

Learn more about what & how to use Y.L. products on the Mon. 620-782-8200 enter code 24856#
Tuesday pm calls- general usage and info on YL products. Wednesday PM Calls - Business Building.
Call 641-297-5400 code 2006411
Conference calls 8:00 p.m. CST

Check out for great Testimonials

www.oil-testimonials.com

**** New** 800-980-8696**

FOR YL PRODUCT SPECIALS,

LOCAL CLASSES, RECORDED AUDIO TRAININGS

January / February 2006

General Newsletter

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

800-371-2928 - Live operator order taking

888-880-1549 - Automated ordering/info

800-371-3515 - Customer Service

866-203-5666 - Fax

801-418-8900 - Corporate Office

Hello Everyone,

Happy 2006. Create abundance in your health and wealth.

New 800 # is a great place for you to go for education. This is a information # only, not a place to leave a message. There are 4 prompts. #1 For YL product specials and product knowledge. #2 for Training and events that everyone can attend.

#3 Cherie and other YL leader's conference calls for YL product knowledge. #4 YL training CD's

Animal Scents Conference Call (updated phone number) 1-641-696-6600 Access Code 66110

Due to the extensive list of products mentioned Thursday January 12th conference call about Animals, Oils, Cancer, Worms and Parasites that we were not able to give you full information on, there will be a Part II

Conference Call on Thursday, Jan. 26, 7:15 - 8:30PM CST

Bring your pen and paper for this call is strictly product knowledge. What products were used, WHY and HOW. It would be of highly beneficial to listen to part I of this call before listening to Part II.

If you missed this last call it was recorded and posted on my web site (www.young-living.net) and as well as on my toll free line 800-980-8696 Prompt #3 until Friday.

Coral Sea™ Code #3207 while supplies last Coral Sea BOGO (buy one, get one free)

Enhance your calcium intake with **Coral Sea**, a powdered calcium supplement containing organic sea coral and 58 trace minerals that are vital to the health of bones and joints. Calcium and other minerals contained in **Coral Sea** also contribute to the health of the heart, brain, liver, kidneys, and normal muscle functions.

For calcium to be assimilated in the body the "micron" size of the particle needs to be a "mesh" filter screen size over 800 which is actually smaller. In this situation the larger the number of the mesh, the smaller the particle.

Young Living's **Coral Sea** has a "micron size" or "mesh" of approximately 1800. Most other brands of calcium are 200 - 400. A very large particle size where you get very poor results if any. Young Living's **MegaCal** and **SuperCal** are also very small particle sizes 1000 - 1800 mesh and ready assimilatable What is being referred to are not milligrams but particle size for assimilation. You will not find this information on the labels of any brand of calcium. I encourage you to contact the companies of the other brands of calcium that you may be using and ask them what "micron" or "mesh" particle size is of their product. In all my years of searching I have only found one other brand of calcium, in addition to Young Living, that is ready assimilated. Also, combining calcium with other minerals such as potassium and magnesium creates optimal usage for our bodies.

All Young Living calcium's are properly blended and balanced with other minerals for optimal results. Unfortunately the majority of the calcium supplements that people take, other than Young Living, are not assimilated and are expelled costing us valuable \$\$ with no results. This is yet another reason why I am so grateful for Young Living. Superior research creates superior products producing superior results.

Calcium is the most abundant mineral in the human body Calcium is needed to form bones and teeth, maintain good bone health. Calcium is required for blood clotting, transmission of signals in nerve cells, and for muscle contraction.

Coral calcium is a natural calcium supplement containing organic sea coral, infused with 58 trace minerals found in the sea. This finely ground coral calcium is the highest-grade product available.

Unique Essentials:

Coral Sea provides an excellent source of calcium. Regular exercise and a healthy diet with enough calcium helps teens, young adults, men and women maintain good bone health and may reduce their high risk of osteoporosis later in life.

Coral Sea contains a bio available form of calcium. It is believed that coral calcium consists of a natural organic chelated source of calcium. Ionic calcium (Ca++) in the sea is incorporated into the living coral structure. A recent human study found coral calcium to be better absorbed than calcium carbonate.

Coral has been scientifically analyzed to contain over 60 elements. These elements are necessary co-factors for all biochemical reactions in the body. The 1992 Earth Summit Conference reported mineral levels in North American farm and range soils have declined by 85% in the last 100 years.

Coral Sea contains only ancient coral mined from the land of Okinawa Island. Special care is taken to never hurt the ocean dwelling living coral. Coral calcium sand is pre-pulverized to a finely ground particle size similar to talc. The small particle size increases surface area for the calcium to be released. **Coral Sea** contains the most finely ground coral known

on the market today.

Limited research has found coral calcium preserves cells better than calcium carbonate.

How do I use **Coral Sea**?

Take one teaspoon mixed in one cup of juice or water, twice daily or as needed between meals, or at bedtime.

Who should use **Coral Sea**?

Coral Sea is a natural calcium supplement. Calcium helps teens, young adults, plus men and women maintain good bone health and may reduce their high risk of osteoporosis later in life.

Here are six reasons to boost your calcium intake -- and some ways for working more into your diet daily.

You've read it a hundred times: Get plenty of calcium to ward off bone-thinning osteoporosis later in life. Unfortunately, if you're like most women, you drink milk sporadically (if at all) and take supplements only when you remember to. Which means you probably don't come close to consuming the recommended 1,000 milligrams of calcium per day (1,200 to 1,500 milligrams if you're pregnant or nursing). And a stronger, healthier skeleton isn't all you're missing out on. Research shows that this mighty miner can help ease PMS pains, lower blood pressure, even fight cancer.

1. **COMBAT COLON CANCER** Here's a surprise: Although we tend to think of colon cancer as a men's disease, it is actually one of the three most common types of cancer among women. A recent study shows that a diet rich in calcium may help prevent the disease. Without adequate calcium, experts believe, bile and fatty acids -- natural byproducts of digestion -- can irritate the colon, causing a constant state of cell repair.

"The more cells regenerate, the more they're exposed to toxic agents that can cause them to become cancerous," explains the study's lead researcher, Peter R. Holt, M.D., professor of medicine at Columbia University College of Physicians and Surgeons in New York City. Calcium binds with these insidious acids, preventing them from doing their damage.

2. **PREVENT PMS** With more calcium in your diet, you may suffer less from the mood swings, headaches, irritability and anxiety associated with PMS. A major study recently showed that a daily dose of 1,200 milligrams of calcium can reduce those annoying periodic signs by as much as 50 percent. "Premenstrual symptoms indicate that a woman has an underlying calcium deficiency," says study researcher Susan Thys-Jacobs, M.D., director of the Metabolic Bone Center at St. Luke's-Roosevelt Hospital in New York City.

Getting ample calcium will also help prevent debilitating bone loss later in life, a particular risk for PMS sufferers.

3. **HEAD OFF HIGH BLOOD PRESSURE** High blood pressure can lead to heart disease, the leading cause of death for both men and women in the United States. It's also a formidable threat if it develops during pregnancy, a condition called (CQ) preeclampsia.

