

Learn more about what & how to use Y.L. products on the Mon. Conference calls 8:00 p.m. c.s.t. 620-584-8200 enter code 24586#

July 2005
General Newsletter

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

Check out for great Testimonials
www.oil-testimonials.com

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

Hello Everyone,

I have a supply of **Canadian Red Cedar & Relieve It** oil. Young Living has discontinued it so If you need a bottle please call me.

[Test your favorite products for toxic chemicals](#)

www.ewg.org/reports/skindeep/productinfo.com This is an outstanding website to check out the toxicity chemicals/rating of thousands of products. Simply type in the brand. This is a highly respected non-profit organization.

The 10% off special for: July 16 to AUGUST 15

BRAIN POWER OIL

Brain Power - Code # 3313 Frequency approx. 78 MHz

Can be diffused, applied topically & taken internally. The fragrance influences promoting deep concentration & channeling physical energy into mental energy. This blend of 7 oils is formulated to restore proper brain function. In other words recharge the batteries of the brain for optimal energy & peak performances containing high sesquiterpens compounds that have been shown to increase oxygen around receptor sites around the pineal, pituitary, & hypothalamus. They are responsible for the secretion of human growth hormone (hGH). Research indicates that they play a major role in dissolving petrochemicals known to plug the receptor sites & prevent receptivity. Brain Power may help clear the brain fog that people experience due to the ingestion of chemical foods, skin & hair care products with petrochemicals, & breathing heavy chemical-laden air. Brain Power may increase mental potential, mental clarity, & long term use may retard the aging process. It may also support & strengthen immune function. **Frankincense** also stimulates the limbic system, mid-brain for increased creativity & decreases depression, stress & feelings of despair leaving us feeling uplifted & emotionally balanced. **Sandalwood** - in addition to prior info. **Sandalwood** also works with the pineal gland to restore emotional stability, increase creative thinking & assists us in remaining calm during times that demand peak performance. **Melissa** - Singly the most powerful anti-viral oil available. Completely irradiating almost all viruses while maintaining a very delicate nature. The energy of this oil is gentle yet the action is resilient & powerful. **Melissa** is calming & balancing to our emotions. Very high in sesquiterpenes it attracts oxygen into our brain while stimulating the anterior pituitary. **Cedarwood** - Extremely high in attracting oxygen while calming & purifying our brain, **Cedarwood** has been used by Native Americans to enhance communication & spiritual awareness. Simple inhalation for 11 seconds or more immediately produces calm, clear thinking. **Australian Blue Cypress** - sacred oil of the Aboriginal culture known for their abilities of telepathic communication. **Australian Blue Cypress** - improves circulation & increases the flow of oxygen to the brain, stimulating the amygdala, pineal & pituitary glands & hypothalamus. Tremendous oil for increasing intuitive abilities. **Lavender** - In addition to prior information **Lavender** has calming & relaxing aldehydes & esters which are relaxing allowing us to access improved concentration & mental acuity. Also **Lavender** is the #1 stress, & tension releasing oil heightening our ability to reason & remember. **Helichrysum** - The most effective nerve regenerative oil. **Helichrysum** literally rebuilds damaged nerves & strengthens our neurological function leading to enhanced awareness & cognitive abilities. **Helichrysum** also assists our cells in very gently releasing any memory of trauma & anger freeing us up to heal, regain our focus & improve our ability to concentrate.

The 10% off special for: Aug. 16 - Sept. 15

Thieves Kit

Thieves Kit Code #3154 Frequency approx 150Mhz

Can be diffused, applied topically & taken internally. The fragrance influences inner strength, alertness, & a take action state of mind. **Thieves Kit** may contain **Thieves Oil**, **Thieves Mouthwash**, **Thieves Tooth Paste**, (**Dentarome Ultra**) **Thieves Soap**, **Thieves Antiseptic Spray**, **Thieves Lozenges** and **Thieves non-toxic household Cleaner**. This blend of 7 oils, formulated based on research during the historical “Black Plague” has proven to have a 99.96% kill factor against almost every unhealthy microbe presented to it. Including airborne bacteria, virus & all infectious bacteria. **Clove** is a general stimulant very effective in getting our bodies to take action in eradicating unhealthy microbes quickly & effectively. **Lemon** also promotes Leukocyte(healthy cells) formation, dissolves cellulite & increases lymphatic function. **Cinnamon Bark** is one of the most powerful exterminators of all unhealthy microbes. **Cinnamon’s** action is aggressive so

be mindful when using in sensitive areas. Never diffuse Cinnamon Bark alone, however it's excellent to diffuse in blends such as **Thieves**. **Eucalyptus Radiata** - A powerful anti-infectious & expectorant as well as very helpful against endometriosis, vaginitis, sinusitis and all respiratory conditions. **Rosemary** - Outstanding anti microbial for everything from dandruff to prostate issues to candida. Very effective in balancing the endocrine system & removing excess mucous. Also stimulating to our mind, assisting us in overcoming fatigue & increasing memory & clear thinking. **Thieves Lozenges** - Contain the power of **Thieves** oils in a lozenge for easy use in preventing & eradicating colds Flues, sore throats, sinusitis and all oral & periodontal issues. **Thieves Antiseptic Spray** - The power of **Thieves** in a carry along spray. Excellent to use as sanitizer all day long. Also safe for oral use. **Thieves Household Cleaner** - This spectacular all purpose non-toxic cleaner is fantastic. The anti microbial power of **Thieves** combined with a non-toxic coconut oil based cleaning solution that is safe for your whole family. Dilute this concentrate as directed to clean dishes, laundry, windows, bathrooms, stains, floors, wood, leather, upholstery, walls everything you can think of. Professional cleaning services using **Thieves Cleaner** are receiving feedback from their clients that allergies are easing in their homes & offices. Also employees of the cleaning services are calling in sick less often due to the **Thieves Cleaner** that they're using is helping prevent colds & flues & is clearing up their allergies & sinus issues. **Thieves Cleaner** is very gentle on the skin.

Hot Tip

ORGANIC TICK/FLY/BUG SPRAY

Ed Geiger

CATNIP TEA, **PURIFICATION** ess. oil blend, **IDAHO TANSY** essential oil, **DI-GIZE** essential oil blend, **ROSEMARY** essential oil, **PEPPERMINT** essential oil. Shake well before each use-Spray or wipe on Keep out of direct sunlight and high heat Start with 1 dry oz of Certified Organic Catnip and make a gallon of tea with this 1 ounce. (I used 2 quarts hot water and steeped for 5 minutes, strained the tea and repeated with 2 more quarts reusing the catnip and strained to make the full gallon of tea.) After cooling to room temperature add:

Purification essential oil blend- 40 drops, **Idaho Tansy** essential oil- 40 drops, **Di-Gize** essential oil blend- 40 drops

Rosemary essential oil- 20 drops, **Peppermint** essential oil- 8 drops

Notes:**Cedarwood** enhances insect repelling properties of **citronella**, **Fennel** prevents fermentation and is in the **Di-Gize** Catnip can be found at pet stores and is medicinal for colds as a tea. Petco had the certified organic catnip.

