

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 2007411  
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

Winter 2007

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, Welcome to Winter!

## **Idaho Balsam Fir** - Code #3316 10% off Jan 15 - Feb 15, 2007

Distilled from the needles of the trees way up in the northern tip of Idaho. Due to our unique patented distillation process, Young Living's **Idaho Balsam Fir** is rated the highest in medicinal value of all other Balsam fir oils. **IBF** produces excellent results for all bone, ligament, muscle and tendon concerns. This is one of my favorite oils to use after an accident or surgery to reduce pain, inflammation and rapidly speed up healing. **IBF** is very soothing on daily aches and pains. Superb for athletic uses to keep our muscles and ligaments strong and supple while minimizing spasms and tearing for all physical activities. **IBF** provides lasting relief for all back and spine issues. Also an excellent support for strengthening bone density and all structural concerns. Personally I have used **IBF** to recover from broken bones (the recovery is so complete that there is no sign of breaks on my x-rays!), torn ligaments and tendons, severely damaged muscles and to repair damaged skin with minimal to no scarring.

**IBF** also provides powerful relief from all respiratory and sinus concerns.

**IBF** reduces the negative affects of stress on our bodies and emotions by physically reducing and balancing cortisol levels. At bedtime take 18-20 drops orally for a better nights sleep. Balanced cortisol levels are a significant factor on maintaining a healthy weight and digesting unwanted excess fat. If you are too thin **IBF** will restore balance for you as well.

Emotionally, **IBF** is not to be underestimated for creating feelings of grounding and stability while lifting up our moods thoughts and spirit. Excellent for lifting us out of depression.

**Idaho Balsam Fir** can be diffused, applied topically and taken internally. Refer to the Essential Oils Desk Reference for research articles.

### Testimonial

My friend called me spring 2006 and was very discouraged. Moose, a 22 year old gelding had foundered very bad and was steadily getting worse even though he was under veterinary care. He was being treated with "bute" for pain and several "petro" based salves on the hoof. He was still in so much pain that he would not walk at all. His manure just piled up behind him. His feet were very hot. We started off by washing the "petro" based salves off his hoofs which were very rough, peeling and cracking. We cooled the feet with cold water alternately for about 1/2 hour. We shaved the hair off the pasterns, for about 2", above the coronet bands. The Essential oil mix we used for his pasterns started with a base of **Ortho Sport**. Then we added 15 ml of **Frankincense**, 15 ml of **Idaho Balsam Fir**, 15 ml of **Panaway**, 15 ml of **Lavender** and 15 ml of **Peppermint**. We rubbed that mixture into the pastern where we had shaved just above the coronet band. We cooled the feet and used the essential oil mix, 3 times a day. I started trimming the feet weekly to correct the shape of the feet. With a foundered horse the heels grow too fast and the toes grow too slow and they tend to curl up. The growth of the hoofs was uneven and flaking and very unhealthy. I trimmed top of the toe to take away the curl and the bottom of the heels to sculpt the foot and bring it back to normal shape. This also corrects the angle of the coffin bone which the X-Rays had shown to be out of alignment. Only a little bit could be trimmed off at a time because it was easy to hit soft tissue, especially on the soles of the feet. I believe that weekly trims on a foundered horse is often better than a corrective shoe that has to be reset periodically. I have worked with a number of foundered horses in the past and have often found that severe foundered horses will often have set backs. This is the first time I was able to use essential oils this way. We did not have one set back. I believe, because of using the essential oils which is the only thing on the feet, besides cold water and ice, that we used to help this horse to heal. The new growth of hoof looked like a horse that was much younger and very healthy. The horse seemed to have relief right away. After a few days he started walking a little bit. After a couple of weeks Moose began trotting on his own. Within 6 weeks he was actually occasionally loping on his own in the pasture from time to time and by 10 weeks you could not tell a bit of difference in his movement.  
Myles Harston from Flanagan, IL.

Chérie L. Ross RCC, Inc. CEO

2732 Quebec Ave. N., New Hope, MN 55427, USA

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

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

### Hot Tips

**Animal Scents Ointment** is not just for animals... its for people too!

This versital non-toxic ointment fulfilled with 20% YL essential oils is a superior moisturizer. Excellent for healing chapped lips/skin, cracked heels, wounds, scrapes, abrasions and burns, painlessly! Because it is non-toxic we also use it internally for healing in the mouth. I apply **Animals Scents Ointment** after applying essential oils directly on wounds to seal in the oils and speed up healing.

T. Peterson Indiana

### Clinic

Our clinic in Ecuador is now open, with Gary Young ND, and other medical doctors using Young Living Oils!

## **Novavita Clinic**

Av. Las Monjas No. 115 entre Circunvalación y Costanera  
Urdesa Central  
Guayaquil - Ecuador

Email: [novavita@gye.satnet.net](mailto:novavita@gye.satnet.net)

### **Phones:**

011 (593) 4 288 3408  
011 (593) 4 288 3460  
011 (593) 4 288 2748  
011 (593) 4 288 1801

### Recorded Educational Calls

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.)

### Weekly Educational Conference Calls

New weekly "live" training call. Tues 8pm CST Call 641-297-5400 code 2007411#- indepth usage and info on YL products. [www.young-living.net](http://www.young-living.net) click on "audio trainings" for recordings of all previous conference calls.

1st Tues - 8 pm CST Creating abundance in your health and wealth -The business of Young Living

2nd Tues - 8 pm CST YL Product Testimonials (a different call each month)

3rd Tues - 8 pm CST Professionanl Guest Speakers on YL Oils, Supplements and Natural Healing

4th Tues - 8 pm CST Q & A Facilitated by Cherie Ross or others interested in facilitating

5th Tues - 8 pm CST (applicable months) Professionanl Guest Speakers on YL Oils, Supplements and Natural Healing

### Essential Rewards Program

#### Free Products & Free YL Training CD & Reduced Shipping

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](http://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](http://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
Mar. 12-13	Denver, CO	Call Cherie 763-545-7347
April 25- May 3	Rome Italy	Young Living Diamond Training
May 21-22	Denver, CO	Call Cherie 763-545-7347
May 31- June 3	Boerne TX	Quartus Foundation
May/June	Fort Worth, Houston (Area), Tyler (Area)TX,	Call Cherie 763-545-7347
June	Penn/Washington	Call Cherie 763-545-7347
July	Utah	Young Living Silver Training
Aug 10-12	Richfield WI	Call Cherie 763-545-7347
Aug. 27-28	Denver, CO	Call Cherie 763-545-7347
Oct 3-7	Boerne TX	Quartus Foundation
Oct. 22-23	Denver, CO	Call Cherie 763-545-7347
Fall	Utah	Young Living Gold/Platinum Training

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.

### 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 - Cherie is speaking
Feb 17 & 18	Mpls, MN	Pet Expo - Cherie is speaking
Feb 24 & 25	Mpls, MN	Body, Mind Spirit Expo - Cherie is speaking
Mar. 3 & 4	Mpls, MN	Body Mind Life Expo - Cherie is speaking
April 20-22	Madison WI	Midwest Horse Expo
April 27-29	St. Paul, MN	MN Horse Expo
April 27-29	Orlando FL	Medical Anti Aging Conf.
May 5 & 6	St. Paul, MN	Living Green Expo
May 31- June 3	Boerne TX	Quartus Foundation
July 20-22	Kalispell MT	Rebecca Farms
August 3-5	Chicago, IL	Medical Anti Aging Conf.
Sept. 6-8	Washington DC	Young Living Convention
Oct 3-7	Boerne TX	Quartus Foundation
Nov. 9-11	Mpls, MN	Edge Life Expo
Dec. 6-16	Las Vegas NV	Cowboy and Country Christmas
Dec. 14-16	Las Vegas NV	Medical Anti Aging Conf.