Calcium from dairy products, however, in combination with a balanced, low-fat diet, may help keep blood pressure in check. In a major government study called DASH ("Dietary Approaches to Stop Hypertension"), calcium was one of a group of nutrients found to lower blood pressure, says Eva Obarzanek, Ph.D., a researcher with the National Heart, Lung and Blood Institute.

In fact, out of the DASH study came the official DASH diet. This eating plan, which is widely dispensed by physicians in the United States to patients with high blood pressure and others, recommends two to three servings of low-fat or nonfat calcium-rich dairy foods a day, such as nonfat milk, nonfat yogurt and low-fat cheese.

4. **AVOID KIDNEY STONES** If you've ever had a kidney stone, you know those minute collections of minerals that form in the kidneys can cause excruciating pain when they pass through the urinary tract and out of the body.

Most kidney stones are made from calcium and oxalate, a salt-like substance found in such foods as beets, spinach, rhubarb and nuts. Your body also makes its own steady oxalate supply. Normally, calcium and oxalate remain dissolved and are excreted in the urine. But stones can form when calcium and oxalate become too concentrated in the urine, forming crystals -- not unlike sugar settling to the bottom of your coffee cup.

A 12-year Harvard University study involving more than 90,000 women, however, found that those with the highest dietary calcium intake had the lowest risk of kidney stones. The theory? Researchers believe that calcium binds with oxalate during digestion and is excreted from the body rather than getting absorbed, preventing stones from forming.

5. **FIGHT BREAST CANCER** Ample calcium may also help reduce your risk of breast cancer, especially if you're a milk drinker. A Finnish study involving more than 4,600 women concluded that those who drank roughly three 8-ounce glasses of milk a day had a lower risk of breast cancer than those who didn't drink as much. Researchers suspect that calcium, as well as other components in milk, such as conjugated linoleic acid, may have potent breast-cancer-fighting properties.

6. **CURB WEIGHT GAIN** Research suggests that a calcium-rich diet -- especially one that includes dairy sources -- not only helps young women keep weight in check but may reduce overall levels of body fat. A small study of 18- to 31-year-old women recently found that those who consumed no more than 1,900 calories but at least 780 milligrams of calcium a day either had no increase in weight or actually dropped pounds over a two-year period. Women with calcium-poor diets, on the other hand, gained weight on the same calorie intake. Lead researcher Dorothy Teegarden, Ph.D., an assistant pro-

fessor of food and nutrition at Purdue University in Indiana, suspects that "calcium depresses certain hormones, which consequently improves the body's ability to break down fat in cells and slow fat production."

Weekly Educational Conference Calls

• Starting Feb. 7 & 8, 2006 New training call every week 8pm CST. Tuesday pm calls- general usage and info on YL products. Wednesday PM Calls - Business Building. Call 641-297-5400 code 2006411# Monthly Thursday 7:15PM CST Animal conference calls Feb. 9, Mar. 9, April 13, May 11 620-782-8800 code 66110#

ImmuPro Code# 3213 is back in stock.

This delicious chewable supplement is one of the most superior immune system balancers available today. Containing Ningxia Wolfberry, world renowned medicinal mushrooms, herbs and Young Living essential oils, **ImmuPro** is in a class all its own. If your immune system is low, **ImmuPro** will strengthen it. If your immune system is overactive (autoimmune disorders) **ImmuPro** will assist your body in restoring balance. **ImmuPro** produces outstanding results for the prevention of colds, flu, viruses, infections, strep throat and other infectious & contagious conditions. **ImmuPro** is excellent to speed up recovery time from bronchitis, mononucleosis, strep, staph, childhood diseases, pneumonia, persistent colds & flues, coughs, surgeries & injuries. I personally used **ImmuPro** to assist my body in becoming cancer free in 2002 in record time. Many have experienced **ImmuPro's** amazing ability to assist their body in rapidly releasing cancerous tumors of all types when added to a complete cancer wellness program. When taken at bedtime, **ImmuPro** helps many experience deep, restful sleep. **ImmuPro** is safe for children and pets as well. If you like **ImmuPro** soft and chewy, remove the silica envelope inside. Take 1-4 chewable tablets at bedtime.

The 10% off special for: Jan. 16 to FEB. 15 JOY OIL Code #3372 Frequency Approx. 188 MHz
Ready for more happiness? Wear or diffuse Joy. Producing a magnetic energy, Joy enhances feelings of self acceptance & opens the heart to receive joy. Often inspires romance and intimacy.

This blend of 10 oils was created to keep us in the frequency of self love and acceptance. Joy supports us in overcoming grief, depression & loneliness by restoring feelings of self esteem & confidence. Joy assists with proper adrenal gland function. **Rose** balances hormones, calms emotions, relieves shock, anxiety, deep seated grief, despair, stress and tension. **Rose** is the highest frequency at approx. 320 MHz. **Bergamot** produces excellent results in balancing bipolar and other extreme emotional imbalances. **Mandarin** promotes feeling of happiness in our minds and emotions. Wonderful gentle sedative properties aiding with irritability and stress relief. Great for insomnia. **Ylang Ylang** helps bring a sense of relaxation, balances male/female energies & restores confidence. Assists in balancing equilibrium. **Lemon** increases micro circulation in our blood vessels. Is stimulating and invigorating to our mind. **Jasmine** has been used for centuries to enhance romantic attraction. Also excellent for relief from low libido, depression and nervous exhaustion. **Palmarosa** is supportive to our nervous and cardiovascular systems, stimulates new healthy cell growth and speeds up our healing process. **Roman Chamomile** calms and relieves restlessness, nervous tension, insomnia & muscle spasms. Superlative for calming over stimulated nerves. **Rosewood** stabilizes & grounds us. **Joy** is a photosensitive oil blend.

The 10% off special for: Feb. 16 to MAR. 15 RELEASE OIL Code # 3408 Frequency Approx 102 MHz
Containing 5 oils blended specifically for assisting us in letting go of negative emotions, frustration, anger and any negative cellular memories. **Release** is equally effective with physical, emotional and mental concerns. Also excellent to use on location after a trauma, injury or incident where pain is present. Ideal for topical use, but can be taken internally.

Ylang Ylang helps bring in a sense of relaxation by balancing the male and female energies, re-establishes self confidence, self accap tance and self love. **Lavandin** is a rapid healthy cell regenerator and powerful anti-bacterial. **Geranium** stimulates nerves, assists in hormonal balancing, helps release negative emotional memories uplifting our thoughts.

