

“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 tak-
ing
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 nice supply of **Canadian Red Cedar** 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: APRIL 15 - MAY 15 R.C. OIL

R.C. Code #3405 Frequency approx 75 MHz

Can be diffused, applied topically & taken internally. The fragrance influences decongesting & relief from allergy symptoms. This blend of 11 oils was formulated to give relief from all respiratory, sinus, throat & cold allergy issues. Often **R.C.** successfully dissolves bone spurs. **Eucalyptus Globulus** - An excellent mucolytic, powerful against staff, strep & pneumonia infections, anti-viral & reduces all infections in lungs. **Eucalyptus Radiata** - anti-inflammatory & strong action against all lung disorders, bronchitis, asthma & sinusitis. **Eucalyptus Australiana** - Anti-viral, antibacterial & anti-fungal. **Eucalyptus Citriodora** - Decongests & disinfects sinuses & lungs. Anti-inflammatory & antispasmodic. **Myrtle** strengthens respiratory system, chronic coughs, asthma, tuberculosis & chest complaints. Gentle yet very effective & safe for babies, children, small animals & yes even cats & birds. **Pine** - opens & disinfects the bronchial tract. Very powerful anti-infectious for respiratory, bronchitis & pneumonia. **Spruce** - A sacred essence of the Lakota Indians used for bringing a feeling of stability & connection with our creator. Anti-inflammatory with cortisone like action. Supports & balances our nervous system & skeletal system. **Marjoram** - Reduces spasms, calms coughs & soothes large muscle mass. **Lavender** - Anti-spasmodic, anti-inflammatory & prevents scarring in all tissue, even lungs. **Cypress** - strengthens circulatory system, increases healthy blood flow, increases lymphatic activity anti-infectious & mucolytic. **Peppermint** - Extremely beneficial for respiratory, digestive, sinus & liver disorders. Reduces fevers, regulates body temperature, strengthens respiratory function & improves focus, concentration & mental accuracy.

MAY 15 - JUNE 15 ROSE OIL

Rose Code #3623 Frequency approx. 320 MHz

Can be diffused, taken internally & applied topically. The fragrance influences establishing balance & harmony assisting us in over coming insecurities & creating a sense of contentment. The highest quality **Rose** available requiring 5,000 lbs. of Bulgarian Rose petals to make 1 liter of oil. **Rose** has been used for thousands of years for all skin issues; from wrinkles & scar prevention to regenerating tissues from burns & severe injures to eczema & other serious skin disorders. **Rose** may also prove effective with asthma & other respiratory concerns. **Rose** also is tremendously effective with assisting us in recovering from physical illness or conditions stemming from emotional issues or traumas. **Rose** is very powerful in preventing us from going into shock & bringing us out of shock, even if we've been in shock for a prolonged period of time. **Rose** is also very necessary to use with all forms of grief. Sometimes when we loose a loved one we fall into such deep grief from which we cannot recover. Our own demise will then follow - hence "They died from a broken heart." **Rose** oil or **Rose & Jasmine** will lift us up out of the deep grief & despair. **Rose** is also necessary to wear or even carry in your pocket, when you or your loved one are going through a serious or terminal illness, or are consistently around negative depleting energy, to keep your own frequency up. Legends state that rose is often the fragrance of Mother Mary, the Saints & ArcAngels.

SPECIAL PROMOTION THE ESSENTIAL 7 KIT™ BUY 3 GET 1 FREE... CODE 3120

The Essential 7 Kit™ is Young Living's most successful essential oil package. This kit contains seven of our most popular oils and oil blends. Now through May 15, 2005, purchase three Essential 7 Kits & receive a fourth kit free—a \$60+ value! Promotion Details: This offer is valid 4/20/05 – 5/15/05 The three Essential 7 Kits must be purchased in the same order to receive the free kit. Members may participate multiple times; there is no limit. The free kit has no PV. This promotion is not available on the Automated Telephone Ordering System (IVR).

Following in the Star Report you'll find 101 ways to use the Essential 7 Kit

Peace & Calming - Promotes relaxation & a deep sense of peace & calm. Containing Blue Tansy, Patchouly, Tangerine, Orange & Ylang Ylang, **Peace & Calming** is extremely effective with relief from stress, tension, anxiety attacks, ADHD, snoring, insomnia, depression, overwhelm, nervousness, separation anxiety, irritability & physical, mental & emotional fatigue. Can be all taken internally, applied topically and diffused. Especially effective to calm unmanageable children & animals. Excellent for everyone.

Pan Away - Created for topical use (but safe for internal use or diffusing) **Pan Away** really does take the "pain away". Containing Helichrysum, Wintergreen, Clove & Peppermint. **Pan Away** works to relieve all forms of inflammation & physical discomfort, arthritis, broken bones, ligament/tendon damage, sprains, tears, backaches, headaches, toothaches, bruises, muscle spasms, injuries etc...

Joy - Producing a magnetic energy, **Joy** enhances the frequency of self acceptance & opens the heart to receive the feelings joy. Containing Rose, Bergmot, Mandarin, Ylang Ylang, Lemon, Rose, Geranium, Jasmine, Palmarosa Roman Chamomile & Rosewood, **Joy** supports us in overcoming grief, depression & loneliness by restoring feelings of self esteem & confidence. **Joy** also assists with proper adrenal gland function. Ready for more happiness? Wear or diffuse **Joy**.