2005 YL Convention July 13-16 Salt Lake City Utah. Everyone was right, this convention exceeded all of our expectations. The education was beyond what any of us could have even hoped for. Attached is some of the new product information. More to come in the following months. If there is any way you can make it to the next convention , please try, you won't be dissapointed. **September 27-30, 2006 Salt Lake City Utah.**

Free Products & Free YL Training CD & Reduced Shipping

Autoship - Would you like free products monthly? And \$5 flat shipping fee for up to 7 lbs. (50¢ per lb. over 7lbs.)

YL is starting a new product credit program, simply by ordering every month. You can change the date & products each month as long as you have an autoship order with YL. The longer you stay on the program the more product credits you receive. \$50 PV minimum order. Remember to request your **free training CD (Product code 3926).**

Contact your sponsor or Customer Service for more info.

1-6 months - 10% of your autoship in product credit, max \$30 per month

7-12 months - 15% of your autoship in product credit, max \$50 per month

13 months on - 20% of your autoship in product credit, max \$75 per month

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 12 months, 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

Tapes

Many of us still have tape sets (40 tapes) that I personally have mailed out over this past 4 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 80 tapes. (\$100.00) Everyone who has listened said these tapes are so valuable. You'll find info on these tapes that is nowhere else!

D.Gary Young teaching in Equador Oct. 14-17, 2005 at an international wholistic medical conference. A few of us are attending, if you would like more information please contact me.

Master HIS & HERS Vitality Complex

Master HIS Vitality Complex Code 3286

Body Systems Supported

Promotes and enhances general health, vitality, and well-being

Benefits

Vitamins are organic substances that must be included in our diet for optimal health. If a vitamin is lacking in our diet or is not properly absorbed, deficiency problems may arise. Additional herbs and nutrients are also needed for energy and vigor. Through its masterful blend of vitamins, herbs, and essential oils, Master HIS Vitality Complex will restore youthful male vitality.

Ingredients

Vitamin A (beta-carotene), vitamins C, D, E, K, B1, B2, niacin (B3), B6, folic acid, B12, biotin, and pantothenic acid (vitamin B5). Nutrients especially for men include L-arginine-the amino acid that supports muscle growth*; octacosanol for increased energy and stamina; muira puama (Ptychopetalum olacoides) for emotional tranquility; pygeum (Prunus africana) to support prostate health*; damiana (Turnera diffusa) a stimulating herb used by natives in Brazil, and Eurycoma longifolia for lasting physical endurance. Master HIS Vitality Complex also includes the essential oils of ginger, clary sage, sage, fennel, and pepper. Colloidal minerals provide a base for this spray formula.

Important Information

Young Living's new Master HIS Vitality Complex infuses super nutrients, supportive herbs, and a combination of essential oils blended together especially for men. This highly absorbable spray concentrate provides a powerful infusion of male health and vigor! Master His Vitality Complex dramatically increases mental and physical endurance and energy by supporting the brain, muscular/skeletal systems and prostate in maintaining proper function ability. This formula assists the body in maintaining balanced cortisol levels. In other words if your in continuous stressful situations, Master His Vitality Complex will support your body against allowing the excess cortisol to build up causing damage to multiple body functions. Additionally this formula has been known to increase libido and enhance prowess and intimate male performance.

Master HERS Vitality Complex Code 3285

Body Systems Supported

Promotes and enhances general health, vitality, and well-being

Benefits

Vitamins are organic substances that must be included in our diet for optimal health. If a vitamin is lacking in our diet or is not properly absorbed, deficiency problems may arise. Additional herbs and nutrients are also needed for energy and vibrance. Through its masterful blend of vitamins, herbs, and essential oils, Master HERS Vitality Complex energizes women while restoring youthful vitality.

Ingredients

Vitamin A (beta-carotene), vitamins C, D, E, K, B1, B2, niacin (B3), B6, folic acid, B 12, biotin, and pantothenic (vitamin B5). Nutrients especially for women include the super antioxidant alpha lipoic acid; ashwagandha (Withania somnifera) to promote healthy menstrual and urinary tract function* and help enhance intimacy; red clover extract (Trifolium pratense) known for its high levels of balancing isoflavones; dong quai (Angelica sinensis) with balancing and calming effects, and lycopene, an antioxidant carotenoid that protects against free-radical damage. Master HERS Vitality Complex also includes the essential oils of ginger, clary sage, sage, conyza, and fennel. Colloidal minerals provide a base for this spray formula.

Important Information

Master HERS Vitality Complex is a life-enhancing vitamin and herbal supplement. The addition of powerful therapeutic-grade essential oils and colloidal minerals enhances this uniquely feminine formula. Master HERS Vitality Complex delivers vibrant health and youthful vitality. Master Hers Vitality Complex dramatically increases both mental and physical energy by supporting the brain in maintaining proper hormone balance and human growth hormone (HGH) levels. May even contribute to slowing the ageing process of the cells in our body. Some are even experiencing feeling of increased libido and desire for physical intimacy.

How To Use

Spray 3 mists into mouth, swish, then swallow. Use at least twice daily.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Royaldophilus



Contains 6 billion live cultures in a special gastric-bypass system that magnifies delivery of active cultures to the small and large intestines.



Contains 2 billion live cultures in a pleasant-tasting chewable delivery system.

Royaldophilus®: Code 3284

Body Systems Supported: Digestive; Immune

Benefits: The mucosal lining of the gastrointestinal system is host to literally trillions of microorganisms—both good and bad. Medicines, stress, and poor eating habits can wipe out many of the beneficial bacteria which are vital for:

- Healthy non-inflammatory immunity³
- Increased production of B-vitamins⁴
- Reduced leptin and improved metabolic function³
- Healthy digestive function⁶
- Controlling *Candida* growth⁷
- Improved mineral absorption⁵

Without beneficial microorganisms, harmful or pathogenic microorganisms can multiply and result in toxin overload. The Royaldophilus vastly magnifies the colonies of beneficial bacteria or “friendly flora,” in the small and large intestine, thus improving mineral absorption, immunity and digestion.*

A 2004 study in Spain showed that *Lactobacillus casei* increased immune-system activity of monocytes and NK cells.¹ French researchers also concluded that increasing evidence, including human studies, supports the immunomodulatory role of lactic acid bacterial strains.²

Ingredients

Lactobacillus acidophilus

L. plantarum

L. rhamnosus

L. salivarius

L. casei

L. helveticus (formerly called *bulgaricus*)

Bifidobacterium bifidum

B. infantis

B. longum

L. brevis

L. keferi

Gastric Bypass Technology: Because of a patent-pending, gastric-bypass system, the helpful microorganisms in Royaldophilus tablets break down only when they reach small intestine and do not lose appreciable potency. The LiveBac® process allows the tablets to be safely stored at room temperature.