Sandlewood stimulates the pineal gland in the mid brain assisting us in releasing painful memories. **Sandlewood** also assists our brain in the production of melatonin, helping us to have deep restful sleep. **Blue Tansy** helps cleanse the liver and calm the lymphatic system, allowing us to overcome anger and regain self control. **Blue Tansy** also stimulates the thymus gland which helps us live in the present time. Not dwelling on the past or worry about the future. Apply as needed on location of stress & tension

Hot Tips

Sinus Infection/ Chronic Sinusitis- Myrtle Oil, Black Pepper Oil, Eucalyptus Radiata Oil, Goldenrod Oil, 5 drops each oil in 1 capsule, take 1-3 times daily, orally. 1 Royaldophilus at bedtime. For as many day as condition exist. Stay away from anything microwaved, soda-pop, coffee, and alcohol. Be prepared for drainage. Kathy Farmer, Colorado

Gary Young / Vicki Opfer in Chicago

The following is information about a full day Saturday class that Gary Young is teaching next month in Chicago. It will be "The Event of the Year!" I hope that you will consider traveling to it! Gary's going to share all of his latest research and information, and this is the only full day class he will be teaching ALL YEAR. September 27th-30th, Gray will also be speaking at convention, but the Chicago class will be a smaller and more intimate group. PLEASE consider going to this great event!!!

Gary Young! Itasca (Chicago Area), IL When: Feb. 18, 2006 10 a.m. - 5 p.m.

Where: Wyndham Northwest Chicago Hotel, 400 Park Blvd. Itasca, IL 630-773-4000 (for directions only)

Come and find out how you can use the wisdom of the ancients to live a longer, healthier life! Gary Young, President and Founder of Young Living, is coming to your area to present an all-day seminar! Gary is an internationally known authority on finding new, natural methods for improving physical, emotional, and mental well-ness and one of North America's leading experts on essential oils. You can join him while he shares his most recent discoveries that can dramatically improve health.

Cost: \$45 (includes all conference materials and a nutritious, YL-approved lunch) \$55 (after February 10)

Please pre-register early! Seating is limited!

For more information and to register, please contact Distributor Network Services at 800-371-3515 or Events at 800-371-3686. To redeem your unused training credit.

Vicki Opfer - presenting Secrets of a Young Living Diamond Business Building class

Sunday February 19 from 1-5 pm, in Chicago, at the same hotel, Vicki Opfer will be teaching a 4 hour business class called "Secrets of a Young Living Diamond." The cost is \$25 pre-paid, \$35 at the door. I've had great reviews from business builders at all levels who have attended this class, so I hope that you'll stay over and attend that event, also. If you want to register, mail a check made out to YL Family, Inc. to: Vicki Opfer 5875 Fig Court Arvada, CO 80004 or email her at ylfamily@comcast.net

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 member it is necessary to place a \$50 PV 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

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.

Tapes

Many of us still have tape sets (40 tapes) that I personally have mailed out over this past 6 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 plus \$10 S&H) Everyone who has listened said these tapes are so valuable. You'll find info on these tapes that is nowhere else!

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 or Virginia Litza 815-784-3143
Ongoing	Iowa Area	Call Willy Lansing 563-926-2534 or Michelle Mickelson 641-472-0802
Ongoing	Wisc. Area	Call Ed Geiger 715-675-9322
Feb. 11 & 12	San Francisco	Essential Oils from a Traditional Chinese Medical Perspective 415.479.9121
Sept. 27-30	Salt Lake City	YL convention

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Events and Opportunities

These are excellent opportunities to visit our booth and check out all the products and sample/test our wonderful oils. 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!

Feb. 3-4	Mpls, MN	Healthy Life Expo, Mpls Convention Ctr. - Cherie is speaking
Feb 18-19	Mpls, MN	Twin Cities Pet Expo, Mpls Convention Ctr. - Cherie is speaking
Feb 25-26	Brooklyn Ctr, MN	Body, Mind Spirit Expo, Earle Brown Ctr. - Cherie is speaking
March 4-5	Mpls, MN	Body, Mind Life Expo, Mpls Convention Ctr. - Cherie is speaking
March 10-12	Denver, CO	Rocky Mountain Horse Expo
April. 2-6	Boerne, TX	Quartus Foundation Spiritual Retreat - Cherie is teaching
April 21-23	Madison, WI	Midwest Horse Fair
April 28-30	Mpls, MN	MN Horse Expo, MN State Fair Grounds
May 6-7	Mpls, MN	Living Green Expo, MN State Fair Grounds
May 5-7	Mpls, MN	Body Miracle Makeover Show, (pending)
Nov. 10-12	Mpls, MN	Edge Life Expo, Mpls Convention Ctr. - Cherie is speaking
Dec 1-10	Las Vegas, NV	Cowboy Christmas
Dec 8-11	Las Vegas, NV	Medical Anti-Aging Conference - Marc Schreuder speaking
Dec. 27-31	Boerne, TX	Quartus Foundation Spiritual Retreat - Cherie is teaching

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 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, Connect 2 Pets, Elaine Downer, Brad A. Michels, Shirley Doese, Ken Alanen, Joel Lopez, Jeffrey D. Sapoznik, Laura Weaver, Midstates- Sue Olmos, Judith A. Springer, Jerry Till, Vicki&Ronald Hellman, James&Valerie Weberg, Options for Health, DTDI, Rebecca Rossburg, Linda Budde, Renee Thorfinnson, Jim Pothen, Mazur Maria III., Katherine Conrad, Kathleen O'Sullivan, Lynn Cox, Brenda Meyer, Elizabeth Marquardt, Judy Jellings, Hildegard Rykoff, Kelli Johnson, Kathryn Page, Elizabeth Osmelak, Vicki Hartman, Vital Living LLC, Janis Deyo, Yvonne Litza, Julie Barker-Montgomery, Harlan Waugh, KDM Associates Inc., Deanna Niswander, Crown Wing Station, Lynn Bartczak, Mancy Gouch, Loren Green, Arthur Osmelak, David&Christy Lomelino, Annette Queyquep, Irma Schrobilgen, Janell Kneeland, Therapeutic Alternatives Inc., Dianna Sabella, Robin Richter, Neil Schrobilgen, Kira Kostka, Nita & Terry Stewart, Linda Brunner, Roger Beenken, Tammi L. Brunner, David Mast, Donna Duncan, John Henry Yoder, Lydia Yoder, Laura Weaver, Gloria Schuett, Gary Leatham, Kathryn Herman, Shannon Arritola, Terri Bevan, Shirley Davis, Dr. Kelly Paulson, Renee Ryan, Nicole Wood, Kristin Ostrander, Steven Geiger, Christine Davenport, Judith Mitchell, Agnes Weix, Susan Spors, Eileen Mary Wanous, Paula Quinlan, Threshold Bookstore Fox Valley Unity, Tracy Lynn Bingham, Sandra Rerguson, Stan Jagodzinski, Myles Harston. Paul and Mary Thompson, David and Sarah Kray, David C. Butts, Mary Clark, Pumpkin Auerbach, Carolyn Ward. Dr. Dan Skow, Linda Prettner, Ame Wigwe, Lorraine Broglie, Renew Bodyworks, Kathleen Clemins

Silver Master Star- Making Waves Inc., Babette Anderson, Janet Becker, Bob Morrow, David March, Dan Leutke, Quartus Foundation Inc., Lee & Judy Camp, Spirits Whisper Acres, Sue Schutt, Karla Berger, Julie Stoesz, Dennis Grady, Raymond Miller, Jodi Funk, Landon Ross, Edward & Sandy Geiger, Marie Kneeland, Days Gone Bye, Kathleen Coughlin, Lynn Young