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)

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

**Silver Star-** Making Waves Inc., Babette Anderson, Bob Morrow, David March, Linda Sullivan, Quartus Foundation Inc., Lee & Judy Camp, 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, Julie Barker-Montgomery, Janell Kneeland, Judy Jellings, Vicki Hartman, Candace Hoke, Linda Budde, Nick Kuennen

**Executive** - Paula Casper, Geri MaNally, Beth Hampel, Darwin Jellings, Verna Ittner, Rivian Wolf, Kassi Johnson, Elaine Turczynski, Sally 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, Renee Thorfinnson, Jim Pothen, Mazur Maria III., Katherine Conrad, Kathleen O'Sullivan, Lynn Cox, Brenda Meyer, Elizabeth Marquardt, Hildegard Rykoff, Kathryn Page, Elizabeth Osmelak, Vital Living LLC, Janis Deyo, Yvonne Litza, Harlan Waugh, KDM Associates Inc., Deanna Niswander, Crown Wing Station, Lynn Bartczak, Nancy Gouch, Loren Green, Arthur Osmelak, David&Christy Lomelino, Annette Queyquep, Irma Schrobilgen, 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, 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 Ferguson, 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 McGrane, Dr. Kim Francis, Dorota Sopart, Diane Dickerson, Amy Herickhoff, Gerald & Rose Jordan, Mary Betterman, Renu Consulting, Karen Whisenhunt, Terry Belcher, Dana Bourassa, Ryan Roos, Spirit Plus LLC., Janis McGrath, Charla Sirtoff, Ardell Hoff, Kristi Bodick, Lisa Copa, Debra Dietz, Sheila Bakken, Wendi Plunkett, Bethel Erickson, Jodie Cardenas, Brent Anderson, Michal Keith, Jacqueline Heyder, Jessie Geiger, Brent Hauge, Verel & Arlene Moore, Diversified Marketing, Nancy Bollum, Bob Villars, Mary Stoffel, Lisa Kent, Betsy Blaufuss, Mary Paulsen, Stanley, Marovets, Jody Stevens, Linda Defever, Rebekah, Brooke, Colter Zane Chapman, Daine Kaiser, P.C. Klebier, Jan Teschendorf, Mary Kuennen, Rachelle Draegert, Christine Ramstein, Ladonna Findlay, Derek Hagen, Candace Hoke

### 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

Lucy Jackson, ND, RPP, CST Trauma and transmutative bodywork using herbal & essential oils, working with Emotional, Mental and Birth issues For appointment 651-645-8808

# The Star Report

Essentials for Healthy Living

STAR MOREE, EXECUTIVE: HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION VOL:4 ISSUE 1

## Contributors:

Star Moree

Kari McDermott

## Editor:

Kari McDermott  
of Studio 4:44

## In This Issue:

*Dream Catchers*  
*The Secret of the Goose*

30 Reasons for  
*NingXia* -revised

101 Uses for Essential  
Oil Starter Kit

*The Value of a Penny*  
*Business Building 1¢*

*Testimonials*  
*Convention 2006*

[http://  
star.younglivingworld.com](http://star.younglivingworld.com)

[vitalhealth@warpdiveonline.com](mailto:vitalhealth@warpdiveonline.com)

[www.vitalhealthline.com](http://www.vitalhealthline.com)

(All printable material for your  
group is also available on  
Star's website / handouts:  
[www.vitalhealthline.com](http://www.vitalhealthline.com))

*Dream Catchers...The Secret of the Goose!*

Dear friends,

Next Fall, when you see geese heading south for the winter...flying in a V formation... consider what science has discovered as to why they fly that way:

As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a V formation, the whole flock adds as least seventy-one percent greater flying range than if each bird flew on its own.

People who share a common direction and a sense of community can get where they are going more quickly and easily because they are travelling on the thrust of one another. When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone... and quickly gets back into formation to take advantage of the lifting power of the bird in front.

If we have as much sense as a goose we will stay in formation with those who are headed the same way we are. When the Head Goose gets tired, it rotates back in the wing and another goose flies point. It is sensible to take turns doing demanding jobs with people or with geese flying south. Geese honk from behind to encourage those up front to keep up their speed. What do we say when we honk from behind?

Finally, and this is important, when a goose gets sick or is wounded by gunshots and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly, or until it dies; and only then do they launch out on their own, or with another formation to catch up with their group. If we have the sense of a goose, we will stand by each other like that.

\_Source unknown

**Each honored Dream Catcher will receive a \$50 credit on their Young Living account to purchase products or materials to help support their dream! Honoring our V formation:**

**November 2006...Gary and Gloria Milks...** have been members of Young Living for almost nine years. They have supported Star in her dream to share Young Living with others and was the first person that joined Star on her "Dream Team." They offer financial support for our Star Report newsletter to help support her organization! Thank you Gloria and Gary for all your encouraging love and support!

**December 2006... Dennis and Ann Williams...** were Star's first family friends that joined her "Dream Team" and the pursuit for better natural health. Dennis and Ann understand the value of eating fresh fruit and vegetables with their strong Iowa Family Farm roots. They enjoy using essential oils and sharing with friends when they can help! Thank you Denny and Ann for believing in the value of Young Living and my dream! Here is to your upcoming nine-year membership!

**January 2007...John and Lisa Leonard...** A special thank you to my long time friends who have always supported my dreams and understand my passion for natural health. They understand and practice the value of eating right and exercise for good health. Lisa enjoys planting a large garden every year and working to live a life of balance! Thank you for being a part of my V formation and supporting me through our Young Living and natural health adventure!

# 30 Reasons Why You Need a Shot a Day!

## Here's a list of reasons you should drink this Super Berry Juice Daily!

- 1) Historically in China, those individuals that ate the Ningxia Wolfberry enjoyed a longer and more productive life, better eyesight, less heart disease and cancer than many of the cultural groups studied!
- 2) One of the "Ancient Chinese Health Secrets!" In fact, the Ningxia Wolfberry is the berry of choice for Chinese Olympic Athletes!
- 3) The Ningxia Wolfberry provides ample antioxidants to strengthen the immune system!
- 4) Antioxidants in the juice help fight free radical attacks that occur thousands of times a day to each cell of the human body!
- 5) Highest S-ORAC rating for fighting the most abundant free radical that causes damage to our cells...The Super Oxide free radical!
- 6) Eating Ningxia Wolfberries enhances Super Oxide Dismutase (SOD). SOD's scavenge free radicals that damage the DNA of cells! Ultimately this scavenging increases our ability to live healthier, longer lives.
- 7) Ningxia Wolfberries free radical scavengers help to strengthen and support the cell walls. This supports efficient transport of flavonoid nutrients across the cell membrane or wall.
- 8) Strengthens the brain neuro-transmitters against free radical activity, possibly slowing age related memory loss!
- 9) Ningxia Wolfberry is powerful in helping the liver function properly! Boosting Glutathione levels! Glutathione is the most important antioxidant and detoxification enzyme in the liver!
- 10) Helps promote good eye sight and eye health! Ningxia Wolfberry is high in antioxidant carotenoids including beta-carotene and zeaxanthin. Beta-carotene is good for the retina. Zeaxanthin is needed for good eye sight. Ningxia wolfberry has the highest amount of zeaxanthin and other carotenoids of any food known!
- 11) The main constituent in the Ningxia Wolfberry according to studies in China is Lycium Barbarum Polysaccharide (LBP). LBP helps to rebuild white blood cell counts! Phagocytes and the activity of Natural Killer cells are increased which can bind to cancer cells.
- 12) Studies have shown that consuming Ningxia Wolfberry led to the regression of cancer in 75% of its patients!
- 13) Other nutrients found in the Ningxia Wolfberry have been shown to help prevent Liver Cancer.
- 14) Other studies show Ningxia Wolfberry useful in the regression of malignant melanoma, Renal cell carcinoma, colorectal cancer, lung cancer and other cancers.

- 15) Also the Ningxia Wolfberry enhances T-cell function!
- 16) In many cases eating the berry helps to lower or stabilize blood sugars!
- 17) Minerals and Vitamins in the Ningxia Wolfberry act as enzyme cofactors in the digestive process!
- 18) Has a B vitamin complex essential to the body!
- 19) Anti-fungal properties due to an amino acid called Solavetivone.
- 22) Anti-bacterial properties due to Solavetivone amino acid.
- 21) Anti-viral properties due to Solavetivone amino acid, as well.
- 22) Reduces pain caused by inflammation. The wolfberry contains Beta-Sitosterol, a natural anti-inflammatory!
- 23) Ningxia Wolfberry contains natural Vitamins including multiple B's, C and E!
- 24) Trace minerals including rare Germanium contained vary rarely in food today!
- 25) 6 Essential Glyconutrients... the good sugars necessary for optimal health and enhanced cellular communication!
- 26) Amino Acids like L-Arginine... necessary for maintaining, building and repairing our cells!
- 27) High Acid binding ability...to gobble acid in the body that creates inflammation and stress in our system, slowing down the process of aging, illness and disease.
- 28) The micronutrients found in the berry counteract mutations leading to cancer!
- 29) Eating Ningxia Wolfberries have been shown in research studies to decrease the amount of oxidation to cholesterol (fat) which leads to a process that creates plaque in the arteries! Oxidized cholesterol creates "sticky foam cells" that build up on artery walls!
- 30) A Super Whole Food for a Super Whole Body!

### Information taken from the Books:

The Ningxia Wolfberry: A Powerful, Natural Ally Against Disease and Aging, by Dr. Hugo Rodier, MD.  
Discovery of the Ultimate Superfood, by Gary Young ND, Ronald Lawrence, MD and Marc Schreuder.

This information is for Educational Purposes only and is not meant to treat or cure any disease. Please seek proper Medical Advice if you are dealing with any Disease or illness.