Royaldophilus contains 6 billion live cultures. It also contains microcrystalline cellulose, cellulose, pectin, sodium bicarbonate, silica, stearic acid, and turmeric.

How to Use: Take 1 Royaldophilus tablet daily. When under heavy stress or after taking antibiotics, it may be necessary to double the amount. Can be taken with food.

KidScents® Royaldophilus

Code 3283

How to Use: Chew 2 KidScents Royaldophilus tablets daily. After taking antibiotics, it may be necessary to double the amount taken. Can be taken with food.

Ingredients: Contains 2 billion live cultures of the same bacteria as adult Royaldophilus. It also has fructose, dextrose, natural strawberry flavor, magnesium stearate, stearic acid, and citric acid.

References:

1. Parra MD, et al., “Daily ingestion of fermented milk containing *Lactobacillus casei* DN114001 improves innate-defense capacity in healthy middle-aged people,” *J Physiol Biochem.* 2004 Jun;60(2):85-91.
2. Mercenier A, Pavan S, Pot B, “Probiotics as biotherapeutic agents: present knowledge and future prospects,” *Curr Pharm Des.* 2003;9(2):175-91.
3. Bleau C, et al., New *Lactobacillus acidophilus* isolates reduce the release of leptin by murine adipocytes leading to lower interferon-gamma production. *Clin Exp Immunol.* 2005 Jun;140(3):427-35.
4. Elmadfa I, Heinzle C, Majchrzak D, Foissy H. Influence of a probiotic yoghurt on the status of vitamins B(1), B(2) and B(6) in the healthy adult human. *Ann Nutr Metab.* 2001;45(1):13-8.
5. Scholz-Ahrens KE, Schaafsma G, van den Heuvel EG, Schrezenmeir Effects of prebiotics on mineral metabolism. *Am J Clin Nutr.* 2001 Feb;73(2 Suppl):459S-464S.
6. Xiao SD, et al., Multicenter, randomized, controlled trial of heat-killed *Lactobacillus acidophilus* LB in patients with chronic diarrhea. *Adv Ther.* 2003 Sep-Oct;20(5):253-60.
7. Elahi S, Pang G, Ashman R, Clancy R. Enhanced clearance of *Candida albicans* from the oral cavities of mice following oral administration of *Lactobacillus acidophilus*. *Clin Exp Immunol.* 2005 Jul;141(1):29-36.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Experience

▶ **Dynamic Energy and Stamina**

without harsh stimulant short-cuts (e.g., green tea extract, refined sugars, caffeine, ephedra).

▶ **Matchless, Age-Defying Antioxidant Activity**

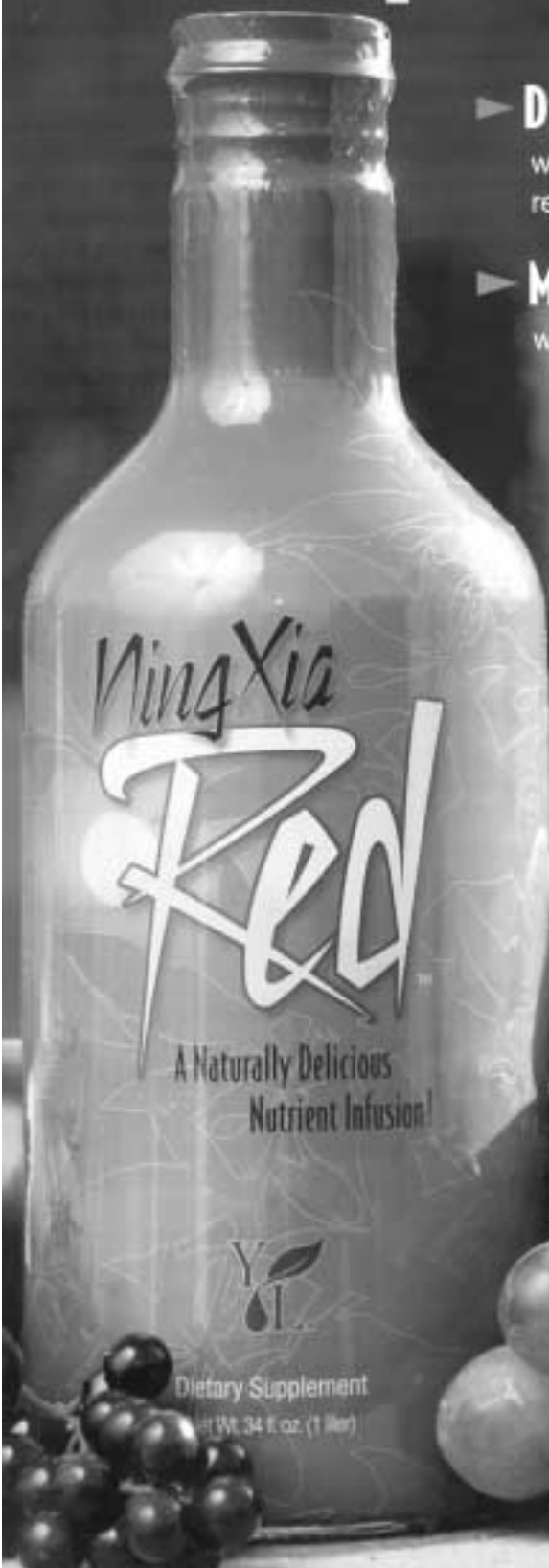
with the highest levels of naturally occurring S-ORAC and ORAC activity.

▶ **Sustained Immune Defense**

through a unique blend, complete with clinically proven wolfberry protein-polysaccharides.

▶ **The NingXia Red Promise**

of the finest whole Ningxia wolfberries, exclusive "Nutrient-Guard" preparation, and all-natural nutrient-dense ingredients combined to take nutrition to A WHOLE NEW LEVEL.



NingXia
Red
A Naturally Delicious
Nutrient Infusion!


Dietary Supplement
Net Wt. 34 fl. oz. (1 liter)

S-ORAC test* measures a drink's ability to neutralize the dangerous superoxide free radical. (Elevated superoxide is linked to chronic diseases such as heart disease, diabetes, cancer, etc.)**

Experience the Difference!



*Units: SODeq/Oz. Data from Brunswick Laboratories, Wareham, MA
**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Order your NingXia Red Today! Use order Code 3003. Visit us at www.ningxiared.com.

