

Almost all of the out of
stock items are in so call
now 1-800-763-9963

12-21-01

Hello Everyone,

I sincerely hope we all have a joyous and peacefilled holiday season. Upon reflecting over this passed year (aside from Sept. 11) I can honestly say I've had more fun and happiness than any other year of my 40+ years on the planet. This seems odd since again my body experienced very serious health conditions. One year ago today I was in our clinic in Utah and over the next few months re-visited 1 week each month until spring. Many of you have asked what all was going on and now that it's behind me, over the next few months I'll share what worked for me. Starting in November 2001 I was paralyzed with a virus in my central nervous system (spine, brain, etc.) and upon many weeks of further testing a few additional interesting items revealed themselves. I was diagnosed with Cancer (stomach, intestine and moving into liver and kidneys), Lupus-came on very strong in the brain and kidneys, Parasites again in my brain, Fibromyalgia, Gout, extreme Hypothyroidism, chemical and aluminum toxicity in my blood and an unidentifiable bacteria in my blood. The path through this adventure has been amazing. My most heart felt appreciation to everyone who called the clinic in support during my visits. I truly am blessed by your presence in my life and all of you were instrumental in my healing.

Also what a fantabulous year we've had out teaching, training and participating in expo's. A special thank you to those of you who hosted us in your homes. It made being out on the road so much fun!. (Except for Suz Spors, I accidentally turned her Vitamix on high with no lid on- big oops! She now has my Powermeal beverage all over her whole kitchen, floor to ceiling.) As always were growing fast and lots happening so read on..

Membership

It is imperative that you place an order your first month you become a member. Young Living is really paying close attention to empty membership accounts. Also to remain an active membership it is necessary to place an order at least once every 12months, otherwise you'll have to repay your membership and purchase another policy and procedure manual.

Update information

Please make sure to contact Young Living with any new information, new area code, new phone # address etc. I get all my info from Young Living. For security reasons only the person themselves can change any data on each accounts. And please remember to send in your "signed agreements" from your policy and procedures manual. If you need assistance with this please call your sponsor.

Save \$ on long distance

For only \$29.95 a month I get unlimited long distance usage anywhere in the 48 states. The service is excellent. Please call C.N.M. Network 1-800-953-5556 for info.

New Products

Released at the convention is bringing in tons of positive results and testimonials. Please order the info packet from Young Living #3850. It will give you lots of excellent data.

Tapes

Many of us still have tape sets (40 tapes) that were mailed out over this past 2 years. Could you please send me a check for \$40.00 (or call with a credit card number) or return the tapes if you are finished with them. If you would like a set of audio training tapes on how to use all our wonderful items please call me. Everyone who has listened said these tapes are so valuable. You'll find info on these tapes that is nowhere else!

Radio show

I'm on the radio Monday mornings 9:00 -10:00am P.S.T. KNFX 1100AM. Also Wednesdays I'm on Internet Radio 12:00 - 2:00 P.S.T. on voiceamerica.com talking about the oils. Please call in and ask me about the oils 1-888-335-5204.

Website

We have run into a significant challenge with the person creating our website. This is being addressed immediately and we hope to have a new person and our website operable within a few weeks. Thanks for your understanding through this extremely frustrating situation. We'll have a link to Young Living master website through our website so ya'll be able to order, enter new members etc. The cost for email & your own web page & connection to our site & more is \$15.00 per month or \$125.00 pre-paid annually. Our site is young-living.net. To get set up on email call Jim 651-225-1110. also, you can check on all training offered by the whole company in youngliving.com website.

Conference calls

We have 3 excellent conference call options 1-407-318-2793 8:00pm C.S.T. Mondays are highly interactive by our head coach Doug Mills. These are fabulous!! Call and ask lots of questions. 1-512-225-3000 code 60522 8:00pm C.S.T. Mondays are sponsored by Young Living. this is an excellent call for new people about our company & products. (This call is replayed 24hours 7 days a week until the next Monday. Call 1-512-703-8052 #1 if you miss hearing it live). 1-512-225-3000 code 60522 Thursday is a business Building call for all who are interested in utilizing Young Living as a \$ income source. This call is also replayed 24-7. Call 512-703-8052 #2 for the replay.

