



Fit For Life Newsletter

Recipe of the Month

Lisa's NingXia Red Sorbet (organic ingredients)

½ c. water

¼ c. Young Living blue agave

2 c. NingXia Red®

2 12-oz. bags frozen raspberries

1 orange, 1 drop Young Living orange oil

In small sauce pan, simmer Agave and water for 1-2 min.

(until agave is mixed with water) Set aside to cool. In Vita

Mix, puree NingXia Red, orange oil and 1 bag of raspberries.

Put in a metal bowl and stir in the zest of half the orange.

Squeeze half the orange into the mixture. Place agave/water

mixture and 2nd bag of raspberries in blender. Puree. (if mix-

ture is too thick, add a cup of NR/raspberry puree) Pour into

bowl. Fold until well mixed. Freeze for 2 hrs. Serves 12-15

Health tip of the Month

Water basics. Water makes up about 75% of the human body. It is critical for the transportation and absorption of nutrients, the elimination of waste, to regulate body temperature, lubricate joints, cushion organs, moisten tissue, transmission of signals and support the helical spiral of the DNA.

According to an article in the Uplifting Press in 2004, **water is the largest single source of energy in the human body.** Its movement in and out of the cells produces a significant amount of energy. Fatigue is often one of the first signs of dehydration.

Dehydration is a major contributing factor to poor health in the general population. Consider for a moment, the possibility of dramatically improving your health with something as simple as water.

Dehydration occurs when you do not replace all the water lost during the days activities. Chronic dehydration happens when you do not replace small amounts of water day after day. **Beverages containing caffeine or alcohol cause a net loss, rather than a gain in body water, causing you to 'drink yourself dry'.**

According to studies from the Mayo Clinic, the average adult loses more than 10 cups of water a day simply by breathing, perspiring and eliminating waste.

Some common symptoms of dehydration are fatigue, constipation,

Upcoming Events

Check the Young Living web site for events near you at <http://events.youngliving.com/>
Young Living Convention Sept 22-24, 2011
C.A.R.E. Bend OR Sept 29-Oct 1, 2011
Wizard of the Heart Bend OR Oct 3-5, 2011

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.

digestive disorders, high blood pressure, cholesterol, respiratory troubles, acid/alkaline imbalance, weight gain, skin disorders, liver, kidney, bladder and joint problems, wrinkles and premature aging.

Detoxification is one of the first functions put on hold when the body is dehydrated. The lack of ongoing removal of cellular waste and environmental toxins leads to toxic build up in the tissues, organs joints and skin. Thus leading to disease; 'a lack of ease' in the body functions, causing inflammation, the first diagnosable symptom.

Water hydrates the blood and lymph so toxins can move rapidly through the detoxification pathways.

In addition to all this, the brain is 85% water. Water is crucial to keep the brain signals going. The brain has no way to store water and is one of the first areas affected by dehydration. Brain cells need 2x more energy than other cells, water supplies this energy. Nerve transmission uses ½ of all the brains energy. We need to keep well hydrated for the brain to function at full capacity.

So how much water do we drink? The recommended amount is ½ your body weight in ounces. For example if you weigh 100 pounds you would drink 50 ounces of water a day. Add to this for additional work or stress. Dr Dave Carpenter is quoted in saying, "Drinking 1 oz per pound of body weight per day is where miracles happen."

We are not talking about just any old water. **Water to hydrate the human body needs to be alkaline water,** not acidic, chlorinated, highly chemically treated tap water. Juice and pop do not hydrate us.

Essential oils play a huge roll along with the water. They are perfect companions. Perhaps we could say it this way. Water transports the messages right up to the DNA and the oils go beyond into the DNA. The combination of the two is miraculous in supporting the intricate, complex mechanism called, 'the human body'.

'Awaken' your mind and body to the simple tools and possibilities so close at hand. Be educated and inspired. Be well.

Feature Oil ~ Awaken



Awaken™ is an inspiring combination of several essential oil blends that helps bring about inner awareness and awakening. True understanding of one's self is the first step toward making successful changes and desirable transitions. This blend may help you progress toward your highest potential. Enjoy this month at 10% off.

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