

Next months newsletter will continue with what we learned at Level II & hormonal issues.

“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  
800-371-3515 - Customer Service  
866-203-5666 - Fax  
801-465-5400 - Corporate Office

**Remember if you are on Auto-ship to update your order each month prior to your selected Auto-Ship date otherwise you will be sent the same items as last month.**

November 2002

Hello Everyone,

#### Level II continued:

•Remember a negative/painful experience. Close your eyes and identify where you are holding this in your body and how is it manifesting. Apply **Valor & Grounding** to the bottom of your feet. Apply **Release** everywhere you are holding the memory of the experience in your body. Sit quietly and allow the emotions to surface. Apply more **Release** as needed. When you feel finished apply **Present Time** on your sternum, forehead and anywhere else. Apply **Hope, Harmony, Joy, Gratitude** etc. on your heart. Apply any additional oils you are guided to use. Always end with **White Angelica**.

•Recognition is an integral part of our human existence. We all need it whether we admit it or not. If we don't have enough positive recognition in our life we often subconsciously create negative recognition. Ask yourself "What am I doing to create/accept positive or negative recognition in my life?" For many of us being ill is the only way we'll allow ourselves recognition. It truly is the most socially acceptable way to get attention. Other ways are perhaps having lack of abundance, accidents, affairs or displaying questionable behaviors causing us to be out of integrity with our commitments and life's purpose.

•Sometimes we have holes so deep in us that all the recognition coming from others is never enough to fill the pain. In these cases it is our responsibility to do the work necessary and not expect others to heal our wounds.

•Why are we dealing with so much emotional baggage? We are a chosen people born in a time of enlightenment given the responsibility of erasing the engraved images and imprints from our ancestors on our D.N.A. We are given awareness of the patterns that appear in the present, which, when played out in the past have caused disharmony. The buck stops here. It is our responsibility to stop the perpetuation of these patterns, change our thoughts, heal our feelings and create a new reality in alignment with our higher purpose. Using essential oils is an integral part of this task.

•Ask yourself: "Have I learned all that I need to learn from \_\_\_\_\_ (behavior.) What is the message/lesson for me in \_\_\_\_\_? Look inside and listen carefully. Write 2 lists. One, the positives in my life because of \_\_\_\_\_. Two, the negatives in my life because of \_\_\_\_\_. What kind of recognition and attention do I choose to live with now?"

•Remember this Universal principle "Like attracts like." The desire for positive recognition will attract positive. The desire for negative will attract negative.

•If you genuinely believe you don't deserve or are unworthy of positive in your life use **Forgiveness** on your navel, **Acceptance** on your heart and **Believe** on your forehead often daily for as long as it takes to change into worthiness.

•Confront our negative (stinking) thinking. Confront those thoughts and feelings that hold us back due to fear. Ask ourselves these questions: Where in my life am I holding myself back? Is my life an outward expression of the magnificent being I am inside. Do I have abilities that are inside of me but not fulfilling because I'm listening to the voices of fear of \_\_\_\_\_? Do I know genuinely what the right choices are in my life but not do them so I don't "rock the boat?" Where in my life am I holding back the right use of the divine power?

•Gary Young spoke "When we do not edify, magnify, gratify God through us and who we are by being healthy and vibrant we then are denying the power of God. I am saying to God - I do not believe."

•How often do we justify and compromise our thoughts and feelings until we find ourselves so far away from our dreams that we just give up. Then we say - this is Gods will for me. In truth we created it. It was not Gods will for us. The good news is if we created it we can then recreate a life aligned and on purpose.

•Taking 100% responsibility for our life is not easy. Change takes commitment, persistence, and tenacity.

•Choose to live a life aligned with the higher law of fulfillment of potential and purpose.

So much more - continued next month

#### Lowest Price

To receive the best price possible be set up on **Autoship** Program. Simply pick a date during the month and always have what you want to order in before that date. (Otherwise you'll be shipped what you ordered the last month.) The best way to change what's on your **Autoship** order is on the internet - this way you'll save 5% on every item you order. And every other order you place during the month will also have the 5% discounted prices. \*\*\***You must be on Autoship to continue receiving the monthly training cassette tapes in with your order.**\*\*\*

#### 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 12months, otherwise you'll have to repay your membership & purchase another policy & procedure manual. 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

### Environment

E-Coli lives and grows in many of our washing machines. Put 10-30 drops of **Purification** in each rinse cycle and watch the bacteria disappear.

