



Fit For Life Newsletter

Recipe of the Month

Transformation Body Wrap

15 d grapefruit oil, 30 d ledum oil, 10 d ea of lemongrass, cypress, lemon and transformation oil. Combine with 4 oz V6 7 d rose oil and 20 d transformation oil in diffuser

Prepare wrap layers on massage table: large blanket, 4 hot water bottles (optional), mylar blanket, painters plastic, beach towel. Lay on towel and lather yourself with the oil blend. Cover with a beach towel and have someone wrap you sealing you from the neck to the toes. Turn on diffuser. Best done in a small room. Have someone stay with you to wipe the sweat from running in your eyes. Stay till you have sweat for 45-60 minutes. Email for complete directions.

Health tip of the Month

Perspective check.

"You can complain because roses have thorns, or you can rejoice because thorns have roses."

Why do roses have thorns? This question can be understood and answered in two ways, philosophically and scientifically.

Philosophically, roses are associated with beauty and love, the thorns, remind us of things that are beautiful, yet may have some hurt attached to it. This is an important lesson of life. The flowers of the rosebush are beautiful and lovely to look at, they are also very delicate. The petals fall off or dry up very easily. The fragrant aroma of the rose is intoxicating and uplifting. Needless to say love, just like a rose, requires proper care and nourishment. Love gives us so much joy and wonderful life experiences and we must remember it also comes with great responsibilities.

Rose thorns and prickles are a protective adaptation to keep animals from destroying the roses as well as the rosebush. Prickles ward off predators. The scientific reason why rosebushes are filled with thorns, explains this phenomenon as a natural defense mechanism of the plant. Structures such as

thorns make it difficult for animals to come along and take a bite without a painful lesson. Before men started to cross roses, the plants used to grow like wild brambles along the ground and some grew like a large raspberry bush. Thorns also helped them get to the sun by catching onto the branches of a tree. No matter how they grew, the thorns served as protection. Although the fragrance of the rose is primarily to attract insects, animals are also attracted by the smell and that puts the rose bushes in danger of being consumed by some herbivorous animal.

Thorns on a rose bush develop much before the actual flower. This happens because buds and young roses might be eaten away by animals before the flowers get a chance to spread their pollen with the help of insects.

Something to think about from which we can get many lessons. "Perhaps it is safe to conclude, "a life with love will have some thorns; however, a life without love will have no roses."

In light of this being the beginning of a new year, using rose oil along with transformation oil is a powerful combination. Letting go of the past and putting our attention on the present, we make the choice to see things from a positive perspective.

The fragrance of roses can literally fill the entire room and linger for days. It takes 5000 pounds of roses to make one pound of rose oil or 30 roses to make 1 drop of oil. Find the Aug 09 feature oil sheet @ www.essentialoilcare.com

Feature Oil ~ Transformation ~



Transformation empowers and uphold changes you choose to make in your belief system. By replacing negative beliefs and revitalizing new thought patterns a transformation in behavior, emotions and attitude is possible. Enjoy this oil at 10% discount for the month of January.

Upcoming Events

YL Tour <http://events.youngliving.com/>
Young Living Regional Calgary AB Mar 25-26, 2011
C.A.R.E. Regina Sask. Apr 7-9, 2011
C.A.R.E. Leduc AB Apr 14-16, 2011
Wizard of the Heart Leduc Apr 17-19, 2011

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.