

Next months newsletter will cover everything I learned at my recent visit to the Young Living Research clinic.



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

Hello Everyone,

August 2002

This newsletter is featuring lots of new info & research shared at Y.L. 2002 convention. Also you'll get even more excellent educational materials along with the order you place this month. Here are some tid bits from my convention notes.

Fat: Does not contain blood vessels. Oxygen needs to be present to break down fat. (Y.L. **Essential Oils** are highly oxygenating-esp. **12 Oils of Ancient Scripture, Peppermint, Longevity Capsules** etc.) Cellulite is layers of marbled fat.

Lymphatic system increases are necessary to remove toxins & acid, so fat can leave. Fat holds on in an acid environment, so it is important to balance our body & maintain 7.2-7.6 ph. (if you cannot locate ph paper locally-send me \$11.00 & I'll send you enough for 1 year.) **Mineral Essence, Coral Sea, Vitagreen, Alkalime, Sulfurzyme & Lemon H2 Oils** all produce great results in becoming Acid/Alkaline balanced. If your having a difficult time losing fat, check your P.H. **Cortistop & Lipozyme** are producing outstanding results in clinical studies assisting people in dramatically lowering their body fat.

Agave: It's back! A slightly different version due to Tequila producers buying it all up. A team of men from Y.L. flew down to Central Mexico & now we are partnering with family owned farms. We are the only non-alcohol based company in North America continuing to offer **Agave**. The glycemic burn index is 11-39 (depending on type) Honey is approx. 100. Sugar is approx 200. With a low glycemic burn our body keeps blood sugar levels manageable, our energy maintains longer & we don't experience the up & down energy roller coaster. Some dangers of high blood sugar levels are; Adrenal & Pancreatic malfunction, Heart Disease, Kidney failure loss of eye sight, shortened life span, difficulty in cognitive (brain) function & inability to maintain balanced healthy body weight. **Agave** looks like honey, only not sticky. Tastes way better than honey & you can safely heat it without toxic concerns. 1 cup sugar = 1/2 cup **Agave**. **Agave** satisfies our sweet/sugar cravings without adding to our body fat. **Agave** is actually good for the brain. unlike sugar which is addictive & toxic to the brain. **Agave** is organic & kosher.

H2o On The Go: Filtered water bottle this is truly one of a kind. The filter is a composite of activated carbon & zeolite that filters all yuckies out of regular tap water. It truly works fantastic & filters are replaceable.

Titanium cookware: German engineered. These are the highest quality non-toxic pans on the planet. They do not leak metals off & into the food like other cookware (esp. stainless steel.) Research shows that Titanium keeps lots of nutrients in the food, & cooks more evenly & quickly than any other substance. One set last a lifetime. Remember recently released undisputable research proves that metals from cookware (and other sources)are one of the leading causes to Alzheimers, M.S. & other autoimmune diseases.

Cortisol-Cortistop: The nickname of Cortisol is Death Hormone. Cortisol is a compound that our body creates to keep our Human Growth Hormone levels in normal ranges according to our D.N.A. Cortisol is cyclical in it's production throughout the day & night. When we have too much Cortisol for too long it stays in our body & brain and causes great harm. Here is a list of some of the damaging effects of too much cortisol:

Extreme mood swings	Osteoporosis	Edema
Weight gain (esp. midsection)	Increased Diabetes	Extremely impaired Immune function
Reduced glucose utilization	Hypothalamus Malfunction	Reduced muscle
Pituitary Malfunction	Increased fat	Protein loss
Memory loss	Kidney malfunction	Brain damage
Learning disabilities	Inability to loose weight	Psychiatric disorders
Reduced growth hormone	Cerebral Cortical atrophy	Reduced hormones over all
Cushings Disease	Depression	Anxiety
High blood pressure	Arthritis	Fatigue

Cortisol strongly impedes T-Cell formation. T-Cells are our bodies police force & protection against all harmful organism. All people/animals with chronic or degenerative disease or persistent infections need stronger T-Cells. **Cortisol** lowers our ability to fight off virus & infection. **Cortisol** activates fat storage in our cells. **Cortisol** causes us to crave more & more sugar, then turns sugar into fat, then weight gain, & then depression. I think you get the idea.

Here are factors that increase Cortisol (something we don't want) Caffeine, Sugar, Stress, Prozac & other anti-depressants, Coffee, Soda pop, & Chocolate. (3 cups of black coffee hold Cortisol levels high for 18 hours. Basically everything just mentioned.)

