

Learn more about what & how to use Y.L. products
Mon. 620-782-8200 code 24856#
Tuesday - general usage and info on YL products.
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

May/June 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 Spring!

New 800-980-8696 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 Dr Hill's Training Calls #3 Cherie and other YL leader's conference calls for YL product knowledge. #4 YL training CD's Gary Young ND (soon to be M.D.)

EndoFlex Oil 10% Off thru June 15, 2006 Code# 3333 Frequency approx. 138 MHz

Exclusive to Young Living, this blend of organic, therapeutic grade essential oils is formulated to assist our body in restoring proper Endocrine System function. **Endoflex** supports our body's vital endocrine organs; kidneys, adrenals, thyroid, pancreas etc. in maintaining health in today's stress filled world. **Endoflex** has been proven to improve hormonal balance and assist in maintaining proper metabolism.

Containing **Spearmint**, which supports respiratory and nervous systems, has a hormone balancing capacity and detoxifies glandular systems. **Spearmint** is also antiseptic, anti-infectious, anti-inflammatory, antispasmodic and antiparasitic. **Spearmint** is stellar in assisting our body to burn excess fat. **Myrtle** helps normalize hormonal imbalances in the thyroid and ovaries. Excellent for balancing hypo thyroidism. **Myrtle** is gentle yet extremely effective on all respiratory concerns. **Nutmeg** has adrenal cortex like activity, supporting adrenal glands keeping them/us from fatigue and adrenal exhaustion. **Nutmeg** is fantastic for difficulties related to circulation, muscle aches, joint discomfort, arthritis and gout. **Nutmeg** relieves gas, bloating, indigestion, and nausea and digestive concerns. **German Chamomile** is reputed for over 3,000 years for relief from all skin conditions. Excellent to relieve headaches, insomnia, anxiety and physical concerns stemming from stress and exhausted nerves, restoring feelings of security and peacefulness. **Geranium** balances hormones, gently detoxifies the pancreas and liver, and has antibacterial, anti fungal, and anti-infectious abilities. **Sage** is widely used for all skin conditions including acne, dandruff and hair loss. **Sage** is known for its ability to strengthen the vital life centers in our body, lifting depression and mental fatigue. **Sage (Clary Sage)** balances hormonal function, even during the most difficult body changes. The Lakota Indians used **Sage** for purifying, dispelling negative emotions, healing and imparting physical, emotional, mental and spiritual strength.

Due to the high therapeutic activity of **Endoflex Oil**, it is imperative that the chemotypes are in perfect balance to achieve optimal results. Young Living is exceptionally particular in retaining this delicate balance during their exclusively patented distillation process. Can be diffused, applied topically and taken internally. Even safe for children and small animals.

Helichrysum Oil 10% Off June 16 - July 15, 2006 Code#3563 Frequency approx. 181 MHz

There are many different plant species of **Helichrysum**; however, **Helichrysum Italicum** wildcrafted from Corsica & Yugoslavia is the only one with high medicinal value. **Helichrysum's** common names are “Everlasting” or “Eternity” or “Eternal Health” which gives us an indication of its powerfully supportive actions. Personally, I've used **Helichrysum** to assist releasing cellular trauma memories & regenerate damaged nerves from a brain and spinal cord injury I received in a severe car accident. I've used **Helichrysum** to stop bleeding and ease the pain of serious wounds. I've used **Helichrysum** with **Cypress, Spruce & Idaho Balsam Fir** to rapidly regenerate bone and strengthen bone density. I have used **Helichrysum** to dissolve a bone chip. I've used **Helichrysum** and **Idaho Tansy** to regenerate healthy skin without scar tissue after a very large wound and severe burn. I use **Helichrysum, Lavender** and **Peppermint** to take the sting out of bad sunburn. I've used **Helichrysum** with **Ledum** internally to chelate out the paralyzing effects of mercury and toxic chemical poisoning. I've used **Helichrysum** and **Marjoram** to maintain healthy heart rate & rebuild my heart after the devastation of Lupus.

Helichrysum has also been proven to provide positive results with hematomas, balancing blood pressure, arteriosclerosis & atherosclerosis, congestive heart failure, cardiac arrhythmias, hypertension, thrombosis, embolisms, phlebitis, varicose veins, sticky platelets, reduces internal & external scar tissue and circulatory concerns. **Helichrysum** rapidly regenerates all tissue including bone, muscle, nerve, skin and tendon, chelates toxins out of our body including our brain & liver while simultaneously regenerating healthy cells, hearing loss, pain, muscle & nerve spasms, restores skins pigment loss and even has mucolytic properties. Perhaps this is why **Helichrysum** was given its common names.

Due to the high therapeutic activity of **Helichrysum Oil**, it is imperative that the chemotypes are in perfect balance to achieve optimal results. Young Living is exceptionally particular in retaining this delicate balance during their exclusively patented distillation process. Can be diffused, applied topically and taken internally. Even safe for children and small animals.

*Please refer to the Essential Oil Desk Reference for research articles.

Parasite Cleansing

Parasite cleanse (Including Roseacea) - Young Living has one of the most effective & powerful Parasite Cleanses. Please use the **Cleansing Trio** (see March/April 2006 newsletter page 4) prior to starting a parasite cleanse. It is best to start your program on the evening of the full moon or the night prior. Young Living **Parafree** (capsules code#6201 or liquid code#6200) take as directed - DRINK LOTS OF WATER! Either 3 weeks on & 1 week off for 6 months or 1 week on & 1 week off for 6 months. Depending on the severity of your situation.

DiGize - 5 drops on tummy 2-3x daily. **H2oils** - Drink at least 1 gallon daily of your favorite flavor.

Detoxzyme Enzymes - Take 1-3 **Detoxzyme** from Young Living, as they assist better than other brands, away from food (in between meals). **ICP** - Excellent for parasite cleanse use 1 tsp. or more daily as directed.

Roseacea

Roseacea is caused by the parasite Demodex Follicularium. To get rid of Roseacea - Follow the above parasite cleanse program.