Purification - A powerful antiseptic for all. Containing Citronella, Lemongrass, Lavadin, Rosemary, Melaleuca Alternafolia & Myrtle. **Purification** can be taken internally to relieve sore throats, thrush, sore gums & cold sores. Apply **Purification** topically to disinfect cuts/scraps relieve/neutralize poison from spiders, bees, hornets, scorpions, snakes, flies, mosquitoes, fire ants & other insect bites. Diffusing **Purification** completely neutralizes mold, mildew, cigarette/cigar smoke & all unpleasant odors. Spray while traveling to dissolve unhealthy microbes, protecting yourself from unexpected virus & bacteria.

Lemon - Clinically proven to improve memory recall & decrease errors by over 50% upon inhalation. Stimulating & invigorating to all areas of our brain, relieves fatigue, assists in more clear vision. Also tremendous antimicrobial activity, assists our body in digesting excess fat, dissolves cellulite, increases microcirculation & lymphatic function. **Lemon** also promotes Leukocyte(healthy cells) formation. Can be taken internally, applied topically and diffused.

Lavender - Pure true **Lavender** is a very rare & sacred occurrence. **Lavender** is the #1 stress & tension releasing oil heightening our ability to reason & remember allowing us to access improved concentration & mental acuity. **Lavender** influences calming, relaxing, physical & emotional balance. **Lavender** is excellent for everything from skin care, wounds, famous for burns, prevent & restore hair loss, excessively oily scalp/skin, acne. cramping, cancer, tumors, stretch marks, nausea, headache muscle cramps, phlebitis, bruises, insomnia, oxygenating, anti-inflammatory, anti-spasmodic, prevents scarring in all tissue, even lungs, analgesic, anti-convulsant. Can be diffused, applied topically & taken internally.

Peppermint - The most powerful organic mental energizer. **Peppermint** is extremely beneficial for digestive, sinus & liver disorders. Reduces fevers, regulates body temperature, nausea, strengthens respiratory function, relief from headaches & migraines, improves focus, concentration & mental accuracy. Can be diffused, applied topically & taken internally.

Hot Tip

If you're as forgetful as I sometimes can be, you may make the same mistake I recently did when I applied **Joy** oil to my neck for a perfume, but then went into the sunshine without sunscreen!! **Joy** oil contains **Bergamot** oil which is highly photosensitive. The hyperpigmentation was incredible! First turned bright red (and itched!!) then purple, then dark, dark brown. I was certain I'd be "scarred" for life. I tried alternating Frankincense and Lavender and rubbing it in with the **ART Night Cream** 2-3x daily. Clearly the DNA restorative properties are incredible. In 3 months I no longer have any signs of the pigmentation. Normally this takes 2-3 years to correct!

Sue Olmos, CTPM www.midstatesmyotherapy.com

2005 YL Convention July 13-16 Salt Lake City Utah. Inside sources tell me that the educational information being shared at Convention will exceed all expectations. If this 2005 SLC convention is anything like Nashville was - you'll definitely be elated to attend. The educational information / research presented exceeded our expectations. YL conventions are not yay rah rah fluff. They truly are the most solidly researched educational event you can attend on natural health. Physical, emotional, & spiritual. I guarantee you'll end each day with your heart, mind and tummy full. (its tax deductible too!!) For more detailed information go to www.youngliving.com or call 1-800-371-3515.

Child Care now available at the Grand Convention!

- * Day care will be provided in a room above the ballroom at the Salt Palace.
- * Cost is \$100 for all three days, or \$35 per day.
- * Cost includes healthy snacks and lunch.

- * There will be no child care for the banquet, and none available on Farm Day.
- * Reservations and payment must be made by June 10th, 2005.

To make reservations please email us at goldofthegods@youngliving.com or call us at (801) 418-8900 and ask for Cristy in Events. You will receive a confirmation of your reserved spot.

Farm Day is truly a family event. You and your children will love being out on the farm.

It is also my intention to have evening dinners and get togethers for our group. Wed. evening for the Leaders & Thurs. evening for everyone. **Please let me know as soon as possible if you're coming to convention so we may keep you updated on the events.** A significant amount of our group missed a fabulous evening due to not knowing about it. My desire would be that everyone could attend our groups fabulous evening. Imagine a positive and uplifting energy spending an evening with over 200 of our team all together in one room!

Free Products & Free YL Training CD

Autoship - Would you like free products monthly? Effective April 1st 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!

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 Willie Lansing 563-926-2534 or Michelle Mickelson 641-472-0802 |
| Ongoing | Wisc. Area | Call Ed Geiger 715-675-9322 |
| May 9 | Evanston, IL. | YL Product Orientation. Products, after 9 Business Call Annette 847-826-2034 |
| May 13-15 | Chicago IL | Marcella Vonn Harting Wellness Massage Training Institute Registration required - 630-739-9684 Ext 2 |
| May 14 | Arlington Heights, IL. | Oils, Chakras, & Meditation. Contact Jean 847-253-9769. |
| May 15 | Merril WI | Intro I, II Call Ed Geiger 715-675-9322 |

