digestive function. They are also vital for internal enzyme reactions that control energy, circulation, hormones, and overall health.

Upcoming Events

C.A.R.E. Nanaimo BC Nov 11-13, 2010
Corporate Thieves Tour Nanaimo Nov 18, 2010
Check the Young Living web for events near U
Young Living Convention US June 16-19, 2011
Young Living Convention Canada

For More Information

Carol or Ben 250-933-6628, 805-208-6628
carolhowden.oils@gmail.com
www.youngliving.org/346932A
www.essentialoilcare.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.