Sulfurzyme- 5 caps 2-3x daily or (1 1/2tsp.) 2 x daily

Use on the affected area the following every a.m. & p.m.in the order listed.

Mint Facial Scrub - use as directed

Sandalwood Toner - Mist on skin (close eyes)

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

Sandalwood Moisturizer - apply all over affected area

OR

Sandalwood Toner and Moisturizer products can be replaced with the **ART** system

Hot Tips

Organic Bug/Tick Spray: Start with 1 dry oz. of certified organic catnip and distilled water. Make a gallon of tea with this 1 oz. after cooling to room temperature add these Essential Oils: **Purification** 40 drops, **Idaho tansy** 40 drops, **Di-Gize** 40 drops, **Rosemary** 20 drops, **Peppermint** 8 drops. Note **Cedarwood** enhances insect repelling properties of **Citronella**.

Fennel prevents fermentation and is in **Di-Gize**. Catnip can be found at pet stores and is medicinal for colds as a tea.

Petco has certified Organic Catnip. To revitalize spray add 2 drops of **Oregano,or Thyme, or Clove**. Shake well before each use. Spray or wipe on. Keep out of direct sunlight & high heat. Refrigeration is helpful but not necessary.

Ed & Sandy Geiger

Weekly Educational Conference Calls

New weekly training call. Tuesday 8pm CST Call 641-297-5400 code 2006411- general usage and info on YL products.

Wednesday 8PM CST Calls - Business Building. Call 1-641-297-8000 code: 918248#

Young Living Convention September 27-30, 2006 Salt Lake City UT

If you are interested in obtaining the most current cutting edge information on natural health & wellness attend our Young Living Convention. Many prestigious presenters will be speaking including Gary Young ND (soon to be M.D.) will be presenting all of his visuals and information on using oils in the hospitals and surgical units in the rain forest, as well as so very much more. Contact Events 1-800-371-3686 to register for convention. Contact us if you would like a roommate.

We will be having 2 special events for our organization at the Radisson Hotel next to the Salt Palace:

3-9 pm Tuesday September 26 For leaders only. (Executives and above) 3-5:30 Guest Speakers, Leadership Sharing, Business Building Tools 6:30-9pm Dinner, Guest Speaker and Recognitions

6:30 -10pm Wednesday September 27 Exceptional Evening for our whole group. Dinner, Laughter, Learning,

Prizes, Gifts and visits from surprise guests

****It is imperative that you confirm for each event for our organization that you plan on attending by September 1.****

At 763-545-7347 or Email: Cherie@young-living.net

Free Products & Free YL Training CD & Reduced Shipping

Autoship - Would you like free products monthly? And \$6.50 flat shipping fee for up to 7 lbs.

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 or Diane Kaiser 715-687-4160
June- Nov.	IL, MN, NY, NJ, TX	Dr. David Hill (see enclosed flyer)
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!

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 2006 (if I have missed anyone please let me know)

Executive - Paula Casper, Geri MaNally, Beth Hampel, Darwin Jellings, Verna Ittner, Rivian Wolf, Nick Kuennen, Kassi Johnson, Elaine Turczynski, Salley M. Gwin, Asia Voight, Nancy Stephens, Dr. Jeffrey Essen ND, Connect 2 Pets, Brad A. Michels, Shirley Doese, 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, Linda Budde, Renee Thorfinnson, Jim Pothen, Mazur Maria III., Katherine Conrad, Kathleen O'Sullivan, Lynn Cox, Brenda Meyer, Elizabeth Marquardt,

Judy Jellings, Hildegard Rykoff, 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, 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 Wiger, Lorraine Broglie, Kathleen Clemins, Sharon Wehner, Diane Alymer, Jesse Martin, Angel Touch Therapies, Judy Ohs, Mary Johnson, Zangfu Total Wellness, Theodore B. Dubois V, Marian McGraine, Dr Kim Francis, Dorla Sopart, Diane Dickerson, Amy Herickhoff, Gerald & Rose Jordan, Mary Betterman, Renu Consulting, Karen Whisenhunt, Terry Belcher, Dana Bourassa, Jesse Martin, Ryan Roos, Spirit Plus LLC., Janis McGrath, Charla Sirtoff, Ardell Hoff,

Silver Master Star- Making Waves Inc., Babette Anderson, , Bob Morrow, David March, Dan Leutke, Quartus Foundation Inc., Lee & Judy Camp, Spirits Whisper Acres, Sue Schutt, Julie Stoesz, Dennis Grady, Raymond Miller, Jodi Funk, Landon Ross, Edward & Sandy Geiger, Marie Kneeland, Days Gone Bye, Kathleen Coughlin, Lynn Young, Joshua E. Lee, Renew Bodyworks, Rebecca Rossburg, Kelli Johnson, Merle Kuennen, Ken Alanen,

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

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
 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
 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
 Davis Chiropratic - Ryan Roos, Raindrop Technique Essential Oils Retailer 952-925-4085 MN

Oil Essentials Training & Education

Presented by Dr. David Hill

Dates and Locations:

June 17 Chicago IL area

July Upstate NY

Nov. 19 Houston, TX

June 24 Minneapolis, MN area

August New Jersey

Doors open & registration: 8:00 a.m. to 9:00 a.m.

Training: 9:00 a.m. to 6:00 p.m.

This comprehensive course provides the latest in scientific research and education in the simplest of terms for anyone to understand. Whether you are an avid user of the oils or a business builder wanting more knowledge and expertise on the products, this beginner's level course will empower you to share what you have learned for the benefit of your family and others.

PREREGISTRATION THROUGH YOUNG LIVING: \$199.00

Cost at the door: \$240.00

Price includes a kit with many Essential Oils, Young Living Products & an extensive Essential Oil Manual. (The products you'll receive are valued at over \$200)

TO REGISTER:

- 1-800-371-3515 Customer Service (DNS)
- 1-800-371-3686 Events

SPACE IS LIMITED SO REGISTER EARLY!