| | | |
|---------------|--------------------|--|
| May 19 | Marengo, IL. | Relieve Physical Discomfort w/ the Essential 7! Options 4 Health 815-568-1444 |
| May 21-22 | Wausau Area WI | Animal & Intro I, II Call Ed Geiger 715-675-9322 |
| May 23 | Marengo, IL. | Healing Oils of the Bible II. Options 4 Health 815-568-1444. |
| May 27-28 | Bloomfield IA | Intro II & Animal Class (Cherie is teaching) Call Willie Lansing 563-926-2534 |
| May 31 June 5 | Boerne TX | 7th Heaven, Intro, Business, Product Knowledge Q&A (Cherie is teaching) Call Laura Weaver 830-537-4280 or 210-364-9875 |
| June 3-5 | Chicago IL | CARE Essential Oil Seminar - Dr. David Stewart www.raindroptherapy.com |
| June 16-18 | Phoenix/Cave Creek | Intro, Product Knowledge Q&A, Business & Animal (Cherie is teaching) |
| June 24-26 | Dubuque IA | Intro, Feelings, Hormones, Depression, Business, Product Knowledge Q&A, 12 Oils (Cherie is teaching) Call Dave March 563-552-1516 or Willy Lansing 563-926-2534 |
| June 28 | St. George UT | (Cherie is teaching) |
| July 13-16 | Salt Lake City UT | YL convention 2005 |
| Aug. | Wisconsin Area | (Cherie is teaching) |
| Nov. | TX | (Cherie is teaching) |

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!

| | | |
|------------|-------------------|---|
| June 2-5 | Boerne TX | Quartus Foundation Spiritual Retreat - Cherie is speaking |
| July 29-31 | Louisville KY | Breyer Fest |
| 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 | Cowboy 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 March 2005 (if I have missed anyone please let me know)

Sr. Star Executive - Paula Casper, Merle Kuennen, Nick Kuennen, Kassi Johnson, Elaine Turczynski, Salley M. Gwin, Asia Voight, Dr. Dianna Sabella, Nancy Stephens, Dr. Jeffrey Essen ND, David March, Connect 2 Pets, Elaine Downer, Brad A. Michels, Harlan Waugh, Spirit Plus Nutrition, Linda Brunner, Judy&Roger Beenken, Shirley Doese, Ken Alanen, Nita&Terry Stewart, Annette & Kevin Pearson, Jeanne Wiger, Kathryn Page, Gloria Schuett, Wendi Plunkett, Lydia Yoder, Therapeutic Alternative, Debra L Labraie, John Henry Yoder, Sandra Ferguson, Joel Lopez, Jeffrey D. Sapoznik, Crown Wing Station, Laura Weaver, Midstates, Judith A. Springer, Dr. Dan Skow, Linda Prettner, Jerry Till, Donna Duncan, David&Christy Jares, Vicki&Ronald Hellman, James&Valerie Weberg, Joanne Christensen, Mary Clark, Options for Health, Robin Richter, Loren Green, Lynn Bartzak, Dr. Steve Fjerstad, Kristin Ostrander, Kira Kostka, Christine Renz, Claudia Modich, Douglas Renz, Luanne Runck, The Lighthouse, Dorie Buck, Steven Geiger, Leann Hassman, Linda Brown, Kathleen Meech, Arthur Osmelak, DTDI, Jody Stevens, Kathy Mullaney, Bob Villars, Janell Kneeland, Paula Quinlan, Diane Kaiser, Kathy Herman, Ame Wiger, Rebecca Rossburg, Hildegard Rykoff, Kathleen Clemins, Linda Budde, Renee Thorfinnson, Terri Bevan, Sandra Ferguson, Jim Pothen, Brent Anderson, Yvonne Litza, Gerald&Rose Jordan, Mary Paulson, Cheryl Gebhart, Jane Osmelak, Agnes Weix, Larry Dallenbach, Eileen Wanous

Master Star Executive - Julie Stoesz, Jodi Funk, Vicki Hartman, Kelli Johnson, Dennis Grady, Lynn Young, Hildegard Rykoff, Edward&Sandy Geiger, Marie Kneeland, Kathleen O'Sullivan, Katherine Conrad, Vital Living LLC, Days Gone By, Lynn Cox, Elizabeth Osmelak, Julie Barker,

Premier Master Star - Spirits Whisper Acres, Sue Schutt, Dan Leutke, Karla Berger, Raymond Miller, Landon Ross, Judy Jellings, Bob Morrow, Lee & Judy Camp,

Ambassador Master Star - Jennifer Crippen, Ridgeway Investments, Willy & Joan Lansing, Quartus Foundation Inc.,

Silver Master Star- Sherry Lamarche, Making Waves Inc., Babette Anderson, Janet Becker

Gold Master Star- Marge Ross

Instructions for Life... Dalai Lama

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's:
 - *Respect for self,
 - *Respect for other's and
 - *Responsibility for all you actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A Loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each toher exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

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
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
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 218-568-6070
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

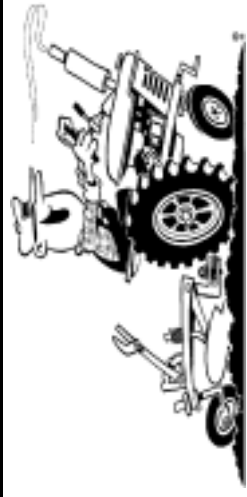
Greetings!!

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

Volume 9, Issue 3
2005

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

March,



Down on the Farm with Doug and Barb Mills

As I sit here watching a bunch of whitetail deer bound across the field, it reminds me that I better get out there and put some wire around several Scotch pines because the deer are eating off all the needles. They do not like to eat them; however, when we have prolonged periods of snow cover, they will get hungry enough to clean off the lower branches, making the trees rather sad-looking. Barb and I enjoy the farm life for its slower pace and lots of natural beauty from the plant and animal life. This is one of the reasons I like network marketing: you can earn a living from any location!