Ways to lower Cortisol: Eliminate everything just mentioned, reduce, stress, Vit C 1000 mg daily, (**Super c**) resistance training & physical exercise. Not just what you normally do throughout the day, but planned physical exercise. Hormonal balancing is also very important. Phosphatidylerine 75 mg daily.

Cortistop: Testimonials are flooding in on the rapid benefits of **Cortistop**. There are 2 formulas, women & men. The oil compounds in this formula are producing results that medical science is now paying attention. Everything from weight loss, muscle gain, degenerative disease turing around, depression leaving & lots more energy.

Immupro: A blend of 5 powerful **Polysaccharides & Essential Oils** proven around the world to increase immune function rapidly. This blend has also been proven at Y.L. clinic to rapidly reduce tumors & abnormal cell growth. In just 3 days adding 4 **Immupro** to my daily program I was able to reduce 400 pts. off my Beta HCG levels. When the Oncology nurse called me back she was amazed & told me that the U of Minn. can't even get those kind of results with Chemotherapy. And the best part is **Immupro** tastes excellent & no adverse affects.

Longevity oil Capsules: At last **Longevity** already in capsules. This truly is the most potent Anti-Oxident (basically slows down the aging process & stops cell degeneration-over 10 million on the ORAC scale from Tufts University). Producing excellent results with any illness as well as mold, fungus & yeast in our bodies.

Idaho Balsam Fir: This Essential Oil is available only from Y.L. Again as more people try it we're finding so many users. Great for burns, muscles, ligaments, tendons, cuts, depression, increases estrogen, menopause lowers cortisol, backaches, pain & so on. Please try it & fax Young Living with your results.

Believe: Frankincense, Idaho Balsam Fir & Rosewood oils make up this magical blend. In addition to it's physical attributes by supporting these body systems, nervous, bone, muscle, immune & emotionally this blend produces magic. I urge you all to try **Believe** it truly has profound effects

Gratitude: Frankincense, Idaho Balsam Fir, Rosewood, Myrrh, Galbanum & Ylang Ylang make up this powerfully spiritual bled. Supporting the same body systems as Believe as well as rapid tissue & wound regeneration. Gratitude assists us in attracting 7 maintaining a grateful attitude for ourselves & those around the world.

KidScents Toothpaste: This is the same base formula as our wonderful Dentarome only with a lighter fruity mint flavor. Signally the most effect toothpaste on the planet with a 99.96% eradication factor of all yeast, virus & harmful bacteria that cause cavities & periodontal disease proven to build immune systems by simply brushing your teeth, its actually good to swallow. All this with NO harmful chemicals.

Berry Young Juice is now available in sample packs. Included in each sample is an educational tape & brochure. By drinking 1oz **Berry Young Juice** the Immune System (splenic ability) was increased by 81%

V-6 Oil Complex: This new lighter, non staining formula is excellent to use as a base for creating your own blends. Also it tastes great & no residue is left after use.

Information from Gary Young & Young life Research clinic: Kidney Stones dissolved: 10 drops **Frankincense** + 10 drops **Lemon** in a capsule. Take 3 capsules daily till Stones are gone. Great for reliving pain also. Deep pain, also nerve & sciatic pain; equal amounts **Cystus & Peppermint** on location as needed. Diabetes; by simply using **Carbozyme** 6-9 capsules daily patients are experiencing significant lower blood sugar levels & are needing over 50% less insulin after only 3 weeks on **Carbozyme**.

Information from Dr. Mercola: \$1.5 trillion spent on 2000 in the U.S. on health care. Projected \$3 trillion by 2001. In 2001, \$10,000 was spent on every person in U.S.

Dr. Barbara Steinfield, a professor at John Hopkins University discovered in her nationwide study that medical Doctors are the top 3 causes of death. In 2000 \$ 3 Billion was spent on prescriptions alone. That is more than 1 for every person in the U.S. Distilled water should not be used for drinking. It's an unstable structure & causes the body to become acid. The brain is 60 % fat. Chemicals & metals accumulate & are easily stored in fat. **Essential Omega's** are a must in the treatment of the following:

Arthritis	Cancer	Diabetes	Memory	Alzheimers
HeartDisease	ADD/ADHD	Depression	Autism	Proper Brain Function

Information from Dr. Ann Blake Tracey PhD:

A leading authority in the world on the use/abuse of Anti-depressant drugs. She is also the leading doctor that testifies as an expert witness in many court cases. Her books are available at ESP 1-800-366-6308. Prozac, Zoloft, Meridia, Redux, Cerazone are some of the most dangerous substances. They have the same effect on the brain as slow fuse LSD. They & other anti-depressants increase serotonin levels to completely numb all feelings. When our serotonin levels increase a sticky gooey substance is created by our body causing our heart valves to malfunction & in the brain it results in Alzheimers. High serotonin levels make it impossible for our body to metabolize any serotonin resulting in Depression, Anxiety, Irritability, Respiratory malfunction, Heart problems, Reckless driving & spontaneous uncontrolling , anger, rape, violence & desire to kill. This is all medically documented & scientifically proven.