COST INCLUDES:

- Oil Essentials training manual
- **FREE** Oil Essentials Kit (nine 5ml. oils valued at \$100)
 - Frankincense, Lavender, Lemon, PanAway®, Peace & Calming®, Peppermint, Purification®, Thieves®, and Valor®
- Certificate of Attendance
- 7 1/2 hours of training and instruction with Dr. David Hill
- YL approved lunch buffet

TRAINING MATERIALS COVERED

- **The Basics**
Oil chemistry, safety and efficacy, methods of application
- **Mind & Body**
Science of emotion, emotional oils
- **Body Systems**
How our bodies respond to essential oils
- **Dr. Mom**
The eight most common family ailments
- **Essential Oils & Blends**
Explanation of key oils and their uses (see FREE Oil Essentials Kit included with this course)
- **Resources Utilization**
What resources are available and how they are used

If you would like to use any remaining training credits that you may have you must pre-register for these classes with Events. • 1-800-371-3686 Events

Essentials For Success \$10

Excellent class for everyone considering utilizing Young Living as an income source - very part time or perhaps even as your main source of \$. If you've ever wanted to own your own business this is a great class. We'll discuss the compensation plan, recruiting, advertising, marketing, tax deductible benefits of operating a home based business and growing a successful organization. This meeting is highly recommended for all leaders desiring to maintain a prospering and successful organization that have a team of Young Living members connected to them. Lively discussion on successful ways for us all to continue to grow in a supportive (but not restrictive) cohesive manner. A new realistic approach to reach the rank of Executive or higher in 4 -6 months will be presented!!

Presented by Justin Harrison Director of Training for Young Living.

June 23rd Friday 7-9:30pm Ramada Mall of America (previously the Thunderbird)

2300 E. American Blvd. Bloomington, MN 952-548-3600 for directions only. Register at the door. \$10

Hello Everyone,
 I just received this from Young Living about Dr. Hills seminar in Denver.
 I wanted all of you to share this with your friends in Young Living and others also that may be interested.

If you were not with Chery Walsh, Judy Braden and I at the first ever Essential Wellness Training in Golden, Colorado last Saturday you missed out on a fabulous opportunity!! The seminar, taught by Dr. David Hill the former administrator of the Young Life Research Clinic was an incredible 8 hours of knowledge overload, interrupted at noon by a fabulous Young Living approved lunch! It is very exciting to know these seminars will increase in numbers and be presented throughout the country. We received a huge notebook, jam packed full of the information Dr. Hill covered throughout the day, as well as a case containing 9 essential oils. As an added attraction we were given the opportunity to purchase many items at 10% off.

This training was very encouraging to me! It made me realize how much I have learned in the past 4 years! It is called a basic training, but it is soooooo much more than that!!! When I first learned of the oils it was overwhelming and many times I was just sure I would never have any idea how to use them without looking everything up. I have discovered that if you use them, you will learn, even if you are not trying!!! And no matter how long you have been using oils, there is always something to learn---I saw several people that are at the top of our company, sitting there taking notes just like I was (Jean-Marie Hepworth, Diamond-Kathy Kouwe, Platinum - Carl Janicek, Gold). Just for fun I attached the Table of Contents to the notebook we received, so you have an idea of what you missed by not being there!!

I guess the bottom line is this: If you are really, really serious about taking the health of you and your family into your own hands you must commit to learning how by doing whatever it takes!! If there is a training of any kind near you, do what it takes to get there!! See you at the next one!...The next Ningxia Red seminar is Thursday night in Idaho Falls, ID!

Have a great day full of sunshine!

Sherma

Oils Essentials Training approx. agenda

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The Star Report

Essentials for
Healthy Living

STAR MOREE, EXECUTIVE:

HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL:3 ISSUE 2

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In This Issue:

1936 Medical Advice

Super Size Me
Cholesterol Part 3 & 4

Surgery in Ecuador

90 Day Wellness Challenge

Wellness Calendar

Business Building
on a Penny!

Star Team Reports on
Chicago Presentations

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Is Exercise Without Supplementation Suicide?

1936 Medical Advice

Dear friends,

You may remember an article written a number of years ago that had a similar title. Joel D. Wallach, BS, DVM, ND wrote the thought provoking article! There seems to be an ongoing argument that if we eat "right" that we should not need to supplement. The problem becomes: if our soils are deficient in nutrients, then no reasonable amount of food will be able to supply what we need. Then add in the fact that we are a "fast running society." Many of our athletes are pushing even harder than ever before to set new records. Setting new physical standards for this type of reward could be a recipe for disaster.

Joel Wallach in his postdoctoral work did many autopsies on animals as well as humans that died of natural causes. What he found was that they all had died of nutritional diseases. He also notes that it is not just the elderly developing nutritional diseases, but also young athletes. In fact, unsupplemented high-output athletes, amateur and professional, are more susceptible to emotional, traumatic and degenerative diseases than the classic "couch potato" (taken from the article Exercise without Supplementation is Suicide). When we sweat we lose more than just water, we lose precious minerals. Sweat out enough selenium without replacing it and we could develop Cardiomyopathy. Sweat out enough chromium, vanadium and we may develop blood sugar imbalances, diabetes, depression and anti-social behaviors. Sweat out too much copper and you could be at risk for joint and cartilage problems, varicose veins, or a potential aneurysm.

Many Americans are not aware of the fact that they can not get the nutrients they need anymore, from foods grown on much of the American soils, as it is very nutrient depleted. It is almost impossible to get the nutrients we need from food alone. Please note that US Senate Document 264 from 1936 notes that farm and range soils are depleted! In the document is also noted how laboratory animals depleted of nutrients, had less intelligence and problem solving skills, such as finding their way out of a maze. They became more aggressive and easily stressed. However, when given proper vitamins and minerals these patterns were reversed! Plants rich in mineral nutrients were less susceptible to pests and lasted longer once picked from the garden!

