



Fit For Life Newsletter

Chelation Tea

2 MultiGreen capsules

2 oz NingXia Red

6 oz hot water

Open two capsules, empty the powder in hot water, add NingXia Red and drink as a tea, twice daily. This not only absorbs mercury lodged in the intestinal lining, but also crosses the blood-brain barrier and removes mercury from your brain.

Health tip of the Month

In our society, we are burdened with many toxins. Heavy metals are one of the worst, and the most deadly is mercury. It poisons the body by blocking metabolic pathways. Mercury has a predisposition to the tissues of the nervous system as well as the thyroid gland.

Metallic mercury is used in dental amalgam fillings, thermometers, electrical switching, gauges, and pumps. Elemental mercury can be ingested from consuming the mercury particles from these sources as well as contaminated fish or fungicides used on seeds and fruits.

Some dental amalgams contain as high as 50% mercury. When we bite down with great pressure, we squeeze mercury vapor from our amalgams. The vapor is highly absorbable through our tissues and consequently very toxic. Metallic mercury vapor easily crosses the blood-brain barrier.

We also breathe in mercury vapors from our atmosphere, which is frequently polluted with industrial wastes. The food chain mechanism explains the large amount of mercury in the flesh of fish. Industrial pollution has contaminated our lakes, rivers, streams, and oceans.

The chronic effects of mercury vary from neurological system damage to organ damage as well as sensorial, emotional and psychological systems. Some of the most common symptoms include: inability to concentrate, short-term and long-term memory loss, depression, irritability, attention deficit, headaches,

numbness of extremities, vision, hearing, taste, loss of smell, abdominal cramps, chest pain, allergies, irregular breathing, anorexia, fatigue, loss of appetite, dizziness, ringing of the ears, tremors, and convulsions just to name a few. Diseases said to be linked to mercury poisoning are multiple sclerosis, ADHD, Alzheimer's disease, and/or senile dementia.

Remember: "Alice in Wonderland" and the "mad hatter." This came from the fact that years ago hat makers used rub mercury on the felt to stiffen it. They became psychotic due to repeated mercury exposure.

The body eliminates only 1% of your body's mercury load daily, through the urinary system, the bowels, the lungs and the skin.

Fish containing lower levels of mercury are cod, mackerel, sardines, halibut, and red fish. Avoid using mercury thermometers, medications containing mercury, vaccinations, any product with thimerosal as a preservative.

To aid the elimination of mercury use NingXia Red, Sulfurzyme and Multigreen. Super B is high in thiamin (B1). Mercury causes a rapid turnover of thiamin depleting the thyroid. Also magnesium, zinc, calcium, and selenium are essential. These are found in Mineral Essence.

Foods that prevent or repair mercury toxicity are garlic, cilantro, eggs, seeds, nuts, and avocado. See Chelation Pesto at www.essentialoilcare.com under recipes and Juva Cleanse feature oil sheet under March 2008

Feature Oil ~ Juva Cleanse



JuvaCleanse is designed to remove the chemical pollutants from the liver. We live in an environment which contains hundreds to thousands of pollutants. Daily as we breathe and drink water, we ingest many of these pollutants. Use **this** blend of three powerful essential oils, helichrysum, celery seed and ledum for cleansing and supporting the liver.

Upcoming Events

C.A.R.E. Bend OR, Feb 2-4, 2012

C.A.R.E. Crofton BC Feb 9-11, 2012

AromaShapes Crofton BC March 16-17, 2012

Check the Young Living web Renew you Tour

Young Living Convention June 26-30, 2012

For More Information

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