Gold Master Star- Marge Ross, Ridgeway Investments, Jennifer Crippen, Solutions Sales Inc., Willy & Joan Lansing

Great Spirit

Great Spirit this I know- You never leave me, only my doubting makes it seem like You do. This I know- Your love is always dependable, only my doubting makes it seem like Your not. Today remove the doubts from my belief system and allow me to stand straight and see You with straight eyes. - Native American Elder Prayer

Reference Section

Kathleen O'Sullivan Deep Tissue Therapist, Cranial Sacral, Auricular & 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.
Merita Rahlenbeck Raindrop Tech. w/sound (952) 703-9713 Minn.
Peggy Richardson Raindrop Tech. & Massage (763) 494-4267 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
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
Spirit Plus Nutrition Animals 608-527-5333
Connect 2 Pets Animal Nutrition 773-354-1393
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
Diana Burney Energy Worker 541-482-5606
Annette Queyquep 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
Kari 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. Ron Deyo DC 815-244-2699 IL
Oram Miller Building Biologist - Building Frequency/Energy Specialist 952-412-0781

The

Star Report

Essentials for
Healthy Living

STAR MOREE, EXECUTIVE HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL:3 ISSUE 1

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News from Ecuador

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Essential Oils

Aromatherapy
From A to Z

Star Team Report

Seeking the Truth
About Cholesterol

Toxic Brew or Thieves?

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Is Organization the key to accomplishing your dreams?

Dear Oil Friends,

Each January of the New Year I am inspired to reflect on what was accomplished in the past year as well as where this New Year will take me. I am invigorated to set new goals and work towards fulfilling many of my dreams. The opportunity to share wellness with others and achieve balance in my professional, personal and spiritual life is very exciting. I am always looking for ways to work smart. Evaluating what can I do better. In what areas can I help others to find success for their own goals and dreams. One area that I know slows me down from accomplishing all of my goals in less time is Organization! So my New Year's Resolution is to live a more organized life. I have accumulated so much information over the past 8 years of sharing Young Living with others! The art of Organization does not come easy. I used to feel very organized. Now I house move later, 2 small children, an ongoing remodeling project, plus an in home business have made things feel less organized. So my number one priority, to be more organized! If you're in my same boat...do not feel bad...because we do have solutions to our problems!

I highly recommend the book **Organizing from the Inside Out** by Julie Morgenstern. Check out her website... www.juliemorgenstern.com. I had the opportunity to hear her speak about 3 years ago in our Saint Cloud area. Wow...she had great tips! She recently was on the Dr. Phil show sharing her techniques for organizing your home, your office and your life!

Here are some helpful tips to help you achieve organization in your own life.

1. First access how you look at organizing.
2. Figure out what is holding you back...technical errors, external realities, Psychological or emotional obstacles.
3. Taking Stock...What is working, what is not, what items are more essential to you, why do you want to get organized, what's causing the problems?
4. Strategize...Create a plan of action! Where do I start? How long will it take? How in the world can I make my efforts last?
5. Attack: Getting the job done...(SPACE) sort, purge, assign a home, containerize, equalize...and do them in this order!

We acknowledge the Dreamers!

Dream Catcher's Club winners! Each winner will receive a YL \$50.00 credit/gift certificate on their account. We acknowledge the dreamer in each of you! Keep up the good work!

Our December 2005 winner is Jane Reckow CMT! Jane is a YL executive who has been an organic gardener and involved with wellness for years. She has loved the oils since she was first introduced. Jane has now become a Massage Therapist and uses the oils in her work. Jane has combined Hot Stone Massage and YL oils as well as offers Raindrop Therapy. Jane is excited to share her knowledge with others and enjoys doing classes as well! Congratulations Jane on being our December winner for the Dream Catchers award!

January 2006 winner is YL Executive Kelley Clark-Fowler is an artist, a gardener and a home schooling Mom of 3 children. Kelley has been inspired by the Biblical history of essential oils. Kelley is never afraid to share the oils with others. She will pick up the phone and make "cold calls". Kelley is very friendly, enjoys doing home parties and classes as well as making some of her own bath and body products! Her husband Allen uses the oils in his work as a Massage Therapist! Allen is very supportive of Kelley's work with the oils! Great job Kelley and Allen.

Hot News from Ecuador!

Notes from the 1/3/06 Conference call featuring Gary Young "NEWS FROM ECUADOR"

Thank you to Doug Mills for forwarding the notes and Annette for compiling them so quickly.

Palo santo - Resin used for cancer, arthritis, pneumonia, flu. Almost a twin to frankincense. Once a tree has died it has a 28% oil production. There are millions of acres of dead trees. High limonene - 62-68%, anti viral, anti-tumoral. Contains alpha pinene, the gate opener for pituitary gland. Palo santo fights infections, virus, reduces pain and is anti inflammatory. Gary has been combining Palo santo/Frankincense/Balsam Fir for his broken back and has no pain - is snowmobiling! Remarkable Healing Trio; Magical Trinity.

Ruta - Carbon Chain 6-16, very unusual. No other oil has this many carbon chains. "Modulate Brain Function" - Behavior, Depression - Replace Prozac! Gary brought this oil into a conference room with his marketing team and had each one in the room gently inhale the oil. He then brought in another department and began a presentation. During the presentation, everyone in the marketing team fell asleep! Shamans use the ruta plants to clam crying or angry children and babies, hang plant on doorways to clear evil from people entering their homes.

Mateko - Anti inflammatory. Remarkable potential for digestive issues. Increases digestive enzymes and function. People who drink this in tea do not suffer from bowel problems.

Eucalyptus Globulus - YL will begin producing this exclusively from Ecuador. They are finding compounds in these oils (6 new compounds) that are prolific and don't exist in any other eucalyptus plant. Reasons (1) High Elevation (2) Rich volcanic ash that they grown in at 8-10 thousand feet.

Lemongrass - 4 compounds that do not exist in any other part of the world. 10x more superior than what we have now. Does not have the stinging properties of the present lemongrass.

Lippia citriodora - Gary has been looking for this plant for 10 years. As he rubbed against it and then smelled it, he remembered smelling it in 1985 at a conference. At that time he was told it could not be found. Was told that if you could find it, it could be used for cancer, malaria (#1 agent), liver regeneration and for anti viral uses. He was so excited when he found this that he began yelling over and over to his scout "This is Lippia?" The scout said "Si - why so excited?" Gary said "I've been looking for this for 10 years, all over the world!" The scout said "It grows wild all over Ecuador!" They distilled it and are producing it now.

3 weeks ago Gary found another plant that exploded with fragrance, Palio (not sure of spelling). He asked if there was an abundance of this and was told "yes, it grows like a weed". They distilled it to find out more about it. The fragrance is beautiful, like a perfume. Gary said it smells like a combination of spearmint/melissa/frankincense/lemongrass.