1 1/2 pills daily (30mg.) doubles Cortisol levels. Diabetes, 60-70 lbs. on average weight gain Autism Scitizophrenia Damages liver & pancreas. Accumulation in brain cells resulting in corkscrew shaped cells not able to properly function.

700% increase in breast cancer for those on Paxil. An interesting fact; 55% of all employees at the FDA are paid by Pharmaceutical companies. If you have been on any of these drugs there is hope. Here is what is producing results; Keep blood sugar low. 50% of **serotonin** is metabolized in the Pineal Gland. The following will work to regenerate the Pineal Gland function which the drugs impede; **Omegas 3-6-9, Clarity, Joy, Brain, Power, & Helichrysm.** Topical & Internal application.

Membership

It is imperative that you place an order your first month you become a member. Young Living is really paying close attention to empty membership accounts. Also to remain an active membership it is necessary to place an order at least once every 12 months, otherwise you'll have to repay your membership & purchase another policy & procedure manual. To order call 800-371-2928

Update information

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. And please remember to send in your "signed agreements" from your policy & procedures manual. If you need assistance with this call 800-371-3515

Environment

To dispel or keep negative energy away diffuse 2 drops **Hyssop** to every 1 drop **Peppermint**. Or add 1 bottle of **Hyssop to Peppermint Floral Water** & spray frequently. Paul PhD Y.L.clinic

Animals

While At the Y.L. farm the last day of convention there was an accident. Lucy, one of the large draft horses pulling the stage coach at a full run stumbled, was run over & dragged for approx. 50 feet. She had wounds on her flesh missing from small slices to cantelope size pieces. She had over 22 wounds, broken teeth, spinal & structural damage. Fortunately Dr. Heather Mack, Sherry La Marche, Ed Geiger & myself were there. When notified immediately went to work on Lucy. We used **Rosewood Shampoo** to cleanse the wounds (no stinging). **Idaho Tansey, Tsuga, and Rose Ointment** were used directly on the wounds. **Aroma Seize, Valor, & Wintergreen** for spinal adjustment, inflammation & muscle support. **Helichrysm** was used in her mouth to stop bleeding after tooth extraction. **Grounding, Trauma Life & Peace & Calming** were used for emotional support. Gary Young came out as quickly as he could to check on our work, spoke with Dr. Heather Mack, relayed to her we were doing a great job & went back to his speaking duties. I am once again out at the clinic for treatment on myself. I went down to see Lucy the first day I got here. It has now been 3 weeks since her mishap. She is doing great. Her wounds have almost all completely healed. Even the large wounds. Hair is growing back & the large cut above her eye, required no stitches after Dr. Mack saw how quickly the oils were pulling the tissue together, is nowhere to be found. Completely healed & undetectable. Had I not seen her 3 weeks ago I would have never guessed what happened to her.

Reference Books

Essential Oil Desk Reference/ ESP • Advanced Aromatherapy & Medical Aromatherapy/ Kurt Schnaubelt
Embraced by The Essence / Dr. Marcy Foley
The Complete Book of Essential Oils & Aromatherapy/Valerie Ann Worwood

Save \$ on long distance

For only \$29.95 a month I get unlimited long distance usage anywhere in the 48 states. The service is excellent. Please call C.N.M. Network 1-800-953-5556 for info.

Tapes

Many of us still have tape sets (40 tapes) that I personally have mailed out over this past 2 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 50 tapes. (mailed price \$55.00) Everyone who has listened said these tapes are so valuable. You'll find info on these tapes that is nowhere else!

Website

Yippee!!!! We have hired a new web master. Currently he is rebuilding our site, please email him with any questions. john@datrona.com. We'll have a link to Young Living master website through our website so you'll be able to order, enter new members etc. The cost for email & your own web page & connection to our site & more is \$15.00 per month or \$125.00 prepaid annually. Our site is young-living.net. To get set up on email call Jim 651-556-5656, or 1-866-413-5656 or email: sales@cerzan.com.

Conference calls

We have an excellent conference call option 1-407-318-2793 8:00pm C.S.T. Mondays are highly interactive by our head coach Doug Mills. These are fabulous!! Call & ask lots of questions.

