

"The Bitterness of low quality lingers long after
the sweetness of low price disappears."

800-371-2928 - Live operator order taking
888-880-1549 - Automated ordering
800-371-3515 - Customer Service
866-203-5666 - Fax
801-418-8900 - Corporate Office

**Remember if you are on Auto-ship to update
your order each month prior to your selected
Auto-Ship date otherwise you will be sent the
same items as last month.**

Hello Everyone,

Following is a list of people from our organization attending the Y.L. Convention in July. If you are attending convention and your name is not on this list please call me immediately. We have a very fun & educational evening planned for our team on July 16 - Weds - i'd like to send you the info on. We need to give the Hotel a count for the dinner.

*****URGENT*****

PLEASE REVIEW THE LIST OF PEOPLE I HAVE ATTENDING CONVENTION AND CALL ME IMMEDIATELY WITH THE MEMBERS OF YOUR TEAM THAT ARE NOT ON THIS LIST.

Karen Wordelman, Eelen Ebling, Sally Gwinn, Dr. Jeff Essen, Beck Pollert, Kathleen Meech, Jennifer Crippen, Lisa Jane Kregel, Millie Heimlich, Virginia Litza, Lisa Meyer, Sharon Wehner, Brenda Carter, Mary Prange, Deborah Fischer, Kayleen Kincaid, Laurie Prettnner, Ray Miller, Linda Prettnner, Kim Malarkey, Glenda Hassell Kruger, Tracy Stayback, Elaine Turczynski, Linda Brown, Julie Stoesz, April Bernal, Nancy Stephens, Cheryl Wahlin, Joan Reteneller, Deb Frantti, Morgan Hutchinson, Edward Geiger, Judy Camp, Shirley Bircher, Ron Bircher, Katherine Conrad, Willie Lansing, Judy Jellings, Janet Becker, Babette Anderson, Marge Ross, Dave March, Stanley Jagodzinski, Peter Hays, Sherry LaMarche, Lynn Cox, Valerie Weberg, Dan Keskey.

•The Science & Application of Therapeutic Essential Oils: taught by Gary Young N.D. Newark New Jersey October 2003. This is an updated 3-4 class. More info to follow. This will also be another outstanding educational event.

•Enclosed are some interesting & disturbing attachments regarding proposed laws on removing our choice of care for our animals & pets as well as making a significant number of our Nutritional Supplement available by prescription only. This would increase the costs dramatically, and again remove many of our rights of freedom of choice. These bills are written in a deceptive manner & are by their own action "unconstitutional." Please take action to stop these from becoming law.

•Essentials for Wellness/Success

Young Living company trainer is presenting an outstanding 2 part seminar.

I. Product Knowledge/II. Compensation Plan/Business Building.

Plan on attending this highly informative & fun event.

Mon. Aug 18th	7-10pm	location to be determined	Rapid City, SD
Tue. Aug 19th	7-10pm	Sheraton Four Points HWY 94 at Hamline	St. Paul MN (651)642-1234
Wed. Aug 20th	7-10pm	location to be determined	Milwaukee WI
Thur. Aug 21st	7-10pm	location to be determined	Chicago IL

YL Member \$10.00 Non-member guests - Free YL Customer Service 1-800-371-3515 Register at the door

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 pay a higher price when reordering. To order call 800-371-2928

Update information- emails

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 account. Please remember to send in your "signed agreements" from your policy & procedures manual. If you need assistance with this call 800-371-3515

Environment

Poison Ivy/Oak - Immediately apply **Lavender Oil** or **Purification Oil** on affected area. Then cover with **Idaho Tansey & Peppermint Oil**. Watch the pain & itch disappear. Repeat as often as necessary.

Children & Infants

Heat rash - Apply **Lavender** or **Chamomile** or **Purification** on affected areas cover with **Peppermint & Tender Tush Ointment**. Repeat as needed. Ahhh!!

Everyone

To keep cool in the heat put **Peppermint** on the bottoms of your feet, wrists, back of neck & 1 drop in your drinking water. Enjoy a much more comfortable summer. (**Peppermint** regulates body temp.) Repeat as desired.

Hot Tip

For proper balanced cholesterol levels take 1 Tbsp **Essential Omegas** 2-3x daily. (In addition to Digestive Cleanse & Liver Cleanse See April & May 2003)

Animals (Humans too!)

H2 oils - These are wonderful. Simply put 1 pouch (sealed) in a pitcher, tank, or bucket of water - Refill water as needed. Each pouch is good for at least 30 gallons (or more) of water.

Peppermint - Aids in regulating body temp, proper digestion, liver & gall bladder function, regenerates damaged nerves, supports mental clarity & helps keep bugs & parasites away too! Both inside & out.

Lemon - Supports proper immune function, purifies blood, has anti-viral properties, reduces acid reflux, improves mental focus, kills harmful bacteria, keeps parasites away, is invigorating & mood uplifting.

Lemon/Orange - as above plus balances cholesterol, calming, anti tumoral, anti inflammatory & improves circulation.

Lemon/Grapefruit - as above plus excellent for balancing liver, & unwanted fat & moving the lymphatic system helping with edema.

General Usage

Parasite cleanse (Including Roseacea) - Young Living has one of the most effective & powerful **Parasite Cleanses Trio** (April 2003) prior to starting a parasite cleanse. It is best to start your program on the evening of the full moon.

Parafree (capsules or liquid) take as directed - DRINK LOTS OF WATER! Either 3 weeks on & 1 week off for 6 months or 1 week on & 1 week off for 6 months. Depending on the severity of your situation.

Ditone - 5 drops on tummy 2-3x daily.

H2oils - Drink at least 1 gallon daily of your favorite flavor.

Digestive Enzymes - Choose the appropriate Young Living enzymes as they all assist better than other brands. Use as directed.

ICP - Excellent for parasite cleanse use 1 tsp or more daily.

Roseacea

Roseacea is caused by the parasite Demodex Follicularium. To get rid of Roseacea - Follow the above parasite cleanse program. And on the affected area use the following every a.m. & p.m.

YL Peppermint Scrub - use as directed

YL Sandlewood Toner - Mist on skin (close eyes)

YL Rosewood oil - Apply directly on skin (avoid eye area)

YL Sandlewood Moisturizer - apply all over affected area

Sulfurzyme - 5 caps 2x daily or (1 1/2 tsp.) 2x daily.

Parasites - Animals

Jenn at the Y.L. farm uses **Parafree** as a wormer - Once a month - 3 months depending on the animal. Again the amount you use is depending upon the condition & weight of each animal. They used 50-100cc in the draft horses & got excellent results.

Ditone - Remember to give your animals **Ditone** 1x a week internally a few drops to maintain healthy digestive system.

H2oils - **Peppermint** in their tank, dish, bucket.

Reference Books

Essential Oil Desk Reference/ ESP • Advanced Aromatherapy & Medical Aromatherapy/ Kurt Schnaubelt
Embraced by The Essence / Dr. Marcy Foley, Dr. Carolyn DeMarco Answers Your Questions
The Complete Book of Essential Oils & Aromatherapy/Valerie Ann Worwood

Essential Oil Research Consortium!!! See enclosed format

Peter Minke PhD (Young Life Research Clinic) recently contacted me on creating a system by which we are able to start doing Essential Oil research in the field - If you'd like to participate in this please contact me A.S.A.P. (No you do not have to be a medical professional to participate. This is open to all.) Cheryl Wahlin is coordinating research projects in 1.Balancing Cholesterol Levels 2.Vision Improvement 3.Diabetes/Blood Sugar Issues. If you would like to participate please call Cheryl Wahlin 763-529-9245.

Clinic in Minnesota - For Animals and Humans

Jeffrey Essen N.D. and associates are forming a clinic in MN similar to Young Life Research Clinic in Utah with the intention of including holistic care with animals. All the legal registrations have been filed and we are now moving into the fund raising phase. To receive an informational packet or if you are interested in investing, supporting, volunteering, or working at making this happen please contact Dr. Jeff 612-987-4703. jessen@mauimail.com

Young Life Research Clinic

Young Living has a medical research facility in Springville, Utah which has excellent results producing treatments & programs for a wide variety of physical, mental & emotional conditions. Many of our team members have visited the clinic

receiving outstanding results from seemingly minor to extreme life threatening situations. **Before anyone is referred to the clinic it is imperative that they have their own personal membership account number. Please make sure the person referring them to the clinic has setup an account for them prior to their visit.** This will save them valuable \$ & make sure they get connected to our team enabling them to receive much needed support.