### Children & Infants

**Immugel** is an outstanding immune system strengthener in the form of a pleasant tasting soft creamy gel like liquid. Ideal for preventing illness and also extremely effective in fighting off bacterial and viral infections. Works great on teething, colds, flue and sinus issues as well.

### Teenagers

**P.D 80/20** and **Cortistop** are producing remarkable results in assistance with acne, balancing emotions, moodiness, depression, aggression, hormonal imbalances and behavioral issues. Both work in support of balancing brain function.

### Seniors

To get wrinkles to disappear naturally (remember it takes times) use **Myrrh** - 1 capsule daily internally, **Sulfurzyme**, **Orange Blossom Facial Wash** or **Lavender Cleansing Bar**, **Peppermint Scrub**, **Sandlewood Toner** (mist on face) **Sandlewood Moisturizer** or **Boswellia Wrinkle Cream** and **Wolfberry Eye Cream**. Do this for at least 6 months and you'll experience a noticeable difference.

### Animals

Lots of allergies and skin irritation are showing up recently often, their food is a significant contributing factor. The foods that most of us have been told are good for our pets in reality are not! Please contact the reference section for excellent animal nutrition specialists. (They ship everywhere). Once they're on the correct food these items will produce excellent results if the problems still occur. **Sulfurzyme**, **Vitagreen** and **Allerzyme** - add to their food 2x daily. **Melrose**, **Purification** or **Lavender** or **Patchouly** can be put on location of irritations and the bottom of feet 2-3 X's daily. The changes will occur quickly.

### Hot tip.

My horse developed some seriously bothersome Rain Rot. I applied **Lavender** 2x daily. It disappeared and has not returned.  
Bonnie Phillips

### General Usage

The following article was recently sent to me. Excellent very healthy alternatives for sugar and artificial sweeteners are **Agave** and **Stevia**. These are both natural plant substances. **Agave** comes from cactus organically grown in Mexico, is harvested and distilled. This **Agave** is also kosher. There are 3 different classifications of **Agave**. We benefit from the delicious sweet tasting syrup. On the Glycemic Index our **Agave** is rated approx. 35. Which means you do not get the sugar rapid high buzzy feeling and then a low crash of energy. Rather, **Agave** allows our bodies to maintain blood sugar balance and energy for an elongated length of time. **Agave** is excellent to cook and bake with as a replacement to refine sugars. 1/2 cup **Agave** = 1 cup sugar. The taste is excellent leaving no after taste. **Agave** does not set up a addictive pattern in the brain. Unlike honey, **Agave** is safe for all ages of people and animals. **Agave** is less likely to convert to fat in the body like sugar.

**Stevia & Stevia Select (FOS)** comes in liquid and powder form. Also derived from plants. This substance is classified as a nutritional supplement by FDA. **Stevia** does so much more than sweeten. Everything from rapid regeneration of wounds to restoring proper pancreatic function. One of the reasons why this substance is so valuable for diabetics. Please check your desk reference for the many uses of **Stevia**. 1/4 tsp. Stevia = 1 cup sugar in sweetness. Stevia is also excellent in support of proper brain function.

### **Aspartame and Memory Loss**

Remember that some of the classic problems of Aspartame Disease are memory loss, reduction of IQ, chronic fatigue, loss of sight, behavioral and psychiatric problems from serotonin depletion, loss of concentration, confusion, etc. All this cast upon a generation of children with such greedy manufacturers that didn't have the human decency to even allow a warning for pregnant women, so that birth defects, ADD, ADHD, Tourettes, etc. have skyrocketed around the world.

The audacity of the FDA to refuse to put warnings or even tell the truth, trying the hands of physicians the world over, as rubberstamped misinformation on aspartame causes innocent humans to consume a deadly neurotoxin that destroys the brain, the central nervous system, the optic nerve and the immune system and ravages every organ in the body.

A product that has skyrocketed diabetes, Alzheimer's, MS symptoms, Lou Gehrig's, Parkinson's, seizures and interacts with just about every drug used to treat the problems it causes. As people wonder why they have become allergic they suffer from the toxic reactions of becoming chemical sensitive from consuming a slow deadly, cumulative poison. Now they react to vaccines at a time that government is trying to mandate them. And be assured that vaccine companies now all the tricks of the trade. Here in Georgia they didn't want a bill passed on it, and it got passed in the middle of a livestock bill. That's how they do it.