Training & Current Events

Call 800-371-3515 to register

Level I's

Chicago - Aug. 8 -10 Sheraton Hotel Chicago N.W.
3400 W. Euclid Ave, Arlington Heights. IL, 60005
847-394-2000

(A huge THANK YOU to Sherry LaMarche. She was instrumental in bringing Level I to Chicago. Without her involvement, it wouldn't have happened.)

This is the last Level I being held this year. Please call Young Living Customer Service for details. Also refer to the inserts in your orders for updates. There will not be another Level I held in the midwest for quite some time. If you are interested in facilitating please contact Kelly Sneddon. ksneddon@youngliving.com or fax 866-203-5666 her with your experience. The requirements to be a facilitator are: attend at least two Level I's , a Level II and /or been a facilitator previously. As a facilitator you attend for free and get to keep the oils used at class.

Level II - III

Gary Young says this Level II is going to be more like a Level III. And the prerequisite has changed. You now only have to attend one Level I . I highly recommend attending this course. Its in beautiful Coer du Leon, Idaho at a resort on a lake, at the base of the mountains. The hotel is almost all booked up as well as the referring hotels, so please call now 208-765-4000 to book a room. To register for Level II call Customer Service. We fly into Spokane, Washington and take a shuttle to the resort. For many of us Level II is a definite life enhancing experience. Gary said part of this course is focusing on oils and interaction with our subconscious mind.

Additional Classes:
Arizona - For more class information contact: Marcella Vonn Harting - 480-443-3224
She is our upline & holds class 2x monthly in Paradise Valley She's fabulous, call for a current schedule
California - for more class information contact: Sara Mowdy - 415-336-2951
Illinois - for more class information contact: Sherry LaMarche - 847-343-6036
Iowa - for more class information contact: Willie Lansing - 563-926-2534
Wisconsin - for more class information contact: Ed Geiger - 715-675-9322 Asia Voight - 608-877-1191
Florida - for more class information contact: Nancy Stephens - 850-893-0693

We're doing lots of additional basic classes & workshops in Mpls/St. Paul area - if you'd like flyers - call me or check our website young-living.net. I'm also teaching classes on the "Toxic Touch Me Nots", "Expanding Intuition & Understanding the Creation/Manifestation Process" Oils & Animals, Business Building & Leadership Training. Call for flyers. Also, you can check on all training offered by the whole company in youngliving.com website.

Expo's & Training Events

Young Living is interested in starting an annual Oils and Animals training event. The idea is to bring DVM's and all people working with Animals together to learn from each other. If you are interested contact Chérie a.s.a.p. Young Living would to host this event, either at or near the YL farm. We're looking for people interested in teaching as well as attending.

A large thank you to all of us who worked at the various Expos. These events are continuing to be very successful. So far this year we added over 600 new members as a result of these events. These expos are proving to be extremely beneficial for everyone choosing to work our booth. We are usually short staffed so if serious about building your business these expos are the place to be. *Expenses will be shared by booth participants. Contact Cherie if interested in working the booths.

Aug 8-9 Mille Lacs MN Womens Expo, we have a booth & Chérie is doing classes Welcome all to work the booth
Aug. 16-19 Chicago IL. Workshop, Intro, Distributor training and Leadership forum
Aug 21-23 Maple Lake, MN M.S Society conference (Chérie is speaking)
Aug 25 Oils & Animals (see enclosed flyer)
Aug 30 Montana, North Dakota. I'm driving to Level II and intending to teach along the way, If you have any people in these areas, lets get moving.
Sept 3-7 Level II & III Coer du Leon, Idaho , Definitely a must! outstanding Education using the oils for emotional & psychological benefits. If you are coming & need a roommate call Chérie (763) 545-7347
Oct 5-6 St. Paul, MN Paws Expo, (Chérie is speaking)
Oct Durango CO., Dates to be announced. Women's conference.
Oct 12 -13 Chicago IL, Body, Mind & Sprit Expo. Cherie is speaking.
Oct 17-19 San Francisco, CA. Pacific Institute Aromatherapy Conference. Kurt is bringing in the best for this conference, I'm going. Usually the top people in the country using the oils attend.
Oct 20-24 San Francisco, CA. I'm staying after the conference to do classes in the area, details to follow.
Oct 26-28 Shoreview, MN Pet Groomers Expo, Chérie is speaking. Welcome all to work the booth
Oct 30-Nov 3 Florida, Workshops & class. If interested contact Chérie
Nov 8-11 Phoenix & Sedona, AZ, Chérie is teaching & attending a workshop with Dr. Terry Friedman
Nov 8-9 Mpls, MN., Baby Boomer Expo, Chérie is speaking. Welcome all to work the booth
Nov 12-17 Boerne TX, Quartus Retreat. Chérie is doing oil applications
Nov 16 St. Cloud, MN Sally Fallon conference
Nov 14-16 Salt Lake City, Utah, Proposed Young Living Leadership Round table.
Nov 22-24 Mpls, MN, Healing the Body, Mind, Sprit Expo. Chérie is speaking. Welcome all to work the booth
Nov 29-30 Pittsburg PA. Intro and Workshop Chérie is Teaching
Dec 6-8 Chicago, IL , Introductory, Workshop & Advanced classes, Chérie is teaching
Dec 12-15 Indianapolis, IN, Acres USA Expo, hopefully Gary Young will be speaking. Also Chérie is teaching. Welcome all to work the booth

