



# Fit For Life Newsletter

## Recipe of the Month

### Nanaimo Bars (use organic ingredients)

**Bottom Layer:** ½ c butter, 5 Tbsp cocoa, 1 ¾ c graham crumbs, ¼ c sugar, 1 egg (beaten), 1 c coconut, 3 d peppermint oil. Melt butter, cocoa and sugar in a double boiler. Add egg, stir, cook to thickness of custard. Remove from heat. Add peppermint oil. Mix in crumbs and coconut. Press firmly into ungreased pan.

**Middle layer:** ½ c butter, 2 Tbsp vanilla almond milk, 2 Tbsp vanilla custard pudding powder, 2 c icing sugar, 3 d Onycha oil. Cream butter, add milk, Onycha oil, custard powder and icing sugar. Mix till smooth. Spread over bottom layer.

**Topping:** Melt 2 squares semi sweet chocolate, add 3 d peppermint oil, Stir well. Spread over middle layer. Refrigerate. Cut in bite size pieces when cool. Store in fridge. Freezes well.

### Health tip of the Month

Addictions!

Have you ever considered yourself an addict or what are you addicted to? Most often we relate the word, addiction to drugs and alcohol.

*The dictionary describes addiction as a chronic disease, leading to characteristic biological, psychological, social and spiritual manifestations. This is reflected in pursuing reward and/or relief by substance use and other behaviors. The addiction is characterized by impairment in behavioral control, craving, inability to consistently abstain, and diminished recognition of significant problems with one's behaviors and interpersonal relationships. Like other chronic diseases, addiction involves cycles of relapse and remission. The term addiction applies to compulsions that are not substance-related, such as abnormal psychological dependency on such things as shopping, sex, food, gambling, video games, internet, work, exercise, TV and computers. In these kinds of common usages, the term addiction describes a recurring compulsion to engage in some specific activity, despite harmful consequences, to individual health, mental state, or social life.*

Have you ever heard of an **oniomania** (Greek *onios* = for sale, *mania* = insanity), or an **ergomaniac** a person who is addicted to work.

People know addictions are bad yet they continue to do them. Why? Over time it takes more of whatever one craves to become satisfied. So the athlete who works out first 1 hr/day then ups it to 2, then on to 3, then ends up spending most of the day at the gym, is as addicted as the drug addict in the back alley. Even healthy behaviors can become unhealthy. **People get addicted to emotions.** Do you know anyone who lives in a constant state of drama? Anyone who constantly gets sick or injured? Anyone who spews anger all the time? Who lives a victim

## Upcoming Events

**C.A.R.E. Regina, Sask. April 7-9, 2011**

**C.A.R.E. Leduc, AB. April 14-16, 2011**

**Wizard of the Heart Leduc, AB. April 17-19, 2011**

**Check the Young Living web for Jan/Feb**

**Canadian Regional in Calgary March 25-26, 2011**

identity, blaming others and circumstances for how bad their life is? Your body has neuropeptides, chemicals to feel good or bad. Cells have docking points for the peptides. Someone who is addicted to being sick has a plethora of feel bad peptides docking on cells. Cells divide. When they divide they reproduce following the altered DNA (blueprint) by the peptide docked in them, thus increasing more docking sites for feel bad neuropeptides. More of the bad-feelings peptides locking into receptors creates an even more intense addiction. This pattern explains how addictions keep people stuck and a slave to the addiction.

When you feel stuck in your life realize there is some kind of neural network keeping you stuck. You say you do not like the way you feel, yet you continue to support the network and cells of feeling bad, or hopeless, or less than: whatever the underlying emotion is. **You continue to do the same actions hoping to get different results. Einstein defines this concept as insanity.**

Before you can act differently in any given situation you first need to note your current behaviors in the situation. You can achieve a change by living consciously. Conscious thought, conscious language and conscious actions. Pay attention to the words running through your head. Use words that empower you to take new steps into new feelings and you will disrupt the bad-feelings networks.

To facilitate the neural network transformation use oils and products to clean and support the liver. The liver is the largest and most important organ of the body. It purifies the blood and converts carbohydrates to energy, it is the major detoxifier. Even the toxins in the air we breathe are filtered by the liver, including chemicals from aerosol cleansers, paint, bug sprays, etc. Every emotion and hormone is regulated by the liver. The liver is the organ where the stuck emotions of anger and hate are stored creating toxicity, sickness and disease. Cellular DNA imprints for addictions are stored in the liver. Cleaning the liver is paramount in releasing ourselves from addictions and addictive behavior. The oil of JuvaFlex helps release addictions to coffee alcohol drugs and tobacco. The oil of forgiveness and surrender help release emotional and cellular patterns that keep us locked in damaging life patterns. For more information on liver cleansing refer to the recent document sent out or email me.

## Feature Oil ~ Golden Touch 1



The oil blends in this kit have been specifically created to provide immune protection. Di-Gize, End-oFlex, JuvaFlex, Melrose, Raven, R.C, and Thieves.

## For More Information

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