They do not understand the absolute gold mine that the plants will produce in oil for Young Living. 1600 aromatic plants! They also found a tree similar to Balsam - could be remarkable.

Gary participated in 68 operations on patients assisting the surgeon and using EO's in pre and post op care, dif-fusing in the operating room and for bleeding and pain control. **100% pain control: 20d Valerian, 10d helichrysum, 5d clove, 3d peppermint** administer in small amount of water every 1/2 hour then back off as required. Complete surgical pain control. **Control Bleeding: Cistus & Helichrysum**

Convention 2006: 2 surgeons will speak at convention and share their experiences in the operating with essen-tial oils. Video, pictures!

**90% of our current Young Living oils grow wild in Ecuador!
There is sandalwood in Ecuador - Gary just needs to find it!**

**Gary will be presenting his findings in Chicago on February 18th, 2006!
Reserve your seat for only \$45.00!**



Aromatherapy: The Essential Beginning

Today's scientists are finding amazing healing substances in essential oils used since the beginning of written history. Essential oils are the subtle, aromatic and volatile liquids extracted through distillation from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes and trees. The essential oil of a plant is similar to human blood in that it carries vital nutrients to the individual cells. Research shows that the essential oil distilled from the plant is many times more powerful than the same fresh or dried herb.

Historically, essential oils are the oldest form of medicine known to man. In the time of Christ essential oils were more valuable than gold due to their healing properties. According to Egyptian hieroglyphics and Chinese manuscripts, priests and physicians used essential oils thousands of years before Christ to heal the sick. References to essential oils can be found in both Old and New Testaments of the Bible. Some of the most precious oils used historically for anointing and healing the sick were frankincense, myrrh, galbanum, hyssop, cassia, cinnamon, and spikenard. Today, these same essential oils are at the cutting edge of modern research and application.

Research has shown many essential oils to be very anti-microbial. Therapeutic grade essential oils may be of great value during the cold and flu season. Sue Chao conducted research at Weber State University testing close to 100 single oils and oil blends, and found the proprietary blend called "Thieves" to be very powerful against air-borne bacteria. Cinnamon and Oregano were found superior to penicillin for anti-microbial activity. Anti-viral activity was found in essential oils of yarrow, roman chamomile, and lemongrass. In other research certain oils have been found to possess anti-tumoral properties. European researchers have found that essential oils work as natural chelators carrying harmful metals and chemicals out of the body. Other essential oils work well for pain, having anti-inflammatory and anti-spasmodic properties.

What makes an essential oil therapeutic depends on many factors: from seeds to planting, through growth and harvesting, to distillation and handling, and last to the application by the end user. In the U.S. many of the oils being sold are perfume grade and not therapeutic grade due to lack of strict regulation for purity. Even when the plant is organically grown, often it is the processing that effects the therapeutic value of the oil by adding chemical solvents to speed up the distillation process.

Essential oils have been found to be very aromatic, and have the ability to penetrate the skin's lipid cell wall making them useful for diffusing and for direct skin application. For direct application, therapeutic grade essential oils can be utilized over the area of concern or on the corresponding reflex points on the feet or hands. It is recommended that essential oils be diluted with an organic vegetable oil when using with children and for those with sensitive skin. One must be careful not to get essential oils in the eyes. If you apply essential oils to sensitive skin areas dilute with a massage oil base or organic olive oil. If you get an essential oil in your eye simply close it and apply a fatty oil such as olive oil or even butter will work. Water will only intensify the essential oils, since water repels oil.

References: Essential Oils Desk Reference; Aromatherapy, The Essential Beginning by D. Gary Young, ND;
Essential Oils & Symptoms (out of print) Revised as: Make a Healthier Choice with Essential Oils _The Science of Living Young

A New Look at Cholesterol – Part 1

__provided by Doug Mills, article from www.mercola.com

"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."

This Series is by Ron Rosedale, MD @ www.mercola.com/fcgi/pf/2005/may/28/cholesterol_heart.htm



Aromatherapy from A to Z

This is for educational purposes only. Consult your health care professional about any serious disease or injury. Do not attempt to self-diagnose or prescribe any natural substances such as essential oils for serious health conditions.

A Acne	Tea Tree Oil (melaleuca), Geranium, Vetiver, Lavender, Patchouly, Chamomile, Rosewood, Cedarwood, Melrose, Gentle Baby, Purification, JuvaFlex, JuvaCleanse
Allergies	Lavender, Ledum, Chamomile, Harmony, Valor, Juva Cleanse
Aches & Pains	PanAway, Peppermint, Relieve It, Wintergreen, Aroma Siez
B Blisters	Lavender, Sandalwood, Melissa, Melrose, Purification
Bone Spur	RC, Wintergreen, Peppermint
Bruises	Cypress, Helichrysum, Lavender, Geranium
Burns (minor)	Lavender, Idaho Balsam Fir, Helichrysum, Blue Cypress, Gentle Baby, Australian Blue
C Canker Sores	Melissa, Clove, Lavender, Thieves, Australian Blue
Colds (minor)	Peppermint, Thyme, Oregano, Melaleuca alternifolia, Rosemary, Mountain Savory, Thieves, Australian Blue, Purification, ImmuPower, RC, Christmas Spirit
Constipation	Ginger, Peppermint, Fennel, Tarragon, DiGize
D Diarrhea	Peppermint, Nutmeg, Ginger, Oregano, Mountain Savory, DiGize, Thieves
Dizziness	Cypress, Tangerine, Peppermint, Basil, Aroma Life, Clarity, Thieves
E Ear Ache	Thyme, Lavender, Melaleuca alternifolia, Rosemary, Melrose, Purification, PanAway
Eczema	Cedarwood, Lavender, Rosewood, Tender Tush Ointment
F Fever (minor)	Peppermint, Eucalyptus radiata, Lavender, Rosemary, Ledum, ImmuPower, Melrose
Food Poisoning	Tarragon, Patchouly, Rosemary, Peppermint, DiGize, Exodus II, Thieves
G Gingivitis	Mtn. Savory, Clove, Melaleuca alternifolia, Peppermint, Wintergreen, Exodus II, Thieves
	Thieves Mouthwash, Dentarome toothpaste
H Halitosis	Nutmeg, Peppermint, Spearmint, Lemon, Cinnamon, Thieves
Hot Flashes	Sage, Clary Sage, Peppermint, Mister, Dragon Time, Endo Flex
I Insect Bites	Lavender, Citronella, Tea Tree (melaleuca), Peppermint, Purification, Melrose, PanAway
Insomnia	Valerian, Lavender, Cedarwood, Lemon, Idaho Balsam Fir, RC, Harmony, Gentle Baby
Irritability	Lavender, Peppermint, Joy, Peace & Calming, Valor
J Joint Ache	Spruce, Douglas Fir, Elemi, Idaho Balsam Fir, Wintergreen, PanAway, Relieve It
K Kidney Stress	Wintergreen, Geranium, Juniper, Helichrysum, Fennel, Lemongrass
L Liver Spots	Idaho Tansy, JuvaCleanse, Lavender
Lung Congestion	Rosemary, Ravensara, Thyme, Wintergreen, Oregano, Idaho Balsam Fir, Exodus ImmuPower, RC, Thieves, Purification