NingXia Red™



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

NingXia Red

1 liter, Code 3003

2 pk-1 liter, Code 3023

4 pk-1 liter, Code 3043

Body Systems Supported

Immune, Liver Function, Eye Health, Energy

Benefits

- Offers the highest protection against the dangerous superoxide free radical as tested by Brunswick Laboratories' S-ORAC test
- Contains the power of the whole Ningxia wolfberry and is packed full of polysaccharide-rich Ningxia wolfberry puree, with all of the health-giving wolfberry benefits (vitamins, minerals, and phytochemicals) captured by a patented process
- Formulated to maintain and support normal immune function*
- Contains five of the richest sources of free-radical-fighting antioxidants: wolfberry puree, blueberry, pomegranate, apricot, and raspberry juices
- Includes the essential oils of lemon and orange, which contain the phytochemical d-limonene to promote normal cell life cycles*
- Has polysaccharides that support proper cell communication and will not spike blood sugar levels (NingXia Red's glycemic index score is 10.6; glycemic index score of table sugar is 83)

Ingredients

Whole Ningxia wolfberry puree; a superblend of blueberry, pomegranate, apricot, and raspberry juices; organic blue agave; grape seed, skin, and stem (water extracted); lemon (*Citrus limon*) and orange (*Citrus sinensis*) essential oils; ascorbic acid (vitamin C), natural blueberry flavor, potassium sorbate, and sodium benzoate.

How to Use

Take 1-2 fl. oz. daily or as needed. Shake well before using and refrigerate after opening.

Important Information

NingXia Red is packed with the nutritional abundance of wolfberries: powerful polysaccharides, 18 amino acids, 21 trace minerals, 6 essential fatty acids, vitamins B1, B2, B6, C, and E, protein, and beta-carotene. Blueberry, raspberry, pomegranate, and apricot juices work synergistically with the wolfberry puree to protect eye health and support pancreatic and liver function while supporting the immune system.* Young Living has captured the power of whole fruit in new NingXia Red, bringing you longevity and vitality in a delicious drink!

For more Information contact:

Chérie L. Ross RCC, Inc. CEO

(763) 545-7347 Cell: (612) 867-6797 Distributor #263437

E-mail: cherie@young-living.net www.young-living.net

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

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

Ongoing	Twin Cities Area	Call Cherie Ross 763-545-7347
Ongoing	Chicago Area	Call Jen Crippen 815-347-9547
Ongoing	Iowa Area	Call Willy Lansing 563-926-2534 or Michelle Mickelson 641-472-0802
Ongoing	Wisc. Area	Call Ed Geiger 715-675-9322
Aug. 12-14	Wisconsin Area	(Cherie is teaching)
Oct. 14-17	Equador	D. Gary Young is teaching
Nov. 1- 6	TX	(Cherie is teaching) Call Laura Weaver 830-537-4280 or 210-364-9875
Nov. 11- 13	Mpls. area	Marcella Vonn Harting
May 2006	Australia	Essential Oil Educational Trip

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.

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. 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, there is no charge if you simply want to come assist and learn.) We're involved with many events with outstanding response.

Definitely looking for people to work all these events!

Sept. 9-11	Pagosa Springs CO	Parelli Conference
Sept 16-18	Hinkley MN	Friesian Fest
Nov. 2-6	Boerne TX	Quartus Foundation Spiritual Retreat - Cherie is speaking
Nov. 4-6	MPLS MN	Edge Life Expo
Dec. 1-10	Las Vegas NV	Country Christmas

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 June 2005 (if I have missed anyone please let me know)

Executive - Paula Casper, Merle Kuennen, Nick Kuennen, Kassi Johnson, Elaine Turczynski, Salley M. Gwin, Asia Voight, Nancy Stephens, Dr. Jeffrey Essen ND, David March, Connect 2 Pets, Elaine Downer, Brad A. Michels, Shirley Doese, Ken Alanen, Joel Lopez, Jeffrey D. Sapoznik, Laura Weaver, Midstates, Judith A. Springer, Dr. Dan Skow, Linda Prettner, Jerry Till, Vicki&Ronald Hellman, James&Valerie Weberg, Options for Health, DTDI, Rebecca Rossburg, Linda Budde, Renee Thorfinnson, Jim Pothen, Landon Ross, Mazur Maria III., Katherine Conrad, Kathleen O'Sullivan, Lynn Cox, Edward&Sandy Geiger, Brenda Meyer, Elizabeth Marquardt, Judy Jellings, Days Gone By, Hildegard Rykoff, Vicki Hartman, Kelli Johnson, Renee Ryan, Marie Kneeland, Kathryn Page, Elizabeth Osmelak, Vicki Hartman, Vital Living LLC, Janis Deyo, Staci Grattan, Yvonne Litza, Julie Barker-Montgomery, Harlan Waugh, KDM Associates Inc., Deanna Niswander

Silver Master Star- Making Waves Inc., Babette Anderson, Janet Becker, Bob Morrow, Dan Leutke, Sue Schutt, Quartus Foundation Inc., Willy & Joan Lansing, Crown Wing Station, Lee & Judy Camp, Spirits Whisper Acres., Karla Berger, Julie Stoesz, Dennis Grady, Raymond Miller, Lynn Young, Jodi Funk

Gold Master Star- Marge Ross, Ridgeway Investments, Sherry Lamarche, Jennifer Crippen

ALOHA

A – Stands for Akahai, meaning kindness, to be expressed with tenderness.

L – Stands for Lokahi, meaning unity to be expressed with harmony

O – Stands for Olu’olu, meaning agreeable, to be expressed with pleasantness.

H – Stands for Ha’aha’a, meaning humility, to be expressed with modesty.

A – Stands for Ahonui, meaning patience, to be expressed with perseverance.

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., Ear Candleing (952) 947-9040 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
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
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
Michael & Debra Hansen Organic Meat - all kinds www.goodearthfarms.com 1-888-941-4343
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
Annette Pearson Cert. Nutritional Consult., Reiki Master, Cert. in many Healing, Energy Modalities & EO 847-826-2034
Judith Mitchell CLC, RN, CMT, Healing Touch, Essential Oil Massage, Raindrop Tech., Personal Coach 612-870-9108
Dr. Gregory Mongeon, D.C. Chiropractor, Kinesiology, Essential Oils, Nutrition, Injuries and more. 507-649-0826
Keri Murlowski Brain Gym Instructor, Touch for Health, Essential Oil Consultant 763-785-4600
Lisa Kent Horse Trainer & Equine Therapist using Essential Oils 207-749-2363
Dr. Steven Fjerstad ND Naturopath Animals & Humans 320-693-2541
Elizabeth Coleman Nurse, Certified Trauma Specialist, Cranial Sacral & Emotional Cell Memory Release 952-412-0770
Carol Andrews Raindrop Technique, Deep Tissue Therapist, Vita-flex, Hot Stone & Essential Oil Massage 763-561-5070
Lorna Hensch Raindrop Technique 218-568-4978
Dr. Dianna Sabella DC Chiropractor, Kinesiology, Essential Oils, Nutrition, Injuries, Emotional Cell Memory Release,
NeuroLink, Humans & Animals and more. 651-342-0131
Tanis Wichmann Certified CARE Instructor, VitaFlex & Raindrop Technique for CEU’s & Certificates 218-367-2579
Dana Bourassa Raindrop w/ animals, Essential Oil classes/consults for animals/humans 920-832-0595 WI
Dr. Jeff Essen ND Whole Life Clinic 952-891-3019 MN
Dr. Ron Deyo DC 815-244-2699 IL
- LIST OF CARE INTENSIVE ORGANIZERS AND REGISTRARS
- Connie Adams, FCCI, 747 Broadway St., Fairfield, CA 94533,
(707) 422-5272 or (707) 372-4256, conniejoym@earthlink.net
- Joanna Barrett, RN, CCI, PO Box 86, 20B South Main, Newark Valley,
New York 13811, 607-642-5448, merandjo@onehealthylife.net
- Beverly Claussen, SCCI, 2601 Oakdale, Rd., C191, Modesto,
CA 95355, (209) 765-6290, glowingscents@netzero.com
- Jacqui Close, SCCI, Box 376, Jackson, MO, 63755 (573) 332-1117.
jclose@closeenvironmental.com
- Marylee Creegan, CCI, 21011 NW 74th Place, Alachua, Florida 32615
(386) 462-2092, mec14@juno.com
- Judy Estep, CCI, 1021 Dogwood Lane, Enola, PA 17025
(717) 732-5017, boyestep@aol.com