*So what can we do? We can eat organically grown raw fruits and vegetables when possible. We can get enough protein, carbohydrates and fats to maintain our health, but not excess that would be stored as fat. We can look for concentrated "whole food" source supplements when possible. We can't make in a laboratory, for the most part, what God created in nature. Personally, I look to products like **NingXia Red**...our Young Living nutrient dense juice, **Vitagreen** (concentrated greens with essential oils), **PowerMeal**, **Mineral Essence**, **Super Cal**, **Longevity** capsules, and **Sulfurzyme**. We need both minerals and vitamins/antioxidants along with essential fatty acids rich in omega 3's and 9's. We should not overdue the omega 6's. The typical American diet has too many omega 6's, which actually cause inflammation in our body. Chronic inflammation is what scientists are now linking to many degenerative diseases including heart disease. Work on living a less stressful lifestyle. Slow things down with more time for peace and quiet! Grow your own garden to have a better appreciation of nature and the work required to maintain a healthy food supply!*

Wishing you healthy spring days!...Star

Super Size Me...



Filmmaker Morgan Spurlock unravels the American obesity epidemic by interviewing experts nationwide and by subjecting himself to a "McDonald's only" diet for 30 days straight. His Sundance award-winning feature is as entertaining as it is horrifying as it dives into corporate responsibility, nutritional education, school lunch programs and how we as a nation are eating ourselves to death!

To purchase this DVD go to www.hartsharptide.com or www.naturalovens.com

Cholesterol—Part 3 & 4

_ provided by Doug Mills, article from Dr. Rosedale/mercola.com

Cholesterol; Wrongly Accused?

Before we can begin to talk about the real cause and effective treatment for heart and blood vessel disease, we must first look at what is known, or I should say what we think we know. The first thing that comes to mind when one hears about heart disease is almost always cholesterol. Cholesterol and heart disease has been almost synonymous for the last half-century. Cholesterol has been portrayed as the Darth Vader to our arteries and our heart. The latest recommendation given by a so-called panel of "experts" recommends that a person's cholesterol be as low as possible, in fact to a level so low they say it cannot be achieved by diet, exercise, or any known lifestyle modification. Therefore, they say cholesterol-lowering drugs; particularly the so-called "statins" need to be given to anyone at high risk of heart disease. Since heart disease is the number one killer in this country that would include most adults and even many children. The fact that this might add to the \$26 billion in sales of statin drugs last year I'm sure played no role in their recommendations. Or did it?

Expert Conflict of Interests

Major consumer groups think so. They found out that eight of the nine "experts" that made the recommendations were on the payroll of pharmaceutical companies that manufacture those drugs. Major scientific organizations have chastised medical journals for allowing the pharmaceutical industry to publish misleading results and half-truths. There is a major push under way to force the pharmaceutical industry (and others) to publish results of all of their studies, and not just the ones that appear positive. The studies that showed negative results would be forced to be published also.

It could be that lowering cholesterol might not be as healthy as we are being told. More and more studies are coming out showing just how unhealthy lowering cholesterol might be, particularly by the use of statin drugs. In particular, statin drugs have been shown to be harmful to muscles causing considerable damage. A common symptom of this damage is muscular aches and pains that

many patients experience on cholesterol-lowering drugs, however most do not realize that these drugs are to blame. Hmm...isn't the heart a muscle?

HEALTHY FOOD CHOICES AND NUTRITIONAL SUPPLEMENTATION

The Super Size Me movie drives home the fact that the typical American diet is bad for our health. If we care about our health and wellness we will consider healthy food choices and supplementation. Here are some simple ideas to exchange bad habits for good ones!

Exchange carbonated beverages for water, flavored with fresh lemons and or **lemon oil**. On hot days add a drop of **peppermint oil** to a gallon container of water and drink it throughout the day.

Choose to eat at least one raw fruit or vegetable with each meal.

Choose to eat the meat of a sandwich without all the bread. Try one slice of bread for a sandwich instead of two. Eat raw less processed grain breads such as Ezekiel Bread.

Eat fruits and vegetables of many colors. Give yourself the variety experience! Cook lightly, leave some crunch...al dente!

When eating on the run...have **Wolfberry Crisp Bars** on hand so you can avoid eating junk food!

Have 1oz sample packs of **NingXia Red** on hand so you can add to bottled water for extra anti-oxidants and nutrients! **Power Meal** is also great for a meal replacement!

Find better fat choices for your diet...such as using olive oil, coconut oil or palm fruit oil. For more information go to www.mercola.com. Try supplementing with flaxseed oil and clean fish oils rich in omega 3's. Avoid fats rich in Omega 6 fatty acids that can cause inflammation in our tissues.

Look for Whole Food Supplements...like our Young Living products **Vitagreen** and **NingXia Red**! And our very potent **Longevity** capsules! Let's not forget to "Dine without our Enzymes"...my favorite's are Young Living's **Detoxzyme** and **Essentialzyme**!

Your best bet is to be prepared with these foods and supplements on hand so you are always ready to eat healthy even when you are in a hurry!



NingXia Red

1 liter	Code: 3003
2 pk	Code: 3024
4 pk	Code: 3043
Sampler 100 pk	Code: 3169
Starter Kit	Code: 3180

Toxic Brew DVD • Surgery in Ecuador

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.**

Think Outside the TOXIC BREW!



Thieves Household Cleaner code: 3743
Sold separately from the Thieves Kit code: 3173

Use the "Toxic Brew" DVD from Canada to bring awareness to the toxic every day uses of household cleaning products, cosmetics, and junk food. Call Star to use her pre-designed postcard invitations. Just slap on a label and a stamp! Share Young Living's fabulous, natural, and super-safe products!

Copies of "Toxic Brew" available @ RM Productions
1-888-209-0510

Surgery in Ecuador... High rate of gallstones and gallbladder removal.