Processed Meats Play Role in Cancer

"It has been estimated 3 million to 4 million cancer cases worldwide could be prevented each year through healthy eating and lifestyle changes. A prime example: Colon cancer. Colon cancer is the third most common cancer among men and women. And while many risk factors boost the chance of developing this disease, high intake of red meat may be a major contributor. (Researchers have defined high intake of meat, including beef, veal, pork, sausages and bologna, as three or more ounces a day for men and two or more ounces a day for

women.) Researchers asked nearly 150,000 adults between the ages of 50 and 74 to provide information regarding personal meat consumption in 1982, and again in 1992 or 1993. Findings showed that the median intake of red meat was just over 2 ounces a day for men and 1.4 ounces a day for women. Also, the heaviest consumers among men ate 10 times as much red meat than those who ate the least, while the heaviest consumers among women ate 17 times as much.

It was also concluded:

- Those who ate the equivalent of a hamburger a day were about 30 percent to 40 percent more likely to develop colon cancer than those who ate less than half that amount.
- The risk of colon cancer increased by 50 percent with long-term consumption of high amounts of processed meats such as hot dogs.

Though it was not investigated why large amounts of red and processed meats seemed to increase colon cancer risk, two possible theories suggest:

- Cooking meat at high temperatures can lead to the creation of mutagens, which can damage DNA.
 - High iron content in red meat produces free radicals, which can also damage DNA."
- (*Journal of the American Medical Association*
January 12, 2005;293(2):172-182)

Article found at www.mercola.com

Drugs: The Real Danger

"There is one class of consumer products that kills more people than handguns, automobiles, street drugs, and every type of poison combined. Each and every year, 106,000 patients

die in our hospitals from adverse reactions to prescription drugs, and some sources put it at 180,000 or more. And this is under medical supervision! Going with the most conservative figure, that's 290 deaths per day, day in and day out – close to the equivalent of a 747 going down every single day. Add to this the 2 million others (5,500 per day) who have adverse drug reactions that require hospitalizations or cause permanent damage. And it's not limited only to prescription drugs. Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and aspirin kill 16,500 Americans every year and send 103,000 to the hospital with GI bleeding. Acetaminophen (Tylenol), which is highly toxic to the liver, is responsible for more than 56,000 yearly emergency room visits and 450 deaths."

Dr. Julian Whitaker
Health & Healing
July 2004, Vol. 14, No. 7

Aromatic Essential Cards

"A new fun and playful deck of 46 cards to heal and re-program the inner child through words and scent is now available. Shuffle the cards, select one card for the day, read the conscious inspiration on the front of the card aloud with passion and purpose. Turn the card over to see what essential oil to use for the day and how to use it. Each beautifully illustrated full-color card includes valuable information on an essential oil for the body, mind and spirit including Use Codes, Aromatic Qualities, Energy Centers, scientific names, origin, botanical family and constituents. The cards measure 6" wide x 3.5" deep. Order yours at www.yesnomaybe.net for \$15.95 plus shipping. Order 12 and get 1 free."

Marcella Vonn Harting
Candace Czarny

Greetings!!

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

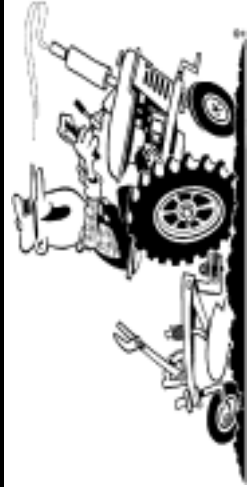
Phone: (563)252-1591 Email: millisdb@alpinecom.net

FAX: (563)252-1742

Volume 9, Issue 4

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

April, 2005



Down on the Farm with Doug and Barb Mills

Several weeks ago Barb and I went to an orchid show in Madison, WI. It was nice to see and smell all the beautiful flowers in the middle of winter.

We came home with a very pretty white and purple *Phalaenopsis*. It had two flowers open when we got it and now has five. I am surprised at how long the flowers last. Many varieties can be grown outside in the summer and under lights in the winter for those who live in the cold parts of the country. As for me, I will keep mine in the greenhouse.

Fast Food, Obesity and Diabetes

"For many years, a commonsense link between fast food, obesity, and insulin problems was assumed by many people – and now Britain's esteemed medical journal *The Lancet* has published results of the first long-term investigation to establish links between fast food, obesity and the insulin troubles that usually appear as harbingers of diabetes. "These findings suggest that frequent fast food consumption cannot be part of a healthful diet, despite claims to the contrary by the food industry," said senior study author Dr. David Ludwig, director of the obesity program at Children's Hospital Boston. As they attempted to isolate the effect of fast food on excess weight and insulin resistance, two major risk factors for

Type 2 diabetes, researchers assessed the dietary habits of 3,301 black and white adults aged 18 to 30. Participants were asked to provide information about diet, physical activity and other lifestyle factors. What is it about fast food that makes it so bad for people? "The kind of foods that are served in fast food restaurants are generally high-energy density," wrote Dr. Aren Astrup in an accompanying editorial. "The portion sizes have gone up dramatically and also there are a lot of soft drinks where we know the sugar seems to be more fattening than in solid foods. They also lack a lot of the nutrients that we know have some protective effect against weight gain, such as high, whole-grain food products."