Often times potential patients get frustrated because they don't get all their questions answered. The clinic is regulated by government agencies & can only answer limited questions over the phone. Once you become a patient all of your questions can be answered during your personal visit & follow-up care. Many of us that have been to the clinic can answer your questions that perhaps initially the clinic can not. To make an appointment call 801-489-8650

Tapes

Many of us still have tape sets (40 tapes) that I personally have mailed out over this past 2 years. (not the tapes that Y. L. includes in your orders) 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. The most current set is over 60 tapes. (mailed price \$65.00) Everyone who has listened said these tapes are so valuable. You'll find info on these tapes that is nowhere else!

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.

Website

We have a web master. He is continuously updating our site, please email him with any questions. john@datrona.com. We'll have a link to Young Living master website through our website so you'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 prepaid annually. Our site is young-living.net. To get set up on email call Jim 651-556-5656, or 1-866-413-5656 or email: sales@cerzan.com.

Conference calls

We have an excellent conference call option 1-407-318-2793 8:00pm C.S.T. Mondays are highly interactive by our head coach Doug Mills. These are fabulous!! Call & ask lots of questions.

Training & Current Events

Essentials For Wellness

Nation wide YL Sponsored Events - Call 800-371-3515 for dates & locations.

Education

Young Living and our team are truly education based. It has been said that knowledge is power. I also know that knowledge builds confidence. Knowledge can also be very motivating and inspiring. Please call your upline for a list of local classes. Please check www.young-living.net for info on classes

Attend Young Living Trainings FREE!!!

Yes - Including Annual Conventions. How? - Simply by being & staying on Autoship of \$100 or more each month. Select \$100 worth of products that you don't change every month (\$100 needs to be consistently the same products, however, you can change any other products above \$100.) And for each month (a minimum of 6 months) you'll earn \$25 per month of training credits to be used at any Y.L. sponsored training event.

- Convention - July 16-19: Y.L. has decided that this will be the last convention for awhile (they intend to do more Regional trainings) There has been talk of having Convention everyother year but so far it's only talk in the corp. office. So if you're on the fence about coming to convention - please come! I've just returned from Y.L. in Utah (working in the lab & meeting with staff about convention) and as I stated before this convention is filled with solid research & education. Even farm day has classes & research areas to learn from others. I guarantee everyone who attends will be so filled up & they'll say _____ should have been here! (Anyone who is not over the top glad to have gone I will personally refund their \$.) This event will have a most profoundly positive effect on you personally as well as your business.

*Registration- if you or your members are using our Group Rate - Please fax your registration form directly into Y.L. Write on the form "Cherie Ross Group Rate." (1-866-203-566 toll free.) New members enrolling can still utilize the Group Rate.

- However -

If you are planning on using your Autoship Training Credits, you may call & register w/customer service 1-800-371-3515.

*Hotelroom - If you would like a discount on a hotel room go on the internet to Hotels.com or contact Star Moree 320-363-1017 (my sponsor) She has reserved a block of rooms at the Best Western for \$77.00 per night for up to 4 people per room. (This would be \$20.00 per person per night!) Or contact Best Western S.L.C. Plaza Hotel 1-800-366-3684 Talk to Diane Castro. Tell her you are part of the Star Moree Group. Contact these people for roommate info.

Cheryl Wahlin 612-281-5601

Sharon Wehner 651-464-3964

Lisa Meyer 651-459-7008

Lynn Cox 952-474-4270

Debbie Fischer 262-949-4124

Elaine Downer 218-837-6059

Kathy Meech 651-406-1325

Julie Stoesz 507-645-4355

Judy Jellings 563-425-4599

Rosmary Dobbrats 920-386-4747

Dr. Jeff Essen 612-987-4703

*Car Pooling - Star is also heading up a carpool to drive out to the Convention to save \$ & allow more to attend. Please contact Star if anyone in your organization is interested.

*Recognition Dinner - Wednesday July 16th at the Wyndham Hotel we will be having a recognition dinner with some very fun happenings. Please let me know who from your team will be attending. (I will let you know very soon how much \$ dinner will be. We'll have a buffet like before. My goal is to keep the cost affordable for all.) Attached is a rough outline of the exceptional evening we have planned. please call me by July 7th with a list of your members planning on coming to our Weds. night event. As I need to call the hotel with a headcount of how many attending. An invitation will be sent to everyone attending Convention. (I'm still working on lowering the price to \$15.)

Exceptional Extraordinary Evening

July 16 2003 Wyndham Hotel SLC 6:30 - 10:30pm

\$20.00 Per. Person

6:30 Registration & Welcome 7:00 Dinner Buffet - Very Yummy 7:30 Recognition of leaders
8:00 Share written Testimonials - prizes given 9:00 Very fun games, prizes, & positive surprises, & laughter.

* As an added incentive - the Master Star & above ranks who has the most people (over 5) attending convention will receive \$250.00 from me as an expression of gratitude for your leadership. (If you have another Master Star or above in your organization their members will not count as yours.)

** Oils & Animals research tent at YL Convention farm day. Here are the members we've got working. If I've missed anyone let me know now.

Ed Geiger, Jennifer Crippen, Virginia Litza, Linda Brown, Dr. Jeff Essen, Ron & Shirley Bircher, Milli Heimlich, Debi Fischer, Nancy Stephens, Sherry La Marche, Peter Hays.

Young Living and our team are truly education based. It has been said that knowledge is power. I also know that knowledge builds confidence. Knowledge can also be very motivating and inspiring. Please call your upline for a list of local classes. (Enclosed is the updated Twin Cities schedule)

Please contact members in your organization and encourage their attendance. Especially those who live in the area of the class.

July	11-13	Colorado Area - A variety of classes for humans and animals	See enclosed flyer	
July	12	MN Brainerd Area Intro	See enclosed flyer	Kelli Johnson Teaching
July	16-19	UT Salt Lake City YL Annual Convention		
August	9th	WI A variety of classes for humans and animals	See enclosed flyer	Cherie Teaching
August	15-16	MN Brainard Area Intro/Q&A/Animal Workshop	See enclosed flyer	Cherie Teaching
Sept.		ND A variety of classes for humans and animals	Info to follow	Kelli Johnson Teaching
Oct.		Newark NJ Gary Young is teaching a brand new class	Science & Application of Ess. Oils.	

2003 is bringing lots of changes in my schedule. I am being requested to teach more nationally which is exciting. Our team is growing so rapidly and the need for training is accelerating. Also Y.L. is determined to have the new products ready for Convention. Upon completion Y.L. is putting me on a national tour educating company wide. I have also created some new classes, continue to up date our website and added in Distributor Training (for those who choose to share Young Living products with others). Educator Training (for those who choose to teach class, do presentations and speak at events). Leadership Training (for those who are at Master Star and above).

Events and Opportunities

There are many events, expos, fairs etc.. where there is great opportunity to share Young Living. We are being requested to speak, hold classes and have booths at many of these events, There is lots of room to grow your business and share the oils with many. If you are desiring to assist us and learn, or work, please contact your upline for any events in your area for locations of interest to you. We always could use the help in the Minneapolis area. (remember - expenses incurred are shared by those working to build their business.) We're involved with many events with outstanding response. We could have easily added more members if we had more people to work the events.

Oct. 24-25 Mpls, MN Mind, Body, Life Expo

Nov. 21-23 Mpls, MN Edge Life Expo

Business Building

Vicki Opfer has an outstanding computer program to manage your organization, this is the best one that I have ever seen! To receive info, call 303-456-0088 or go to her website www.ylfamily.com, print the Installation Guide, Users Guide & Order Form. I encourage everyone who is building a business to use this program.

For Leaders only: YL Leadership Conference Call 7:00pm cst. first & third Tuesdays each month. Join the most successful leaders sharing what works for them. 512-225-3500 enter code 60522# 24 hour replay: 512-703-8052

I have overflowing gratitude for each of us as we continue to have a positive effect on the people & animals whose lives

we touch. Congratulations & special recognition to the following members for their achievements in May 2003. (if I have missed anyone please let me know)

Sr. Star Executive - Ame Wiger, Terry Burns, Brad Michels, Connect 2 Pets, David March, DBA Midstates, Dennis Grady, Edward & Sandy Geiger, Elaine Downer, Nita & Terry Stewart, Karla Berger, Kathleen O'Sullivan, Ken Alanen, Landon Ross, Paula Casper, Raymond Miller, Roger Beenken, Jodi Funk, Marle Kuennen, KDM Associates Inc., Nick Kuennen, Kassi Johnson, Jeanne Wiger, Brent Hauge, Hildegard Rykoff, Elaine Turczynski, Lynn Young, John Henry Yoder, Mariellen Kristol, Amos Toder, Salley M. Gwin, Quartus Foundation Inc, Kelli Johnson, Jerry Till, Bob Morrow, Asia Voight, Donna Duncan, Dianna Sabella, Sky Timm, Darwin Jellings

Master Star Executive - Lee & Judy Camp, Peacock Enterprises LTD, Dan Leutke, Richard Stoesz, Judy & Dave Jellings, Days Gone By,

Premier Master Star - Babette Anderson, Sherry Lamarche, Spirits Whisper Acres,

Ambassador Master Star - Dan Keskey, Making Waves Inc., Willy & Joan Lansing,

Silver Master Star- Marge Ross

The Following is a Chinese Good Luck Tantra Totem

One

Give people more than they expect and do it cheerfully.