### NingXia Red

1 liter	Code: 3003
2 pk	Code: 3024
4 pk	Code: 3043
Sampler 30 pk	Code: 3168
Sampler 100 pk	Code: 3169
Starter Kit	Code: 3180



# Ningxia Wolfberry (*Lycium barbarum*)

## Wolfberry Nutrition Facts

**Polysaccharides:** essential sugars (glyconutrients) needed for cell membrane function and structure.

**Polyphenols:** they include flavones (like carotenoids,) isoflavones (genistein, dedstein, etc.) catechins (like green tea.) quercetin, proanthocyanidins (like grape seed extract,) galloylated tea, ellagic acid and anthocyanidins.

**Zeaxanthin esters:** antioxidants in wolfberry, other berries and several herbs.

**Betaine:** micronutrient indispensable for liver function, digestion, DNA function. Also very important in B-complex metabolism. Betaine is also found in wheat germ, spinach, beets, shrimp, and pretzels. Also contains: B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, C, E, protein and betacarotene.

**Vitamin C:** wolfberry has the highest content of vitamin C of all fruits and vegetables. It contains 148 mg/100gm, according to the USDA,1999. Other foods, such as parsley, spinach and cruciferous vegetables contain from 93 to 133 mg/100gm.

**Calcium:** wolfberry has 110mg/100gm, compared to 107 mg in Taro leaves. Cruciferous vegetables have about 50mg, and cherries 16mg (USDA 1999)

**Beta carotene:** wolfberry has 12,600 IU/100gm, compared to 12,100 in chicken liver, 11,000 in carrots and 2,500 in apricots.

**Fiber:** four ounces of wolfberry contain 215 mg of fiber. Other antioxidants: beta-sitosterol, with anolides, P-coumaric acid, pyrroles, cerbrosides, lutein, cyclic peptides, acclid diterpene glycosides, biotin, B vitamins, trace minerals, amino acids, and lyciumins.

### 17 Trace Elements

Chromium	Molybdenum
Cobalt	Nickel
Copper	Phosphorus
Fluorine	Selenium
Germanium	Silicon
Iodine	Tin
Iron	Vanadium
Lithium	Zinc
Manganese	

### 4 Major Minerals

Calcium
Magnesium
Potassium
Sodium

### 6 Glyconutrients Essentials Sugars

### 18 Amino Acids

Aspartic Acid	Threonine
Serine	Valine
Glutamic Acid	Methionine
Glycine	Isoleucine
Alanine	Leucine
Cysteine	Phenylalanine
Tyrosine	Lysine
Arginine	Tryptophan
Proline	Histidine

**Ningxia Red** (with additional high antioxidant ingredients to enrich its salutary affects and ORAC value)

**Pomegranate** - represents life and regeneration in ancient Greece. In Buddhism, it is one of 3 blessed fruits. The National Institute of Cancer has reported on "the extraordinary medicinal properties of the tree, and idea that dates to Biblical times and which has oddly been overlooked by Western medicine." (J. National Cancer Institute 2003;95:346). Pomegranate has three times the antioxidant activity of green tea, or red wine. Has been shown to reduce cholesterol levels.

**Blueberry** - juice is also rich in proanthocyanidins. Tuft University studies have shown that it protects blood cells against free radical oxidation, and slows brain aging. Studies at Mainz University show that it protects cell DNA.

**Raspberry** - juice has high levels of Ellagic acid, a polyphenol also found in wolfberry. Ellagic acid has become known for its anti-carcinogenic/anti-mutagenic effects. These traits help inhibit the growth of tumors and reduce the incidence of cancer. Ellagic acid is also known for its anti-bacterial and anti-viral properties.

**Lemon and orange essential oils** - like limonene, helps combat cell mutations and increase glutathione levels in the liver. Glutathione is the end-product of all antioxidants.



# 101 Uses for the Essential Oil Starter Kit

**Obligatory Disclaimer:** The following information is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from a serious disease, illness or injury should consult with a physician. **THE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.**

The Essential Oil Starter Kit was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. The Kit contains three single oils: Lavender (*Lavandula angustifolia*), Lemon (*Citrus limon*) and Peppermint (*Mentha piperita*), and four oil blends: Joy, PanAway, Peace & Calming and Purification.

All single oils may be used as dietary supplements. All of the oils may be diffused. All of the oils can be applied to the Vita Flex points on the feet, added to bath water mixed with YLEO's Bath Gel Base, applied topically or used with body and foot massage. Diffusing allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. It also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners.

**LAVENDER** - (*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing -- physically and emotionally.

1. Rub on feet for calming.
2. Rub on your pillow to help you sleep.
3. Put a drop on a bee sting or insect bite to stop itching & reduce swelling.
4. Put 2-3 drops on a minor burn to decrease pain.
5. Drop Lavender oil on a cut to stop the bleeding.
6. Mix several drops with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. To alleviate the symptoms of motion sickness, place a drop on the end of the tongue, around the navel or behind the ears.
8. To stop a nosebleed, put a drop of oil on a tissue and wrap it around a small chip of ice. Push up under the middle of the top lip to the base of the nose and hold.
9. Rub a drop over the bridge of the nose to unblock tear ducts.
10. Rub Lavender oil on dry or chapped skin.
11. Rub a drop of Lavender oil on chapped or sunburned lips.
12. To minimize the formation of scar tissue, massage on and around the affected area.
13. Rub 2 - 4 drops over the armpit area to act as a deodorant.
14. Put a drop between your palms and inhale deeply to help alleviate the symptoms of hay fever.
15. Rub several drops of Lavender oil into scalp to help eliminate dandruff.
16. Place a few drops on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
17. Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
18. Place a few drops on a wet cloth and throw into the dryer.
19. Put a drop of Lavender oil on a cold sore.
20. Diffuse Lavender oil to alleviate the symptoms of allergies.
21. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
22. Drop Lavender oil on a cut to clean the wound and kill bacteria.
23. Apply 2-3 drops of Lavender to a rash to stop the itching and heal the skin.

**PEPPERMINT** - (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.

24. Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
25. Add Peppermint to herbal tea to aid in digestion and relieve heartburn.
26. Massage several drops of oil on an injury to reduce inflammation.
27. Apply Peppermint oil immediately to an injured area (bruised shin, put on the foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.
28. Rub several drops of oil on the bottoms of the feet to reduce fever.
29. Apply Peppermint oil topically on unbroken skin to stop itching.
30. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
31. Inhale before & during a workout to boost your mood and reduce fatigue.
32. Massage several drops on the abdomen to relieve nausea.
33. To relieve a headache, rub on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
34. To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the base of the neck).
35. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
36. Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.
37. Rub 4 drops on chest and stomach to relieve travel sickness.
38. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
39. Add Peppermint oil to food as a flavoring and a preservative.
40. To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.
41. Mix one 15 ml. bottle of Peppermint into a 5 gals. of paint to dispel the fumes.
42. Place a couple of drops in a cup of hot water and enjoy in place of coffee.
43. To kill aphids, add 4-5 drops to 4 ounces of water and spray the plants.
44. Drink a drop mixed in a glass of cold water to cool off on a hot day.
45. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
46. Place a drop of Peppermint oil on the tongue to stop bad breath.
47. Inhale the fragrance to curb appetite and lessen the impulse to overeat.
48. Remove ticks by applying a drop of Peppermint oil on a cotton swab. Wait for it to unhedge its head, then remove from your pet.
49. Mix Peppermint oil in a footbath to relieve sore feet.

**FRANKINCENSE** - (*Boswellia carteri*) also known as "olibanum," or "Oil of Lebanon." Considered the holy anointing oil. Used in religious ceremonies for thousands of years. Known as "liquid gold" in the time of Christ.

50. Rub on temples or place a drop on tongue and push to roof of mouth to relieve stress and sadness.
51. Diffuse to increase spiritual awareness and uplift the spirit.
52. Diffuse or inhale directly to stimulate the limbic system of the brain (memory and emotional center).
53. Take as a dietary supplement for immune stimulation
54. Rub on skin to decrease signs of wrinkles. In vitro studies have demonstrated DNA repair using Frankincense.
55. Rub on skin to lighten age spots, decrease inflammation of acne & boils.
56. Rub around orbit of the eye for improved vision.
57. Anointing oil with Biblical references to protect from illness & disease.

# cont..... 101 Uses for the Starter Kit

**PANAWAY** - A blend of wintergreen (*Gaultheria procumbens*), which has an active constituent similar to cortisone; clove (*Syzygium aromaticum*), which contains eugenol, used by dentists to numb gums; peppermint (*Mentha piperita*), which is calming for nerves; and helichrysum (*Helichrysum italicum*), which is soothing for localized discomfort. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.

58. Apply PanAway oil topically on an injured area to reduce inflammation and bruising.
59. Apply PanAway oil topically to sore muscles after exercising.
60. Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache.
61. Mix with massage oil and massage on location to stop growing pains.
62. Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain.
63. Rub 2-3 drops at the base of the spine to relieve sciatic pain.
64. For arthritic pets, massage PanAway oil diluted with V-6 Vegetable on location or a drop in the food.