Acres USA, February 2005

Oils Are Naturally Antibacterial

"It is estimated that infections such as MRSA (staph infection) kill 5,000 people each year. This is partly due to the fact that current treatments are only successful in around 50 percent of cases; such treatments can also cause skin irritation. However, researchers may have discovered a much more efficient, not to mention pleasant, way to treat staph infections: Essential oils (compounds found within aromatic plants). It seems that the use of these oils, typically used in aromatherapy, have been found to kill deadly MRSA bacteria within just two minutes of contact. By simply inhaling these essential oils, patients are able to prevent the risk of infection. And, unlike the current treatments made of single compounds, essential oils are made up of a complex mixture of chemical compounds that MRSA and other bacteria have a hard time resisting. While testing, researchers used 40 essential oils against 10 of the most dangerous and deadly bacteria and fungi. Three of the oils successfully killed: MRSA, *E. coli*, and other bacteria and fungi. Researchers proved that any soaps or

shampoos made by blending these three oils would be effective over a period of time. Further, hospital staff, doctors and patients can eliminate the spread of MRSA by using products made from these essential oils."

(From the University of Manchester, 12/21/04)

www.mercola.com/ftc-gif/pdf/2005/jan/5/essential_oils.htm

Arteries Stiff in 7-Year-Olds

"The news about obese children keeps getting worse. According to U.S. and Italian researchers, children as young as 7 already have the beginnings of artery disease. In a study released on September 27, doctors at the University at Buffalo in Buffalo, New York and Cava d' Tirreni Hospital in Salerno, Italy, report signs that the carotid arteries of 100 obese children are already becoming thick and stiff, as well as indications that the children may have a higher risk of diabetes. "You can see vascular changes already this early in really obese children," said Dr. Maurizio Trevisan of the University at Buffalo, who led the study. "We know that obesity in childhood increases the risk of atherosclerosis and death in adulthood. It is important for parents of obese children to help their children control their weight and get early treatment for these obesity-associated risk factors." The children in the study also had higher blood pressure and cholesterol. For instance, the obese children had an average blood pressure of 120/76, while the normal-weight children had an average pressure of 98/65. Ultrasound scans showed the obese children had thicker and stiffer carotid arteries. The carotid arteries carry blood to the head. The study can be found in the October issue of *Diabetes Care*, online at

<http://care.diabetesjournals.org>"

Acres USA, January 2005

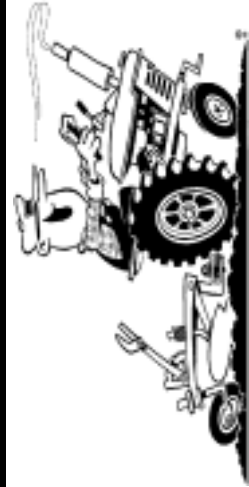
Greetings!!!

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

Volume 9, Issue 5

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

May, 2005



Down on the Farm with Doug and Barb Mills

You know it's spring when you see the wild tom turkeys strutting their stuff with their tail feathers in a full fan display to the hens. We also enjoy seeing the geese and ducks landing on the pond on their migratory route up north. Even the horses are happy to wander the pasture looking for that first blade of grass to pop out. We still have a few patches of snow on the north side of our hills; however, that is melting fast!

Alzheimer's Self-Defense

"New study: People who consume less than 14 mg of the B-vitamin niacin per day were three times more likely to develop Alzheimer's disease. *Theory:* Niacin helps maintain normal neural function. *Helpful:* Aim for the recommended daily intake of 14 mg for women and 16 mg for men from niacin-rich foods, including fortified cereal (20 mg per cup)...lean poultry (11.8 mg per half-breast)...and canned tuna (11.3 mg per three ounces.)"

Bottom Line Health, January 2005, Vol. 19,

#1

A Nation of Drugies

"Aggressive marketing by the drug companies both to physicians and directly to the public has made the rational use of drugs next to impossible. Conventional doctors aren't brainwashed, they are brain-scrubbed. They are like trained seals in the circus. See patient, prescribe drug. See patient again, prescribe another drug. See patient yet again, prescribe more drugs. If you think I'm exaggerating, consider this: The National Center for Health Statistics recently released *Health, United State, 2004*, its annual report on health trends. It revealed that 44 percent of Americans take at least one prescription drug and 16.5 percent take three or more. Among people 65 and older, 84 percent take prescription medications, as do an incredible 24.1 percent of those under age 18. Something is seriously wrong here. Only an idiot would conclude that this level of drug use is helpful. Yet their hyped-up benefits and downplayed risks make drugs an attractive, easy 'fix' to physicians who should be using their brains to try to help patients overcome conditions that their lifestyles have created. And in so doing, they sentence many, many patients to untimely and premature deaths under the guise of trying to help them. It's insane."

Health & Healing, February 2005, Vol. 15, #2

Vegetables Lower Blood Pressure

"It's been known for some time that vegetarians tend to have lower blood pressure than the general population. It hasn't been clear whether their diet or their lifestyle guards them against hypertension, but a new review of previously published studies claims that diet provides the protection. 'It's the diet itself, and it is clearly the diet of choice for people who want to get their blood pressure under control,' said Dr. Neal D. Barnard, president and founder of the Physi-

cians Committee for Responsible Medicine and co-author of the report, which appeared in the January issue of *Nutrition Reviews*."