Carol Howden, FCCI, 248-316 Sunterra Ridge Pl, Cochrane, AB T4C 1W9
Canada, (403) 932-6993, carolhowden@shaw.ca

Mindy Kirby, LMT, FCCI, P.O. Box 448, Rutherfordton, NC 28139
(828) 286-1062, mindy@blueridge.net

Marie Koepke, RN, CCI, P.O. Box 383, Fraser, CO 80442
(970) 726-8688, mtnmarie3920@netzero.net

Lois Loyek, SCCI, Box 1597 Battleford, SK, S0M 0E0, Canada
(306) 937-7862, oyls.r.us@sasktel.net or conscentered@yahoo.com

Kathy Spohn, FCCI, 2697 Waterloo St. SW, Wyoming, MI 49509
(616) 261-0015, klspohn@juno.com

Lee Stewart, SCCI, RR. 4, Box 646, Marble Hill, MO 63764.
(573) 238-4846, (238-2010 Fax), care@clas.net

Tammy Struebing, CCI, 714 So. First St., Albion, NE 68620.
(402) 395-6887, tstruebing@amhne.org

Leslie Vornholt, MSW, SCCI, P.O. Box 17265, Boulder, CO 80308
(303) 652-9998, artemisdancer@earthlink.net

Ladonna Wells, SCCI, 2600 Zion, Jefferson City, MO 65109
(573) 761-4456 ladonna63@earthlink.net

Tanis Wichmann, SCCI, 41921 Sugar Maple Dr., Ottertail, MN 56571
(218) 367-2579, stevtan@lakesplus.com

For AUSTRALIA Send Remittance (USD) and Registration to:

CARE, attn: Lee Stewart, SCCI, RR. 4, Box 646, Marble Hill, MO 63764. (573) 238-4846, (238-2010 Fax), or mail: care@raindroptraining.net
Local Contact: John Green, PO Box 8273 Tumbi Umbi 2261, NSW Australia
Home Phone 612 43886847, cell: 0416 380 325, Fax 612 43886847 or email at <oils@relaxandfeelgood.com.au>

3. CARE INTERNATIONAL SEMINARS AND INTENSIVES
The Center for Aromatherapy Research and Education

Training Workshops for Continuing Education Credit in RAINDROP, VITAFLEX, BIBLE OILS, CHEMISTRY, AND EMOTIONAL RELEASE

CARE will sponsor more than 100 seminars and intensives during 2005 throughout the U.S.A., Canada, and Australia.

CARE Offers Two Types of Programs

1. CARE INTENSIVES (offering the full 23-hour CARE curriculum over a 3-4 day period)
2. CARE SEMINARS (offering a portion of the CARE curriculum over a 1-2 day period)

The Full 23-hour CARE Curriculum of includes Bible Oils (2 hrs), Applied Vitaflex (4 hrs), Raindrop Technique (8 hrs), Essential Oil Chemistry (5 hrs), Emotional Release with Oils (4 hrs).

The Center for Aromatherapy Research and Education is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing education Approved Provider.

Additional ones being added every week. Full details are given on the CARE Website <http://www.RaindropTraining.com>. Check the website periodically for the most current dates and locations.

CARE SEMINARS AND INTENSIVES 2005

Intensive
Aug 5-7, Fri - Sun, Plymouth, Minnesota
With Tanis Wichmann, SCCI, Tammy Struebing, SCCI

Intensive:
Aug 15-17, Mon-Wed, Pasadena, California
With David Stewart, PhD, DNM, FCCI, Jacqui Close, SCCI

Intensive:
Aug 26-28, Fri-Sun, Sacramento, California
With Connie Adams, FCCI, CMT, Jacqui Close, RA, SCCI

Intensive:
Sept 2-4, Fri-Sun, Perth, Western Australia
With David Stewart, PhD, DNM, FCCI

Seminar:
Sept 5, Mon, Adelaide, South Australia
With David Stewart, PhD, DNM, FCCI

Seminar:
Sept 7, Wed, Darwin, North Territory, Australia
With David Stewart, PhD, DNM, FCCI

Intensive:
Sept 9-11, Fri-Sun, Melbourne, NSW, Australia
With David Stewart, PhD, DNM, FCCI

Seminar:
Sept 13, Tue, Tasmania, Australia
With David Stewart, PhD, DNM, FCCI

Intensive:
Sept 16-18, Fri-Sun, Sydney, NSW, Australia
With David Stewart, PhD, DNM, FCCI

Seminar:
Sept 21, Wed, Townsville, Queensland, Australia
With David Stewart, PhD, DNM, FCCI

Intensive:
Sept 23-25, Fri-Sun, Anchorage, Alaska
With Connie Adams, CMT, FCCI

Intensive:
Sept 23-25, Fri-Sun, Brisbane, Queensland, Australia
With David Stewart, PhD, DNM, FCCI

Intensive:
Sept 30-OCT 2, Fri-Sun, Grand Rapids, Michigan
With Kathy Spohn, FCCI

Intensive
Oct 13-15, Thu-Sat, Toronto, Ontario, Canada
With David Stewart, PhD, DNM, FCCI and Jacqui Close, RA, SCCI

Nov 14-17, Mon-Thu, Branson, Missouri
With David Stewart, PhD, DNM, FCCI and Lee Stewart, SCCI

Intensive:
Nov 17-19, Thu-Sat, Cochrane, Alberta, Canada
With Carol Howden, FCCI, Katrina Harrison, CCI, Sue Ellis, CI

Intensive:
Dec 9-11, Fri-Sun, Grand Rapids, Michigan
With Kathy Spohn, FCCI

FEES AND CONTACT INFORMATION

The fee for taking a whole 3-4 day CARE seminar (23 hours) is \$460 in us funds. Registration for a full CARE Intensive is available on the internet at <http://www.RaindropTraining.com>.