Environment

Great oil to diffuse this time of year **Christmas Spirit**. It has antibacterial and antiviral properties. Also - it creates a feeling of joy and positivity all around.

Animals

Arthritis - many pets experience joint pain. These items work extremely well, **Sulfurzyme, Vitagreen, Lavendar and Panaway or Relieve it**.

Kids

Respiratory: **Berry Young Juice** - (rapid immune system builder) Drink straight or dilute with water. **Mighty Mist** - (supports balanced brain function and immune system) Spray inside mouth 2x a day. **Immugel** - soft gel for kicking out virus, lowering fevers, supports rapid shifting from illness to wellness. 1-4 tbsp. daily

Vitagreen - Rapidly supports the body to shift from acid dominance to become ph balanced - so we can heal, also contains **Melissa** - the most powerful anti-viral oil on our planet.

Valor or Grounding - on the bottom of feet every morning and at night.

Ravensara- on chest and back dilute 3-4 drops in 1 tsp. olive or carrier oil 3-4 times a day

R.C. & Raven - dilute in carrier oil and rub on spine and feet - also very important to diffuse while sleeping. Cold air diffuser is necessary.

Lemon - put 1-2 drops in every 8 oz. water - drink lots.

Peace & Calming - on wrists and shoulders at bedtime

Everything has essential oils and other great healing ingredients, customize for each client. Check out the Desk Reference for more details on each item.

Teens

A wonderful tip to get kids off soda pop. Pick **Citrus Fresh , Lemon, Grapefruit, Orange, or Tangerine oils** and put it in a glass pitchers of water and leave it sit on the counter or refrigerator. If they want it sweeter add Agave to taste - yum! It really works - soon they'll choose water over soda pop!(much better for proper brain function.)

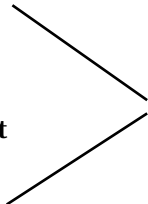
General Usage

Fibromyalgia - There are 2 health conditions that are a long marathon (not a sprint) to recover from. 1. Auto Immune Disorders and 2. Nerve damage and regeneration - For Fibromyalgia there are multiple stages we must move through to recover and be free. Detoxify - change our diet and habits in our life that aggravate the fibro - release and heal our emotional wounds - Regenerate our metabolism, organs and body tissue to recreate an environment of health. This is an extensive program. It is helpful to do as much as possible - understanding everyone will be unique and individual and even choosing a few items is better than not. Also the desk reference has excellent info. Blue Book page 278, Purple book page 259. This is what I used to recover when I was diagnosed with Fibro.

Foods - Know that when you eat/drink these items your Fibro will be aggravated - so ask yourself "is it worth it?" Potatoes, tomatoes, egg plant, any peppers, coffee, alcohol, vinegar, chocolate, any carbonated beverage and all foods with sugar and white flour and for some people gluten and wheat, citrus fruit and juice and dairy. Please drink lots of water with Lemon oil mixed in. Try for 1 gallon a day.

Detoxify - **Cleansing Trio** - take as directed, **Detoxzyme** - take as directed, **Polyzyme**- take as direct before eating protein and sugars, **Carbozyme** - take as directed before eating carbohydrates, **Lipozyme** - take as directed before eating fats - also great for detoxing liver and pancreas and gall bladder support too. **Juvatone** - follow as directed, **Juvaflex** - 5-6 drops on liver 2x a day in water **K & B Tincture** - 3 droppers full 2x a day in water, **Rehemogen** - 3 droppers full 2x a day in water, **Rain drop technique** - receive 1x a week or as often as possible. To alkalize our body (very important) and helps with pain management, **Coral Sea** - 1 tsp. in water 1-2x a day, **Alkalime** - 1 tsp. in water 1-2x a day, **Vitagreen** - up to 4 capsules 4x a day, **Sulfurzyme** - up to 5 capsules 4x a day, atleast 10 capsules a day,

White Fir
Pan Away
Relieve It
Lavender
Ortho Sport
Ortho Ease
Regenalone



any combination of these as needed for pain on location at least 2-3x a day

Emotions - **The Feelings Kit** - Also there are 4 books that are absolutely outstanding, I highly recomend I'll direct you to where to get them 1. Feelings Buried Alive Never Die 2. Healing Feelings From Your Heart 3. Releasing Emotional Patterns, 4. Discover Your Own Magnificence. Read about each emotional oil and find the ones that fit for you, either in the Desk Reference or Intro. Book.