**PEACE & CALMING** - A gentle, fragrant blend of Tangerine (*Citrus nobilis*), orange (*Citrus sinensis*), ylang ylang (*Cananga odorata*), patchouli (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

65. Rub 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
66. Diffuse in the room to calm overactive or hard to manage children.
67. Mix with massage oil for a relaxing massage.
68. Mix with Bath Gel Base in warm water for a relaxing bath.
69. To help stop nocturnal teeth grinding, diffuse while sleeping.

**PURIFICATION** - An antiseptic blend of Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosemarinus officinalis*), melaleuca (*Melaleuca alternifolia*), lavender (*Lavandula x hybrida*) and myrtle (*Myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

70. Diffuse Purification oil to clean the air and neutralize foul or stale odors.
71. Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
72. While traveling, inhale Purification oil during flights to protect yourself from pathogens found in the recirculated air.
73. Put a drop of Purification oil on insect bites to cleanse and stop the itching.
74. Apply a drop of Purification oil on blemishes to clear the skin.
75. Rub on the outside of a sore throat when it is first beginning.
76. Rub a drop of Purification oil on a blister to cleanse and disinfect.
77. Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.
78. Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
79. Dilute Purification oil with V-6 Vegetable Mixing Oil and swab the nasal cavity to ward off the flu.
80. Spritz several drops of Purification oil mixed with water to repel insects.
81. Apply Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs.

**THIEVES** - A blend of highly antiviral, antiseptic, antibacterial, anti-infectious oils. Includes: clove (*Syzygium aromaticum*), lemon (*Citrus limon*), cinnamon bark (*Cinnamomum verum*), eucalyptus (*Eucalyptus radiata*), rosemary (*Rosmarinus officinalis*). Named after a band of Thieves who used essential oils to avoid the Plague while robbing the sick and dying.

82. Make a Spritzer to use as a disinfectant. (Combine water and vinegar, or alcohol, with Thieves oil.)
83. Diffuse to kill airborne microbes and pathogens. (Research shows a 99.96% decrease in airborne pathogens.)
84. Diffuse and use directly for toxic molds.
85. Use Thieves oil, natural soap and water to clean external surfaces like concrete, wood and siding to stop toxic molds on outdoor surfaces.
86. Make your own disinfectant handwipes for home and travel. (Paper towels, bath gel base, water and Thieves oil.)
87. Mix water, vinegar and Thieves oil for internal digestive cleanse.
88. Dilute and use for teething, mouth and dental pain.
89. Dilute and use for sore throats, swollen glands and tonsils.
90. Dilute and apply around ear area (never directly in ear) for infection.
91. Rub 3 drops directly on bottom of feet to enhance immune function.
92. Use directly on toenail fungus.
93. Dilute and dab on pimples, boils and acne.
94. Dab on warts, until eliminated.
95. Use *Thieves Household Cleaner* to eliminate and prevent airborne pathogens from home, school and work environments.

**VALOR** - A blend of rosewood (*Aniba rosaedora*), blue tansy (*Tanacetum annuum*), frankincense (*Boswellia carteri*), and spruce (*Picea mariana*).

96. Chiropractor in a bottle! Use to relieve pain and stress.
97. Apply 3-4 drops on feet or spine for improved spinal alignment.
98. Use in Raindrop Technique® for general structural balancing.
99. Apply topically or diffuse for calming and stress relief.
100. Apply topically on temples and back of neck for improved focus and mental clarity.
101. Wear as cologne! It's perfect for men and women.

Some material used from the 101 Uses of the Essential 7 Kit. Courtesy of Young Living Groups@yahoo.com For educational purposes only.

Also included in the Starter Kit: Marketing materials, A•R•T samples, NingXia Red samples, DVDs, Audio Training Library, plus 10 Essential Oils.



**Young Living  
Essential Oil  
Starter Kit**

**Code: 3106  
Price: \$149.99**

For more information go to [www.vitalhealthline.com](http://www.vitalhealthline.com)

# Business Building on a Penny

## The Value of a Penny \_by Vicki Opfer

What would you say if I gave you a choice - I'll give you a penny today, and then double it's value every day for a month, or, I'll write you a check for \$1,000,000 right now. Which would you choose?

1.	.01	The model at left will help you understand the financial possibilities of network marketing, also called a business of duplication. It will also demonstrate why it's important not to give up before the value of this kind of business becomes obvious.
2.	.02	
3.	.04	
4.	.08	
5.	.16	By day 7, the value of the penny is only 64¢ - not very interesting is it? If this model duplicates network marketing, can you understand why so many people give up building a business right away? By the middle of the month, on day 14, the value of the penny would only be \$81.92. Well, again that's nowhere close to the \$1,000,000 check that I offered to write to you. This can be very discouraging.
6.	.32	
7.	.64	
8.	1.28	Even by day 21 basically 2/3 of the way through the month, the value is \$10,485, which is a lot of money, but nowhere close to \$1,000,000. But then watch what happens in that next week, and you'll discover the true power of not only this model, but of network marketing which duplicates this mode. This is the power of duplication... and the power of the network marketing model.
9.	2.56	
10.	5.12	
11.	10.24	
12.	20.48	Now look at the model as the check you will receive on your business, once it has grown... Perhaps \$10 Million a month is very unrealistic, but realize that in the industry, those who have built large organizations over a period of several years can earn \$25,000 - \$150,000 per month. Their secret? Simply continuing to share and not giving up. It's sad to realize that most people will become discouraged long before their business has a chance to become large. And, they actually might have been so close to success... They may even join other network marketing companies, thinking that diversification might be better, only to discover that they cannot get past the 64¢ or \$82 position in any of them.
13.	40.96	
14.	81.92	
15.	163.84	
16.	327.68	
17.	655.36	
18.	1,310.72	
19.	2,621.44	
20.	5,242.88	
21.	10,485.76	There are two kinds of people who will be successful in a network marketing venture. One is the professional network marketer who knows that to be successful, you have to ignore what appears to be a business model that is not working, and keep going anyway - they know the system. And the other is someone who loves the products so much that they're willing to share them, even if they don't earn a lot of money. In Young Living, many of the leaders have become successful because they loved the oils and products so much, that they were willing to continue sharing them, even if it appeared that they weren't earning as much money on their efforts as they would have liked. Eventually, their checks began to exceed their dreams, and they had to learn to dream bigger!
22.	20,971.52	
23.	41,943.04	
24.	83,886.08	
25.	167,772.16	
26.	335,544.32	
27.	671,088.64	
28.	1,342,177.28	
29.	2,684,354.56	
30.	5,368,709.12	
31.	<b>\$10,737,418.24</b>	



**Find a penny...pick it up** and all day long have good luck! So many times we say this...but the true reality of it is that if we work with our pennies we can find financial success! I was so inspired by the benefits of the oils and the products that I immediately started sharing the information with friends and family. The size of my check wasn't important because I knew with my desire to help others that someday it would provide a full time income for me. Before I joined Young Living I prayed and searched for things that would help people more than I could as a Physical Therapist working in a western medical model. My goal was to work from home helping others improve their health and wellness and have time for a family! God really does answer our prayers. Each of us can do it with prayerful work and desire to help others! I am very thankful for what wonderful gifts we have in Young Living. It is an amazing organization with wonderful history and passion to improve the world. The key is to never give up, dig your heels in and consistently share the opportunity for health, wellness, and prosperity. Sharing Young Living and Building a Business makes good "cents!"

.....a penny for my thoughts from Star Moree



Revised January 2007

# Testimonials ♦ Convention 2006

## **Helen Sanford \_Princeton, MN**

On February 13, 2006 I went to the dentist for a cleaning and check-up. I had eleven #5 pockets, five #6 pockets and one #7 pocket. I was told by me dentist that I should have the gum disease surgery as soon as possible. However, I decided to try to heal my gums myself with the essential oil, Oregano. I started putting one or two drops on my toothbrush everyday along with my toothpaste.

Six months later I went back for another check-up. I had reduced my pockets to: two #6s, six #5s and three #4s. All the rest were back to normal. The hygienist said she couldn't believe I could heel the infection and close the pockets by applying oil. She had never heard of anything like that. She told the rest of the office and they all gathered around to find out what I had done. The receptionist ordered a bottle of Oregano. The dentist told me to continue doing whatever I was doing. So I am! However, I must warn anyone who wishes to try it that it burns your whole mouth. You might want to dilute it.

## **Renee Suchy \_Cottage Grove, MN**

About eight years ago I was diagnosed with ulcerative colitis. I went to the doctors, did what they recommended and steadily became worse. I got to the point of giving myself weekly injections of an anti-rejection cancer-causing drug. This did not work either and after about 6-8 months the rheumatologist wanted to start me on weekly IV infusions of an even more toxic drug. Then I was hospitalized. That was the point when I prayed to find out what I could do to heal. I knew that if I had faith I could be healed. I started to learn about the oils. I went to a naturopath who knew hot to use the oils. Within two months I was better. Within one year I was off all but one medication. Within two years I was off that medication and had lost about fifty pounds I had gained from them. Di-gize, Di-gize was one of the oils I used three times per day and I still use it occasionally for intestinal upset. Today I take no medications for ulcerative colitis and am back to the weight I was when I graduated from high school.