Selected classes of a complete CARE Intensive may be taken but registration must be directly with the appropriate registrar and cannot be done on the internet. The same for CARE seminars offering only a portion of the full 23-hour CARE curriculum.

Yes, No, Maybe Essential News

Volume 4, Issue 3

www.marcellavonnharting.com

May-June 2005

The Magic of Essential Oils & Chronobiotics™

& The Language of Mastery

Exciting Playshops by
Marcella Vonn Harting

These presentations and others can be brought to you and your downline with a commitment of 25 people or more. **Phone Marcella Vonn or Anita at 480-443-3224** to arrange time and place.

Learn and experience the value of how to use Essential Oils. Learn how time of eating affects our wellness and vitality. Discover the power of your words. *I can, I am, I will, I have, I choose, I create, and I enjoy* are words to enhance life.

Marcella Vonn says "timing will change the world as we know it. The factor which will allow us to experience having it all in our daily lives is our awareness of how time relates to eating, sleeping, exercising, and living our lives to the fullest."

Editor: Anita Tamboli
email: atamboli@cox.net
Co-Publishers:

Marcella Vonn Harting
and Anita Tamboli

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MAKE A LIVING MAKING A DIFFERENCE By MARCELLA VONN HARTING

Have you chosen what you are going to make of this year with our new Young Living compensation plan? So many opportunities are just waiting for you to "SEIZE THE DAY!" The point is have you got a clear enough mind to see them?

Are you ready to make the best of whatever comes your way this year? Are you ready to grab it with both hands and run with it? This year is yours and yours alone, so make it happen.

"When one door of happiness closes, another opens; but often we look so long at the closed door we do not see the one which has been opened for us," said Helen Keller.

Young Living's new compensation plan is here and it is GREAT!

If you choose to change something in

your life, you are the person with the power to make a change. Take actions required and the world will beat a path to your door in order to help you succeed. Remem-

"...often we look so long at the closed door we do not see the one which has been opened for us." Helen Keller

ber, nobody ever planned to fail, they just failed to plan.

Take some time and write down what you choose to have and gain with this new plan. Make a plan for your future, after all it's your life!

I am reminded of a story which I will share: A man is walking down the street and sees his friend on the porch of his house, so he stops to talk for awhile. After a short time the dog who had been lying there quietly yelped, jumped up, and then settled

down again. The two men ignored this and went on talking. A few minutes later, the same thing happened again and as before the men continued to talk. Shortly after it happened again, the man asked his friend what is wrong with the dog, to which he said, "The stupid dog is lying on a nail." The man thought for a second and asked the obvious question, "Why doesn't he move?" His friend answered, "I guess he is not uncomfortable enough yet."

How many of us are like the dog? I would like to encourage you to take a good, hard look at yourself and see if you have a nail in your side, and consider if you are now ready to take it out. When it comes to you, when truly is a better time than now?

Yours in the present,
Marcella Vonn Harting



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

How To Pick An Essential Oil For An Animal

How should you pick an essential oil for an animal?

I just attended the Pacific Institute of Aromatherapy 6th Scientific Holistic Aromatherapy Conference. At this conference several individuals stood up and gave their ideas on essential oils and animals. The resounding common advice is animals truly do know what is best for their own health. Let them smell the oils, open your oil case and give them access to the vast array of great oils they can choose from. Observe how they react. Plug into your intuitive and see which one feels right for your pet. With cats just let them smell the aroma. With dogs rub a small 50:50 dilution on their back and see the remarkable results just a little "dab" will give.

Kurt Schnaubelt co-founder of the Pacific Institute of Aromatherapy gave a fabulous talk on the reason to use pure natural essential oils.

1. The isotope ratios are different i.e.) the mix of carbon 12 to 13 is different in real rosewood than it is in synthetic linseed
2. Enantiomeric composition: i.e.) a left hand glove does not fit on the right hand as well even though it is still a glove
3. The evolutionary mix: No molecule exists by itself

each is in a soup of molecules i.e.) 1200 types of molecules have been found thus far in lavender oil Nature has embedded each in an environment of other molecules and a synthetic will have a different soup i.e.) we recognize vitamin C in the form of an orange so they synthesized vitamin C and then we found that the bioflavonoids were just or more important so they synthesized them. Like Marcella Vonn would say why not just eat the orange? Evolutionarily we have evolved to recognize nature over millions of years and the synthetics over 1 to 80 years this is not putting the right glove on the right hand!

Lastly he went on to postulate 5 observations of aromatherapy

1. Essential oils are the secondary metabolites of the plants to which we as mammals have adapted to
2. Naturals are different (as outlined above)
3. They are used more by women because evolutionarily women are to take care of the survival of the species
4. They are easy to use and there is minimal hazards to learn therefore they could be promoted as a self help modality (as Frank Burns

would say when asked how do essential oils work, "They work just fine.")

5. Essential oils are messenger organisms; plants are co-evolving with us to take care of their own survival and they can therefore speak to us in the intuitive and to the animals. Thus the animal can be placed in charge of the oil selection.

Dr. Nancy Brandt
DVM,CVA,CAC, A VETERINARY MEDICAL DOCTOR.
Dr. Brandt can be reached for a consultation at 702-617-

**Marcella Vonn Harting
Presents An Intro Meeting
In the Phoenix Area**

June 8, Wednesday
YLEO Intro Meeting
7-9:00 p.m.
8714 N. 58th Place
Paradise Valley, AZ
Phone: 480-443-3224

"We could all use a little coaching. When you're playing the game, it's hard to think of everything."

Jim Rohn

Young Living Essential Oils For Horses

As a distributor with Young Living for the past seven years, I have been a student of these oils whose wisdom has guided me through my own personal growth as well as providing a means to enhance the lives and well-being of others.

A significant focus of my integrative healing practice is devoted to animals, especially horses. My own pony, Angel Fire, has been a wonderful teacher and partner as she has guided me in the use of the oils on her. It is from her I learned how to work with other horses, awakening an ongoing creative process of intuition and communication. The specialized aspect of my practice devoted to horses is called **EQU-LIBRIUM™**. While this includes other modalities, I would like to share some of the techniques I've developed with the Young Living Oils.

Beginning with a silent prayer of gratitude and appreciation, intent is given for healing in alignment with their highest good. The Aura-Soma Quintessence Kuthumi (St. Francis) is used to relax them into alignment with their Group Soul, enhancing feelings of safety and grounding in their identity. The first Young Living application is White Angelica™ to the shoulders followed by 3 Wise Men™ to ground them in Source. From that point, the horses let me know what they need and the oils combine to complement Reiki, Aura-Soma and BioGenesis. There are times when the oils are not applied directly to the physical body but are toned in through a tuning fork tuned to the sound of OM, the primordial sound of Creation. With the bottle directed to one of the levels of the subtle anatomy

the tuning fork is applied to the top. Afterward the bottle is placed on a special Activator Disc which re-energizes and recalibrates its frequencies.