_by Kari McDermott

The high incidence of gallstones and the entire removal of gallbladders may have some influence on our crusade to get to the core of the cholesterol problem. The problems with our 'affluent' diets may bear similarities in the mountains of Ecuador. The surgeries Dr. Young has assisted in, have revealed fatty livers in 12 year old children. Gallstones are appearing in children as young as 5! Ecuador is the largest exporter of bananas in the world. It is known as the country of 'eternal spring.' But the people of Ecuador even fry their bananas! Is there a correlation? Is the method of frying foods as detrimental to the body, as the type of oil foods are fried in? Open air markets in larger cities sell many types of fruits and vegetables, but these are not available in more remote villages. Meats and canned goods are expensive and prohibitive. The problem is not in the food groups available, the problem lies in the preparation. Most of their food is fried. Soy, peanut, and sunflower oils are sold, but vegetable oil, butter and pork fat are most commonly used. (*Note: not the "good oils" like olive, coconut, fish and flaxseed oil that we have been promoting!*) Reversing liver disease with diet, good fats and essential oils (**Clove, GOF, JuvaCleanse**, etc.) will eventually be part of Gary's work in Ecuador.

Ecuador's introduction to therapeutic-grade essential oils, is currently with their use in surgery. Diffusing **lemon** for its antiseptic qualities and **peppermint** for mental alertness, in the cramped operating room has allowed the surgical team to put in long, hard hours. Using **helichrysum, valerian, vetiver, peace and calming, peppermint, lemon and cistus** in pre-op and post-op care has reduced blood loss, pain, disorientation, surgical trauma, and post surgical complications to 0.5% (*compare to modern medical surgeries at 1%*). Patients have had no deviation to vital signs during surgery. Blood pressure, heart rate, respiratory and oxygen levels have all been stable using 50% less anesthesia than before the oils were introduced to the mobile surgical unit. Patients have come out of anesthesia with less pain, agitation, confusion and without crying. The effectiveness of the oils have already played a significant role in building trust with the people in the remote areas of Ecuador. These results are bringing positive attention to Dr. Rodas, Gary Young and Young Living's essential oils to the Presidential office and four Universities in Ecuador.

Perhaps the value Ecuador's people place on natural medicine, will ultimately increase our courage to let our health care system take notice, too. Maybe we could amend the U.S. Constitution to reflect Ecuador's and include their belief...

"in sustaining and supporting natural medicine."

Dr. Rodas is a world reknown physician who has been operating the surgical mobile unit for 11 years.

3

90 Day Wellness Challenge

Many of my friends are concerned about improving their health. Often they note problems with feeling fatigued, low energy, chronic sinus problems, sore throats and swollen glands, yeast infections and a general lack of zest for life. As I have been reading in the **Essential Oil Desk Reference** and other books that address the issue of poor pH balance, it is easy to understand why so many of us have these complaints. It doesn't take long to see that if we don't take care of ourselves today that we may not be healthy tomorrow. However, one thing I have noticed with many individuals is the problem of giving up too soon. **D. Gary Young** has noted that it often takes **90 days** for the cells to rejuvenate!

Lack of Proper pH balance is linked to many degenerative diseases. As a Physical Therapist many of the clients I see seem to have this issue as well. When we start to address these concerns, we often see an improvement in many of the above complaints plus a decline in the aches and pain problems that they came to Physical Therapy to alleviate in the first place. To achieve pH balance it may take a person a minimum of 90 days to achieve the optimal pH balance. A good friend of mine noted that it takes at least **60 days to break a bad habit and replace it with a good one!** So make sure whatever health endeavor you work on, that you give it enough time.

In achieving pH balance I have found the following products very helpful: **Coral Sea** for replacing mineral balance. Young Living has a new product called **MegaCal** that has a 1:1 ratio of Calcium to Magnesium. Natural Health Researchers estimate that 2 out of 3 American children are deficient in Calcium and Magnesium, which may contribute to the problem of ADD and ADHD. Researchers in natural health also are noting we need to increase Magnesium levels as Magnesium is responsible for the regulation of Calcium, Sodium and Potassium in the body. The calcium and magnesium in **Coral Sea** plus the additional 58 trace minerals that are important for proper mineral balance. **VitaGreen** is great for cleansing the blood and all the dark green nutrients are good for improving pH balance. **Mineral Essence** is good to put in your **NingXia Red Juice** and drink throughout the day. **Mineral Essence** helps to improve trace mineral balance. **Alkalime** is a great mineral salt blend with essential oils that quickly alkalizes your tissues. (These are options... You do not necessarily have to take them all!)

Once you achieve your proper pH, you should work to maintain it. For instance, eating foods that make your body more alkaline should be about 80% percent of your diet. To see a Food Ash pH chart refer to the **Essential Oils Desk Reference**. When possible we should limit the amount of refined foods and junk food such as soda pop and chips in our diet. Soda Pop with Phosphoric acid, like Coke and Pepsi seems to be the worst for creating mineral imbalance.

D. Gary Young has also designed products that bind to acid in our body. **NingXia Red** is not only great because of its antioxidant potency, but also its acid binding ability. **JuvaPower** and **JuvaSpice** are powdered products designed to bind with acid and spice up your life. They are quite tasty added to soups and salads or to really spice up V8 or other vegetable juices, preferably organic!

Royaldophilus and natural foods containing the healthy intestinal flora are important to maintaining alkalinity. Taking **Royaldophilus** on a regular basis helps to improve digestive functions. Digestive enzymes such as **Detoxyme** and **Essentialzyme** are important for aiding in the breakdown of food and ensuring that food is properly digested.

Use of **essential oils** can be enhanced by proper pH balance. The oils are more effective in a person that is closer to the optimal healthy pH. Often when individuals do not like the smell of oils, it is a sign of too much internal acidity. When our body is acid it holds onto toxins and we tend to have less oxygen in our cells. Less oxygen in our cells may set us up for a host of degenerative health conditions.