## **Naomi Iserman \_Onamia, MN**

A couple of years ago when I was just experimenting with NingXia Red I wasn't very faithful to take it and in the middle of winter I got a severe lung infection. My husband said, "You know if you just drank that whole bottle it would cost less than a doctor's appointment." So I decided to splurge that day and took two ounces. The next day my lung infection was gone and I attribute that to NingXia Red. Also, since taking NingXia Red more regularly I've noticed my focus is stronger and I no longer have fuzzy peripheral vision. "Convention" – Gary Young is such a man of integrity and I can trust him in making the oils as pure and powerful as they truly are. So I feel very confident offering them to my clients, family and friends to ingest, diffuse or rub on. These oils have kept me from burn out, so typical of massage therapists.

## **Bernard E. Iseman Jr. \_Onamia, MN**

When my wife got involved in Young Living Essential Oils I thought it was mostly for good smells for the gals. Then I learned about Oregano oil and its antibiotic properties and heavy metals and toxin cleaning. At that time I had a chronic cough and had trouble with gas fumes and small engine exhaust. I started taking the oil of Oregano in capsules and now have lost the cough and the sensitivity to gas fume or petro-chemicals.

## **Sarah McDermott \_Brainerd, MN**

I was bitten on the corner of my mouth by a pit bull. I had eight stitches and they healed quickly. I used St. Marie's Lavender, Sulfurzime and Sandalwood. I have very little scarring and my settlement was much smaller because the insurance adjuster couldn't see much of the torn tissue. The damage was minimal. I am happy my face still looks good though. And I still feel comfortable with dogs.

Favorite product – Sulfurzime. I had a broken back and pelvis. Now my pain is very tolerable and if I use Sulfurzime everyday I don't feel any pain.

## **John McDermott \_Duluth, MN** *(Next Year's Convention submission)*

I told my Mom that all my new friends wanted to meet her. She was flattered to think I made her sound so cool, but actually they just want her to come and teach them more about the oils!



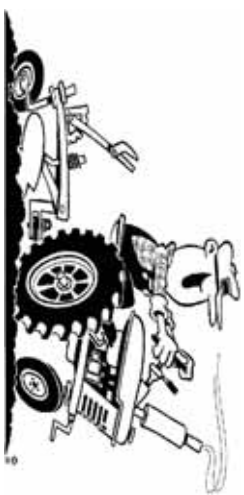
# Greetings!!

from Eagle Pines Farm, 595 St. Catherine Road, Bellevue IA 52031  
Phone: (563)773-2304 FAX: (563)773-2373 Email: millisdb@youusq.net

Volume 10, Issue 11

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

November, 2006



## Down on the Farm

with Doug and Barb Mills

I just got back from the Young Living Convention, and even though it is beautiful in Salt Lake City with fresh snow on some of the higher peaks, it is sure good to be home and enjoy the fall colors in Iowa along the Mississippi River. Everything in the fall has a sense of urgency about it, with the impending winter. All of the outside work needs to be wrapped up before the land freezes solid and is covered in snow.

## 2006 Convention

Wow! Words cannot describe how wonderful you feel after getting a megadose of excitement at convention! Being around all the like-minded people full of joy and lathered in oils sends you into a new place in life that cannot be duplicated any other way, except by being there. We had a record attendance of over 3,000 people! I came away with a greater appreciation of the oils and their power, which may seem strange after being with Young Living for ten years. Even Gary Young admitted that the amazement of what the oils can do constantly surprises him and he has over 25 years of experience with them. Most of his new discoveries are coming out of Ecuador, working personally with so many people, being able to do what he feels he wants to do and not being ham-

pered by government regulations. Gary is now working as a surgeon on people and the only work of that kind was done on animals before, so he is learning what the oils can do on a whole new level. We were able to see x-rays of a man who was given less than two weeks to live. He had many, many tumors in his brain and pelvic region. Gary said he had never seen blood look so bad and he has seen tens of thousands of live blood analyses over the past 20+ years. This man was in so much pain he would scream at the slightest movement, even with a constant morphine drip for pain control. With massive use of the oils internally he was able to move with little pain and cut way back on the morphine. In about six weeks the x-rays showed almost no cancer anywhere and he was pain-free.

## New Young Living Farm in Ecuador

Young Living has just purchased 1,000 acres in Ecuador to start a new farm. With this land, we can grow some varieties we were familiar with and many we have never heard of before. Many of these varieties cannot be wild-crafted because they are in short supply and Young Living does not want to pillage the jungle. The nice thing is that the growing season is twelve months long so production will be non-stop. The local botanist said there are over 1,600 varieties of aromatic plants in Ecuador and only around 200 have been identified. Gary thought he was one of many who have explored all over Ecuador, but the local shaman told him he was the first. The shaman said when people want to learn about the plants in Ecuador, they go to the university and see what has been found, never going into the jungle and researching for themselves. The information at the university doesn't even scratch the surface of the healing powers of the local flora. I am so

proud to be part of a company that is making history with natural healthcare.

## New Products

- Digest & Cleanse Softgels (#3293) soothes gastrointestinal upset and supports healthy digestion with clinically proven and time-tested peppermint, caraway, lemon, ginger, fennel, and anise essential oils.
- Balance Complete (#3292) is a superfood meal replacement that is both a powerful nutritive energizer and a cleanser.
- Pure Protein Complete (#3291) is high in bio-active whey protein coupled with an enzyme blend and vitamins and minerals.
- Longevity Softgels (#3289) is a potent, proprietary blend of fat-soluble antioxidants. The ingredients are thyme, clove, and frankincense essential oils.
- Omega Blue (#3190) is a clinically proven dose of omega-3 (EPA, DHA, ALA) fatty acids blended with Young Living's essential oils of blue (German) chamomile, myrrh, lemon-grass, and clove.
- Palo Santo Essential Oil (#3607). Research data to follow when available.

## New Business Tools Available

Two new publications available from Essential Science Publishing are "15 New Discoveries That Will Stop Heart Disease" (15 pages) by Ronald Lawrence MD, PhD, promoting the use of NingXia Red, and "The Ultimate Antiseptics" (15 pages) by Dr. Carolyn DeMarco, on Thieves Oil. Call ESP at (800) 336-6308 for pricing information.

# Season's Greetings!!!

from Eagle Pines Farm, 595 St. Catherine Road, Bellevue IA 52031

Phone: (563)773-2304

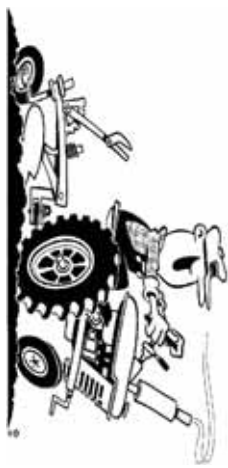
FAX: (563)773-2373

Email: [millsdb@yousq.net](mailto:millsdb@yousq.net)

Volume 10, Issue 12

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

December, 2006



## Down on the Farm

with Doug and Barb Mills

Today I've been out planting bulbs for spring and summer bloom. Among my favorites are the lilies. I have found them very hardy in our area where it can get down to -30°F. In that category are the Asiatic, Oriental, trumpet, and tiger varieties. Each year they come back to rebloom and the bulbs multiply so there are more flowers.

## New Business Building Tools

Sound Concepts has a wide variety of Young Living business building tools. One that is particularly powerful in helping you unlock the untapped power that lies within you is a DVD called *The Secret*. I feel this is a must for everyone who wants to excel in everything they do in life. You can access this information by calling (800) 524-4195 or going online to [www.essentialproductinfo.com](http://www.essentialproductinfo.com).

## Antidepressants and Children

"A study involving nearly 5,500 adults and children has added to the evidence that common antidepressants increase suicide risk for children and adolescents. The study found that children aged 6 – 18 who were treated with antidepressants were 1.5 times more likely to die of the attempt, than children who were diagnosed with

depression but did not receive drug treatment.

Adults who used the drugs did not show a similar trend, and the risk appeared to be linked to certain types of antidepressants and not others. Effexor (Venlafaxine), a serotonin-norepinephrine reuptake inhibitor (SNRI), was associated with 2.3 times the risk of suicide attempts. Tricyclic antidepressants and the selective serotonin reuptake inhibitor (SSRI) Zoloft were also significantly linked with suicide attempts. Children and adolescents who used antidepressants were at the highest risk for suicide in the period immediately after a hospitalization, and especially if they were just beginning to use antidepressants for the first time. Two years ago, the FDA directed manufacturers of SSRI antidepressants, which include Celexa, Paxil, Prozac and Zoloft, to put a special 'black box' warning on the drugs' label alerting health care providers of the suicide risk."