Two

Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

Three

Don't believe all you hear, spend all you want.

Four

When you say, "I love you," mean it.

Five

When you say, "I'm sorry," look the person in the eye.

Six

Be engaged at least six months before you get married.

Seven

Believe in love at first sight.

Eight

Never laugh at anyone's dreams. People who don't have dreams don't have dreams don't have much.

Nine

Love deeply and passionately. You might get hurt but it's the only way to live life completely.

Ten

In disagreements, fight fairly. Please No name calling.

Eleven

Don't judge people by their relatives.

Twelve

Talk slowly but think quickly.

Thirteen

When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

Fourteen

Remember that great love and great achievements involve great risk.

Fifteen

Say "bless you" when you hear someone sneeze.

Sixteen

When you lose, don't lose the lesson

Seventeen

Remember the three R's:

Respect for self; Respect for others; Responsibility for all your actions.

Eighteen

Don't let a little dispute injure a great friendship.

Nineteen

When you realize you've made a mistake, take immediate steps to correct it.

Twenty

Smile when picking up the phone. The caller will hear it in your voice.

Twenty-one.

Spend some time alone.

Reference Section

Kathy Heuser, Psy.D. The Alternative Counseling & Mediation Resources (612) 275-9863 Minn.
Kathleen O'Sullivan Deep Tissue Therapist, Cranial Sacral, Auricular Therapy, Raindrop Tech.,
Minister, Spiritual/Psychic counseling & readings (952) 903-0125 Minn.
Betty Bjorkman Auricular Therapy, Raindrop Tech., (952) 935-9360 Minn.
Sue Olmos Midstates Myotherapy, Reiki II, consultations (603) 205-9355 Ill., Wisc.
Fanona Grace Wholistic Health Practitioner (763) 561-3396 Minn.
Merita Rahlenbeck Raindrop Tech. w/sound (952) 703-9713 Minn.
Peggy Richardson Raindrop Tech. & Massage (763) 494-4267 Minn.
Katherine Conrad Raindrop Tech., Emotional Clearing (612) 220-4664 Minn.
Jackie Berggren Raindrop Oils Holder (Call For Brochure) (319) 268-0998 IA.
Judy Beenken, Young Living Logo shirts, bags, aprons & assorted promotional items (641) 749-2678
Marilyn Tokach, Animal Communication & Behavior consulting (952) 226-2622 MN
Lena Swanson, Animal Communication (651) 206-0644 MN
Sharon Adams, Chiropractor, (715) 483-5822 WI/MN
Asia Voight - Animal communication & teacher 608-877-1191, WI
Ed Geiger - Raindrop Technique, humans & animals. 715-675-9322 WI
Jeanne Wiger Psychotherapist & transition counselor, 651-450-5549 MN/WI
Dr. Jeff Essen, Naturopath 612-987-4703 Animals & Humans
Heartland grooming/Wholistic practice 651-423-2500 MN
Nancy Stephens - Raindrop Technique on Animals 850-893-0693
Julie Stoesz - Raindrop Technique, massage & emotional balancing on humans & animals 507-645-4335 MN/WI
Renee Hogendorf, Raindrop Technique, massage, emotional & behavior training w/animals 612-621-3383 MN/WI
Spirit Plus Nutrition (Animals), 608-527-5333
Connect 2 Pets (Animal Nutrition) 773-354-1393
Kelli Johnson (Animal Nutrition), 763-441-4366
Dale and Betty Noordmans (Organic Meat - all kinds) 320-392-5925
Diane DiCristina - Feng Shui Consultant for Home and Business 952-346-9339
Valarie Weberg, Essential Oil Pendants 651-438-2362
Mary Stoffel, Animal Communicator 763-444-8146
Pam Eichenberger, Equine Massage Therapist 651-731-2026 MN/WI
Katie Sandberg, Raindrop Technique 651-486-7843 MN
Diana Burney, Energy Worker 541-482-5606

Acupressure Facial Rejuvenation By Acupuncturist Victoria Mogilner, C.A.

Acupressure Facial Rejuvenation is a simple way to work on yourself with the oils and acupressure points to release stress and rejuvenate yourself from the inside out resulting in peace of mind.

This article gives you a few points to try at home. It is part of my acupressure booklet teaching you to love and nurture yourself.

As you slow down, breathe and touch each point, you are activating a meridian to open you spiritually, mentally and physically, and balance you from the inside out. This is a way to activate self love and self worth. Remember, you can't love another until you love yourself. As you use these points you are entering a world of total relaxation, joy, inner harmony and peace of mind. This is a natural way to relieve stress.

The first point is a gall bladder point called "Flowing Valley" and is located at the hair line above the eyes. Massage in small circles, press hard enough to feel the pressure, but not hard enough to hurt. The gall bladder has to do with making decisions. As you work on this part breathe in and out and make a decision to love yourself. This point is also for headaches. Use the essential oil Clarity to open your mind to new ideas.

Another point is called "Receiving Tears" and is a stomach point. Place your middle finger below the center of the eye on the ridge of the socket. Massage in small, clockwise circles to stimulate blood flow to the cheeks. Never put pressure on the eyeball. Relax and breath deeply in through the nose and out through the mouth. As you focus on the point reflect on how you nurture yourself daily on a mental, physical and spiritual level. You need an hour each day for self love. Use the oil Valor for self worth and self love.

Take time to light a candle and look in the mirror and say, "I love me" as you play with the oils and acupressure points.

(Editor's Note: Never use essential oils close to the eyes! Massage the points noted using oils only with extreme caution, and never with a chance of getting oils in or near your eyes. Fumes from oils applied below the eyes will rise into the eyes and can cause extreme discomfort.)

Victoria Mogilner is a certified acupuncturist specializing in facial rejuvenation. She is available to teach and lecture. To reach her or order her booklet, contact East-West Rejuvenation, 4110 N. Goldwater, #106, Scottsdale, AZ 85261. Phone: 888-473-2577 or 480-553-8208.



Anti-aging Nutritional Supplements May Soon Be Illegal

At this moment, certain members of Congress are intent on taking anti-aging supplements such as DHEA and pregnenolone away from you and even placing you under arrest if you possess them.

The villain is the so-called "Anti-Andro Bill" H.R. 207 introduced last October in the House by U.S. Representatives Sweeney and Osborne. Purporting to address muscle building "andro" supplements used by teens, this extremely exaggerated bill would actually permit the Drug Enforcement Administration (DEA) to classify a wide variety of currently over-the-counter nutritional supplements as controlled substances. In effect, this bill would authorize the arrest and criminal prosecution of millions of Americans as drug offenders just for possessing various nutritional supplements.

Those caught in possession of these currently legal nutritional supplements would be subject to federal asset forfeiture laws, permitting the government to seize private property. All this would be done by making an end-run around the proper lawful procedures, and without any evidence of legitimate public health concerns or consideration of dangers to American adults. The bill would also deal a staggering blow to nutritional supplement freedom and the Dietary Supplements Health and Education Act (DSHEA).

With images of kids taking steroids to hit home runs coupled with the support of the United States Anti-Doping Agency (USADA), the NFL and the NCAA, the political pressure to vote for this bill is almost overwhelming. Unfortunately, what the proponents of this bill are not telling anyone is that this bill is about a lot more than androstenedione. It is also about outlawing as many other natural supplements as possible.

Right now there is practically no resistance to this bill. With its politically popular "save our teens" message and well-hidden assaults on adult freedoms, H.R. 207 is basically a home run—that is, unless people act quickly. Politicians

on Capitol Hill must understand that American adults want nutritional supplement freedom, not an expansion of the ban on drugs into our neighborhood health food stores.