Arces USA, March 2005

Even Mild Depression Shortens Life

"Emotional health may play a far greater role in the long-term survival of patients suffering from chronic heart failure, according to a new study that compared the mortality rates of patients based on a common screening test for depression. So much so, even patients considered to be in a sub-depressive state can also increase their risk of death. Scientists tracked the progress of more than 1,000 cardiac patients who were screened for depression during their hospital stay using Beck's Depression Inventory (BDI), then followed them for seven years to determine if there was a correlation between test scores and mortality rates. (Generally, patients with a BDI score of 10 are considered mildly depressed, while those in the 12 - 19 range can vary from being mildly to moderately depressed.) Those who had a BDI score of 10 or higher had a 44 percent greater mortality risk. Surprisingly, as the range dropped, the fatality rate climbed. Patients who scored seven or higher on the BDI had a 51 percent greater risk of death. Additionally, the correlation between BDI scores and a greater risk of death didn't take into account traditional stressors: Age, marital status, cardiac function, or the true cause of the cardiac problem. The great upside to these gloomy numbers: Researchers hope these results will spur doctors to pay far closer attention to their patients' psychological states, along with their physical conditions, and perhaps integrate a simple psychological assessment tool like the BDI into their practice."

www.mercola.com/ftcgl/pf/2005/mar/26/depression_lifespan.htm

Yes, No, Maybe Essential News

Volume 4, Issue 2

www.marcellavonnharting.com

March-April 2005

Now Available on my
website:
www.marcellavonnharting.com

**Aromatherapy
Cards,
Introductory CD to
YLEO and**

**“Yes, No, Maybe”
Chronobiotic™**

Nutrition, a new book

Correction

The Dates for the
Vita Flex Playshop with
Tom Woloshyn
have been changed to
March 30th and April 1-3

Please contact

Marcella Vonn Harting at
480-898-4088 for more
information.

Web site under construction.
Thank you for your patience.

**Look for our next issue
May-June, 2005
This year we are
publishing every
other month.**

Editor: Anita Tamboli
email: atamboli@cox.net

Co-Publishers:
Marcella Vonn Harting
and Anita Tamboli

©2005 Yes, No, Maybe Essential
News. All rights reserved. The
opinions, conclusions or
recommendations expressed in this
publication are those of the authors
and do not necessarily reflect the
views of the publishers.

Playshop Comes To You By MARCELLA VONN HARTING

Today is the 1st day of your life. The past does not necessarily make the future. What would you do if you knew you could not fail? The last three years of my life I have been quite involved with Anthony Robbins. Having graduated from his Mastery University and Leadership Academy, I ask myself how can I share this with the people I love and care for, my Young Living organization. The answer came out of a conversation with a Anthony Robbins trainer, Don Clair. Both of us choosing to share, empower and make a difference in peoples lives came up with a Playshop we call “Playing to Claim Your Excellence,” a two day life changing event focused on Network Marketing or what I call “Relationships.”

Have you ever questioned what you are doing? Why you are not getting the results you are after? When you are at effect in your life you get reasons. Maybe for some of us it's about what we need to get rid of that no longer serves us compared to what we need to get!

Don Clair, Cynthia Freeman and John Burgess (Top trainers for Anthony Robbins) combined their talent and skills in a Fun, Physical, Results-Driven Playshop.

Leaders are based on how many leaders they can create not how many followers they have. I am creating leaders. I am results-driven and you can test me. I am stepping up to the role of mentoring my organization in a big way.

I invite you to gather your distributors and other distributors in your area together for a Playshop presented in your community. The entire Playshop, with Don, Cynthia, John and I will come to you.

Create leverage to move through the boundaries stopping you in any area of your life. You learn tools you can utilize in your life everyday to create greater rapport with others.

Read just a few of the comments included in this newsletter. The Playshop is “life changing,” “profound,” “fun,” and more. Phone or email me if you choose to empower yourself and your distributors. I am about sharing, empowering and making a difference in your life.

Yours Consciously,
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

Chronobiotic™ News By G. I. "Atom" Bergstrom

The nose has multiple modalities, including esoteric alchemical ones.

- 1) The nose has a chemical olfactory function synchronized to the conscious mind (usually involving middle-note and bottom-note oils).
- 2) The nose has a pheromone olfactory function synchronized to the subconscious mind (usually involving top-note oils).
- 3) The nose has a trigeminal nerve function synchronized to the subconscious mind (how the mind perceives sulfur and coffee odors).
- 4) The nose has a magnetropic magnetic field function synchronized (via the iron and copper in hemoglobin, myoglobin, etc.) to the subconscious and super conscious mind.

5) The nose has a light-sensitive phototropic function synchronized to the subconscious and super conscious mind.

6) The nose has a barotropic intuitive function synchronized to the subconscious and super conscious mind (similar to the baroreceptors responsible for the "carotid sinus reflex action" of acupuncture meridian point Stomach 9, aka Renying, or "Man's Welcome").

G. I. "Atom" Bergstrom is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting. Reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis at 2116 Clay Street, Kilgore, TX, 75662 or phone 903-984-3458.