[www.mercola.com/2006/aug/26/kids\\_dont\\_need\\_suicidal\\_antidepressants.htm](http://www.mercola.com/2006/aug/26/kids_dont_need_suicidal_antidepressants.htm)

## Sugar, Starch and Cancer

"New evidence suggests that women who eat lots of carbohydrates are more than twice as likely to suffer from breast cancer than those who limited them. Researchers compared the diets of 475 women newly diagnosed with breast cancer with some 1,400 healthy women in Mexico City. Women filled out a lengthy food questionnaire and were placed in one of four categories based on the total percentage of their calories that came from carbohydrates. Although much research has measured the effectiveness of high-carb diets in terms of weight loss, this study was unusual in that it looked at how sugar and starch intake affects one's cancer risk. Scientists believe carbs may raise blood sugar rapidly, which creates a surge of insulin to be secreted, causing cancer

cells to divide, thus leading to higher estrogen levels. The women whose carb intake was highest (62 percent or more) were about 2.2 times more likely to succumb to breast cancer versus

those whose intake was at 52% or under of their diets. In fact, the study found those who ate more fruit, vegetables and whole grains lessen their risk of breast cancer. Results were reported in the August issue of *Cancer Epidemiology Biomarkers & Prevention*."

Acres/USA, January 2005

## Splenda is Not a Healthy Sweetener

"The artificial sweetener Splenda is quickly gaining popularity in a market that was previously dominated by Equal and Sweet 'N Low. In January 2003, Splenda even surpassed Equal in dollar-market share. Splenda, the brand name for sugar-derivative sucralose, is converted from cane sugar to a no-calorie sweetener. It isn't recognized as sugar by the body and therefore is not metabolized. Splenda is marketed as a 'healthful' and 'natural' product since it is derived from sugar. However, its chemical structure is very different from that of sugar and sucralose is actually a chemical substance."

[www.mercola.com/2003/aug/23/splenda.htm](http://www.mercola.com/2003/aug/23/splenda.htm)

## New Clinic

Dr. Gary Young will open a new clinic in Ecuador around November 1, 2006. For those who wish to find out the details, you can call 011-59-34-288-3460 or 011-59-34-288-3408.

Happy Holidays from our house to yours!



# New Year's Greetings!!!

from Eagle Pines Farm, 595 St. Catherine Road, Bellevue IA 52031

Phone: (563)773-2304

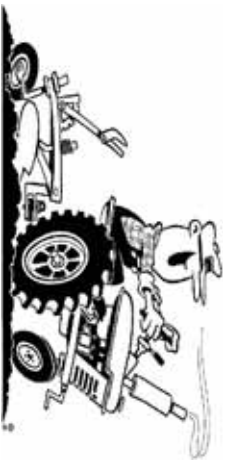
FAX: (563)773-2373

Email: [millsdb@yousq.net](mailto:millsdb@yousq.net)

Volume 11, Issue 1

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

January, 2007



## Down on the Farm

with Doug and Barb Mills

I have been growing orchids for several years now. I have found the Phalaenopsis or moth orchid to be extremely easy to grow. They are generally sold in stores in bloom. They can be put in just about any location in the house. They bloom for two – six months, with only a weekly watering. If the plant is sold with sphagnum moss around the roots, overwatering can be a problem. If the medium is bark it is hard to overwater. It should dry out between watering. When the blooms are done you can cut off the flower spike and put the plant in an area where it receives more light, with occasional fertilizing. You could even put it outside in the summer in a shady area. Bring it into the house when temperatures at night drop into the 50° F range. The rebloom cycle will start all over again in the late fall.

## Antibacterial Soap and Hormones

“Triclosan, a chemical used in antibacterial soaps and toothpastes, has been shown to hasten the transformation of tadpoles into adult frogs. This means that triclosan can act as an endocrine disrupter, upsetting the delicate hormone balance of animals. Triclosan has already been shown to bioaccumulate in fish and contaminate human breast milk. The effects of triclosan on the tad-

poles included significant weight loss and accelerated hind-limb development. There was also elevated activity of genes linked with uncontrolled cell growth, and decreased gene activity in the tail fin. Triclosan alone does not cause the effect, but only triclosan in the presence of thyroid hormones. This suggests that triclosan makes thyroid hormones much more potent, and speeds up their impact. Triclosan may be making protein receptors in the cell more sensitive to thyroid hormones. Thyroid-hormone signaling is essential for the development of the human brain and body, so these findings could have an impact on human health.”

[www.mercola.com/2006/dec/2/using-antibacterial-soap-may-disrupt-your-hormones.htm](http://www.mercola.com/2006/dec/2/using-antibacterial-soap-may-disrupt-your-hormones.htm)

## Obesity Driving Diabetes Epidemic

“Now it's official. The Centers for Disease Control confirmed in April what many have suspected for much of the past decade: America's obesity epidemic is definitely the driving factor behind the country's epidemic of Type 2 diabetes. Working with solid numbers drawn from the entire nation, CDC statistician Linda S. Geiss determined that the presence of other factors in the Type 2 trend does not overshadow the pervasive role of obesity. Geiss and her team relied on data from an ongoing nationwide in-person survey of approximately 40,000 households across the United States.”

Acres USA, June 2006

## Blueberries Protect Heart Vessels

This is just one more reason to drink Young Living's NingXia Red as it contains blueberries:

“New research indicates that blueberries may protect heart vessels against oxidative damage by boosting the production of vessel-protective compounds. At the University of Maine scientists fed laboratory rats an ordinary diet or one enriched with powdered blueberries for 13 weeks. The rats' aortas were subsequently examined for glycosaminoglycan content. Glycosaminoglycans are vessel components with great structural diversity, and they interact with numerous compounds, including enzymes, cytokines, growth factors, proteins, and lipoproteins. Blueberry-fed rats experienced a 13% increase in total glycosaminoglycans, and a 67% increase in a particular class of glycosaminoglycans. Scientists believe that these changes may help protect blood vessel walls from alterations that lead to cardiovascular disease.”

Dale Kiefer  
*Life Extension*, August 2006

## Secrets to a Good Night's Sleep

Dr. Joseph Mercola suggests the following techniques to improve the quality and quantity of your sleep:

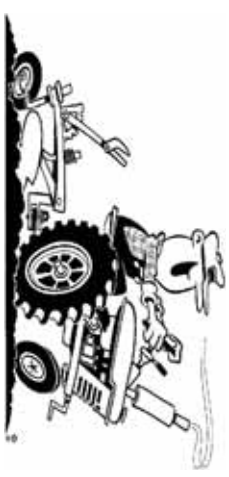
- “Listen to white noise or relaxation CDs. Some people find the sound of white noise or nature sounds, such as the ocean or forest, to be soothing for sleep.
- Avoid before-bed snacks, particularly grains and sugars. This will raise blood sugar and inhibit sleep. Later, when blood sugar drops too low (hypoglycemia), you might wake up and not be able to fall back asleep.”

[www.mercola.com/2005/nov/10/29\\_secrets\\_to\\_a\\_good\\_nights\\_sleep.htm](http://www.mercola.com/2005/nov/10/29_secrets_to_a_good_nights_sleep.htm)

# Greetings!!!

from Eagle Pines Farm, 595 St. Catherine Road, Bellevue IA 52031  
Phone: (563)773-2304 FAX: (563)773-2373 Email: miltsdb@yousq.net

Volume 11, Issue 2 A Newsletter By and For Young Living Essential Oils™ Independent Distributors February, 2007



## Down on the Farm with Doug and Barb Mills

Every winter seems to get warmer, and this year is no exception. I recently saw a real eye-opener, Al Gore's movie, *An Inconvenient Truth*. I watch a lot of science and nature shows, and thought I knew a lot about global warming. After viewing the movie, I learned lots more. Wow! We are really going to be in trouble, very soon! Action needs to be taken now by everyone. Please see the movie and urge others to see it, because until one really has the information they will be complacent and do nothing except say, 'Boy, the weather sure is strange!'

## More Secrets to a Good Night's Sleep

Dr. Joseph Mercola suggests the following techniques to improve the quality and quantity of your sleep:

- "Eat a high-protein snack several hours before bed. This can provide the L-tryptophan needed to produce melatonin and serotonin.
- Wear socks to bed. Due to the fact that they have the poorest circulation, the feet often feel cold before the rest of your body. A study has shown that this reduces night wakings."