Unfortunately corrupt bureaucracies will continue to trample basic human rights as long as citizens remain passive and apathetic. It is vital to act immediately to stop H.R. 207 or face the beginning of the end of our nutritional supplement freedoms.

What You Can Do

Contact the United Supplement Freedom Association, Inc. (USFA), a not-for-profit coalition dedicated to the preservation of nutritional freedoms for American adults. You can visit online at www.USFA.biz, where you can click on the anti-aging section and follow instructions on how to petition your congressional representatives to demand that they fight this bill. A form letter and list of representatives are available.

To speak directly to your Congressional Representative, call the U.S. Capitol Switchboard at 1-202-225-3121. You can be connected to his or her office directly. You can also find out who your Congressional Representative is and send an e-mail letter by accessing the web site www.house.gov.

FACTS ON HB464

VETERINARY MEDICINE AND SURGERY PRACTICE ACT OF 2004

What it concerns

This bill updates the present Veterinary Medicine and Surgery Practice Act of 1994. It adds new language that broadens the definition of the "practice of veterinary medicine", to include "complementary, alternative, and integrative therapies", anything that effects the "physical or mental condition" of an animal, dispensing a "treatment of whatever nature", and "determining the health and fitness of an animal". It consequently restricts animal owners from obtaining products or services within the state or from other states, if the supplier of the product or service is not a veterinarian licensed in this state and who does not have a "veterinary-client-patient relationship" as defined by this bill.

Problems with this bill

- Violates IL Right to Work laws for otherwise competent practitioners of alternative, complementary and integrative therapies
- Allows veterinarians to practice modalities that are outside the scope of their normal training but prevents persons trained in those modalities from practicing them
- Sets more restrictive measures for animal health care than those that exist for humans
- Infringes on animal owner's freedom of health care choices
- Vague, and overly broad – similar laws have been struck down in other states
- Serves to create a monopoly of one profession over another, harming the consumer
- Creates liability concerns for veterinarians
- Calls into question violation of Freedom of Speech
- Infringes on owner's animal property rights
- Interferes with Interstate commerce and trade
- Infringes on Freedom of Religion for spiritual healers

Currently a thriving alternative natural healing community of professionals and non-professionals exists in the State of Illinois. Passage of this bill would eliminate this community, precluding their service to people and their animals. Nutritionists, massage therapists, aromatherapists, homeopaths, behavior specialists, animal communicators, spiritual healers, trainers, farriers, equine dentists, Touch practitioners, and physical therapists, among others, would be impacted. Animals throughout the state would be denied the compassionate and quality care these people now provide. Conceivably a groomer recommending a change in diet or a trainer rewarding an animal for good behavior could be construed as practicing veterinary medicine under this overly broad proposed legislation.

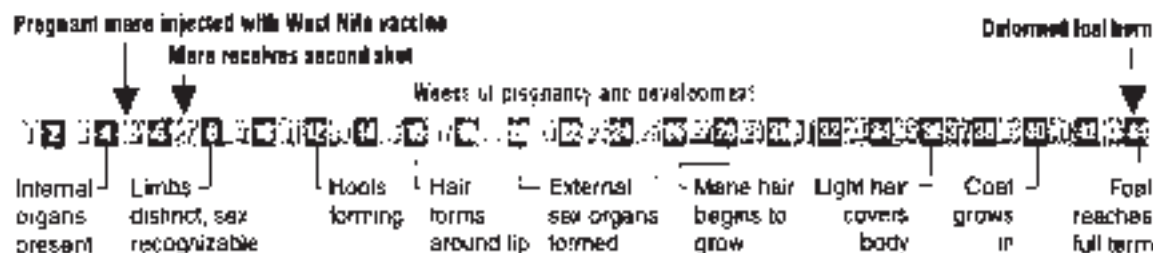
HB464 MUST BE DEFEATED OR RE-AMMENDED

For more information contact: Cricket Mara – pamara57@mtco.com or (309) 387-5290
Jeanette Crowe – jicandi@mtco.com or (309) 359-8222
Part of a group of concerned IL individuals and professionals 4-10-03

Stillborn, aborted, deformed foals linked to West Nile vaccine?

Reports are coming from across the nation of troubled births, including a foal born with no front legs. The foal's mother received her first injection of the vaccine for West Nile Virus 30 days into her pregnancy. She received the

second shot two weeks later. The foal, the mare's sixth, was born on March 16, with partial shoulder formation and missing front legs. Opalina, valued at \$20,000, was unable to stand and was euthanized within hours of birth.



Sources: The New Encyclopedia of the Horse and Justine Farnon

The Denver Post

W. Nile vaccine raises concerns

HORSE FROM PAGE 1B

things I see if they don't take that kind of step, the rumor mill will be running so high, it will be condemned as a vaccine that cannot be used in pregnant mares," he said.

In response to prodding by Midwest horse owners, Fort Dodge has already changed its website to reflect the concerns about miscarriages and stillborn foals. The company, a Kansas-based division of Wyeth, did not return calls seeking comment.

Company representatives, however, offered to visit Colorado to discuss the concerns about the vaccine face-to-face with Cunningham and horse owners.

At least one horse owner won't be satisfied with any less than a full reimbursement for the \$20,000 lost when her Andalusian filly was born with no front legs.

The owner purchased the mare already pregnant. Olympia had been vaccinated twice in her first

'Without some kind of investigation, we need to be fairly careful about blaming the vaccine. On the other hand, it's certainly enough information to warrant an investigation by USDA.'

Wayne Cunningham,
Colorado state veterinarian

trimester, while still in Kansas City. It was an easy sixth pregnancy and express-lane birth. As owner Antonette Heglessip watched, the newly born filly struggled in vain to rise.

"Its whole instinct is to get up on the front legs to nurse and breathe. Then, the mare is distressed. She's waiting for it to get up. It was very awful," said Heglessip, 42.

The foal she thought would compete in dressage instead was euthanized within a few hours.

"The only glaring thing that happened to this mare was that a new vaccine was being tested in that area, and people were vaccinating right and left because they were worried about West Nile," she said. "Why aren't they saying don't do this within the first 30 days? Why are they still not saying this?"

Afterward, Heglessip laid the euthanized foal on the pavement and, in the dawn's first light, snapped Opalina's first and final photos.

Denver Post science writer *Diedra Henderson* can be reached at dhenderson@denverpost.com or 303-820-1910.

Vet wants warnings on W. Nile vaccines

Some blame shot for horse illnesses

By Diederik Henderson,
Denver Post Science Writer

Colorado's state veterinarian says he wants a warning label added to the West Nile virus vaccine for horses and a USDA investigation into its safety amid new reports of stillborn, deformed and aborted foals whose mothers were vaccinated while pregnant.

State vet Wayne Cunningham, Colorado State University veterinarian and horse owners have forwarded reports of the troubled births to Fort Dodge, which makes the product, and to the U.S. Department of Agriculture, which recently fully licensed the West Nile vaccine for horses.

Kim Smith, spokeswoman for the USDA Animal and Plant Health Inspection Service, would not comment on the number of reports the regulatory agency has received or actions it expects to take. Cunningham, however, said the USDA stated in an e-mail that it was "unacceptable" for foals to be born weakened or deformed because of the vaccination of pregnant mares.

"Without some kind of investigation, we need to be fairly careful about blaming the vaccine. On the other hand, it's certainly enough information to warrant an investigation by USDA," he said.

Last year, West Nile leaped across North America, infecting record numbers of birds, horses and humans in 49 states. Already this summer, Wyoming is reporting West Nile infections in horses and blue jays. Colorado has not yet had positive results among the 11 mosquito pools, 28 horses, 49 birds and 24 sentinel chicken flocks it has tested.

Of mammals, horses are among the most vulnerable to West Nile, with at least one-third of sickened horses dying after infection. Indeed, the bulk of 7 million doses of equine vaccine sold have protected the health of horses.

The unanswered questions arise from a few dozen foals that were aborted or born with inexplicable deformities, the most dramatic being a filly born in California with no front legs.

Coloradans also have had problems. At the height of last year's outbreak in Colorado — and three months into her mare's pregnancy — Lynne Lillard vaccinated Colonel Snap, her most valuable mare. A few weeks before her delivery date, the mare bore a stillborn filly.

Lillard planned to sell the foal — a quarter horse that would be used as a cutting horse — for \$5,000 to \$10,000. Instead, she dug a hole, buried the filly and wondered whether the vaccine caused the stillbirth.

"We breed, raise and sell babies. If this vaccine is dangerous, I'd like to see some changes or a warning: 'Don't vaccinate your mare if you've got a high-dollar baby,'" said Lillard, 32.