Recently with the enthusiastic support of the owner of a local riding academy, I began to adapt Carolyn Mein's techniques for releasing emotional patterns. Emotional issues surfacing in a powerful 1000 pound animal can challenge even the most experienced riders. Similar to the human experience, their trauma can be deeply rooted in their past. Because horses are prey animals, the dominant issue is fear. A series of questions exploring that fear enables us to arrive at the core issue. The corresponding alarm points on the horse's body are then located and the appropriate oils are applied as the rider/owner states the affirmation. Because animals often mirror our own issues riders and owners are encouraged to engage the process themselves.

I have found R.C.™ gently massaged into the area above the eyes, along the bridge of the nose and around the nostrils eliminates the gooey runny eyes that result from all the pollen this time of year. ImmuPower™ used regularly around the ears helps to maintain a healthy immune system all year. V-6™ oil and Lavender makes a good hoof treatment. Valor® followed by Harmony™ along the spine brings the physical body and energy centers into alignment. My own pony especially enjoys a drop of Lavender on fresh fruit, a few drops of Di-Tone™ on a carrot three times a week, and Juniper and Sage rubbed into her mane and tail. During the hot summer months, a drop of Peppermint is added to her water

bucket to keep her cool. When faced with a dominant mare in her field, I rubbed Joy™ into her mane and tail. As she tossed her mane and tail she became a walking diffuser calming the dominant mare as well as the other horses in the field.

Young Living oils are high vibrational substances, "live essence medicines" whose consciousness knows how to direct the healing. As my sponsor and close friend, Iela, has taught me "We are simply the vehicles that deliver the oils. They do all the work." We need only to trust and relax into the process.

Ariel
Integrative Healing Facilitator,
EQU-LIBRIUM™
Reiki Master, Practitioner
Aura-Soma Colour Therapeutics,
BioGenesis™, Young Living
Essential Oils
Charlottesville, VA
Pager (434) 923-5594
Voice Mail (434) 963-8282
dutchpony@mindspring.com

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- ⚡ Promote normal bowel movements
- ⚡ Reduce fatigue
- ⚡ Aid in weight loss by promoting a feeling of fullness
- ⚡ Stop headaches
- ⚡ Boost your immune system
- ⚡ Give you more energy
- ⚡ Prevent kidney stones
- ⚡ Flush out unwanted toxins
- ⚡ Reduce bloat

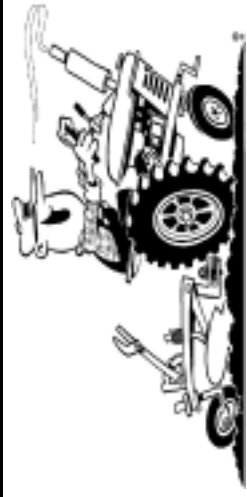
Greetings!!!

from Proud Pine Farm, 35757 Kettle Road, Garber IA 52048
Phone: (563)252-1591 FAX: (563)252-1742 Email: millsdb@alpine.com.net

Volume 9, Issue 6

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

June, 2005



Down on the Farm with Doug and Barb Mills

Last week Barb and I sold the farm that we had purchased in 1987. In the fall we will be moving about an hour south, outside Bellevue, Iowa, to a smaller, 58-acre parcel on the Mississippi River bluffs. We have just started building a ranch-style house and I will have a new area to landscape, which is a love of mine, as you know. We will miss this beautiful valley and Proud Pine Farm, but were ready for a change. I will keep you posted on our progress.

E-Flash Movie for Berry Young Juice

Now you can share Young Living's Berry Young Juice and business opportunity online in a very cool, hi-tech way! Everyone loves to sit back and watch a movie; now that is what we have with these sites. You will be able to view the latest Flash technology. Be sure to turn on your speakers! The price can't be beat, either, at \$19.95 setup and \$14.95 per month, and if you refer three who purchase, yours is FREE! Check with your upline on how to get started. If you wish, you may check out my site at www.dougmills.chinesehealthsecret.com and the business site, www.dougmills.2achievethealth.com. You can also dial in to a weekly conference call every Tuesday at 8:00 p.m. CST for a Young

The Dark Hormone of Health

Another environmental factor related to breast cancer is electromagnetic fields (either in the workplace from machinery or around the home from appliances, electric blankets, alarm clocks, etc.) that can suppress the production of melatonin. Working the night shift, getting inadequate sleep, sleeping in a room that isn't completely dark, and taking beta-blocker drugs are all further factors that reduce melatonin production and subsequently increase the risk of breast cancer.

Alternatives, March

2005

Alternative Food Pyramid

Some nutrition gurus have complained that the U.S. Department of Agriculture's food pyramid has been hopelessly out of date since the day it was released in the early 90s. Now the University of Michigan's program in integrative medicine has unveiled its own version of the famous triangle. Among the changes: The heaping plates of white rice and pasta featured in the government's pyramid are exchanged for fiber-rich carbs such as brown rice and oats, and legumes are offered as a major protein source. There's even a spot for seasonings with antioxidant and anti-inflammatory action. The new pyramid can be found at med.umich.edu/umim/clinical/pyramid/index.htm. Click on each food category to learn about its particular health benefits.

Alternative Medicine, May 2005

A Shakeup Over Salt

We didn't think margarine would hurt us until we found out just how bad trans fats really are. Likewise, we don't give much thought to our store-bought pasta sauce or soup, but perhaps we should: A lawsuit recently filed against the FDA names high sodium intake as a serious, under-recognized threat to our health. According to one analysis, 150,000 deaths would be avoided annually if the sodium content of processed and restaurant foods was cut in half. In February, the Center for Science in the Public Interest (CSPI), in Washington, D.C. — which played a key role in getting trans fats more tightly regulated — sued the FDA for failing to protect the public from the dangers of salt. The FDA considers the ingredient generally safe for consumption, but CSPI cites a growing pile of research showing that too much of it jacks up blood pressure, which in turn leads to increased deaths, mainly from heart disease. And the average American's daily dose of sodium would certainly qualify as high: It hovers near 4,000 milligrams, way above the recommended 1,500 to 2,300. What can you do while the courts grind their gears? Read labels, go easy with the salt shaker, and load up on fruits and vegetables, which are nearly sodium-free.

Alternative Medicine, May 2005

Another Reason to Drink BYJ

If you haven't tried Berry Young Juice yet, maybe this will convince you: Pomegranate juice has been shown to lower blood pressure, reduce the thickness of the carotid arteries, and decrease the risk of heart disease.