More "Playshop" Reviews

When Vonn invited me to participate (notice she did not say attend!) in the Playshop on Excellence she told me that it would change my life----and it did! The greatest change happened during the "break the board" exercise. I watched many of my new friends step up and break their boards with grace and ease. I stepped up to my board filled with both the fears holding me back and the promises the future holds when I had gone thru the fears. I took my stance, focused and was aware that there was a tiny litany running thru my head "I wonder *if* I can break this board." I whacked it hard at least 3 times. At that point I got a back spasm, a charlie horse in my leg and was in such intense pain that I just said "*I am breaking that board!*" My hand was thru the board and I didn't even know it was done! I was caught in one of those magical moments where it was shown to me that the instant I dropped the word *IF* from the litany, the deed was done! Two little letters, one tiny word that made all the difference! "IF" is no longer part of my vocabulary. I realized that I used *if* because I was afraid people would think I was arrogant or foolish when I stated that my desires *would be* so. "*If*" was a back door I could scoot out if things didn't quite work out. On the 2nd and 3rd Tuesday of each month I have "Adventures in Oils" gatherings from 9:30-11:00 AM. We have been blessed to have guest speakers the past 3 months so this is really getting to be fun! Please join us! Adventures in Oils with Beverlee Jones (928) 567-9466 or bevjones007@hotmail.com

An Invitation to Life Coaching

Itold Marcella Vonn I did not need another seminar/workshop. I had been to Anthony Robbins and I still was integrating. She said the Playshop is about Relationships, breaking thru old stuff and creating rapport. I know whenever I listen to her I am grateful I did. So, I attended.

A miraculous shift happened; I stood in front of 80+ people and claimed my power. I am a

Life Coach, an outstanding one. I help people create focus, clarity and direction to follow their dreams, to fully embody the magnificent person they are. I am a personal cheerleader co-creating dynamic relationships. I invite you to stop, tell the truth and know who you are. Contact me for a Life Coaching session at atamboli@cox.net or 602-758-9020. In Joy and Love, Anita Tamboli

“Playing To Claim Your Excellence” A Huge Success

More than 80 YLEO distributors from around the country attended Marcella Vonn Harting’s by invitation only “Playshop.” Here are a few remarks from participants.

I am so excited to begin my life and really live it. My 10-year daughter actually asked where is the old mommy? This past weekend with Playing to Claim Your Excellence was by far the most profound ever. I returned home from this seminar able to sustain the greatness of the seminar. I was able to commit to move forward with the commitments to my dreams and to myself. To carry in every cell in my body the ability to feel the shifts which had taken place. To know that I will achieve all the dreams my heart put to paper at this semi-

nar. This was by far more transformational than others and it cost less.

A client offered to build me a clinic in the same week no strings attached just would I continue as his cats doctor. I know this happened because I focused on my dream and the gifts only I can give. What you focus on you will get. Come to this play shop and learn how to refocus and gain like I did. Special thanks to Marcella, Cynthia, Don and John for stepping up and living their dream to transform lives in such a profound manner. Submitted by Dr. Nancy Brandt DVM,CVA,CAC. Dr. Brandt is a veterinary medical doctor. She can be reached for a consultation at 702-617-3285.

The Playshop on Excellence was a life changing event for me. I learned many things that will assist me in my business, but the most profound event happen in just an instant, I saw the things that have

been holding me back most of my life and I knew that my live would never be the same. There will be no more being unsatisfied with life and not knowing what to do. I am now empowered and responsible for what becomes of my life and I am excited! Candace Czarny, CFM, LEED AP, ASID President Wind & Water Interior Design & Feng Shui "Where Home is a blissful place" www.artofplacement.com 877-372-8737.

The “Playshop” has had such a powerful affect on those who attended Marcella is offering it to her entire organization. If you desire to hold a “Playshop” in your area and can bring together 100 people, Marcella will bring the entire program to you. Contact Marcella Vonn at 480-898-4088.

The Doctors Forum

By Dr. Ken Krieger

THE HEART CONNECTION According to Mildred S. Seelig, MD, "Most modern heart disease is caused by magnesium deficiency. A vast and convincing body of research, largely ignored, has convinced us and many of our colleagues of this fact. The diet of the industrial world is short on magnesium, and this is causing an epidemic of heart disease in the modern world." Dr. Seelig goes on to state, "The fact is that magnesium deficiency underlies much of the heart disease epidemic that consumes so many of our healthcare dollars. Studies have linked low magnesium levels with many of the major risk factors for heart disease. Other studies show that the average Western processed-food diet is lower in magnesium than is com-

monly acknowledged. MUCH OF THE HEART DISEASE SEEN TODAY IS A DIRECT RESULT OF LOW MAGNESIUM CONSUMPTION." Don't neglect the need for magnesium for good heart health! At least 1,000 mg per day taken at night will give you the added benefit of a better nights sleep. Take along with **Sulfurzyme** which contains wolfberries and MSN and aids in protecting the cells and cell membranes and preserving the molecular framework of connective tissues. Yours for Better Health Naturally, Dr. Ken Krieger **Dr. Ken Krieger** is a Chiropractic Physician in Phoenix, AZ. Reach Dr. Krieger by Phone: 623-561-2478, Email: Drkriegerstria@aol.com, Web site: www.arizonaspinedoc.com

CLASSES IN CHICAGO

The following are classes given by Marcella Vonn Harting in the Chicago area. Contact Cathy Ahl at 630-739-9684 for information.

Sunday, May 15th

FACE READING

10:00 am - 1:00 pm Investment: \$40
Learn more about people when you know how to read facial features.

CHRONOBIOTIC™ NUTRITION

2:00 - 6:00 pm Investment: \$50
Based on a person’s utilization of the circadian rhythms of light and color. “Timing will change the world as we know it”, MVH.