It's these nagging doubts that prompted Cunningham, the state vet, to lobby for a label change.

"I think a warning label, at this point, would be prudent. One of the

SEE HORSE ON 36

Yes No Maybe Essential News

Volume 2 Issue 5

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May 2003

Marcella Vonn's

CALENDAR OF EVENTS

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Health Basics By Marcella Vonn Harting

Last month we addressed Business Basics. This month let's talk about Health Basics. Health Basics to me is balance with your mind, body and spirit. Living a healthy life extends far beyond eating right, exercising and taking care of your body. Finding balance throughout your life is to truly experience the highest level of complete health. Relationships with your body, spirit and mind, allow you to grow and contribute to yourself, your family, your community and your world in exciting and new ways. Young Living is creating a balanced approach with all of our services and products with the NEW ESSENTIAL BALANCE WHEEL.

Today is the day to take ACTION. I teach strategies based around balance to enhance the health, vitality and fulfillment you experience every day in your life. The Young Living Balance Wheel provides unparalleled lessons in how to care for yourself with essential oils, supplements and business strategies.

I believe when we are out of balance in any area of our life, it is reflected in our capacity to achieve the life we deserve and become our full potential. In order to be healthy on the outside, we must first go within.

There is a way to navigate your way through life and achieve balance in health and wealth. Young Living provides us with a vehicle to create

balance in all aspects of our lives. Every day we cleanse our bodies internally and externally. Cleanse and detoxify is one spoke on the wheel of balance. The first step towards a more vital and healthy lifestyle is to stop putting poisons and toxic substances into your body. Did you know on the average each one of us will consume approximately seventy tons of food in our lifetime? Hundreds of billions of cells in your body die off every day and must be replaced by new cells. The building blocks for their replacement come from the foods you eat. Vibrant health is your birthright. Of the approximately 127 medical schools in the United States, 70 percent do not require a single course in nutrition to become a medical doctor and in 30 percent of these medical schools, nutrition is not even offered, let alone required.

The secret to long-term, vibrant health lies in the cleansing of the inner body. Literally hundreds of billions of old cells are replaced with new cells every single day. The worn-out, spent cells are toxic and must be eliminated, and the body uses the elimination organs to get rid of them. When more toxins are produced than are removed, the excess remains in the body. When this happens inside the body the results are symptoms of pain and disease. The foundation product in the Essential Balance Wheel for cleansing is the Cleansing Trio. Comfortone is an all-natural herb-based colon cleanser

Editor: Anita Tamboli
email: atamboli@msn.com
Marcella Vonn Harting
and Anita Tamboli
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Health Basics

continued from Page 1

which supports normal peristalsis and as the name imply's provides comfort and toning to the intestines. ICP / INTERNAL CLEANSING POWDER contains a mix of toxin-absorbing fibers, including psyllium. Consistent intake of psyllium husk encourages good colonic microbial metabolism. It stimulates the repopulation and growth of the many strains of friendly bacterial cultures making up the ecological system of the gut. Psyllium husk has the greatest bulking activity of the dietary fibers studied to date, making elimination smoother and more regular, and absorbing toxins on its journey through your system. DETOZYME a combination of enzymes aiding the body in digesting food and necessary for optimal health. "The length of life is inversely proportional to the rate of exhaustion of the enzyme potential of an organism."---Dr. Edward Howell

Bottom line, every process of the human body involves enzymes. Life could not exist without them. Enzymes digest all our food and make it small enough to pass through the minute pores of the intestines into the blood.

Living a healthy life extends far beyond what you are doing daily to taking care of your body internally. Stop the poisoning and start cleansing daily. After cleansing your system of toxins, the next step is to keep them out while maintaining a new standard for what you now choose to put into your body. Young Living is the highest standard essential oils and supplements on the market today. Take ACTION and treat yourself to the best because you are worth it!

Achieving optimal balance,

MARCELLA VONN HARTING

The Doctors Forum

By Dr. Ken Krieger

BAD BREATH.....ARE YOU OFFENSIVE?

HALITOSIS (bad breath) can be caused by any deficiency of the digestive apparatus. Bad teeth, diseased gums or tonsils, retained food particles that become putrefied, can all be causes involved in creating bad breath. Failure of the detoxification systems to perform their functions allows the build-up of body toxins disabling absorption and assimilation of food. The liver-kidney-adrenal axis normally meshes the digestive function and the excretion mechanism to maintain health and well-being. Putrefaction of proteins takes place when there is a deficiency of HCL (hydrochloric acid) and other digestive secretions, especially those of the pancreas. The intestinal flora (bacteria) becomes abnormal with the build-up of these bacteria and the loss of the normal friendly bacteria. Improper bowel activity becomes a part of the picture and the total depressive effect on the body produces a stress condition and the adrenals become involved and start becoming depleted producing stress and fatigue which just adds to the burden.

Regulation of food intake must be considered first, as often noted with my patients with this symptom, they

usually eat too much too often. An imbalance of nutrients must be considered and corrected. Constipation **MUST** be overcome. This may be accomplished by drinking more water, and eating less large portions, and shifting your food intake to smaller meals 4 to 6 times per day. These meals should consist of a wider variety of foods, and not the processed foods that are so prevalent today. Using the digestive enzymes, Megazyme/Detozyme up to 6 capsules 4 times daily for 2 days, and then ramping down to 2 capsules 3 times per day will begin the process. After the initial 7 days, then 1 capsule 30 minutes before a meal will help to control the digestion. Di-Tone, 8 drops in warm water (Boz's) taken at night will further aid in the process.

Once the bowel structure function is regulated, then the Cleansing Trio (take by label directions) will complete the process. Attempting to "cover up" the symptom of bad breath with breath mints or even the use of essential oils is only a stop gap measure. Think, then act. Cleanse the system, and eliminate the cause, and then you are on the road to "the freshest mouth in town!" Yours for Better Health, Naturally, Dr. Krieger

Dr. Krieger is a Chiropractic Physician in Phoenix, AZ. Reach Dr. Krieger by Phone: 623-561-2476, Email: Drkriegerstria@aol.com, www.arizonaspinedoc.com.



Marcella Vonn Harting's Mission Statement

My mission is merging science and miracles by weaving state of the art knowledge of the essences, Chronobiotic™ Nutrition, body language, Conscious Communications, innovative health technologies, emotional healing, and abundant prosperity strategies into our new Global Wisdom.

I am passionately committed to sharing the systems I use to embody personal fulfillment with my global family.

Marcella Vonn Harting

To Your Pets' Health

by **Dr. Nancy Brandt DVM, CVA, CAC**

Five Aroma's for Dogs, continued from April.

Excerpts from Dr. Nancy Brandt's upcoming book "Clinical Applications of Veterinary Aromatherapy"

Aromatherapy for animals is highly understudied. Much aromatherapy use in dogs is extrapolated from human use. There are many conflicting opinions on aromatherapy for animals. I have used Young Living Essential Oils in my practice since 1998 and other aromas previously. As a Holistic Veterinarian the following are my top 5 picks for the most effective and life changing Young Living Essential Oil Blends for dogs. (Cats are very different and are covered in another area)

3. Valor

- k. A proprietary blend of rosewood, blue tansy, frankincense and spruce in a carrier base of almond oil.
- l. It helps balance electrical energies within the body. "It has been found to help the body self-correct its balance and alignment giving relief of pain." (EDR)
- m. This blend can act as a "chiropractor in a bottle" on the physical and on the emotional levels by building courage, confidence and self-esteem. If your animal is getting routine chiropractic Valor can help with maintaining adjustments.
- n. Place 5-8 drops in your hand with 1-2 drops of V-6 mixing oil, mix clockwise 3 times and place at the points of

shoulders, between shoulder blades, on the breast bone, the points of the hips, top of the head between the ears and the tip of the tail.

- n. Mandy was a rescued corgi who had been mistreated, she was very timid and nervous. With several applications of valor she appeared to regain her courage and confidence so she did not hide from the world.

4. Peace and Calming

- p. A proprietary blend of blue tansy, patchouli, lavender, orange and ylang ylang.
- q. This blend promotes relaxation.
- r. This blend is used to reduce anxiety and hyperactivity in animals. Dogs are placed in environments today that are stressful. Poor diet, toxic environments and "concrete cities" or confined living conditions lead to anxiety and "stress" induced bad behaviors such as chewing, barking and hyperactivity.
- s. Diffuse daily, use like purification in water. Mix 5 drops in a 4 ounce bottle of lavender essential water and mist on your dog 2-3 times a day. Use on their bedding to help with sleep patterns. *Continued in the next issue.*

Phone Dr. Brandt for a consultation.

