



Fit For Life Newsletter

Recipe of the Month

Potato Salad (organic ingredients)

8 red potatoes . 2 c chopped celery . 1 c chopped dill . 1 c mayo . 1 tsp herbamere . 3 d YL lemon oil . 1 d YL dill oil . 4 hard boiled free range eggs optional . 4 sliced radish optional

Steam potatoes until firmly cooked. Chill. Cube. Hard boil eggs. Chill. Peel and mash. Mix the mayo, herbamere, lemon and dill oil. Combine with the potato, eggs and celery. Toss with the mayo. Garnish with sliced radish. Serve chilled.

Health tip of the Month

Super Bugs. What you need to know and do now to avoid becoming the next casualty.

So, What about the flu and the 17 or so strains of MRSA?

Here is what some medical professionals are saying. "We are struggling, really struggling, to treat patients around the world. If something isn't done soon, more and more bugs are going to gain the upper-hand. There are simply not enough new drugs to keep pace with antibiotic-resistant bacterial infections. We are sounding the alarm, and hopefully the world will hear it." - Barbara Murray, MD, Director, Division of Infectious Diseases, University of Texas Medical School at Houston.

While the forecast looks bleak for antibiotics, vaccines and antivirals, there is good reason to believe that Therapeutic Grade, pure Essential Oils are an easily accessible, highly-effective alternative which could very well turn out to be a timely, powerful, complementary weapon for all to use in the escalating Microbe Wars. Essential oils are so highly concentrated, most of them are at least 50 times more therapeutically potent than the herbs or plants from which they are derived.

"Infectious microbes do not appear to become accustomed to the essential oils as they do to the many forms of treatment using antibiotics...Clearly, the administering of essential oils by fine aerosol spray should be common practice in sick rooms, operating rooms and clinics."— Jean Valnet, MD

One reason viruses and bacteria cannot mutate and develop resistance to Therapeutic Grade Essential Oils is because of the many chemical constituents that make up essential oils. Synthetic antibiotics are made by isolating one or two single molecules and are thus far easier for a pathogen to negotiate than the multiple, chemical constituents which make up a Therapeutic Grade Essential Oil.

Unlike the relatively simple, one dimensional, synthetic antibiotics, essential oils and oil blends are complicated, multifaceted mosaics of hundreds—sometimes, even thousands—of different, naturally-occurring compounds. Any given essential oil may contain anywhere from 80 to 300 or more different chemical constituents. While being able to attack pathogens simultaneously on multiple fronts, Therapeutic Grade Essential Oils provide no opportunity for pathogens to mutate around them because of this complexity.

Feature Oil ~ Abundance Oil



Abundance is created to enhance the harmonic energy field that surrounds you. The high frequency creates what is called the 'law of attraction'. This refers to the things and experiences we attract to ourselves. Abundance opens us to a wealth of opportunities.

Upcoming Events

Aroma Shapes Regina Sask. Aug 27-28, 2012
Aroma Shapes Saskatoon Sask Aug 29-30, 2012
Aroma Shapes Leduc AB Oct 2-3, 2012
Vibrational Raindrop Leduc AB Oct 4-6, 2012
C.A.R.E. Nanaimo BC Nov 1-3, 2012

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What's more, while many of the constituents of an essential oil exist in minute quantities, all of them contribute in varying degrees to the oil's therapeutic effects. This is called synergy. It involves the working together of multiple components so the dynamic effect of the whole is greater than the working sum of its individual parts. Increasing studies are finding, whole plant formulas exhibit synergistic actions in which certain compounds potentiate the effects of others. This is why there have been so many failed attempts to isolate single, active compounds from medicinal plants. Often the active ingredient of a plant has to be activated by at least one or more other component contained in the same plant. Removing the active ingredient from its living context of other naturally-occurring, chemical constituents can often render it ineffective.

According to Dr. Valnet, the essential oil from thyme literally destroys the anthrax bacillus, the typhoid bacillus, the glanders bacillus, staphylococcus, the diphtheria bacillus, meningococcus, and Koch's bacillus, which is the bacteria responsible for tuberculosis lesions. He says, "The essence of lemon is second to none in its antiseptic and bactericidal properties.

The works of Morel Rochaix have demonstrated that the vapors of lemon essence alone will neutralize the meningococcus in 15 minutes, the typhus bacillus in less than an hour, pneumococcus in one to three hours, staphylococcus aureus in two hours and hemolytic streptococcus in three to twelve hours. Applied directly, the essential oil itself neutralizes the typhus bacillus and staphylococcus in only five minutes and the diphtheria bacillus in just 20 minutes."In tests conducted in France by Professor Griffon, Director of the French Police Toxicology Laboratory, the anti-septic effect of a blend of essential oils; including pine, thyme, peppermint, lavender, rosemary, cloves and cinnamon, was studied in order to test the ability of the oils to purify the air of harmful disease-causing bacteria. First, Professor Griffon set up a number of Petri dishes approximately 15cm from ground level in an open room, allowing them to stand for 24 hours, the germs from the air being collected naturally as they settled into the open Petri dishes. After 24 hours he analyzed the dishes, finding them to contain 210 colonies of various microbes, including numerous molds and staphylococci. He then sprayed the mixture of essential oils in the form of an aerosol into the air in the room. After only 15 minutes, only 14 colonies of microorganisms out of the original 210 were left alive. After 30 minutes, only four colonies of the original 210 were left. Importantly, all of the potentially harmful disease-causing molds and staphylococci had been killed within the first 30 minutes.

In another French experiment, the number of pathogenic microorganisms in various locations. Results as follows: Per cubic meter: in a forest, there were found to be five pathogenic microorganisms in the air, in an average apartment, 20,000 microbes in the air, in public stores 9,000,000 microbes in the air, and in the air of a large hospital there were found to be on average 10,000 microbes per cubic meter. On the top of a work table there were found to be 5,000,000 microbes per square meter. On a carpet, 9,000,000 microbes per square meter.

According to Dr. Valnet, when an inquisitive doctor put some of the microbe-laden air from the hospital into a flask containing just a few drops of essential oils, 40% of the microbes were destroyed in only 20 minutes, 80% in an hour, and 100% in nine hours! Dr. Valnet concluded, "Clearly, the administering of essential oils by fine aerosol spray should be common practice in sick rooms, operating rooms and clinics."

The Thieves Solution. **The Thieves Solution**

Today, the "Thieves Formula" is a proprietary blend of Therapeutic Grade, 100% organic, aromatic Essential Oils containing Cinnamon Bark (*Cinnamomum verum*), Clove (*Syzygium aromaticum*), Lemon (*Citrus limon*), Eucalyptus (*Eucalyptus radiata*), and Rosemary (*Rosmarinus officinalis* CT 1,8 cineol). It is this particular essential oil blend that we urge you have on hand and use daily from this point forward.

In light of the emergence of the growing host of multi-drug resistant pathogens and the decreasing, almost hopeless ability of antibiotics to fend them off, it is our opinion you need to start purchasing and regularly using Therapeutic Grade Essential Oils. Do this as soon as possible. Do it NOW !!

The Thieves Solution The thieves solution.

Diffuse essential oils and apply them topically every day. Carry a bottle of thieves hand sanitizer or the thieves spray. Use the hand sanitizer throughout the day. Use the thieves spray on grocery carts, workout room equipment, restroom doorknobs, faucet handles, etc. At a minimum everyone needs to buy/stock and use the thieves cleaning



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