



# Fit For Life Newsletter

## Recipe of the Month

### Travel Recipe's

#### Insect Repellent

6 drops peppermint  
6 drops melaleuca alternifolia  
9 drops eucalyptus Radiata  
Palm blend the oils and apply to exposed skin.

#### Prevent Travel Sickness

4 d peppermint 4 d ginger in 1 oz V6 mixing oil applied to chest and stomach before traveling.

#### Sunscreen

7 d Helichrysum 7 d myrrh in 1 oz V6 mixing oil apply evenly on any skin exposed to the sun. Repeat every 2 hours.

### Health tip of the Month ~ Travel Tips ~

**Travel adds extra stress to the immune system! Protect yourself the safe way!** Learn the benefits of therapeutic oils, enhance your immune system, maintain a safe environment for yourself and your travel companions.

**1) Thieves;** Rub 1-2 drops onto your hands before entering the airport, breath in deeply, repeat before boarding the airplane. Repeat every couple hours of flight. **2)** Purchase a clay pendant, put several drops of oil on the pendant and wear around your neck during flight or when visiting public places. **3)** Thieves Spray, spray on hands after visiting a public washroom, on grocery store cart handles, always spray your hotel room, bed, blankets, pillows and furniture. **4)** Take a drop in your mouth to ward off sore throats and lung congestion. **5)** Take a capsule full every hour – alternating with Digize to eliminate food poisoning. **6)** Rub several drops on your feet every night to maintain a strong immune system. **7)** Diffuse 20 drops in your hotel room at night or spray mist the air just before going to bed to protect yourself from air born virus and bacteria. **8)** Place 2 drops of **RC** and Thieves in your hand and rub behind the ears to keep ears clear while flying or climbing to high altitudes. **9)** Use the same combination to apply on wrists and under nose to prevent motion sickness. **10)** Thieves and RC will also stop coughing which seems to be irritated

during flight. **11)** RC and Peppermint, under the nose and on the forehead keeps the sinus from getting congested during flights. **12)** RC, Hyssop, Eucalyptus Radiata and Frankincense applied to the back of the neck and tips of the toes keeps your oxygen at high levels during flight. **13)** Drink 2 oz of **Ningxia Red** just before flight, drink 1 oz every 3 hours of flight. **14)** **Endoflex;** 1 capsule full ½ hour before flying, 1 capsule full (14-15 d.) ½ our after landing. Take an additional capsule for every 5 hours of flight. This prevents jet lag along with drinking ample water thus keeping well hydrated. Juice, coffee, tea, pop & other beverages do not hydrate you! **15)** Always have **Purification** on hand to use as a natural insect repellent. Put several drops in your hands and rub over area to be protected. Purification also takes the itch out of bites. **16)** Purification is well renowned for 'purifying things and people'! **17)** 10-15 drops of purification in a 1 oz spray bottle used to mist the entire body works well as an insect repellent. **18)** 1 drop each of **Lavender and Frankincense** palm blended and palmed over the eyes gives relief from eye stain, &/or eye pressure from flying. **19)** Always have **Lavaderm** on hand for cooling/healing sunburns. Spray on as often as needed. **20)** To prevent blistering use Lavender oil, Lavaderm & Satin Hand & Body Lotion or mineral essence. **21)** **Claraderm** helps filter ultra-violet rays without blocking the absorption of vitamin D. It also accelerates tanning. Claraderm contains Myrrh & Helichrysum oils which offer natural sunscreen while nurturing your skin. **23)** Effective oils to prevent/alleviate motion/travel sickness are digize, ginger, nutmeg, peppermint or spearmint. Apply behind ears, on wrists, temples & around navel. **24)** 2-3 drops of Lavender on the bottom of the feet at night to promote sound sleep in new surroundings. **25)** Wash all fresh fruits and vegetables with lemon oil.

## Feature Oil ~ Ocotea



Extracted from an Ecuadorian tree, ocotea has the highest level of alpha humulene of any Young Living essential oil. A compound to help aid the body's natural response to irritation and injury. Testimonials and experience indicate ocotea has natural cleansing and purifying properties.

[http://www.youngliving.us/pdfs/PIP\\_Ocotea.pdf](http://www.youngliving.us/pdfs/PIP_Ocotea.pdf) Buy **Ocotea** - June 1-30, receive 50% off **Dorado Azul**

## Upcoming Events

Check <http://events.youngliving.com/>

**Young Living Convention Sept 22-24, 2011**

**Wizard of the Heart Oct 3-5, 2011**

## For More Information

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