



Fit For Life Newsletter

Recipe of the Month

Mosquito Repellant

6 drops each of Peppermint and Melaleuca Alternifolia

9 drops Eucalyptus Radiata

Mix together and rub on the body.

Or, Add 10 drops Purification and put all four oils in a 1 oz spritz bottle. Add 1 oz of distilled water. Spray on body or clothing as needed.

ALTERNATIVE: liberally rub purification on body. As soon as you open the bottle, the bugs will immediately move away from the aroma.

Health tip of the Month

Thiamin is one of the 8 B vitamins, a group of water-soluble vitamins that are part of many chemical reactions in the body. All B vitamins are water-soluble, meaning the body does not store them. Thiamin (vitamin B1) helps the body's cells convert carbohydrates into energy, thus helping the body metabolize fats and protein. Your body needs B1 to form adenosine triphosphate (ATP), which every cell of the body uses for energy. It is essential for the functioning of the heart, muscles, and nervous system. Thiamin is also needed for healthy skin, hair, eyes, liver, and good brain function.

Like other B vitamins, thiamine is sometimes called an "anti-stress" vitamin, because it may strengthen the immune system and improve the body's ability to withstand stressful conditions. It is named B1 because it was the first B vitamin discovered.

Thiamin is found in dried milk, egg, enriched bread/flour, lean meats, legumes, nuts/seeds, organ meats, peas, whole grains, wheat germ, bran, brewer's yeast, and blackstrap molasses.

Dairy products, fruits, and vegetables are not high in thiamin, but become a significant source when eaten in large amounts.

If you ingest more vitamin B1 than your body needs, the excess is excreted in urine and through the skin via perspiration.

The fact that vitamin B1 is eliminated by the skin gives it the potential to **deter mosquitoes**. Especially if you dislike commercial mosquito repellents, thiamine may be worth a try.

Upcoming Events

AromaShapes Regina Sask Aug 27-28 2012

AromaShapes Saskatoon Aug 29-30 2012

AromaShapes Leduc Alberta Oct 2-3 2012

Vibrational Raindrop Leduc AB Oct 4-6 2012

C.A.R.E. Crofton BC Nov 1-3 2012

Because B1 is not stored by your body you need to consume this nutrient on a daily basis, either in your diet or in the form of a supplement. Thiamine is absorbed from the upper and lower parts of the small intestine, and excess is excreted in your urine or through your skin when you sweat. Sweating out excess thiamine through the skin is the way you may glean some protection against mosquitoes and other insects.

To benefit from thiamine's mosquito repelling action, higher doses must be consumed to ensure that there will be excessive amounts to eliminate through the skin. Doses of 50 to 100 mg per day are needed, notes Elson Haas, M.D., in his book "Staying Healthy with Nutrition." At this daily dosage, you will not be one of those people who has "sweet blood" and who seems to attract all the mosquitoes. Even at high doses, thiamine is safe. Your body knows how to take the vitamin B1 it needs for optimal function and get rid of the rest. High doses of vitamin B1 are also used to ease stress, relax tense muscles, treat diarrhea, decrease fever, reduce infection, ease cramps and treat headaches, notes Elson.

It's rare to be deficient in thiamine, although alcoholics, people with Crohn's disease, anorexia, and those undergoing kidney dialysis may be deficient. Symptoms of thiamin deficiency are fatigue, irritability, depression, weakness, psychosis, abdominal discomfort and nerve damage. People with thiamine deficiency also have trouble digesting carbohydrates. That allows a substance called pyruvic acid to build up in their bloodstream, causing a loss of mental alertness, difficulty breathing, and heart damage.

Feature Oil ~ Tangerine Oil



Tangerine is a calming essential oil with a sweet, tangy aroma. It is very similar in fragrance to the essential oil of orange. Like orange oil, tangerine is rich in the powerful antioxidant, d-limonene.

For More Information

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