Natural Home Remedies



M enstrual Muscle Cramps	Clary Sage, Sage, DiGize, Lavender, Roman Chamomile, Tarragon, Cypress Rosemary, Cypress, Marjoram, Lavender, PanAway, Relieve It
N ausea Nosebleed	Peppermint, Patchouly, Ginger, Nutmeg, DiGize Helichrysum, Geranium, Lavender, Cypress
O ral Hygiene	Clove, Peppermint, Thieves, Dentarome (Ultra/Plus), Thieves Mouthwash
P ain (muscle) Pink Eye	Peppermint, Wintergreen, Marjoram, Basil Purification, 3 Wise Men, ImmuPow (diffuse at night while sleeping, never put oils in eyes!)
R ash Ringworm(fungus)	Lavender, Cedarwood, Roman Chamomile, Tender Tush, Rose Ointment Tea Tree Oil (melaleuca), Melrose, Lavender, Australian Blue
S inus Problem Snoring Stress	Eucalyptus radiata, Thyme, Ravensara, RC, Thieves, Exodus II Peace & Calming, Lavender Lavender, Chamomile, Blue Tansy, Marjoram, Frankincense, Humility, Valor, Joy
T eething Pain Throat Pain Trauma (emotional)	Lavender, Thieves, Clove (dilute for children!) Lavender, Lemon, Thieves, Clove, Cinnamon, Citrus Fresh, Thieves Mouthwash Idaho Balsam Fir, Frankincense, Lavender, Valerian, Peace & Calming, Joy, Trauma Life
U pset Stomach	DiGize (formerly DiTone), Lavender, Peppermint, Lemon (add to water, drink lots of water)
V aricose Veins	Lavender, Cypress, Helichrysum
W ounds(minor) Wrinkles	Lavender, Cypress, Helichrysum Geranium, Lavender, Frankincense, Sandalwood, Myrrh
X ray Poisoning	Melaleuca alternifolia, Neroli, Melrose
Y east Overgrowth (topical/skin type)	Melaleuca alternifolia, Lavender, Cedarwood
Z -Z-Z's Zits	Lavender, Peace & Calming, Roman Chamomile Lavender, Melaleuca, Roman Chamomile, Geranium
& Zoo...	Oils are for animals, too! (Refer to the EODR for application)



Aromatherapy works best with good nutritional support. Please check individual label precautions when using essential oils. Refer to Young Living's guidelines for safe use. Essential oils can react with toxins built up in the body from chemicals in food, water and work environments. Certain oils may cause a burning sensation and should be diluted. For detailed information on the safe use of EO's, please refer to the Essential Oils Desk Reference available at ESP Essential Science Publishing -www.essentialscience.net
Look for current research on essential oils at pubmed.com. Search engine available.

The Star Team Report

Comments from the field about what they do when they start to feel run down.

Gloria Brinker "When Somethings Coming..."

If I feel a virus or bacteria that may be starting to infect my body I do the following: Try to alkalize my body. I do this by increasing my amount of **Vitagreen** and **NinXia Red** and also add **Super C** or **Immupro**. I also start taking "hot" baths mixing in 2 cups of Baking Soda and 5-10 drops of an essential oil. I stay in the water for at least 45 minutes. When I get out, I rub **Peppermint, Eucaluptus or Thieves** on the bottom of my feet. I rub the oils of my feet at least 3 times per day. During my bath, I also mix hot water with the **NingXia Red** and a little stevia if I want. I sip this mixture like a tea during my bath. Before bed, I will take some homemade lotion mixed with **Thieves** oil and rub in on the back and sides of my neck and head and of course on my feet!!!

Julie Stoesz "Home Therapy Tips"

I am a full time massage therapist and a busy mom of three boys, age 20,18 and 7. We have NO time to get sick! At the first sign of any health issues for myself and my 7 year old I will put essential oils on my feet. I use different oils for different symptoms: **DiGize (DiTone), Thieves and Peppermint** for stomach issues; **RC, Purification and Frankincense** for congestion and I may do a **Raindrop** series on my feet as well. Then I draw a nice warm bath and add 1-2 ounces of **Thieves Cleaner** and soak away my ills. I also love to drink the mouthwash (1 capful per 8oz. glass). It settles my stomach and helps for diarrhea. I drink a capful each time I have a movement or vomit, it works wonders. The **Longevity** caps are great to help our immune systems get back on track as well.

As a family, we drink 1 ounce of **NingXia Red** daily to maintain great health. The **Wolfberry Crisp** bars are a great way to get my kids to have an immune-healthy snack!

I like to diffuse **Purification, Lemon and Thieves** to keep our home smelling great and germ free. I clean with the **Thieves Cleaner** and use it in a spray bottle around the house to keep the environment healthy. I also add 2-3 ounces of the **Thieves Cleaner** to my laundry mixture and make it stronger if anyone in the house has been ill.

These tips have kept my family very healthy, not to say that we never get sick, but when we do it doesn't seem to last longer than a day or two, when others are sick for a week or more.

Kari McDermott "Taking care of adult Kids."

My son called from college in November with a serious infection and a temperature of 104.2. From 150 miles away I couldn't help him. The Urgent Care clinic handed him a five day Z Pak. He came home for Thanksgiving with very low energy. I did give him a **Raindrop** treatment and reminded him to use his **Thieves** oil when he got back to school. Five days before Christmas, he went to the clinic again and had a positive Strep test. After 10 days of even stronger antibiotics, he felt better. But two days following a New Years party and (dancing all night), his throat pain was back, along with the white spots.

With Star's authority (because mine sometimes runs out around here....) he began taking 'serious' doses of **Thieves** and

Peppermint oil: single drops of **Thieves** to the back of the throat every hour, lozenges in between, and **Peppermint** in his drinking water. I rubbed **Thieves, ImmuPower & Raindrop**

oils on his feet that first night, then **Thieves** and **Immupower** a couple more times. (He's 19 and not exactly a captive, sick child.) After 2 days, he was down to a mild sore throat at night and the spots were gone. After 4 days his energy was back to normal. I think he believes in the **Thieves** now. And maybe has grasped the lesson: "If you don't use it, it doesn't work." Just like his classes: If you don't study, you don't get good grades!

Star Moree "Run Down and Out of Balance"

When I start to feel run down my body usually feels it first in the glands of my neck, tonsils and throat region. I have found that putting 2-4 drops of **Thieves** on my tongue 3-4 times a day helpful. Plus I put extra **Lemon** oil in my water and drink it throughout the day. I also like to put 1-2 drops of **Peppermint** on my tongue 3- 4 times a day. Additionally I have found massaging **Peppermint, Lavender** neat and **Thieves** diluted on my ears very effective. After a rough night with the kids, the combination of **Peppermint** oil neat massaged on and behind my ears, plus in my drinking can really pick me up. I increase the amount of **NingXia Red, Vitagreen, Super Cal, Longevity** capsules (plus add **ImmuPro** at night) taken on these days as well.