Exercise - Very important, some form of daily exercise brisk walking, yoga, QiGong, biking, swimming, etc. Infra Red Sauna's are also proving extremely helpful. If you need a knowledgeable source please call Dan Keskey 651-220-3216

Regeneration - **Super C** - 4-6 tablets daily, **Immunetune** - 3 caps 2 x a day, **Master formula Hers** - as directed, **Mineral Essence** - 3 droppers in water 2x a day, **Joy** - on heart and adrenal glands 2x a day, **Valor** - on bottom of feet and spine 2x a day, **Prenalone+** - 1/2 tsp.on face, throat and soft skin every morning, **Endobalance** - 1/2 tsp. on face, throat, soft skin every evening - 3 weeks on 1 week off, **Berry Young Juice** 1 oz. daily straight from bottle or add water to taste.

Personal Care Products - Very important to use "harmful chemical free" haircare, skin care, toothpaste, soaps and cleaners. Chemicals in these products seriously aggravate Fibromyalgia - Young Living truly has the best "harmful chemical free" personal care products I have ever used. I have been in the Salon/Spa industry for over 26 years owning 4 and being a product educator nationally. Young Living has high quality person care products are one of the many reasons Young Living products continue to impress me. They produce amazing results at extremely fair prices all "harmful chemical free"! Toothpaste - **Dentarome** or **Dentarome Plus**, Mouthwash - **Fresh Essence Plus**, Cleansers- Consult the Desk Reference or me to select the best ones for each individual.

Moisturizers - same as above.

Remember, Fibromyalgia, like any auto immune diseases requires persistence, displine and an extremely positive attitude - along with the willingness to be authentic and deal with our "emotional stuff" I find it most helpful to select 1 or 2 of my favorite oils and wear them every day. How I define favorite is when you smell it you want to jump in the bottle.

Seniors

For improved memory and brain function - these are really powerful tools that produce real results. **PD 80/20**, **Promist spray**, **Prenalone** + cream, **Ultra Young** + Spray, **EssentialOmega's**, **Brain Power**, **Clarity**, **Peppermint** and **Berry Young Juice**. Experiment and see what works for you! Also I have a great book on **Pregenalon**(\$5.00) call me and I'll send you one.

Hot Tip

"**Abundance** Oil is awesome in the navel. Since I've been wearing it, the most spectacular occurrences are showing up in my life. Try it remember, pay attention to what you're thinking when using **Abundance**. The oils magnify intention. What we focus on expands" Suzanne Lauer

Introducing Tom 612-823-4821

Tom Clague is a wonderful man I have known for years. He is an excellent "life coach" & is offering his assistance to anyone that would like support in changing any area of their life. He has worn many hats over his lifetime. A very successful Natural Health Business Owner, Spiritual Coach, Mentor, Author, Husband, Father and all around amazing man (he'll call you right back to save on long distance). I strongly encourage anyone (no matter the age) to talk with Tom & start manifesting you desires & living the dreams that have been waiting for you in your heart. (He is retired & now decided it's time to give back - so \$ is not a deterrent).

Training & Current Events

- Level I's April 2002 - East Coast, West Coast and Minnesota!
Minneapolis - April 11, 12, 13, 14 - Marcella Vonn Harting & Dr. Ken Krieger
I am also intending to get them to teach "Conscious Languageing" Sunday April 14th
- Additional Classes: Arizona - For more class information contact: Allison Chandler 480-357-7370
Marcella Vonn Harting - 480-443-3224 she is our upline. She holds class twice monthly in Paradise Valley - She's fabulous, please call her for a current schedule
- California - for more class information contact: Sara Mowdy - 415-336-2951
Illinois - for more class information contact: Sherry LaMarche - 847-343-6036
Iowa - for more class information contact: Willie Lansing - 563-926-2534
Nancy Roll - 515-986-1277
Wisconsin - for more class information contact: Ed Geiger - 715-675-9322
Asia Voight - 608-877-1191
Florida - for more class information contact: Nancy Stephens - 850-893-0693

Essentials for Success - Focus on Business

These are starting up again in February. Watch your mail and check out YoungLiving.com for local training. The 1st hour company overview & what are Essential Oils. The 2nd hour product knowledge on the new products & if there's time, questions & testimonials. The 3rd hour is for people who want to discuss the compensation plan & business building. Cost is \$10.00 for distributor and free for non distributor. These are going to be a blast!