Saturday, May 14th

LANQUAGE OF MASTERY®

10:00 am - 6:00 pm
Investment: \$125 includes playbook
This seminar is designed to give you a practical working knowledge of how your language shapes your reality.

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 cur-
riculum
over a 3-4 day period)

2. CARE SEMINARS (offering a portion of the CARE cur-
riculum
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 educa-
tion
Approved Provider.

Postings below are as of April 21, 2005. Additional ones
being
added every week. Full details are given on the CARE
Website <http://www.RaindropTraining.com>. Check the web-
site
periodically for the most current dates and locations.

For specific information on any particular program, see
Contact names, emails, phone numbers, etc., at the end
Of this message. Registration for all of these, except for
some
of those In Canada, can be accomplished over the internet
at
<http://www.RaindropTraining.com>

CARE SEMINARS AND INTENSIVES 2005

Intensive:
May 12-14, Thu-Sat, Green Bay, Wisconsin
With Carol Howden, FCCI, and Ben Howden, CI

Intensive:
May 13-15, Fri-Sun, San Francisco, California
With Connie Adams, FCCI, CMT

Intensive:
May 13-15, Fri-Sun, Asheville, North Carolina
With Larkin Busby, SCCI, and Ladonna Wells, SCCI

Intensive
May 19-21, Thur-Sat, Brainerd, Minnesota
With Tanis Wichmann, SCCI, and Lois Loyek, FCCI

Intensive:
May 20-22, Fri-Sun, Rutherfordton, North Carolina
With Mindy Kirby, FCCI

Intensive:
May 20-22, Fri-Sun, North Lake Tahoe, California
With Connie Adams, FCCI, CMT

Seminar:
May 21-22, Sat-Sun, Gainesville, Florida
With Marylee Creegan, CCI

Seminar:
May 21-22, Sat-Sun, Modesto, California
With Beverly Claussen, SCCI

Seminar:
May 21-22, Sat-Sun, Saddlebrook, New Jersey
With Joanna Barrett, RN, CCI

Intensive:
May 23-25, Mon-Wed, Williston, North Dakota
With Lois Loyek, FCCI, NC, CH, LEC

Intensive:
May 27-29, Fri-Sun, Albuquerque, New Mexico
With Larkin Busby, SCCI, and Ladonna Wells, SCCI

Intensive:
JUNE 2-4, Thu-Sat, Cochrane, Alberta, Canada
With Carol Howden, FCCI, and Ben Howden, CCA

Intensive:
June 3-5, Fri-Sun, Chicago, Illinois (North Suburbs)
With David Stewart, PhD, DNM, FCCI & Kathy Spohn, CCI

Seminar:
June 4-5, Sat-Sun, San Andreas, California
With Beverly Claussen, SCCI

Seminar
June 4-5, Sat-Sun, St. Cloud, Minnesota
With Tanis Wichmann, SCCI

Intensive
June 6-8, Mon-Wed, Battleford, Saskatchewan, Canada
With Lois Loyek, FCCI, NC, CH, LEC

Intensive:
June 10-12, Fri-Sun, San Antonio, Texas
With Larkin Busby, SCCI, and Ladonna Wells, SCCI

Intensive:
June 24-26, Fri-Sun, Grand Rapids, Michigan
With Kathy Spohn, FCCI

Seminar:
June 25-26, Sat-Sun, Elmira, New York
With Joanna Barrett, RN, CCI

Intensive:
July 1-3, Fri-Sun, Portland, Oregon
With Larkin Busby, SCCI, and Ladonna Wells, SCCI

Intensive
July 8-10, Fri - Sun, Fargo, North Dakota
With Tanis Wichmann, SCCI, Tammy Struebing, SCCI

Intensive:
July 17-19, Sun-Tues, Salt Lake City, Utah
With Dr. David Stewart and Lee Stewart, SCCI

Intensive:
July 29-31, Fri-Sun, San Jose, California
With Connie Adams, FCCI, CMT

Intensive:
July 29-31, Fri-Sun, Providence, Rhode Island
With Ladonna Wells, SCCI, and Larkin Busby, SCCI

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.

Contact the person designated below or see CARE website for ala carte prices for individual classes. Organizers and Registrars indicated above for each seminar are given below with contact information.

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@one-healthylife.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>

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

May 2005

General Newsletter

In this Issue: In-depth info on:

Essential 7 Kit - **Buy 3 get 1 Free!**
RC Oil
Rose Oil
Berry Young Juice
Environmental Toxins
Hazards of Microwaves

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

On-line Ordering www.youngliving.com

Live help hours: M-F 8am - 11pm

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

| | |
|--------------------|---------------------|
| April 15 - May 15 | R.C. Oil |
| May 15 - June 15 | Rose Oil |
| June 15 - July 15 | Immupower Oil |
| July 15 - Aug. 15 | BrainPower Oil |
| Aug. 15 - Sept. 15 | Thieves Kit |
| Sept. 15 - Oct. 15 | Abundance Oil |
| Oct. 15 - Nov. 15 | Clove Oil |
| Nov. 15 - Dec. 15 | White Angelica Oil |
| Dec. 15 - 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

Special Rates for Convention 2005!

Best Western Salt Lake Plaza Hotel's multi-million dollar renovation - suites on hold.

Refrigerators available (while supplies last). Across the street from the convention center.

You must request: "Star Young Living Group" to receive this rate: \$79.00 per night (max. 4 people)

Call 1-800-366-3684

WEEKLY PHONE/INTERNET SPECIAL

Each week 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