Health & Healing, April 2005

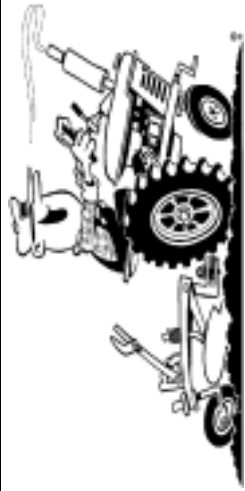
Greetings!!!

from Proud Pine Farm, 35757 Kettle Road, Garber IA 52048
Phone: (563)252-1591 FAX: (563)252-1742 Email: millsdb@alpinecom.net

Volume 9, Issue 7

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

July, 2005



Down on the Farm with Doug and Barb Mills

I am amazed at how easy it is to grow blueberries. The bushes are very hardy, even in Iowa. This is my third year with these plants now and they are really loaded with fruit. Each year you get more berries. I planted over twelve varieties that would grow in Zone 4, and they all did well. They take no special care, except to acidify the soil. Blueberries like a very acid soil, with a pH around 4.5 — 5.0. Your local garden supply store will have the necessary amendments. Most of the U.S. and Canada is suitable for growing blueberries, one of our superfoods.

Free Young Living Hotline

To keep up-to-date with what is going on with Young Living and to be informed of specials, you can now call a toll-free hotline 24 hours a day at (800) 371-3686.

Protecting Your Heart with Happiness

Perhaps there should be a stronger focus on maximizing the population's happiness, as findings showed happiness can lead to lower levels of a potentially dangerous stress chemical in the body. In fact, happier people may be healthier both mentally and physically, com-

pared to less happy people. According to a study, when happier people experience stress, they have lower levels of plasma fibrinogen, a chemical in their bloodstream that indicates the presence of inflammation, thus an indicator of heart health. The study involved 116 men and 100 women (ages 35 — 55) who were taking part in a major study on the various risk factors for coronary heart disease. Researchers carried out tests on the participants in three different settings: at work, in the laboratory, during leisure periods. Participants were asked whether or not they were happy at 33 moments during the day — researchers then evaluated how often people were happy in the course of the day. The results were adjusted according to gender, age, employment status, weight, smoking habits and psychological stress. Moreover, levels of the stress hormone cortisol — linked to obesity, type 2 diabetes, high blood pressure and autoimmune disease — were found to be 32 percent lower in people who reported more happy moments. What researchers found particularly interesting, though, was that the association between happiness and biological responses was separate from psychological distress.

Proceedings of the National Academy of Sciences
April 19, 2005

A New Look at Cholesterol — Part 1

Cholesterol is not the major culprit in heart disease or any disease. If it becomes oxidized it can irritate/inflame tissues in which it is lodged in, such as the endothelium (lining of the arteries). This would be one of numerous causes of chronic inflammation that can injure the lining of arteries. However, many good fats are easily oxidized such as omega-3 fatty acids, but it does not mean that you should avoid it at all

costs. Common sense would indicate that we should avoid the oxidation (rancidity) of cholesterol and fatty acids and not get rid of important life-giving molecules. Using the same conventional medical thinking that is being used for cholesterol would lead one to believe that doctors should reduce the risk of Alzheimer's disease by taking out everybody's brain. In fact, cholesterol is being transported to tissues as part of an inflammatory response that is there to repair damage. The fixation on cholesterol as a major cause of heart disease defies the last 15 years of science and deflects from real causes such as the damage (via glycation) that sugars such as glucose and fructose inflict on tissues, including the lining of arteries, causing chronic inflammation and resultant plaque.
(To be continued next month.)

Ron Rosedale, MD
www.mercola.com/fcgi/pf/2005/may/28/cholesterol_heart.htm

Organic Methods and Antioxidants

The Organic Center's second State of Science Review concludes that organic farming methods have the potential to elevate average antioxidant levels, especially in fresh produce. Charles Benbrook, Ph.D., compiled and analyzed existing scientific information for his report, *Elevating Antioxidant Levels through Organic Farming and Food Processing*. The report reveals that on average, antioxidant levels were about 30 percent higher in organic food compared to conventional food grown under the same conditions. An executive summary and the entire report can be found at www.organic-center.org/science.htm?articleid=54.

Acres USA, April 2005

Rcc, Inc - Chérie Ross
2732 Quebec Avenue North
New Hope, MN 55427

July 2005

General Newsletter

In this Issue: In-depth info on:

Organic Bug Spray
Brain Power Oil
Thieves Oil
New Royaldophilus

Mens & Womens Master Vitality Complexes (replaces Mens Cortistop)
NingXia Red
Lowering Cholesterol & Triglycerides

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Sat. 10am - 5pm

Sun. 3pm - 11pm

Check this box if you no longer wish to receive this newsletter and mark "return to sender.

"DO NOT MARK ACROSS THE LABEL! or

Please contact us with your E-mail if you wish to receive it electronically.

The 10% off specials for 2005

July 16 - Aug. 15 BrainPower Oil
Aug. 16 - Sept. 15 Thieves Kit
Sept. 16 - Oct. 15 Abundance Oil
Oct. 16 - Nov. 15 Clove Oil
Nov. 16 - Dec. 15 White Angelica Oil
Dec. 16 - Jan. 15 Peace & Calming Oil

"Until man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favor compared with the products of nature, the living cell of the plant, the final result of the rays of the sun, the mother of all life."

Thomas Edison

7-9:30pm YL Regional Training 2005 Convention update Free

Check on www.youngliving.com or call 1-800-371-3515 for locations

Detroit, MI	Mon. Sept. 12th	Syracuse, NY	Thur Sept. 22nd	Denver, CO	Wed Oct 5th
Toronto, ON	Tues. Sept. 13th	Chicago IL,	Tues Sept. 27th	Colo. Springs, CO	Thur Oct 6th
Calgary, AB	Wed. Sept. 14th	Milwaukee, WI	Wed Sept 28th	San Francisco, CA	Tues Oct 11th
Atlanta, GA	Tues Sept 20th	Minneapolis, MN	Thur Sept 29th	San Diego, CA	Wed, Oct 12th
Newark, NJ	Wed. Sept 21st	Wichita, KS	Tues Oct 4th	Phoenix, AZ	Thur Oct 13

PHONE/INTERNET SPECIAL

Often one product will be featured at a "buy one, get one free" (BOGO) price. The BOGO specials can be discontinued at any time. The weekly special will not be pre-advertised. The special will only last until the current stock is depleted. It is on a "first come, first serve" basis. For instance, all the product may be sold by Wednesday during its' featured week. No back order or rain checks will be allowed. Weekly product specials will only be available through order entry personnel or on the internet. No returns will be accepted for BOGO items. IVR (automated phone ordering system) and autoship orders are excluded..

There is a fantastic website full of Young Living testimonials www.oil-testimonials.com

Check on www.youngliving.com or call 1-800-371-2928 to order
For more information you can also go to www.young-living.net or 763-545-7347