

Training tape #40 is definitely some of the best education info. ever on our health, chemicals, stress, vaccinations, oils & how they all work in our body. If you place an order before July 15 you'll get tape #40 free!



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

Hello Everyone,

This spring was full of many exciting events. Mpls. hosted the highest attended Level I so far this year. Thank you to all for your support & participation. We had people from coast to coast attend. The "Essentials for Success" & "Essentials for Wellness" classes were very well received around the nation. So much that more classes are scheduled in the fall. Call 1-800-350-5042 & find out when there's one in your area. I'd like to share with you what I experienced on my flight out to teach my "Essentials for Wellness" class in May.

July 2002

Tues. May 28th Northwest Flight # 676

- 10:22am Leave Mpls. to Baltimore, settle in to take a nap for some much need rest
- 10:55am Flight attendant comes on P.A.system "do we have a medical professional on board?"
"we have a woman in labor!"
- 10:56am I go inside prayerfully & ask "is this mine to do"? I heard back "and you needed to ask"?!
- 10:57am I push call button,tell the flight attendant: "I am not a medical professional however I am trained in the proper use of Therapeutic Grade Essential oils & they've been proven to stop early labor".
She stated: "there was a Nurse Practitioner with the woman & they'd come & get me if they needed me".
- 11:00am I got reawoke with an abrupt tapping on my shoulder. It was the Head Flight Attendant: "we need you now"! I gather my oils & head to the back of the plane, where found a wonderful Nurse Practitioner doing her best. Not only was this woman in labor, she was vomiting & in extreme anxiety attack. The more the N.P. tried to talk to her & ask medical questions the more escalated her anxiety became. I was in the seat behind them. The flight attendant whispered in my ear " can you do something"? I responded: "I believe I can". Then the most peculiar thing happened. The flight attendant told the N.P.: " you're out, she's in" (meaning me to take over) I quickly moved up to her seat, tried to talk to the pregnant woman, but no response. She was completely over whelmed with anxiety , pain & terror. I grabbed my **Lavender**, put a puddle in my hand & rubbed it all over her low tummy. She was 7 months pregnant & often air pressure changes can induce labor. I held my hand on her low tummy & silently prayed. In less than 5 minutes the woman opened her eyes very wide, looked at me & said " it stopped ". I said : " what stopped?"She said the pains, "cramping, they stopped"! Then she said " who are you & where did you come from?" I said: " I'm Cherie. I'm here to help you." Next was to get the nausea & vomiting to stop. I grabbed **Ditone**-another puddle in my hand, this time on the upper tummy. In less than 5 minutes again, the nausea & vomiting completely stopped. Now, on to the anxiety attack. I brought out **Peace & Calming**, started at the solar plexis & moved up ward. The closer I got to her nose, the more she resisted. So I just held the bottle between her rib area & allowed her to smell from there. In less than 7 minutes she calmed down to the point of falling asleep. It was a very turbulent flight which did not help at all. So I applied **Lavender** 1 more time in the remaining 90 minutes. I sat with her, softly talked to her words of comfort & reassurance.

When we landed in Baltimore the E.M.T.'s boarded the plane & I moved so they could takeover. They requested I stay close to her if she needed more oils. They safely removed her from the plane. I was the last passenger off the plane, (all my things had been moved to the rear.) Upon leaving, the captain came out, took ahold of my hand & said " thank you" I said " you're welcome" & started to leave. He would not let go of my hand, said thank you again. My response "I was just doing my job sir , any one would have done the same thing." Again I tried to leave but he still would not let go of my hand. I looked at him questioningly. His response " you don't have any idea what was going on before & during your intervention do you"? " no" I replied. He then proceeded to tell me, he was on the phone with a medical team on the land. They determined to do an emergency landing with the plane & were in process of looking for an airport that could take us. When I intervened the flight attendant asked me in detail what I was doing/using. I thought she was just curious. I had no idea she was on the rear phone reporting to the captain who intern was reporting to the ground medical team. When we got results in less then 5 minutes with the oils, the medical team told the captain to wait, continue on course & lets see what's happens. Because in less than 20 minutes the crisis situation completely turned around the ground medical team instructed the captain to continue on to Baltimore. The captain, " Do you have any idea how many lives were positively affected today by what you did" ? If we would had to emergency land this plane, people would have missed connecting flights, business meetings, appointments etc". "And not only that" the flight attendant spoke up, "the other passengers were getting visibly quite disturbed & upset. When you pulled out your oils & got to work, a sense of calmness was reestablished amongst all the passengers". I signed the necessary reports & off the plane I went to pick up my luggage. At the baggage claim area many passengers came up & thanked me for handling the situation. Every day, without exception I thank God for these Young Living oils.

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 1-800 763-9963

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 1-800-350-5042

Environment

Peppermint- Great for ant removal, simply drop directly or add more to your **Peppermint Floral Water** & spray everywhere you find them.

Animals

Peppermint- Keep animals cool in the summer heat by putting **Peppermint** in their feet, low tummy or move hair aside & put directly on the skin. Also **Peppermint H2 Oils** are wonderful in the water tanks/dishes. Put out 1 plain water & 1 with **H2 Oils** (wrapped around a rock & put on bottom of tank for heard animals). Usually the **Peppermint** water disappears quickly. Also it is excellent for proper function of digestive system & keeps flies away.

Children

Lavaderm Cooling Mist- Great to spray on sunburned skin as well as any scrapes & cuts. **Basil** is awesome for mosquito/bug bites, takes away the itch & swelling right away.