[http://mercola.com/2005/nov/10/29\\_secrets\\_to\\_a\\_good\\_nights\\_sleep.htm](http://mercola.com/2005/nov/10/29_secrets_to_a_good_nights_sleep.htm)

## Oils Kill Superbugs

From [news.bbc.co.uk](http://news.bbc.co.uk) comes this report: "Essential oils could kill the deadly MRSA hospital 'superbug'; scientists have claimed. University of Manchester (England) researchers have found three of the oils, usually used in aromatherapy, destroyed MRSA and E.coli bacteria in two minutes. They suggest the oils could be blended into soaps and shampoos which could be used in hospitals to stop the spread of the superbug. Hospital-acquired infections (HAI), such as MRSA, kill an estimated 5,000 a year in the U.K. The Manchester study was triggered when complementary medicine specialists at Christie Cancer Hospital asked university researchers to test essential oils. They wanted to ensure they could not harm the patients, whose immune systems are weakened by the treatments. Dr Peter Warn, who carried out the research, said: 'When I tested the oils in the lab, absolutely nothing grew. Rather than stimulating bacteria and fungi, the oils killed them off.' The team then tested 40 essential oils against 10 of the most infectious agents found in hospitals, including MRSA (methicillin-resistant staphylococcus aureus). Two of the oils were found to kill MRSA and E.coli almost instantly, while a third was found to act over a longer period of time. However, the researchers say they are unable to reveal which oils carry benefits because of commercial sensitivities. MRSA is often carried in patients' nostrils, and is currently treated by putting disinfectant on the area to kill the bacterium - which many patients often find unpleasant. Dr Warn says the essential oils could be used to create much more pleasant inhalation therapies - which he said were likely to have a much higher success rate than the current treatment, which is only effective in around 50% of cases. Dr Warn said: 'We believe that our discovery could revolutionize the fight to combat MRSA and other su-

perbugs.' But he said the team now needed around £30,000 in order to continue its research. Jacqui Stringer, clinical leader of complementary therapies at Christie Hospital in Manchester, investigated the oils research. She said: 'Our research shows a very practical application which could be of enormous benefit to the NHS and its patients. The reason essential oils are so effective is because they are made up of a complex mixture of chemical compounds which the MRSA and other superbug bacteria finds difficult to resist.' The Department of Health evaluates products which are claimed to prevent or treat HAIs before it permits them to be used across the NHS."

## Breast Cancer Rates Drop

"After years of steady increase, breast cancer rates have dropped 7 percent in 2003, one year after millions of women stopped taking hormone-replacement therapy (HRT) following a report by the Women's Health Initiative regarding the dangers of HRT. The July 2002 report indicated that HRT can increase the risks of heart disease and breast cancer. Breast cancer rates dropped the most (12 percent) among women aged 50 to 69 whose tumors feed on estrogen. Women in that age range are the most likely to use hormone therapy to relieve menopausal symptoms. About 30 percent of women older than 50 took hormone therapy until the 2002 report, at which point roughly half of them stopped. Since 200,000 cases of breast cancer are diagnosed each year, a 7 percent drop means that approximately 14,000 fewer women were diagnosed with the disease in 2003."

<http://mercola.com/2006/dec/28/women-stop-fake-hormones-and-breast-cancer-plummet.htm>

# Yes, No, Maybe Essential News

Volume 5, Issue 4

www.marcellavonnharting.com

October-November-December 2006

## SEVEN DECISIONS

By MARCELLA VONN HARTING

**T**his speech was given at the YLEO Convention in the Fall of 2006 by Marcella Vonn Harting based on the book *The Traveler's Gift* by Andy Andrews.

I'm honored to be here today. Thank you for all your love and support. I especially choose to thank my family, my husband, daughter, Kortni, and son, Dallas, for all the support and work with supporting me. Mary and Gary for the friendship and love and support and for each and every one of you. I would not be here if it wasn't for you.

I'd like to share a few words about Leadership with you. It is a fact that people follow a man or woman who simply says, "Follow me". By taking

leadership, ironically a person deserves leadership. As you lead others to success and a life of their dreams, the life you seek and deserve will be revealed to you.

My friends, it all comes down to this. Your story, your circumstances, your timing may not be as dramatic as others, but the stakes are exactly the same. There comes a time in every person's life when a decision is required. And that decision, should you make it, will have a far-reaching effect on generations yet unborn. There is a thin thread that weaves from only you to hundreds of thousands of lives. Your example, your actions, and yes, even one decision that you make will literally change the world.

Change your life. Change your family's future. Change the world.

Seven decisions that determine personal success:

1. The first decision for success: The Buck Stops Here. I accept responsibility for my past. I am responsible for my suc-

cess. I control my thoughts. I control my emotions. I am responsible for my success.

2. The second decision for success: I Will Seek Wisdom. I will choose my friends with care. I will be a servant to others. I will listen to the counsel of wise men.

3. The third decision for success: I Am A Person Of Action. I am energetic. I move quickly. I inspire others with my activity. I am a leader. I can make a decision. I can make it now. I am daring. I am courageous. I am a leader I seize this moment. I choose now.

4. The fourth decision for success: I Have A Decided Heart. A wise man once said, "A journey of a thousand miles begins with a single step." Knowing this to be true, I am taking my first step today. I am passionate about my vision for the future. I will not wait. My course has been charted, my destiny is assured. I have a decided heart.

5. The fifth decision for success: Today I Will Choose To Be Happy. I will greet each day with laughter. I will smile at every person I meet. I am

a possessor of a grateful spirit. Today I will choose to be happy.

6. The sixth decision for success: I Will Greet This Day With A Forgiving Spirit. I will forgive even those who do not ask for forgiveness. I will forgive those who criticize me unjustly. I will forgive myself. I will greet this day with a forgiving spirit.

7. The seventh decision for success: I Will Persist Without Exception. I will continue despite exhaustion. I focus on results. I am a person of great faith. I will persist without exception.

I close with this quote:

"Watch your thoughts, for they become words. Choose your words, for they become actions.

Understand your actions, for they become habits.

Study your habits, for they will become your character.

Develop your character, for it becomes your destiny." Anonymous

Change your life,  
Change the world,  
Marcella Vonn Harting

Published Quarterly

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

Marcella Vonn Harting  
and Anita Tamboli

©2006 Yes, No, Maybe Essential News. All rights reserved. The opinions, conclusions or recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the publishers.



## Marcella Vonn Harting's Mission Statement

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

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

**Marcella Vonn Harting**

## The Doctors Forum By Dr. Ken Krieger

**T**his newsletter article is about my new venture (with permission from Marcella).

There are so many misleading facts about the foot and its function, and the possible abnormalities and difficulties that are associated with the feet. I was so impressed with a new system of testing balance and foot pressure that I started a new company and am now pursuing getting this technology to the practitioner and out to the general public.

This 3 dimensional pressure testing pad (system) is revolutionary. There have been 2 dimensional pads for quite some time, and 3 dimension pads up to this time were large bulky machines that take up space and cost 17 to 25 thousand dollars! Our new system is portable, takes up little space, and makes the testing of body balance, gait (movement through walking), and will reveal the specific results to show the need for orthotics.

I was so impressed that I bought the Arizona franchise! Our company is called 3D Balance Imaging. When it comes to the feet, they comprise only 3% of the mass of the body, yet support 97% of body weight! The feet have 26 small interconnected bones (25% of all the bones of the body), they have 33 joints, 107 ligaments, 19 muscles, and miles of arteries and nerves.

The average person takes 8 to 10,000 steps per day and this will add up to 115,000 miles in a lifetime! The average 150 lb person walking one mile exerts the equivalent of 63 tons (127,000 lbs.) of pressure on each foot! If you are a runner, the forces placed on the foot are much greater exceeding 3 to 5 times your weight! Statistically speaking (APMA Facts), 75% of all people will experience foot health problems in their lifetime, with women 4 times more likely to have these difficulties because of the types of shoes they wear. The old way of treating foot problems was to put your feet into a plaster or foam casting material, send that mold to a lab, and hope there would be some type of changes with the use of fiberglass or leather inserts that were made from these molds.

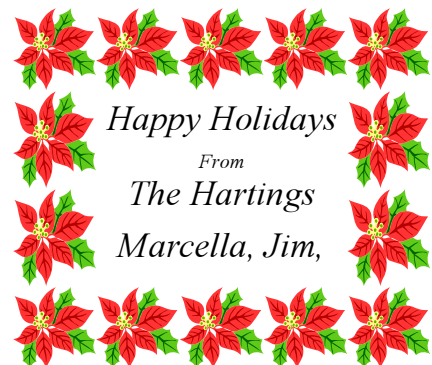
The new 3D Imaging pad will "read" the gait (movement while walking across the pad), balance, and static foot impression, and the image is sent over the internet. The orthotic is made with all the phases of movement, and standing impression modes which give the exact fit that each foot requires for correction and less gravitational stress. This pad offers the read out of balance which then gives the advantage of the use of the proper exercises issued to the client that

will be required to help their body balance correctly if orthotics are not indicated.