Measuring "energetically" for Imbalance

Today we are fortunate to have many tools to help us assess areas of imbalance or stress in our body. I have found forms of **Biofeedback & Electrodermal Screening (EDS) or Limbic Stress Assessment (LSA)** screening very effective tools, as well as **Muscle Response Testing** for stress and imbalances. In our Local Central MN area I would like to recommend the following places for options. If you live outside this area please check with local chiropractors and natural health professionals for options!

Gloria Brinker COTA and CNHP, offers **Muscle Response Testing** out of **Heart and Sol** in Holdingford, MN. Please call Gloria @ (320) 746-2766 for appointments and cost. **Muscle Response Testing** Cost Runs \$45.00/hour plus session. Gloria also offers Healing Touch, Raindrop Technique & massage with essentials as well as community education classes!

Mary Hoppe...Certified Health Consultant works with the computerized **Limbic Stress Assessment screening system (LSA)**. She offers services at **Medelberg Chiropractic** in St. Joseph, MN, and at **Aspiring Tranquility Massage & Wellness Center** in Albany, MN. To set appointment call (320) 837-5376 or (320) 266-2900. For appointments at **Back to Nature Wellcare Center**, Litchfield, MN please call (320) 693-2541.

Stillpointe Natural Health Center in Sartell, MN uses **Electrodermal Screening (EDS)** using the **BioMeridian** computerized Screening system. Ask for Kathy or Deb. Call (320) 203-8266.

Woodlands Chiropractic in Saint Cloud, MN also utilizes the **EDS/BioMeridian** computerized system. Brenda, Carol or Jean will be able to assist you. Call (320) 240- 0300.

Please let them know you would like to use **Young Living Products** to balance your system!



Cholesterol Part 2

“Hundreds of excellent scientific articles have linked insulin resistance and more recently leptin resistance to cardiovascular disease much more strongly than cholesterol, and they are in fact at least partially responsible for cholesterol abnormalities. For instance, insulin and leptin resistance result in ‘small dense’ LDL particles and a greater number of particles. This is much more important than the total cholesterol number. Because of particle size shift to small and dense, the total LDL cholesterol could still be low even though the number of particles and the density of the particles is greater. Small, dense LDL particles can squeeze between the cells lining the inside of the arteries, the ‘gap junction’ of the endothelium, where they can get stuck and potentially oxidize, turn rancid, and cause inflammation of the lining of the arteries and plaque formation. Importantly, many solid scientific studies have shown a mechanistic, causal effect of elevated insulin and leptin on heart and vascular disease, whereas almost all studies with cholesterol misleadingly only show an association. Association does not imply cause. For instance, something else may be causing lipid abnormalities such as elevated cholesterol and triglycerides, and also causing heart disease. This ‘something else’ is improper insulin and leptin signaling. Similarly, sugar does not cause diabetes; sugar is just listening to orders. Improper insulin and leptin signaling is the cause of diabetes. Likewise, cholesterol does not cause heart disease, but improper metabolic signals including improper signals to cholesterol (causing it to oxidize) and perhaps to the liver that manufactures the cholesterol, will cause heart and vascular disease and hypertension. Removing cholesterol will do nothing to improve the underlying problems, the real roots of chronic disease, which will always have to do with improper communications, and the generals of metabolic communication are insulin and leptin. They are really what must be treated to reverse heart disease, diabetes, osteoporosis, obesity, and to some extent aging itself.”

Longevity capsules code # 3219

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Contains: Thyme, Orange and Clove oils combined with Lecithin.

Longevity Essential Oil capsules is the most powerful antioxidant supplement with an ORAC score of 150,000. This formula is

noted to provide 700 times the antioxidant power of carrots.

Orange oil contains Limonene, a powerful antioxidant known for its anti-mutagenic, anti-tumoral, anti-cancerous and cellular DNA protecting attributes in over 50 research studies. **Thyme** oil helps preserve fats in our system from degradation or becoming oxidized while significantly raising our antioxidant levels. **Clove** oil the most potent antioxidant helps to reduce stickiness of the red blood cells. The higher the amount of antioxidants in our body has a direct correlation to longer life expectancy as noted by US Government research studies on aging! Research is also suggesting that the lack of antioxidants may cause the process that leads to heart disease, diabetes, hypertension as well as vascular disease.

You can clean up your body on the inside, but don't forget the toxins in your home environment. You have as much control in your home as you do in your body. Make conscientious choices on the cleaning products you purchase and use!

We recommend reading labels, unfortunately the chemical industry is not required to list any ingredients in cleaning products. They are only required to list flammables and hazardous toxins that would harm your eyes, or “may cause harm” if you or your child drink them! Long term health effects from toxic brews are not public knowledge. And much of the public doesn't understand how easily chemicals are absorbed through the skin and inhaled daily.

Are You Exposing Your Children To a Toxic Brew In Your Home?

A DVD production created for Canada and the U.S. released in © 2003 by the Canadian Broadcasting Corporation investigates the potential dangers of our obsession with cleanliness. The cover jacket states our concerns perfectly: “We seem to be a society obsessed with cleanliness. We want our whites whiter and our bathrooms and kitchens hospital-grade disinfected. Industry has answered: today's cleaning products promise faster, easier, and better results with no scrubbing. But is our clean-freak-streak harming our kids? In this video, we ask several experts, including a toxicologist, a senior researcher, a prominent pediatrician, an indoor air quality specialist, and an expert on chemical hazardous information. You'll be shocked at what they tell us.

Many childhood illnesses are rising at a very worrisome rate. Respiratory illness is now the leading cause of admission to hospitals for children. Childhood asthma has jumped by 400 percent over the last 20 years. Learning problems like ADD are on the rise. After injuries, cancer is now the leading cause of death in children between the ages of 5 and 9. Incredibly, most of the 80,000 chemicals in common use today have never been checked for harmful effects to our children's immature brains and immune systems.”

“People assume that if it's on the store shelf, it has been tested and is safe...” _Kathy Cooper Sr. Environmental Law Researcher. **To order this DVD, contact RM Barry Publications at: 1-888-209-0510.**

**Thieves Kit
code: 3154**



**Thieves
Household
Cleaner
code: 3743**

Thieves cleaner is sold separately from the kit.

New Year's Greetings!!!

from the Mills, 595 St. Catherine Road, Bellevue IA 52031
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Volume 10, Issue 1

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

January, 2006



Down on the Farm with Doug and Barb Mills

Winter is setting in and the outside work is about all wrapped up. If the weather permits, it is a good time to gather firewood. In our last house, burning wood was the primary heat source, but now it is only a secondary source. We enjoy a crackling fire, and the heat will lessen the fuel bill. We now have geothermal radiant in-floor heating and cooling. With this system, heat is extracted from the earth, which is generally about 55j F year round. The only energy put into the system is electricity to run a compressor and a few small pumps to circulate water in the tubing outside and inside. When a compressor compresses Freon α , heat is given off, heating the water from 55j F to around 110j F. When Freon α decompresses it gets very cold, around 35j F going into the ground loop. When it comes back into the house the water is heated back up to 55j F. During the cooling cycle in the summer the process is reversed. The end result is a very comfortable living space for a fraction of the cost of conventional systems.