Children don't have a chance; aspartame is in pediatric vitamins, pediatric prescription drugs, and over-the-counter pediatric drugs. Consider aspartame a seizure-triggering drug and children's pediatric Dilantin interacts with it used to treat it,

and on top of that has aspartame in it. It's in these pediatric asthma sprays and aspartame is escalating asthma according to Dr. Roberts. Victims keep calling having seizures from the new Listerine strips, particularly because it's buccal. Listerine has been written to and called continually and even refuse to answer. They don't care. Make them care! I spent an evening last night with a pharmacist who explained how many drugs do harm to what they are suppose to treat. No wonder they want our vitamins and drugs!

These monsters who have manufactured this neurotoxic drug that at one time according to Alex Constantine in Nutrapoison ([www.dorway.com](http://www.dorway.com)) was listed with the pentagon in an inventory of prospective biochemical warfare weapons submitted to Congress, to this point have got away with genocide and are just as responsible as monsters of mass destruction. Millions the world over have perished from the tumors and neurodegenerative diseases caused by this deadly chemical poison masquerading as an additive. Why regulatory agencies have protected industry is beyond comprehension. There is no money, no job, no influence, and no power that is worth the destruction of the human race.

Today no drug on the market is safe because most of them interact with aspartame and 2/3rds of the population is using it and 40% of our children. Read on and see a prime example of you are what you eat and let's help bring all these criminals to the justice they deserve. Remember we are taking case histories for class action and you can now write for recall of aspartame before January 12 to: [fdadockets@oc.fda.gov](mailto:fdadockets@oc.fda.gov) with the FDA Docket Number in the subject line - 02P-1317 - recall of neurotoxic drug, aspartame.

Courageous doctors have written books that discuss all these problems mentioned above and the mechanism by which aspartame (NutraSweet / Equal / Canderel / E951 / Spoonful, Benevia, etc.) triggers them. They go into the synergistic effect of MSG, fluoride, RBGH, etc. Because of this mass poisoning of the world by aspartame, exactly the statement written to the FDA 18 years ago by James Bowen, M.D., we have the epidemics we see today and every family should have as part of their library the books that discuss to save their family and educate their physician such as:

Aspartame Disease: An Ignored Epidemic, by H. J. Roberts, M.D., [www.aspartameispoison.com](http://www.aspartameispoison.com) or [www.sunsentpress.com](http://www.sunsentpress.com) or 1-800-814-9800

Excitotoxins: The Taste That Kills by neurosurgeon Russell Blaylock, M.D., [www.amazon.com](http://www.amazon.com).

Dr. Blaylock has a few booklets, not many left on how to survive bioterrorism. He says that because excitotoxins (aspartame/MSG, etc.) have destroyed the immune system no one could survive bioterrorism. You can go to: [www.bioterrorism-book.com](http://www.bioterrorism-book.com) and get one of these booklets. I think he has about 400 left, that's all. He is now writing a book on Nutrition Secrets to Save Your Life, so that consumers will know what to do. It should be out shortly and as soon as we get the first copy it will be on: [www.dorway.com](http://www.dorway.com).

Please read the book lists as more and more is written on aspartame by physicians and concerned consumers. These physicians have done the work for you - devoted their life to alerting the world. All you have to do is read and learn and save your family and friends! It's a small price to pay. I do not get commissions on any books. I am unpaid. Mission Possible Intl is funded by my husband's retirement funds. I only want every family's questions answered on these horrors they are enduring and them educated so they can help educate others. It's getting to the point its hard to answer every victim - there are not enough hours in the day. It's been done for you - read it!

Remember there is one thing these monsters cannot fight and its consumer action in power. Mission Possible International is a worldwide volunteer force, unpaid, educating and warning the world off aspartame. Now they want a new patent so they have approved an analog of aspartame, Neotame in Australia, America, and New Zealand and they will rubberstamp it around the world. It must be stopped now.

Here are things you can do:

Send this note to every member of Congress and Parliament and Media around the world. Class action information on [www.dorway.com](http://www.dorway.com). Get a copy of this to every principle and every teacher. Send it to school with your child. Send it to your place of worship. Give a copy to every person in your office. Send it to crime organizations. They use it in prisons and depletion of serotonin triggers rage, paranoia, manic depression, and psychiatric problems. Send it to Fire Fighters. They give dopamine in the field and aspartame changes the dopamine level of the brain. Send it to universities and INDEPENDENT researchers who aren't prostitutes for industry. Make sure everybody with a computer reads [www.dorway.com](http://www.dorway.com) and every link including the support groups for the victims, the Aspartame Toxicity Center, [www.holisticmed.com/aspartame](http://www.holisticmed.com/aspartame), etc. People who lecture give it out at seminars. Give it out at parties and affairs. Don't leave home without it. Give a copy to your physician. If everybody sent a copy today to three physician specialties, and their person physicians these doctors would be able to save the lives of thousands.