I could go on and on with respect to this new system. As you can tell from this article, I have become passionate about this advanced balance and gait testing system. So passionate I came out of retirement to get it out to the public!! Marcella and I will let you know when we will have a specific seminar in the near future on body balance, (both internal and external), gait testing, and the rewards of a healthier lifestyle when they are applied properly.

To learn more about this testing system, go to our web site, [3dbalanceimaging.com](http://3dbalanceimaging.com) and see for yourself what the future holds!

Yours for better health, naturally,  
 Dr. Krieger, President  
 3D Balance Imaging



### Do You Have An Animal Testimonial?

Over the years I have helped hundreds of YLEO distributors expand both their knowledge and their income by looking at how to integrate the fabulous oils with animals. Send your testimonials to me at [naturalcareinstitute@earthlink.net](mailto:naturalcareinstitute@earthlink.net) Write "animal testimonial" in the subject line of your email. *Thank you in advance for your contribution.*

Happy Holidays to All,  
**Dr. Nancy Brandt,**  
 Holistic Veterinarian  
 Natural Care Institute LLC  
 4845 S. Rainbow Blvd., Suite 403,  
 Las Vegas, NV 89103, Phone:  
 702-617-3285, Email:  
[nancybrandtdvm.com](mailto:nancybrandtdvm.com)

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

Rose is the "queen of flowers," and rose oil is the "queen of essential oils."

Rose oil is a sedative, antidepressant, and anti-inflammatory. It counters high cholesterol and dampens the effects of amphetamines.

Rose oil has been used in the treatment of atherosclerosis, radiation burns, cancer, and even AIDS.

Spiritually, the five petals of a rose (or multiples of five) are Nature's reminders of the five tattvas (the first five "chakras") and the Five Element Law of acupuncture. One of the most powerful folk healers in the world, Terresita Urrea (of El Paso, TX, and Clifton, AZ) healed 50,000 people before dying

at 33 revolutions around the Sun. Her saliva smelled like roses, and the fragrance of roses accompanied many of her well-documented healings.

A half-hour before dying, Terresita declared, "I'm going to die soon, but I am going to come alive later and my story will create a great furor."

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

### Blue Lotus Healing Arts, Inc with YL Essential Oils By Anita Tamboli

When Jan Adams told me her clients were able to see tremendous results with one or two sessions, I believed her.

At Marcella Vonn Hartings suggestion I had one session with Jan and experienced my own personal insights and clearing. Jan had me complete a questionnaire online based on an issue I had not resolved. We connected by telephone and Jan began by giving me several columns of words to write out. These words had a particularly strong emotional effect on me. How had she come up with words that tore at me so? As she asked me questions I realized she was guiding me to face long-buried issues that were contributing to my present concern. My concern was, "Why can't I commit to releasing weight?" With Jan's insight, I remembered childhood wounds that

had set patterns in place I live with today. She walked me through the feelings into a healed state. I had the opportunity to feel the pain and then feel the joy of being healed.

Jan uses YL essential oils in her work. She named several oils, Valor, Thieves, EndoFlex, Lemon-grass, Forgiveness, Inner Child and Sacred Mountain, for me to use every day to build my physical and emotional strength.

When I phoned Jan back several days later to interview her for this article, I felt like a different person. It was as if a barrier of crud that was around me, separating me from others, had been cracked open and dropped off. What I've noticed since has been the ease and comfort I feel in connecting with others. I no longer feel distant or reserved. Jan's work is phenomenal, and I highly recommend her to anyone

interested in healing.

Jan told me, "Through years of healing myself, I found The Philosopher's Stone. My life lead me, actually required me, to put myself out there and find tools that produce measurable results. My passion is to help people find an easier way to journey into the unknown. I am a fellow journeyer and desire to share what I have learned. I support people to develop a strategy that really works. I help untangle who they really are from their limiting belief system."

You can read more about Jan Adams and her mission statement on her website: [www.myphilosophersstone.com](http://www.myphilosophersstone.com)

You can reach Jan by email at [bluelotusarts@msn.com](mailto:bluelotusarts@msn.com) or by phone at 828.631.3903.

You can also view Jan's remarkable art at [www.janadamsstudio.com](http://www.janadamsstudio.com)

## 2007 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@raindropttraining.com](mailto:care@raindropttraining.com).

### 2007 CARE SEMINARS & INTENSIVES

- Feb 1 - 3 EUREKA, MT, SAN DIEGO, CA
- Feb 2-4 HIXSON, TN, ROCHESTER, NY
- Feb 4 - 6 GRAND FORKS, ND
- Feb 7 - 9 CHINO HILLS, CA
- Feb 9 - 11 Brainerd, MN, MILTON, ON
- Feb 10 - 11 CASA GRANDE, ARIZONA
- Feb 15 - 18 GRANDVILLE, MI, SAN ANTONIO, TX,  
MADISON, WI, CAPE GIR., MO,  
CHICAGO, IL, DURHAM, NC
- Feb 18 - 19 BALTIMORE, OH,
- FEB 21-24 OLATHE, KS, OVERLAND PARK, KS
- FEB 23 - 25 ALBUQUERQUE, NM, EASTON,  
MARYLAND, ROCHESTER, NY,  
TALLAHASSEE, FL, HARLAN, IA
- March 2-4 KINGSPORT, TN,

- Mar 8 - 10 KELOWNA, BC, CANADA
- Mar 10 - 12 DETROIT LAKES, MICHIGAN  
DETROIT LAKES, MINNESOTA
- Mar 15 - 18 GRANDVILLE, MI,
- MAR 23 - 24 ENOLA, PA
- March 30 - 31 COUNCIL BLUFFS, IOWA,  
OUTER BANKS, NORTH CAROLINA

### 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](mailto:julie@julieblanchard444.com)
- Jill Burk, CCI - (989) 793-9148 [jillycmt@aol.com](mailto:jillycmt@aol.com)
- Beverly Claussen, SCCI - (209) 765-6290 [glowingscents@net-zero.net](mailto:glowingscents@net-zero.net)
- Jacqui Close, FCCI - (707) 237-7110 [Essentials4Health-CARE@yahoo.com](mailto:Essentials4Health-CARE@yahoo.com)
- Marylee Creegan, CCI - (386) 462-2092 [mec14@juno.com](mailto:mec14@juno.com)
- Sheila Hay, CI - (907) 883-3646 [sheilahay@pacifichomesalaska.com](mailto:sheilahay@pacifichomesalaska.com)
- Kathy Spohn FCCI - (616) 261-0015 [oilsofold@sbcglobal.net](mailto:oilsofold@sbcglobal.net)
- Lee Stewart, SCCI - (800) 758-8629  
[care@raindropttraining.com](mailto:care@raindropttraining.com)
- Tammy Struebing, FCCI - (402) 395-6887  
[tstruebing@amhne.org](mailto:tstruebing@amhne.org)
- Leslie Vornholt, LCSW, SCCI - (720) 304-8043 [artemis-dancer@earthlink.net](mailto:artemis-dancer@earthlink.net)
- Tanis Wichmann, SCCI - (218) 367-2579 [stevtan@lakesplus.com](mailto: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

**Rcc, Inc - Chérie Ross**  
**2732 Quebec Avenue North**  
**New Hope, MN 55427**  
**Winter 2007**

Presort  
First Class Mail  
U.S. Postage  
PAID  
Minneapolis, MN  
Permit # 31541

**General Newsletter**

In this Issue: In-depth info on:

Idaho Balsm Fir Oil  
Equine Founder  
Ningxia Red Indepth Analysis  
Uses for Lavender, Peppermint,  
Frankincense, Peace & Calming,  
Purification, Thieves & Valor  
and much more....

**Return Service Requested**

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

On-line Ordering [www.youngliving.com](http://www.youngliving.com)

**\*\* NEW\*\* 800-980-8696**

FOR YL PRODUCT SPECIALS,  
LOCAL CLASSES, RECORDED AUDIO TRAINING

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

"DO NOT MARK ACROSS THE LABEL! or

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

"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

**Young Living Grand Convention Sept. 6-8, 2007**

**Washington DC**

Check on [www.youngliving.com](http://www.youngliving.com)

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.

- Be there as Gary Young reveals rare, new essential oils!
  - Discover an oil delivery system that will revolutionize the industry!
  - Pamper yourself at the luxurious Essential Oil Spa!
  - Experience the largest Essential Oil Product Expo yet!
- .... and many more educational surprises!

EARLY BIRD REGISTRATION FEE:	January 2 - March 31	\$175.00
REGISTRATION:	April 1 - July 2	\$225.00
LATE REGISTRATION:	July 3 - August 17	\$275.00
ON-SITE REGISTRATION:	After August 17	\$325.00

**Free Products & Free YL Training CD & Reduced Shipping "Essential Rewards"**

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

YL has a 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.

**There is a fantastic website full of Young Living testimonials [www.oil-testimonials.com](http://www.oil-testimonials.com)**

Check on [www.youngliving.com](http://www.youngliving.com) or call 1-800-371-2928 to order