Dr. Nancy Brandt, DVM, CVA, CAC
2691 Windmill Parkway, Suite 2
Henderson, NV 89014 Phone: 702-617-3265

SUMMER TREAT OR TOXIN?

Have you ever really thought about what ingredients make up ice cream? The next time you are tempted to buy a cone, this information may give you something to think about! Most ice creams on the market today are made using the oils and scraps from slaughterhouses, rather than cream from milk. They purchase these remains and the fat rendered out of them is used instead. Cooked tallow, suet, and lard are in most ice creams, not cream. Then the additives are added. Most ice creams are synthetic from start to finish. Analyses have shown the following:

- 1. Piperonal is used in place of vanilla. It is also used to kill lice.

- 2. Amyl acetate is used for banana flavor. It is also a paint solvent.
- 3. Butyraldehyde produces a nut flavor. It is used in rubber cement.
- 4. Benzyl acetate is used for strawberry flavor. It is used also as a nitrate solvent.

I ask you the question: Is ice cream a treat or toxin? The answer is found when you start to read labels. There are still some real ice creams made from pure ingredients. Your body will thank you in the long run for the effort it takes to discover these brands. Another thing to think about is when to eat ice cream? My highest choice incorporating CHRONBIOTIC NUTRITION is to eat ice cream in the afternoon. *Again I'm giving you something to think about!*

What's in your "OIL" cabinet?



Thieves

Created from research about how thieves during the 15-century plague in England who used cloves, rosemary, and other aromatics to protect themselves while robbing plague victims. Thieves is a proprietary blend of pure essential oils tested at Weber State University for its potent antimicrobial properties. It was found to have a 99.6 percent kill rate against airborne bacteria. This blend is an integral ingredient in Dentarome and Dentarome Plus toothpastes. #3423 \$29.00 wholesale, \$32.00 preferred customer.

Oregano is highly damaging to many kinds of viruses and was recently shown in laboratory research conducted at Weber State University, Ogden, Utah, to have a 99 percent kill rate against *in vitro* colonies of *Streptococcus pneumoniae*, even when used in 1 percent concentration. (*S. pneumoniae* is responsible for many kinds of lung and throat infections.) #3605 \$24.00 wholesale, \$26.00 preferred customer.



Frankincense is considered a holy anointing oil in the Middle East and has been used in religious ceremonies for thousands of years ("presented unto him gifts; gold, and frankincense, and myrrh." Matthew 2:11). It was well known during the time of Christ for its anointing and healing powers. Frankincense is now being re-searched and used therapeutically in European hospitals. High in sesquiterpenes, it is stimulating and elevating to the mind and helps in overcoming stress and despair as well as supporting the immune system. #3548 \$66.00 wholesale, \$73.00 preferred customer.

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Body Language Basics by Robert Tennyson Stevens

Over the years, a beautiful system of body communication revealed itself to me. Vonn's article on Health Basics in this newsletter has inspired me to share some basics on Body Language Translation to help you with understanding what may be happening in consciousness during your healing path. Our bodies are great reflectors of our emotional states.

Since I mostly focus on asking questions in my coaching sessions instead of telling people things, letting them discover their own truths, I will share with you some of my questions for various body conditions.

For skin conditions, ask about challenges.

For kidneys, ask about forgiveness and partnerships.

For back conditions, check support issues.

For TMJ conditions, ask about conflict between thinking and feeling. Lower jaw is the

subconscious, upper jaw is the conscious self.

For gall bladder, ask about resentment.

For the spleen, ask about apathy and the "I can't's."

For the nose, "I can't" on the left nostril, "I won't" for the right nostril.

For the facial cheeks, ask about challenges about being seen for what is felt.

Allergies may be a function of suppressed grief.

Groin muscles may be about worrying about what people think of you.

By asking ourselves what is going on, we may be able to more rapidly give ourselves our healthy conditions. Restoring love is the real answer and all body symptoms are a call for more love.

Robert Tennyson Stevens
Mastery Systems Corp.
424 Heather Marie Drive
Hendersonville, NC 28792
828-698-7800
www.masterysystems.com

Zia's Essential Connection

Volume 3, Issue 4

June, 2003

Zia Essential Oils, P.N.C. is part of your uplift and we are proud to support you as one of the members within our Young Living organization. A complimentary copy of this newsletter has selectively been sent to members within our organization who qualified as Star, Sr Star, Master Star and Above, and members of our first 6 levels. It is also sent randomly to groups within our organization of less than 1000 members.

We have created and distributed this newsletter because of our philosophy that communication is absolutely vital in today's world; and have chosen to educate you personally as to the value of the essential oils for health and healing.

As knowledge is empowerment, you will be able to help many friends and family with the healing qualities of the essential oils. While we always encourage you to look up to your immediate sponsor for assistance, we want you to rest assured that we, your uplift, are also here for you. Please feel free to copy and share this newsletter with others for there are many who would benefit from its contents.

Subscription annual rates are available for \$12.00 U.S.A. and \$15.00 Canada/US Funds. Mail check or money order to Zia Management Consultants, P.O. Box 350128, Westminster, CO 80035-D-28.

Yours in health,
Jean-Marie Hopwork, Friedmann
Zia Essential Oils, P.N.C.
YL Sponsor #1046

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and Kelli Nelson

Published by:

Kelli Nelson

Serious Widespread Threat to Our Health

Terry S. Friedmann, M.D., A.B.H.M.

We are now facing global threats to our health from very widespread infectious diseases.

In February 2003, the World Health Organization (WHO) received a scary report from the Chinese Ministry of Health that there had been an outbreak of acute respiratory syndrome in Guanyong Province. A month later, the number of affected patients increased dramatically from 300 cases and five dead to over 1,000 cases with 49 dead, and had spread to other countries including Hong Kong, Indonesia, Singapore, Philippines, Vietnam, Thailand, Canada, Germany, and the United States. It has now been labeled SARS – Severe Acute Respiratory Syndrome. It is considered a worldwide threatening disease. Worse yet, it appears to have no cure. Dr. Gro Brundland, Director General of the WHO, declared that world scientists and health care providers must unite and is quoted as saying, "The world needs to work together to find its cause."

More recently, it was found in five continents – North and South America, Asia, Australia, and Europe. One suggestion as to its beginnings is from a mammal called a civet cat, which is eaten in China and considered a delicacy. Other scientists believe it is a mutated virus, which was accidentally created in the laboratory and indeed it is known to mutate. For, in China, a separate mutated strain of the disease has been identified. It is very contagious and spreads rapidly, both by way of airborne transmission as from coughing and sneezing as well as from touch of the hand and then to the mouth or nose.

It has a mortality rate of between 4 and 18 percent, which means that out of 100 people who have the disease, 4 to 18 will die. That isn't too far from the statistics of the flu of 1918 that killed millions. In addition, we are seeing other relatively recent diseases appear, such as the Norwalk virus that is not

particularly lethal, but has certainly caused serious gastrointestinal problems and disrupted many passengers on cruise ships.

Also, we have seen many deaths with the West Nile virus. The mortality rate is similar to SARS. It is transmitted to humans and animals alike by way of the mosquito as a vector. We are entering the fifth season of this disease in the United States, and each year gets worse from the standpoint of human suffering and death.

Just like the West Nile virus, we will see recurrent bouts of SARS every year. Dr. Michael Osterholm, Chairman of the Center for Infectious Disease Research and Policy at the University of Minnesota, was quoted as saying, "I am convinced that with the advent of early winter in the Northern Hemisphere, we will see a resurgence of SARS that could far exceed our experience to date."

Another huge problem, a USA Today article headline reads, "Ancient Ills Return With a Vengeance." The story states that door is wide open to anthrax, dengue, cholera, hantavirus, pertussis, diphtheria, rift valley fever, yellow fever, lassa fever, and black plague.

These diseases have reached their peak and for the most part decreased substantially in incident. Then we have suddenly seen a major increase in their activity. Our world is becoming smaller and smaller as a consequence of global travel being so common, the entire planet is connected.

For over a decade now, I have been sounding the alarm. I have both written and spoken of my urgent concern of the danger of these virulent diseases.