Teens

H2 Oils Lemon, Lemon Orange, Lemon Grapefruit, Peppermint- Instead of drinking soda (which has been proven to dehydrate us, raise our cortisol (Stress) levels, lower memory, ability to focus & clear thinking impairment & cause us to gain weight yes, even diet soda has been proven to cause weight gain) put 1 pouch of your favorite flavor of **H2 Oils** (leave it sealed the Hydro infused oils gently seep through the special polymer) in a pitcher or jug of pure water (no fluoride or chlorine). I have found each pouch to be good for about 30 gallons of water, each package has 3 pouches. The taste is great & remember the oils have many wonderful effects for us; here are a few & check your desk reference for more Enjoy!

Lemon- Antiviral, blood purifier, builds immune system & supports acid/Alkaline balance. (Acid Reflux) **Orange**- Calming, anti-anxiety, emotional balancing, anti-inflammatory, Anti tumoral & fluid retention **Grapefruit**- Emotionally uplifting, detoxify liver, dissolves fat & cellulite, supports lymphatic system, diuretic & antiseptic **Peppermint**- Restores sense of taste & smell, supports digestive system, regeneration of nerves, anti fungal antibacterial anti carcinogenic, dispels worms/parasites, mucolytic, anti-inflammatory, supports proper liver & gall bladder function, helps keep our body temperature cool & comfortable & an excellent mental stimulant.

General Usage

(on sale this month 10% off)

Digestive Enzymes- I have been on medical prescribed **Enzymes** for over 27 years & I can honestly say there are no better **Digestive Enzymes** than Young Living's. I know they're expensive compared to some but these really do work! With every other Enzyme I've had to keep taking more & more. Eventually switch to different brands due to ineffectiveness. With Y.L. enzymes I've found for the first time ever my digestive system is actually regenerating (even considering I had stomach & small intestinal cancer last year.) I'm able to use less & less each month & maintain excellent results. I've also been involved in 7 test of supposedly the best digestive enzymes from U.S. & Canada & none of them even came close to Y.L. digestive enzymes. The difference is Y.L. contain our wonderful essential oils which are scientifically proven to regenerate damaged tissue rapidly. & remember 70% of our immune function comes from our digestive system. Also most allergies & sinus issues start in the digestive system, so if you have persistent allergies & sinus issues consider adding Y.L. digestive enzymes to your program of health. **Allerzyme**- Everyone w/allergies of any kind. **Fiberzyme**- If you have trouble digesting fiber. From constipation to diarrhea this will balance you. **Lipozyme**- If you have trouble digesting fats, retaining fat extra weight, also very helpful for proper liver & gall bladder function. **Polyzyme**- To help digest protein & sugars. When I was at the clinic for cancer treatment, Gary shared with us the only thing all people at the clinic for cancer treatment had in common was our inability to digest protein & sugar. It showed up very clearly in our bloodwork. **Bozyme**- If you eat a lot of carbs or crave them this one is for you. Also helps digest sugars too! If you are feeling tired & sluggish try this one cravings will go down. **Detozyme**- A wonderful general enzyme definitely a good place to start when detoxifying our body. When in doubt of where to begin start with **Detozyme**. Gary Young also told us that starting when his son Jacob was about 1 year old he'd give him 1/4 - 1/2 an enzyme for a couple of days & boy did it work very well!

Seniors

Ultra Young Plus- Spray this wonderful liquid inside your mouth 4-5 times a day (away from eating) & you'll notice seemingly miraculous changes. Here's results that some of our members using it are achieving; better memory & ability to focus, wrinkles lessening, vision improving, more energy, emotionally uplifted, bone density increase, weight loss & in general feeling younger.

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

Hot tip

"I've tried many digestive enzymes over the 60+ years on this planet & I've found I can use any of the Y.L. enzymes & acid reflux is gone. No more medications. Marvelous!" Jeanne Wiger Ph.D

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@johnseemann.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. Also, you can check on all training offered by the whole company in youngliving.com website.

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

Level I's July-November 2002 Nation wide - Call 1-800-350-5042 to register

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.

Y.L. is needing me to work in their lab this summer. Confirmation is imperative for all classes due to possible changes.

Expo's & Training Events

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 500 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.

July Hopefully Classes in Martha's Vineyard & Asheville, NC
July 28 Oils & Animals (see enclosed flyer)
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, Introductory Class & workshop (see enclosed flyer)
Aug 21-23 Maple Lake, MN M.S Society conference workshops
Aug 25 Oils & Animals (see enclosed flyer)
Aug 30 Hopefully in Montana
Sept 3-7 Level II & III Coer du Leon, Idaho, Definately a must! outstanding Education using the oils for emotional & psychological benefits. If you are coming & need a roommate call Chérie (763) 545-7347
Sept 8-9 Colorado, Wholistic Equine Expo & Classes
Oct 5-6 St. Paul, MN Paws Expo, Chérie is speaking, welcome all to work the booth
Oct 17-19 San Francisco, CA, Aromatherapy conference sponsored by Pacific Institute, If you'd like to attend contact Chérie. This is an excellent education.
Oct 12 -13 Chicago IL, Body, Mind & Sprit Expo
Oct 26-28 Shoreview, MN Pet Gromers 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, 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 21-23 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
 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

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

What things soever ye desire, when ye pray believe that ye receive them, & ye shall have them. Mark 11:24

To pray successfully, you must employ affirmation & visualization. Form a picture in your mind, not of lack or denial or frustration or illness, but of prosperity, abundance, attainment, & health. Always remember you will receive as a result of prayer exactly what you think, not what you say. If you pray for achievement but think defeat, your words are idle because your heart has already accepted defeat. Therefore practice believing that even s you pray you are receiving God's boundless blessings & they will come.

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 & Behaviour consulting (952) 226-2622 MN

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

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