Product Knowledge Classes

Young Living is sponsoring classes around the U.S. and Canada focusing only on oil and product knowledge. Company trainers will be sent out starting the end of March. I've been selected to be one of these trainers. We have a meeting in Utah the end of January to learn all the details. If you want one of these trainings in your area call the Events Dept. at Young Living (but NOT until after February 10th or I'll get in trouble, this is not for general knowledge yet.) and request. You have to guarantee at least 150 people to attend.

We're doing lots of additional basic classes & workshops in Mpls/St. Paul area - if you'd like flyers - call me or check our website (it'll be up soon) young-living.net. I'm also teaching classes on the "Toxic Touch Me Nots", "Expanding Intuition and Understanding the Creation/Manifestation Process" "Friday Feasts", Business Building & Leadership Training. Call for flyers.

Expo's and Training Events

- Jan 8 Richfield, MN - Life Unlimited, 70th & Nicollet - 7:30pm "Lavender & France"
- Jan 18-20 Mpls Convention Center Womens Expo. Chérie is speaking - We'll be very busy! If you'd like to work or assist please call Chérie now! 763-545-7347
- Jan 30 - Feb 2 Chérie is in Utah for advanced training
- Feb 8-9 Wadena, MN - Intro & Workshop, contact: Elaine Downer 218-837-6059
- Feb 12 Richfield, MN - Life Unlimited, 70th & Nicollet - 7:30pm "Wholistic Healthcare"
- Feb 15-17 Illinois, S.W. Chicago area - Intro & Workshop - Wellness Massage Training Institute, 1051 International Parkway, Woodridge IL. Registration required 630-739-9684x.2 contact for questions Sherry LaMarche 847-343-6036
- March 1-3 St. Paul, MN River Center - Family Expo - Chérie is speaking. Again - we'll be very busy! If you'd like to work or assist please call Chérie 763-545-7347
- March 7-10 Phoenix, AZ - Intro & Workshop, The radio station is bringing us in for some local broadcasting. I'll be doing classes on Thursday night and Sunday. Call Chérie or Lee or Judy Camp for info: 623-465-1934
- March 12 Richfield, MN - Life Unlimited, 70th & Nicollet - 7:30pm "Wholistic Healthcare"
- March 14 Chicago, IL - Class 7-10pm, contact: Sherry LaMarche

- March 15-17 Chicago, IL - Pet Expo - huge event, we're also speaking. If you'd like to work the booth or assist please contact Chérie 763-545-7347 or Sherry LaMarche 847-343-6036
- March 22-24 Minneapolis, MN - International Market Square, Body/Mind/Soul Wholistic Expo. Hopefully Chérie will be speaking - if you want to work the booth or assist please contact Chérie 763-545-7347
- April 5-7 Indianapolis, Ind - Hoosier Horse Fair (bigger than Equitana) If you're interested in assisting or working the booth call Chérie 763-545-7347
- April 5-7 Columbus Ohio - Equine Affaire - Huge Event - this is a maybe! We're still trying to get a booth, watch for updates.
- April 9 Richfield, MN - Life Unlimited, 70th & Nicollet - 7:30pm "Wholistic Healthcare"
- April 11-14 Minneapolis, MN - Level I - this is like no other class you've been to. Marcella Vonn Harting and Dr. Ken Krieger D.C. (considered a leading authority in the world on spines and Essential Oils) are teaching. About 12 of us went to their class in Phoenix last Sept. and all of us are coming to this one. I've been to 5 Level I's and 2 Level II's and I still took 9 pages of notes. Also I'm intending to talk them into staying on Sunday and teaching "Conscious Languageing" definitely if at all possible this is one class you'll regret missing. This is an extremely rare opportunity.
- April 19-21 Madison, WI - Midwest horse Expo - This is our 3rd year there, we're always busy. If you would like to work the booth or assist call Chérie 763-545-7347
- April 26-28 St. Paul, MN - Minnesota Horse Expo - I'd like to have a bigger booth and coop with all the horse people in MN. Using the oils - advertising everyone's services - it will save us \$\$ and time, if interested call Chérie 763-545-7347
- May 3-5 San Francisco, CA - Anatriptic Arts Expo - (hands on healing) We have a booth - as of now no other Essential Oils are being represented. This expo is targeted to anyone that does any healing work. Excellent market for us. If you'd like to work the booth - please call Chérie 763-545-7347
- May 14 Richfield, MN - Life Unlimited, 70th & Nicollet - 7:30pm "Wholistic Healthcare"
- May 18-19 Cedar Rapids, IA - Unity Church "12 Oils of Ancient Scripture" and other workshops. Flyer to follow.
- May 24-26 Chérie is off to Wyoming to participate in a "Wild Animal Communication" class
- June 19-22 Salt Lake City, UT - Convention - This is Young Living International Training Symposium. Superior training from professionals all over the world. I'm purchasing a block of tickets at a reduced price of \$225 reg. \$340. If you want one (or more) call me ASAP