Now for the good news! At last, I feel that I have an answer. We all know it is far better to prevent a disease from occurring in the first place. But, we must have a personal defense. And that defense is our immune system. In fact, it has been recorded that most of the people who died from SARS had either an impaired immune system or else their body was

(Continued on page 2)



Berry Young Juice

A super antioxidant berry juice containing the highest known antioxidants used by some of the longest-living people on earth. This antioxidant super-juice is formulated to maintain and support normal immune function and is enhanced with essential oils. #3299 12 oz. \$18.00 whole, \$20.00 preferred customer; #3000 1 liter. \$50.00 whole, \$55.00 preferred customer

ImmuPro

ImmuPro is designed to boost immune power. ImmuPro comes in the form of a chewable tablet and has a great strawberry taste. Aids in normal immune function; supports the body's ability to fight illness. Five powerful polysaccharides: Wolfberry polysaccharide, Organic Agaricus Blazei, Organic Reishi Mushrooms, Organic Maitake Mushrooms and Arabinoxylactin. These immune system enhancers fight to maintain overall good health; Orange oil is a high source of d-limonene. Whole organic strawberry powder is a good source of ellagic acid. Vegan formula. #3213 \$27.00 whole, \$30.00 preferred customer



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(Continued from page 1)

already dealing with an imposing problem from another disease, such as diabetes or other diseases. Since these people had little or no resistance to the disease, it could literally do as it wished and even mutate because there was not much defense. It was actually able to produce a more virulent strain this way. This has produced what is called a "super-spreader." This is a person with a compromised immune system who spreads the disease to many people before they themselves die.

Young Living Essential Oils has developed two products that create a powerful immune system. They are ImmuPro™ and Berry Young Juice™.

ImmuPro is a polysaccharide, which gives us the ultimate immune support. ImmuPro™ enhances the system with as many as 16 different ingredients. These include the minerals of zinc, selenium, copper and the natural products of mangxia wolfberry along with mushrooms such as reishi, maitake and agaricus blazei mycelia. It also includes larch tree extract, limonene, melatonin, organic strawberry powder, fructose, raspberry juice, pure lemon

powder and silicone dioxide. This product is a very powerful blend of immune stimulating ingredients. Now, I would recommend that every human should have this product.

What is essential to add to these products is Berry Young Juice™. Berry Young is a juice that has 18 amino acids, 21 different minerals, many anti-oxidants and vitamins such as vitamin C, thiamin, and niacin. It includes such fruit as blueberries, pomegranate, apricots, raspberry, lemon and orange. It also contains agave juice. I would take one ounce per day. These two products taken together represents the most powerful immune support on the planet.

However, if you should be exposed with one of these diseases I mentioned or get a new disease that rears its ugly head, then take one formula that I derived recently. It involves taking a formula made up of Thieves™ oil blend and the single oils of Oregano and Frankincense. Thieves™ oil contains the single essential oils of clove, lemon, cinnamon bark, eucalyptus, and rosemary. Thieves™ has a known therapeutic history. This combination of oils is said to have cured the black plague that

killed millions of people during the Middle Ages.

The formula for adults is added to double Aught gelatin capsules as follows: twelve drops of Thieves™, six drops of Oregano, and two drops of Frankincense. This combination is what I recommended to my patients if they contracted a serious contagious disease, such as SARS. It is successful even in cases of antibiotic resistant microbes.

The feedback I have gotten is very positive and it was successful in a variety of conditions. While I have used this formula on some critical and non-critical patients, it is still antidotal information. However, after seeing how this product performs, I feel strongly that this is an answer to SARS. One capsule should be taken every four hours, day and night, for three days, then one capsule every eight hours for four to ten days. I find it works for bacteria and fungi as well as for viruses. You, of course, should always seek the advice of your physician. I would appreciate any feedback on using this formula that you might have. Please sign, date the information, and fax to (303) 404-9542.

What's Stopping You? By Keris Adams

When I first decided to build a business with Young Living, I started out with booths at the Whole Life Expos. This was a great opportunity because everyone you meet has different needs so it really forces you to become familiar with many products you might not personally use or need. It also forces you to stay focused on learning and remembering what you've already learned.

After September 11th, I stopped traveling and doing booths, until a few weeks ago. On Memorial weekend, I set up a booth at our local strawberry festival. That was when I learned to appreciate just how important those type of activities are to my business. I realized that without that interaction with people, I really became limited in my knowledge of the YL products.

Holding meetings will accomplish the same thing. Any type of interaction in which I am talking to someone that is unfamiliar with YL, forces me to step out of my little "world" and into the shoes of others.

The challenges of others may not be health challenges. They may be facing emotional challenges or looking for a new way to help them to reconnect spiritually. Or, they may be facing financial challenges.

Learning about the challenges others face makes me take another look at my own life. It helps me to reconsider my own life and many times I realize just how minuscule my challenges really are. It also helps me to appreciate the wonderful gift I've been given with Young

Living. Because of Young Living, I have all of the tools I need to help me overcome whatever challenge I may face.

I have talked with many distributors and have heard all kinds of different "reasons" why they can't build a YL business. The truth is, these are just excuses.

Marcia Wieder, the inspiring dream coach that spoke at last year's convention, asks two questions: "What is your dream?" and "What is stopping you from making it real?". She explains that most of the time it is really our fears that are stopping us from making our dreams a reality. She then challenges us to make a plan to break through the barriers that are standing in the way of our dreams.

When I first started out, I had to face many hurdles. When I did the first expo, I knew next to nothing about the YL products. I relied on my upline and many, many different "cheat sheets" to answer the questions that were being asked. That was how I overcame the challenge of "not knowing enough". I also realized that it was absolutely vital that I attend the convention so that I could learn more.

That's when I came to another hurdle. I was a stay-at-home mother of two small children. My husband was self-employed which meant no paid vacations were available for him to take off and care for the boys. I also had no extra money. But I was determined, so I registered for the convention and then began working on how to make it happen. When I look back, I'm actually amazed at how things sort of just fell into place. That was in 1998 and I haven't missed a convention since.

My next hurdle was making sure that I had my qualifying order in each month, so that I wouldn't miss out on any commissions. Sometimes that was the biggest challenge. However, again my determination was such that I always found the money.

I know what it's like to face those kind of challenges yet, when I attend a YL function or someone stops by my booth and I hear of the horrific health challenges that people have overcome—when they used the YL products—I become even more determined to build my

business. I am so grateful that my challenges are really minor and I appreciate the many opportunities I have had because of Young Living. I feel blessed with the people I meet, for it is through these experiences that I grow as a human being.

One of the most common excuses I've heard is that the products are too expensive. That excuse absolutely astounds me! While many people do have health insurance that covers their doctor visits, the reality is, many, many more are living with the health care crisis in our country. Americans are spending billions on doctor visits and drugs and yet they complain about the price of YL products. I know people that spend hundreds every year on over-the-counter drugs alone! Since I began using YL products regularly, I have actually *SAVED* money. We rarely go to the doctor, and when we do, it is usually because of an injury rather than an illness.

Thanks to Young Living, when my husband has been injured, he is able to go back to work much more quickly. As a self-employed contractor, that is a major concern. When he doesn't work, he doesn't make money. There have been a couple of injuries in which the doctors told him he would be off his feet for 6—8 weeks; yet, with a lot of PanAway and various other oils, he has been back to work within one week. That saved us thousands of dollars with each incident!

So, like Marcia Wieder, I ask you. What is your dream? What is stopping you from making it real? Do you have a lot of "reasons" why your business isn't growing? I encourage you to step out of your comfort zone and have a meeting or set up a booth. Do whatever it takes to get out there and meet other people. And do whatever it takes to get to the convention this year.

You really do have the power to do it, in your own dream. I believe you do. Whatever your dream, regardless of what you see standing in the way, Young Living can help you realize it. www.youngliving.com

Did you know...

In the month of July, there were 3473 Distributors within the YL organization, that missed out on commissions because they did not place a qualifying order of \$50 or more. Were you one of those distributors? Don't force it, place your order!

Greetings!!!

from Proud Pine Farm, 35757 Kettle Road, Garber IA 52048

Phone: (563)252-1691

FAX: (563)252-1742

Email: millsd@puffblaccorn.net

Volume 7, Issue 7

A Newsletter by and For Young Living Essential Oils™ Independent Distributors

July, 2003



Down on the Farm

With Doug and Barb Mills

This is my first year of planting blueberries. I've purchased ten varieties that will grow in Zone 4, which means plants can withstand winter temperatures to -30°F. This way I will be able to get a staggered harvest and also see which varieties do best in my area. Blueberries like full sun, an acidic soil with lots of peat and a pH of 4 - 5. Their growth habit ranges from small 12" plants to larger bushes growing to eight feet. I plan on freezing the fruit so I can enjoy them all year round in pies and my morning Power Meal.

