



Fit For Life Newsletter

Recipe of the Month

Curried Salad

2 c finely chopped broccoli
1 diced red pepper, including seeds
1/4 c grated goat cheese or extra old white cheddar
1/2 - 1 tsp powdered curry mixed in 1/4 c organic mayo
1 d each of lemon oil and black pepper oil
Mix all ingredients together. Serve chilled. Best after sitting for a couple of hours.

Health tip of the Month

Face lift at your finger tips

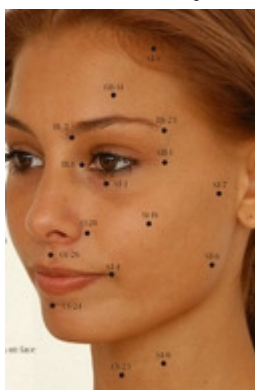
Improve the flow of Qi, (also know as vital energy or metabolic energy flow, your bodies natural healing energy) and slow the signs of aging by massaging these points

Acupressure Facial Rejuvenation Points helps to promote healthy skin by improving overall health and well being to the whole body. Treating the acupoints of the face is a simple way to work on yourself with the oils to release stress. It increases blood flow throughout the skin on the face while helping remove toxins. Acupressure helps you look healthier and rejuvenate yourself from the inside out.

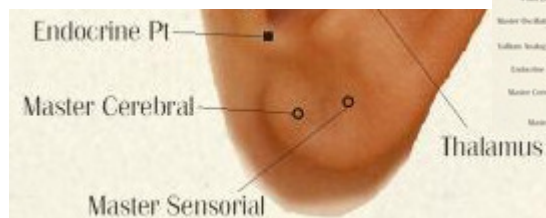
There are 16 main acupressure points on the face and 10 main ear Master control points. Frequencies and essential oils are also used in combination with the acupressure points. Essential oils are determined by skin condition and associated symptom.

The ear Master control points have a positive balancing effect on the autonomic system and endocrine system. These points are very effective at relieving stress and anxiety that can show up on the face.

Ear points on both ears can be treated after the points on the face. As with the face points, stimulate the points for about 20 seconds each. Point zero is always the first point treated on the



ear, this point will open the ear for treatment.



Acupressure Facial Rejuvenation Points when used with a healthy diet and lifestyle help to: - Softens wrinkles - Improve muscle tone - Decrease puffiness and bags under eyes - Increase blood flow - Healthier radiant skin - Decrease effects of stress on face - Reduce double chins - Lift sagging eyelids - Decrease headaches - Alleviate stress - Promotes overall health and well being-

The first point to activate is called 'flowing valley' and is located at the hair line above the eyes. Vitaflux hard enough to feel the pressure, but not hard enough to hurt. The gall bladder has to do with making decisions. As you work on this point breath in and out while making decisions. This point is also for headaches. Use Clarity to open your mind to new ideas.

Another point is called 'receiving tear' and is a stomach point. The below just below the center of the eye on the ridge of the socket. Use the oil of valor to nurture yourself and recognize your self worth.

If this is something of interest to you, email me for a complete list of the points and their associated conditions.

Feature Oil ~ Ocotea



Ocotea essential oil is one of Young Living's newest products. Extracted from an Ecuadorian tree, ocotea may increase feelings of satiety and support your personal weight management goals. Purchase your ocotea this month at a savings of 10% along with a 20% savings on the popular 5 Day Nutritive Cleanse.

Upcoming Events

Check the LOCAL EVENTS on the YL website
C.A.R.E. Kentville NS Jan 7-8, 2010
C.A.R.E. Vancouver April 22-24, 2010
C.A.R.E. Leduc April 29-May 1, 2010
C.A.R.E. Nanaimo BC Nov 11-13, 2010

For More Information

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