



# Fit For Life Newsletter

## Recipe of the Month

**Balsam Fir** Inhale daily for clarity & emotional support

**Health tip of the Month** Why Oils Heal and Drugs Don't by David Stewart. If you tell a medical doctor that essential oils can bring about healing with no negative side effects, they won't believe you. *This is because in medical school students are repeatedly told by their professors that all effective medicines have negative side effects, and if they don't, then they can't be effective. When I was in medical school one professor emphasized this point in a colorful, graphic manner with specially prepared slides. In each slide specific drugs were depicted as evil looking demons or goblins. As he presented each picture, he explained, "Although ugly and capable of doing harm, these 'demons' are also the bearers of some good. So long as the benefits outweigh the risks, we use them," he summarized. "We have no choice," he continued, "because if a drug has no dangers, then it can have no benefits. That's just the way it is. And that's why it is essential that only qualified physicians be allowed to prescribe medicines," he concluded. Actually, the professor was telling the truth. Within the restricted practice of allopathy the medicines are physician prescribed pharmaceuticals. Such medicines always have negative side effects. All of them. No exceptions. Hence, Dr's are trained to accept the bad with the good as the price of effective medicine.*

**The Danger is in the Drug, Itself.** No matter how careful the physician in prescribing and how compliant the patient in following doctor's orders, even then deaths and damages occur. According to the U.S. Centers for Disease Control more than 100,000 Americans die every year from properly prescribed, properly taken prescriptions. In this country, more people die from doctor's prescriptions every ten days than were killed in the 9/11 terrorist attacks. Why is this so? Why do allopathic drugs always have undesirable effects (along with their apparent benefits) while one can find healing with natural products, such as essential oils, with no undesirable effects? Here is why:

**Why Companies Deliberately Sell Dangerous Products.** It is illegal to patent a natural product. The way to big profits in the medicine industry is to create an unnatural substance that never before existed in nature, then patent it, and obtain a monopoly. Hence, the molecules of pharmaceutical drugs are all strange to the human body. Hence, the body does not easily metabolize them. God never made your body to accept and deal with these chemicals and antibiotics. Hence, you can find traces of pre-

scription drugs in your body that were taken in childhood, decades ago.

On the other hand, natural molecules, such as those found in essential oils, are easily metabolized by the body. In fact, your body was created to handle them. When an essential oil molecule finds the receptor sites it was designed to fit and conveys its information to the cell, or participates in other therapeutic functions, it then goes on its way to the liver and the kidneys and moves out of the body. Its benefits have been conveyed and its job is complete. By contrast, the unnatural molecules of man-made drugs attach themselves to various tissues, disrupting normal function, for years while the body tries to figure out what to do with them. Meanwhile, they wreak mischief with our bodily functions and even our minds.

**Drugs versus Oils.** Drugs and oils work in opposite ways. *Drugs toxify. Oils detoxify. Drugs clog and confuse receptor sites. Oils clean receptor sites. Drugs depress the immune system. Oils strengthen the immune system. Antibiotics attack bacteria indiscriminately, killing both the good and the bad. Oils attack only the harmful bacteria, allowing our body's friendly flora to flourish. Drugs are designed to send misinformation to cells or to block certain receptor sites in order to trick the body into giving up symptoms. But drugs never deal with the actual causes of disease. They aren't designed for that purpose. While they may give prompt relief for certain uncomfortable symptoms, because of their strange, unnatural design, they will always disrupt certain other bodily functions. Thus you always have some side effects.*

Oil molecules send information to cells and cleanse receptor sites so that they bring your body back to natural function. Oils are Balancing to the body. *Drugs are unbalancing to the body.* Oils address the causes of disease at a cellular level by deleting misinformation and reprogramming correct information so that cells function properly and in harmony with one another. *With drugs, misinformation is fed into the cells so that some temporary relief may be obtained, but there is never any true healing. Drugs only trade one kind of disease for another.* Because essential oils properly applied always work toward the restoration of proper bodily function, they do not cause undesirable side effects. They are feeding the body with truth. *Drugs feed the body with lies.* While no amount of truth can contradict itself, it doesn't take many lies before contradictions occur and the body suffers ill effects. This article is an abbreviated excerpt from a longer article by David Stewart, PH.D, go to [www.raindropttraining.com](http://www.raindropttraining.com) newsletter archives and see how **Sixteen Doctors Speak Out.**

## Upcoming Events

**C.A.R.E. Bend OR Feb 2-4, 2012**  
**C.A.R.E. Crofton BC Feb 9-11, 2012**  
**AromaShapes Halifax NS Feb 24-25, 2012**  
**AromaShapes Crofton BC March 16-17, 2012**  
**Aroma Shapes Red Deer AB April 20-21, 2012**

## For More Information

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