*See **Essential Oils Desk Reference** for more information. Books available through Essential Science Publishing @ 800-336-6308, or www.essentialscience.net

90 Day Wellness Calendar

Month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Calendar Key:

Healthy Diet	HD/	1/2, 1, 2+ (hrs.)
Physical Activity	PA/	1/2, 1, 2+ (hrs.)
Business Activity	BA/	1/2, 1, 2+ (hrs.)
Learning Activity	LA/	1/2, 1, 2+ (hrs.)
Friends & Family	FF/	1/2, 1, 2+ (hrs.)
Personal Care	PC/	1/2, 1, 2+ (hrs.)
Nutr. Supplement	NS/	did you take any?

You can use the time elements, but it isn't necessary to see the general areas you are devoting your energy to each month. You could use a color code for visual effect, also. Create your own code for supplements: NingXia Red (nr), VitaGreen (vg), Royaldophilus (rd), Sulfurzyme (sz) etc.

Rewards for most activity this month:

Healthy Diet = Lunch or Dinner out, Dessert

Physical Activity = Massage, Facial, a Movie

Business Activity = Try a new oil or product

Learning Activity = Buy a new book

Friends & Family = Find solitude

Personal Care = Maybe treat someone else!

Use this calendar to track your daily investment in your personal goals. The seven categories we have named should cover the general areas in life we wish to benefit from and achieve our goals. You can, of course make up your own categories, but seeing a monthly calendar may help you visualize and interpret where you are spending your energy. When you see results from the areas you invested in, you can celebrate. If you've neglected areas, adjust the amount of time next month to give those categories more time and energy. At the end of 90 days (3 months) look for overall strengths and weaknesses. Look for a balance in your chart and reflect on seeing the balance in your life. Continue for one full year and see what happens!

MIND • BODY • SPIRIT



Star Team Report

D. Gary Young in Chicago

I am always impressed with the kind of people who feel “at home” anywhere in the world. Gary Young reflects “home is where the heart is.” Whether in The Windy City at -20°, or hiking through a mountain jungle at the center of the world, his heart is with him. His heart leads him across this Earth, and leads us, to help bring the world new discoveries and unveil her ancient secrets once again.

There are over 1600 unidentified plants in Ecuador. In less than a year Dr. Young has started testing, cultivating, distilling and using 8 new essential oils. The implications are so vast that Young Living will be creating and testing at a new level of clinical standards for pure therapeutic-grade essential oils, to validate their scientific importance and use in the Wellness industry, that we are a part of.

I have already fallen in love with **Palo Santo**! After Vicki Opfer’s 5 hour training and then an 8 hour drive back from Chicago which had me too wired to shut down, I put 2 drops of **Palo Santo** on and was asleep in about 3 minutes! I was lucky enough to get an extra bottle, but I love sharing the oils so much I keep giving them away, now I have to wait 7 months for a refill!

The anticipation for new oils like “**False Cinnamon, Aromatic Eucalyptus, Lippia albius; new compounds in Oregano and Jasmine and especially Ruta graveolens,**” has me excited about going to Convention in September!

Having dealt with clinical depression during the critical years of my daughter’s adolescence, I am especially interested in **Ruta graveolens** which promises to be effective for stimulation specific to the frontal lobe. My work 10 years ago in Gifted Education, once had me digging for brain development research on the frontal lobe. This part of our brain “waits” (in a somewhat dormant state) until our hormones have leveled off. As the frontal lobe begins to develop new neuron connections, it allows the two cerebral hemispheres to communicate with more complexity than ever before (similar to the extraordinary neuronal growth of infant brains), but now setting life-long patterns for adulthood. Pituitary stimulation at this growth period should release more dopamine to the frontal lobe, which heightens pleasure and lessens pain. (Know any teenagers that stimulate those feelings synthetically?) I hope **Ruta graveolens** is another opportunity for natural ways to keep our children safe from street drugs and antidepressants.

I can’t imagine the future impact of Young Living’s alliance with Ecuador and with the University of Azuay will have on all of us. But, I’m sure moving to Ecuador is the right thing to do. Young Living will continue to evolve, based on the same passion that “life on Earth” always holds for Gary Young. Let’s keep Young Living strong, so Gary and his family can feel at home, wherever our hearts are.

by **Kari McDermott**

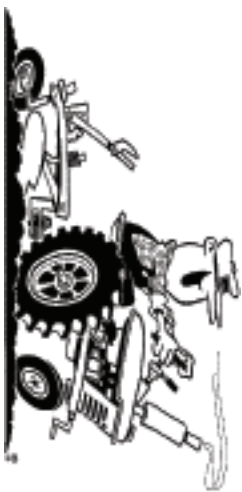
Greetings!!!

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

Volume 10, Issue 5

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

May, 2006



Down on the Farm

with Doug and Barb Mills

It is always fun to watch the migrating waterfowl land on our pond in the spring. With our new house on the Mississippi River, we can see far more types of birds as they use the river as a main flyway. Even before we built the house last summer, I had a pond constructed near it. It has been fun this spring to watch 50 – 60 wood ducks fly onto the pond, swim, then march two by two up the bank to walk through the fields, then fly back in the water when something startles them, such as a fox, eagle or hawk.

A New Look at Cholesterol – Conclusion

“When damage is occurring and inflammation is being initiated, chemicals are being released so that the damage can be repaired. One could speculate that to replace damaged, old and worn-out cells the liver needs to be notified to either recycle or manufacture cholesterol since no cell, human or otherwise, can be made without it. In this case, cholesterol is being manufactured and distributed in your bloodstream to help you repair damaged tissue and in fact to keep you alive. If excessive damage is occurring such that it is necessary to distribute extra cholesterol through