Chemical in Teflon May Be Toxic to Women, Girls

"A chemical that's an ingredient in Teflon could pose a health risk for girls and women of child-bearing age, according to a study from the Environmental Protection Agency. The *New York Times* recently reported that the agency is concerned that the chemical, perfluorooctanoate (C-8), builds up in human blood and that it could be toxic. A draft report on C-8 found that the margin of exposure was much lower in girls and women than it was in boys and men. Studies have shown that C-8 damages livers in rats and, in high dosages, causes reproductive and development

problems. Studies in humans have been inconclusive. The report was in draft form, but was released by the Environmental Working Group, which wants tighter regulation of chemicals." *APB USA, May 2003*

101 Uses for the Essential 7 Pack Continued

41. Rub a drop of Lemon oil on a wart morning and night until it disappears.
42. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces.
43. Put 10 - 15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leaves a fresh smell in the room.
44. Rub 4 - 6 drops of Peppermint oil in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
45. Add a drop of Peppermint oil to herbal tea to aid in digestion and relieve heartburn.
46. Massage several drops of Peppermint oil on the area of injury to reduce inflammation.
47. Apply Peppermint oil immediately to an injured area (bruised shin, hit on the foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.
48. Rub several drops of Peppermint oil on the bottoms of the feet to reduce fever.
49. Apply a drop of Peppermint oil topically on unbroken skin to stop itching.
50. For poison ivy or poison oak, apply Peppermint oil on a cotton nest or dilute with V-8 Vegetable Mixing Oil.

More to come next month!

Courtesy of

<http://groups.yahoo.com/group/OYGroupmessage/24438>

How to Identify GMO Fruits

"An article in the Philadelphia Inquirer Food section explains what the codes on those individual pieces of produce really mean. This is actually quite significant because the GMO (Genetically Modified) industry, despite consumer pressure (and the law in Europe) has refused to label GMO/Non-GMO food in the U.S. So, while there may not be any grocery store label, if you can read the individual stickers, you can find out exactly what kind of produce you are buying! As much as we may dislike them, the stickers or labels attached to fruit speed up the scanning process at the checkout. Cashiers no longer need to distinguish a Fuji apple from a Gala apple, a prickly pear from a horned melon, or a grapefruit. They simply key in the PLU code - the price lookup number printed on the sticker - and the market's computerized cash register identifies the fruit by its PLU. The numbers also enable retailers to track how well individual varieties are selling. For conventionally grown fruit, the PLU code on the sticker consists of four numbers. Organically grown fruit has a five-number PLU prefaced by the number 9. Genetically engineered fruit has a five-number PLU prefaced by the number 8. So, a conventionally grown banana would be 4011, an organic banana would be 84011, and a genetically engineered banana would be 84011. The numeric system was developed by the Produce Electronic Identification Board, an affiliate of the Produce Marketing Association, a Newark, Delaware-based trade group for the produce industry. As of October 2001, the board had assigned more than 1,200 PLUs for individual produce items."

Read the whole article at

www.plu.org/contributors/luvingfood/03054709.htm

Doug Mills

Young Living Essential Oils™ Independent Distributor

35757 Kettle Road • Garber, IA 52048 • (563) 252-1591 • FAX: (563) 252-1742 • EMAIL: millsdb@alpine.com.net

Support from Iowa

- Essential Oil Desk Reference: Second edition, second printing. This is a must read for everyone in Young Living Essential Oils! Hardbound 460 pages, 8½" x 11" \$28.00 plus freight.
Pocket Reference: Condensed version of the Essential Oil Desk Reference. Spiral-bound 238 pages, 4¾" x 6½". \$11.00 plus freight.
 Bundle of both Essential Oil Desk Reference and Pocket Reference: \$38.00 plus freight

Quantity	Description	Freight charges for U.S.		Freight charges for Canada	
		Surface Mail	Priority Mail	Surface Mail	Air Mail
1	Book	\$ 4.00	\$ 10.00	\$10.00	\$17.00
1	<u>Pocket Reference</u>	\$ 2.00	\$ 4.00	\$ 4.00	\$ 5.00
1	Bundle of both	\$ 4.00	\$ 10.00	\$13.00	\$17.00
6, and up	Books	\$ 2.00 / book	\$ 7.00 / book	\$ 3.00 / book	-----
6, and up	Bundles of both	\$ 2.00 / book	\$ 8.00 / book	\$ 3.00 / book	-----

- Essential Oils Integrative Medical Guide by D. Gary Young, N.D. 608 pages of in-depth information on single oils. This is a generic book with no mention of Young Living or their products. Price: \$25.00 each plus freight (Use freight chart for Essential Oil Desk Reference above)
- "Special Fast Start Info Pack" by Doug Mills. A collection over 70 pages of newsletters, testimonials, and health articles, plus two audiotapes on Young Living. Delivered price: \$5.00 each with other items or \$9.00 if sent separately
- "Essential Tips for Happy Healthy Pets" video by The Vision Firm. Dogs, cats, and horses love the oils! You'll get lots of training through the experiences of others. The raindrop technique is also demonstrated on a dog and a horse. Running time: 23 minutes. Delivered price: \$15.00 each; 5 - 9, \$14.00 each; 10+, \$13.00 each.
- "Raindrop Technique" video by D. Gary Young, N.D. Delivered price: \$15.00.
- Conference call every Monday, 8:00 p.m. CST, (407) 318-2793. This is a great way to increase your knowledge of Young Living. Group sharing of information really works.
- The Essential Oil Cookbook by Menkit Prince. This spiral-bound book is 8 ½" x 11", with 186 pages and 182 easy recipes using 27 therapeutic-grade essential oils. Delivered price: \$22.00.
- Tapes from the Monday conference calls. Order by sending a check to me: \$1.50/tape for quantities of 1 - 9; 90¢ each for 10 - 49; and 75¢ each for 50 or more. These prices include postage, and you can mix or match the tapes you want. The titles include:
 - "Naturopathic Protocol", Richard Petras, N.D.
 - "A Baker's Dozen of Testimonials"
 - "Build Your Business", Dave Gamache
 - "Building with Raindrop Therapy", Judy Lavida and Becky Gustavsen, R.N.
 - "Hormones", Elizabeth Flores
 - "Energy in Oils", Paul Nelson, D.C.
 - "Oil Gathering with Foot Massage", Jan Meredith
 - "Essential Oils - Beyond Y2K-21", Teri Williams
 - "Empower Yourself", Terry Friedman, M.D.
 - "Building Your Business", Jan Zerr
 - "2001 Convention - Testimonials"
 - "Cooking with Essential Oils", Menkit Prince
 - "Having Fun Building Your Business", Alan Zerr
 - "Building Your Business", Paul Davis

To order, send check or money order to the above address. All prices are U.S. funds. Sorry, no plastic!

NOTE: This service is exclusively for the Doug Mills group.

Chérie Ross
2732 Quebec Ave N
New Hope, MN 55427



If you are attending
the convention and
your name is not on
the list inside, please
call us ASAP!

June 2003 **General Newsletter**

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YL Annual Convention Salt Lake City July 16-19th 2003

I encourage everyone to attend. Convention is truly the place to be receive the most current research & education in essential Oils & Natural Health Care. Especially this year! Due to my involvement with the new products I have been exposed to a portion of what is to be presented & I can whole heartedly say - Do everything in your power to attend. Even if you can't come for the full 4 days come for what you can. Some of the information will need to be seen & experienced. (not just listened to on the audio tapes that follow the convention) These 4 days are guaranteed to be fun, exciting & more valuable than I can impress upon you with my words. I guarantee you'll be glad you attended. If not, I personally will refund your \$. (See the following pages for all your discount options, including if you choose to use our group rate - simply write "Chérie Ross group rate" on your convention Registration and send to Y. L. before May 16, 2003. Any new members will qualify for group rate if they enroll after May 15 & want to attend convention.)

** Y. L. has requested that I help locate people who are willing to work the "Oils & Animals booth at the farm on Friday of convention. I think I can possibly swing either a free or discount Convention Ticket for those interested. Contact me immediately!

***At convention, our teams dinner/party is Wed. July 16th 6:30 -10:30pm, Wyndham Hotel - Everyone from our organization is invited to attend a very fun and inspiring evening of food, games, laughter, hugs & recognition. Please contact me & let me know that you're coming so we have enough food & prizes. (Bring your bottle of Aroma Seizeas your cheeks will be sore from laughing!) Please come!