A New Look at Cholesterol — Part 5

Because the correlation of total cholesterol with heart disease is so weak, many years ago a stronger correlation was sought. It was found that there is so-called good cholesterol called

HDL, and that the so-called bad cholesterol was LDL. HDL stands for high-density lipoprotein, and LDL stands for low-density lipoprotein. Notice please that LDL and HDL are lipoproteins — fats combined with proteins. There is only one cholesterol. There is no such thing as a good or a bad cholesterol. Cholesterol is just cholesterol. It combines with other fats and proteins to be carried through the bloodstream, since fat and our watery blood do not mix very well. Fatty substances therefore must be shuttled to and from our tissues and cells using proteins. LDL and HDL are forms of proteins and are far from being just cholesterol. In fact we now know there are many types of these fat and protein particles. LDL particles come in many sizes and large LDL particles are not a problem. Only the so-called small dense LDL particles can potentially be a problem, because they can squeeze through the lining of the arteries and if they oxidize, otherwise known as turning rancid, they can cause damage and inflammation. Thus, you might say that there is good LDL and bad LDL. Also, some HDL particles are better than others. Knowing just your total cholesterol tells you very little. Even knowing your LDL and HDL levels do not tell you very much. A mistake that is rarely made in the hard-core sciences such as physics seems to be frequently made in medicine. This is confusing correlation with cause. There may be a weak correlation of elevated cholesterol with heart attacks, however this does not mean that caused the heart attack. Certainly gray hair is correlated with getting older; however one could hardly say that the gray hair caused one to get old. Using hair dye to reduce the gray hair would not really make you any younger. Neither it appears would just lowering your cholesterol.

(To be continued next month.)

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

Dietary Antioxidants and Strokes

Intake of antioxidant-rich foods reduces brain damage from ischemic stroke and improves post-stroke movement recovery in test animals, according to scientists at the National Institute on Drug Abuse in Baltimore, MD. Previous studies have demonstrated that an antioxidant-rich diet protects aging animals from neurodegenerative changes. The Maryland study investigated a potential protective role of antioxidant-rich foods against ischemia, or lack of oxygen, as occurs with stroke. For four weeks, adult rats were fed either a control diet or one supplemented with blueberry, spinach, or spirulina. Strokes were then surgically stimulated in the rats. Those that received the blueberry-, spinach-, or spirulina-enriched diets had a significantly reduced volume of infarction in the cerebral cortex and an increase in post-stroke locomotor activity. Rats supplemented with blueberry or spinach had half as much brain damage as the control group, while the spirulina group had stroke lesions that were 75% smaller than those in the untreated group. Fruits and vegetables are rich sources of antioxidants, and abundant intake of these plant-based foods has been reported to help improve health and reduce the incidence of disease. Blueberries, spinach, and spirulina are rich in phytochemicals — including carotenoids, flavonoids, and anthocyanins — and have demonstrated particularly powerful antioxidant and free radical-scavenging activity. The Maryland study suggests a role for antioxidant-rich foods in protecting the brain against the effects of stroke.

Christie C. Yerby, MD

Life Extension, September 2005

One more reason to drink Berry Young Juice or the new NingXia Red!

New Year's Greetings!!!

from the Mills, 595 St. Catherine Road, Bellevue IA 52031
Phone: (563)773-2304 FAX: (563)773-2373 Email: millsdb@yousq.net

Volume 10, Issue 1

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



Down on the Farm with Doug and Barb Mills

Winter is setting in and the outside work is about all wrapped up. If the weather permits, it is a good time to gather firewood. In our last house, burning wood was the primary heat source, but now it is only a secondary source. We enjoy a crackling fire, and the heat will lessen the fuel bill. We now have geothermal radiant in-floor heating and cooling. With this system, heat is extracted from the earth, which is generally about 55_i F year round. The only energy put into the system is electricity to run a compressor and a few small pumps to circulate water in the tubing outside and inside. When a compressor compresses Freon[®], heat is given off, heating the water from 55_i F to around 110_i F. When Freon[®] decompresses it gets very cold, around 35_i F going into the ground loop. When it comes back into the house the water is heated back up to 55_i F. During the cooling cycle in the summer the process is reversed. The end result is a very comfortable living space for a fraction of the cost of conventional systems.

A New Look at Cholesterol — Part 5

Because the correlation of total cholesterol with heart disease is so weak, many years ago a stronger correlation was sought. It was found that there is so-called good cholesterol called

HDL, and that the so-called bad cholesterol was LDL. HDL stands for high-density lipoprotein, and LDL stands for low-density lipoprotein. Notice please that LDL and HDL are lipoproteins — fats combined with proteins. There is only one cholesterol. There is no such thing as a good or a bad cholesterol. Cholesterol is just cholesterol. It combines with other fats and proteins to be carried through the bloodstream, since fat and our watery blood do not mix very well. Fatty substances therefore must be shuttled to and from our tissues and cells using proteins. LDL and HDL are forms of proteins and are far from being just cholesterol. In fact we now know there are many types of these fat and protein particles. LDL particles come in many sizes and large LDL particles are not a problem. Only the so-called small dense LDL particles can potentially be a problem, because they can squeeze through the lining of the arteries and if they oxidize, otherwise known as turning rancid, they can cause damage and inflammation. Thus, you might say that there is good LDL and bad LDL. Also, some HDL particles are better than others. Knowing just your total cholesterol tells you very little. Even knowing your LDL and HDL levels do not tell you very much. A mistake that is rarely made in the hard-core sciences such as physics seems to be frequently made in medicine. This is confusing correlation with cause. There may be a weak correlation of elevated cholesterol with heart attacks, however this does not mean that caused the heart attack. Certainly gray hair is correlated with getting older; however one could hardly say that the gray hair caused one to get old. Using hair dye to reduce the gray hair would not really make you any younger. Neither it appears would just lowering your cholesterol.

(To be continued next month.)

Ron Rosedale, MD

www.mercola.com/fcgi/pf/2005/may/28/cholesterol_heart.htm

Dietary Antio

Intake of antiox damage from isc post-stroke movi according to scie on Drug Abuse i studies have de rich diet protects generative chan tigated a potenti rich foods again: as occurs with s were fed either a mented with blu Strokes were the rats. Those that ach-, or spirulina cantly reduced v bral cortex and a moter activity. R berry or spinach age as the contr group had stroke than those in the vegetables are r abundant intake has been report reduce the incid spinach, and spi cals — including anthocyanins — ticularly powerfu scavenging activ gests a role for i tecting the brain

One more reaso the new NingXia

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Jan./Feb.2006

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