the bloodstream, it would not seem very wise to merely lower the cholesterol and forget about why it is there in the first place. It would seem much smarter to reduce the extra need for the cholesterol – the excessive damage that is occurring, the reason for the chronic inflammation. The pharmaceutical companies thought that you might think that. They went back to the drawing board. They did more ‘research’ and found (coincidentally) that statin drugs had anti-inflammatory effects. Therefore we’re currently being told to stay on our cholesterol-lowering drugs because now they work by reducing inflammation and perhaps not even by reducing cholesterol, and in fact, perhaps in spite of it. Aspirin reduces inflammation for a lot less money. So does vitamin E, and fish oil, and dietary changes without the dangers of drugs, and having many other benefits instead. Triglycerides are just medical terminology for fat. A person with high triglycerides has a lot of fat in the bloodstream. Triglycerides are generally measured when a person has fasted overnight. High fasting triglycerides are either from manufacturing too much, or using (burning) too little. In other words, what high triglycerides are telling you is that you making too much fat and you are unable to burn it. This indeed is a major problem. The inability to burn fat underlies virtually all of the chronic diseases of aging, and in fact may contribute to the rate of aging itself. As such, one might think that the control of all fat burning and storage might be very important in heart disease, and the other diseases of aging such as diabetes, obesity, osteoporosis, and even cancer. Indeed, this appears to very much be the case. The two hormones that to a major extent control our ability to burn and store fat, insulin and leptin, appear to play a major role in all of the chronic diseases of aging. I would call them the most important hor-

mones, indeed chemicals. In the entire body. But that is a story for the next time.”

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

Acne – Milk – Iodine Connection

“Dermatologists have known for a long time that something in milk and dairy products may be linked to teenage acne, although exactly what it is has been less clear. Hormones and ‘bioactive molecules,’ the latter term from a recent study, have been put forward as candidates. Now, University of New York – Buffalo dermatologist Harvey Arbesman, M.D., thinks he’s found the culprit: iodine. ‘It has been well-established since the 1960s that iodine intake can exacerbate acne,’ Arbesman wrote. ‘Farmers give their cows iodine-fortified feed to prevent infection,’ he noted, ‘and they use sanitizing iodine solutions on their cows’ udders and milking equipment. Consequently, there is lots of iodine in dairy products. For that reason, I’ve advised my acne patients for years to decrease their dairy intake.’ Arbesman thinks the connection between acne and dairy products observed in the study could be secondary to the iodine content of the dairy products. ‘More importantly,’ he said, ‘the connection could be a combination of hormones and iodine.’”

Acras USA, February 2006

Conference Call Number

Dial in to (620) 782-8200 (PIN 24856#) on Mondays, 8:00 – 8:30 p.m. CST, and join us for an informal and informative discussion about the oil/s!

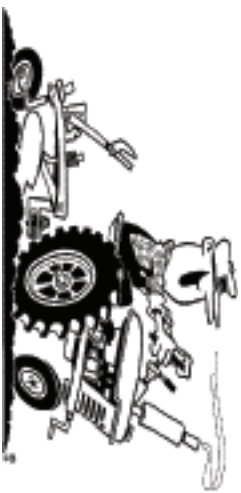
Greetings!!!

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Volume 10, Issue 6

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

June, 2006



Down on the Farm

with Doug and Barb Mills

On our last Monday night conference call, a long-time Young Living distributor, Fred M., informed us that the healthiest time in the last 100 years was after World War II when the government encouraged everyone to plant a Victory Garden. This was done because many supplies were in a shortage because of the war effort. That was a good lesson to show us the power of natural whole foods from a garden, and I guess most were organic because many pesticides were not made yet, in short supply, or people just couldn't afford them. The power of a garden on your health must be even more powerful now because of the extreme deterioration of our food supply. With that in mind, I am now going out to plant some fruit trees that were just delivered!

GM Soy Kills in Rat Test

"A simple experiment by a Russian scientist to see if eating genetically modified soy might influence offspring has yielded an amazing and disturbing result. Fed a diet of genetically modified (GM) soy, pregnant rats gave birth to offspring that were at first underweight and soon were dead. Over half of the rat offspring did not survive, more than five times the number that would have died from assorted natural causes – all after a few

grams of soy flour was added to their mothers' diets. The researcher, Irina Ermakova, a leading scientist at the Institute of Higher Nervous Activity and Neurophysiology of the Russian Academy of Sciences, preserved several major organs from the mother rats and offspring, drew up the designs for a detailed organ analysis, created plans to repeat and expand the feeding trial, and promptly ran out of research money. So the results she presented at an October symposium organized by the National Association for Genetic Security were preliminary. They made a big stink nevertheless. The soy she used was Monsanto's Roundup-Ready variety, and if Ermakova's results hold up after her study is repeated, the GM food industry will take its rightful place in the historical dustbin."

Acres USA, January 2006

Appetite Saboteur

"The sweetener fructose keeps popping up in the news – especially with the newfound awareness and concern over the ever-growing problem of childhood obesity. While the manufacturers of high fructose corn syrup (HFCS) and groups like the Corn Refiners Association continue to place the full load of blame on increased calorie consumption and an overall lack of exercise, the latest research indicates HFCS is undoubtedly a major contributing factor. I've been warning about the dangers of HFCS for years, and one of the latest studies from the University of Pennsylvania supports the idea that HFCS impairs your body's ability to recognize when it is full. These new findings take this idea beyond just a theory and unveil the exact mechanism of how this process takes place. Fructose doesn't stimulate an increase in insulin the way most sugars do, nor does it cause

an increase in the compound leptin – both of which signal the body's central nervous system to stop eating. Fructose also increases the level of another compound, ghrelin, that enhances the desire to eat more. In simple terms, fructose completely disrupts your body's natural ability to tell when you're satisfied and should stop eating – which ultimately leads to weight gain and obesity. (J Clin Endocrinol Metab 04: 89(6):2963-2972) and (Am J Clin Nutr 02: 76(5):911-922)"

Alternatives, May 2005

Soft Drinks Poisoned with Benzene

"The FDA has acknowledged that benzene, a carcinogen, has been found in U.S. soft drinks at four times the limit considered safe for drinking water. This contradicts earlier FDA statements that the levels of benzene were insignificant. Organizations such as the Environmental Working Group have accused the FDA of concealing information about benzene in soft drinks. Benzene has been linked to leukemia. It can form in soft drinks made with vitamin C and sodium or potassium benzoate."

Yahoo News, April 8, 2006

Did You Know...?