What's New

We had our first Brainstorming gathering for the Wholistic facility in Carver, MN. The education levels of the people who participated is astonishing, thank you so much. There are openings in all areas. If you're interested in moving forward please contact Dr. Dayna Wolfe - 952-368-9402 We are in the early stages of pulling together a team of doctors, nurses, psychologist, physical therapist, massage therapist, veterinarian, etc. to create an Integrated Health Care facility for humans and animals on 90 acres in Chaska, MN. This is a momentous task and if you'd like to be involved call me. The owner has also offered her barn and location to do animal classes.

Business Building

Jim Lynn has a highly effective Business Building Info disk. Please email him @ lynngroup@inwave.com and get one. Judy Beenken has created some fabulous (mens & womens) shirts, sweat & t shirts, bags, etc with "our" beautiful logo on it. we've been wearing them to expo's, fairs, classes & meetings. customers are asking to purchase them they're so sharp. I even had multiple people request to purchase the shirt I was wearing! Call or email her, she'll send you a brochure. Judy Beenken 641-749-2678

If you'd like me to teach a class in your area we need at least 20 - 25 people for new areas, over 50 for return areas. I am booking for June- December 2002.

WE've had a spectacular year. We started 2001 with 1,200 members and now we're well over 3,000! I find this very interesting since today on the news Motorola laid off 48,00 employees and other companies are laying off many, many people. Yet our business has grown over 300% this passed year! I have overflowing gratitude for each of us as we continue to have a positive effect on the people and animals whose lives we touch. Congratulations and special recognition to the following members for their achievements in Oct/Nov. 2001.

Star Executive - Jennifer Crippen, Marlene Heckt, Linda Sullivan, Dorie Buck, Maria Mazur III, Landon Ross, Lee and Judy Camp, Merle kuennen, Joanne Beadle, Terry Burns, Judy Jellings, Elaine Turczynski

Sr. Star Executive - Jennifer Crippen, Sherry LaMarche, Brad Michels, David March, Babs Anderson, Dan Luetke, Quartus, Jeanne Wiger.

Master Star Executive - Jerry Till, Days Gone Bye, Spirits Whisper Acres, Nita & Jerry Stewart

Premier Master Star - Marge Ross, Dan Keskey, Willie lansing
Outstanding!!

Finally, I have a request - please have your members call their sponsor before me - I'm so completely overloaded with phone calls that it is taking me 3 - 4 weeks to return calls! And with some of these situations of a serious nature time is of the essence. Also, I will only talk to people who are members. Unless, sometimes there are unique situations, then I prefer a 3 way call with the interested person(s), sponsor & me. Also, please make sure everyone who wants my assistance in creating a program for them has the Desk Reference in hand during our conversation. These steps will so assist me in being available to more of our team.

Life Mother Teresa

**Life is an opportunity, benefit from it.
Life is beauty, admire it.
Life is bliss, taste it.
Life is a dream, realize it.
Life is a challenge, meet it.
Life is a duty, complete it.
Life is a game, play it.
Life is a promise, fulfill it
Life is sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is luck, make it.
Life is too precious, do not destroy it.
Life is life, fight for it.**

Abundant Blessings

Chérie