Young Life Research Clinic

Young living as a medical research facility in Springville, Utah which has excellent results producing treatments & programs for a wide variety of physical, mental & emotional conditions. Many of our team members have visited the clinic receiving outstanding results from seemingly minor to extreme life threatening situations. **Before anyone is referred to the clinic it is imperative that they have their own personal membership account number. Please make sure the person referring them to the clinic has setup an account for them prior to their visit.** This will save them valuable \$ & make sure they get connected to our team enabling them to receive much needed support.

Often times potential patients get frustrated because they don't get all their questions answered. The clinic is regulated by government agencies & can only answer limited questions over the phone. Once you become a patient all of your questions can be answered during your personal visit & follow-up care. Many of us that have been to the clinic can answer your questions that perhaps initially the clinic can not. To make an appointment call 801-489-8650

Clinic In Minnesota

Liz Zeno (651) 770-3817 Is seriously interested in establishing a research clinic (similar to the Young Life Research Clinic) in Minnesota. If you are interested in becoming involved please contact Liz.

Business Building

Vicki Opfer has an outstanding computer program to manage your organization, this is the best one that I have ever seen! To receive info, call 303-456-0088 or go to her website www.ylfamily.com, print the Installation Guide, Users Guide & Order Form. I encourage everyone who is building a business to use this program.

For Leaders only: YL Leadership Conference Call 7:00pm cst. first and third Tuesdays each month. Join the most successful leaders sharing what works for them. 512-225-3500 enter code 60522# 24 hour replay: 512-703-8052

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 May 2002. (if I have missed anyone please let me know)

Star Executive - Nick Kuennan, Asia Voight, Judy & Roger Beenken, Dave March, Nita & Terry Stewart, Lee & Judy Camp, Sprit Plus Nutrition, Sherry LaMarche, Days Gone By, Terry Burns

Sr. Star Executive - Jerry Till, Merle Kuennan, Quartus, Brad Michels, Beth Marquardt, Landon Ross

Master Star Executive - Dan Leutke, Jennifer Crippen, Judy & Dave Jellings, Jeanne Wiger

Premier Master Star - Babette Anderson, Virginia Litza, Dan Keskey, Willy Lansing. Making Waves Inc.

Ambassador Master Star - Marge Ross

"Is has been said that adversity builds character, however I believe adversity reveals our true charter" - anonymous

Reference Section.

Kathy Heuser, Psy.D. The Alternative Counseling & Mediation Resources (612) 275-9863 Minn.

Kathleen O'Sullivan Deep Tissue Therapist, Cranial Sacral, Auricular Therapy, Raindrop Tech., Minister, Spiritual/Psychic counseling & readings (952) 903-0125 Minn.

Betty Bjorkman Certified Colonic Therapist (952) 935-9360 Minn.

Sue Olmos Midstates Myotherapy, Reiki II, consultations (603) 205-9355 Ill., Wisc.

Fanona Grace Wholistic Health Practitioner (763) 561-3396 Minn.

Merita Rahlenbeck Raindrop Tech. w/sound (952) 703-9713 Minn.

Peggy Richardson Raindrop Tech. (763) 494-4267 Minn.

Katherine Conrad Raindrop Tech., Emotional Clearing (612) 220-4664 Minn.

Jackie Berggren Raindrop Oils Holder (Call For Brochure) (319) 268-0998 IA.

Judy Beenken, Young Living Logo shirts, bags, aprons & assorted promotional items (641) 749-2678

Marilyn Tokach, Animal Communication & Behavior consulting (952) 226-2622 MN

Lena Swanson, Animal Communication (651) 206-0644 MN

Sharon Adams, Chiropractor, (715) 483-5822 WI/MN