"Olive oil contains a phytonutrient called oleocanthal that has anti-inflammatory effects similar to ibuprofen."

Health & Healing, October 2005

2006 CARE PROGRAM CALENDAR

Many More to be Added Throughout the Year
CARE INTERNATIONAL SEMINARS AND INTENSIVES
Center for Aromatherapy Research and Education
Training Workshops for Continuing Education Credit in
RAINDROP, VITAFLEX, BIBLE OILS, CHEMISTRY,
AND EMOTIONAL RELEASE

CARE Sponsored more than 100 seminars and intensives during 2005 throughout the USA, Canada, and Australia and will sponsor more than 100 programs again in 2006
CARE OFFERS TWO TYPES OF PROGRAMS

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

The Full 23-hour CARE Curriculum includes the following:

- BO - Bible Oils (2 hrs)
- VF - Applied Vitaflex (4 hrs)
- RD - Raindrop Technique (8 hrs)
- CH - Essential Oil Chemistry (5 hrs)
- ER - Emotional Release with Oils (4 hrs)

Listings of scheduled CARE Programs are given below and are coded as follows:

1. Intensives offering the full five courses (23 hrs) of CARE credit are designated as ALL.
2. Seminars offering only a part of the CARE curriculum are designated according to what is offered by BO, VF, RD, CH, and/or ER as appropriate.

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

Full details are given on the CARE website
<http://www.RaindropTraining.com> Check the website periodically for the most current dates and locations.
For specific information on any particular program, see Contact Names with their emails, phone numbers, etc., at the end of this message. Registration for most Intensives can be accomplished on the internet at
<http://www.RaindropTraining.com>.

You may also call CARE toll free at 800-758-8629 or email them at care@raindroptraining.com.

2006 CARE SEMINARS & INTENSIVES

Intensive: ALL

July 6-9, Thu-Sun, Portland, Oregon
With David Stewart, PhD, DNM, and Lee Stewart, SCCI

Intensive: ALL

August 13-16, Sun-Wed, Los Angeles, California
With David Stewart, PhD, DNM, and Lee Stewart, SCCI

Intensive: ALL

Oct 1-4, Sun-Wed, Salt Lake City, Utah
(Immediately following YLEO Grand Convention 2006)
With David Stewart, PhD, DNM, and Lee Stewart, SCCI

Intensive: ALL

November 14-17, Tue-Fri, Branson, Missouri
With David Stewart, PhD, DNM, and Lee Stewart, SCCI

CONTACT INFORMATION

A Discounted Early Registration Fee for taking a whole 3-4 CARE Intensive (23 hours) is available when payment is made no later than two weeks before the specific program date. Early Registration for a CARE Intensive is available on the internet at
<http://www.RaindropTraining.com>. For late registrations for Intensives or for registration for CARE Seminars, Contact the appropriate registrar from the list below:

Julie Blanchard, CI - (218) 825-0064

julie@julieblanchard444.com

Jill Burk, CCI - (989) 793-9148 jillycmt@aol.com

Beverly Claussen, SCCI - (209) 765-6290 glowingscents@net-zero.net

Jacqui Close, FCCI - (707) 237-7110 Essentials4Health-CARE@yahoo.com

Marylee Creegan, CCI - (386) 462-2092 mec14@juno.com

Sheila Hay, CI - (907) 883-3646 sheilahay@pacifichomesalaska.com

Kathy Spohn FCCI - (616) 261-0015 oilsofold@sbcglobal.net

Lee Stewart, SCCI - (800) 758-8629

care@raindroptraining.com

Tammy Struebing, FCCI - (402) 395-6887

tstruebing@amhne.org

Leslie Vornholt, LCSW, SCCI - (720) 304-8043 artemis-dancer@earthlink.net

Tanis Wichmann, SCCI - (218) 367-2579 stevtan@lakesplus.com

WHAT PEOPLE SAY ABOUT CARE PROGRAMS

This program may change your life if you are willing to try something new and be open. I love how gentle and graceful my healing was and how wonderful to have hope again.
Lisa Marie Belter, Calgary, Alberta, Canada

Enjoyed the classes totally and learned much more than I thought I would. Patricia McHugh, Bridgeton, New Jersey

The CARE Intensive exceeded my high expectations. All of the instructors were great. Their tremendous caring and willingness to give of self was always evident. This program provides an opportunity to build on previous knowledge or start new if unfamiliar with essential oils. It also enables you to participate in personal growth and meet wonderful people.
Jeannette Vaupel, RN, Genoa, Illinois

This class was very enlightening. I would recommend it to everyone. It is nice to know that there is an alternative to medicine.
Tiffany Slusher, Minford, Ohio

I am so grateful for CARE. This workshop really truly builds confidence and teaches the techniques in a way that could be learned by anyone. Thank you! It has been so fulfilling!
Robyn Karima Grant, Nakuop, British Columbia, Canada

Rcc, Inc - Chérie Ross
2732 Quebec Avenue North
New Hope, MN 55427
May/June 2006

General Newsletter

In this Issue: In-depth info on:

Endoflex Oil/Helichrysum Oil
90 Day Wellness Challenge
New Essential Oils
Parasite Cleanse & Roseacea
Organic Insect Repellent
Dr. Hill Essential Oil Training

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888-880-1549 - Automated ordering
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On-line Ordering www.youngliving.com

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LOCAL CLASSES, RECORDED AUDIO TRAINING

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The 10% off specials for 2006

Jan 16-Feb 15	JOY #3372	July16-Aug15	LEMONGRASS #3581
Feb 16 - Mar15	RELEASE #3408	Aug16-Sept15	OREGANO #3605
Mar 16-Apr 15	THYME #3650	Sept 16-Oct15	AROMALIFE #3306
Apr 16-May15	PANAWAY #3390	Oct 16-Nov15	BASIL #3500
May16-June15	ENDOFLEX #3333	Nov16-Dec 15	DI-GIZE #3324
June16-July15	HELICHRYSM #3563	Dec 16-Jan 15 2007	CYPRESS #3530

"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

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