Send it to children's organizations, mental health, autism and birth defect people who really want to help. Professional organizations receive their money from industry and help push their propaganda. Know this in advance. One day they will have to be accountable too. Don't wait for everybody else to do it for you. If you can read this note below and do nothing, shame on you. We are a "Hands Around the World Campaign" to stop this insanity. Spread this far and wide.

Remember the World Environmental Conference paper saturated the earth. Monsanto tried to fight back with front groups and hoax allegations although its all documented on [www.dorway.com/nomarkle.html](http://www.dorway.com/nomarkle.html) and the medical text by Dr. Roberts documents the diseases Monsanto could not put out the fire and sold the NutraSweet Company. But as Mohammed Ali

said, "They can run but they can't hide." Paula Revere, go ahead, fire the shot again and England's with us all the way!

Read on and do your part to help prevent what may be the largest plague in world history, Aspartame Disease --- AN IGNORED EPIDEMIC! Let's save this next generation of children! We can do it if every single person helps!

Betty Martini - Founder  
Mission Possible International  
9270 River Club Parkway  
Duluth, Georgia 30097  
(770) 242-2599

#### 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

#### Clinic in Minnesota - For Animals and Humans

Jeffery Essen N.D. (612)987-4703 & associates are beginning to form a clinic in MN similar to Young Life Research Clinic in Utah. If your are interested in supporting, volunteering, or working at making this happen contact Jeff.

#### Young Life Research Clinic

Young Living has 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

#### 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

Essentials For Wellness September- November 2002 Nation wide - Call 800-371-3515 to register

Level II - Life Training - Cancun Mexico **New Dates! Deadline for discounted Hotel rates is Nov. 15th.**

Gary Young is moving in another new direction. This course is now focused on using the oils to release self sabotaging beliefs imbedded deep in our subconscious that keep up from living the life of our dreams. You must register by Dec. 31, 2002 1-800-371-3515 Distributor Training - Feb 17 2003, Life Training Feb. 18-22, 2003 Please contact Cherie if you would like roomates in your hotel room.

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.

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

#### Training Events

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

#### 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, and invite others to attend with you.

Nov 16 St. Cloud, MN Sally Fallon conference, Contact Dorie Buck 320-587-4673  
Nov. 29-30 Pittsburg, PA. Introductory Session/Workshop. (Cherie teaching) Contact Yolanda Sweenie 412-486-2930  
Dec. 6-8 Chicago, IL. Introductory Session and a variety of other classes (Cherie teaching) Contact 630-739-9684  
Dec. 15th Indianapolis, IN. Introductory Session (Cherie teaching)  
Jan. 17-20 Arizona More Info to follow

#### Events and Opportunities

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 1200 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.

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, There is lots of room to grow your business and share the oils with many. 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.) We just finished many events with outstanding response. We could have easily added more members if we had more people to work the events.

Nov 22-24 Mpls, MN, Healing the Body, Mind, Spirit Expo. Chérie is speaking. Welcome all to work the booth  
Dec 12-15 Indianapolis, IN, Acres USA Expo, Chérie is teaching. Welcome all to work the booth

**\*\*\*\*If you are planning on working on any of these events please contact Cherie immediately as the lists have been misplaced.\*\*\*\***

#### 2003 Opportunities so far

Jan. 10-12 Mpls, MN Women's Expo  
Feb. 6-9 L.A. CA, Equine Affair  
Feb 6-9 Houston TX, Equus America  
March Mpls, MN Home and Garden Show  
Mpls, MN Pet Expo  
Mpls, MN Body Mind Life Expo  
April Madison, WI Midwest Horse Expo  
Kansas City, KC Equus America  
Mpls, MN MN Horse Expo  
Mpls, MN Mothers of Multiples Conference

I am being requested to speak and teach much more. So much that many are falling on the same dates. If you or anyone in your organization would enjoy participating, speaking or teaching please call me. I have to turn down many excellent and fun opportunities.

**"Joy is a net of love by which you catch souls." John F. Kennedy**

## Business Building

### Compensation Plan

After many hours the new compensation plan is into effect in 2 phases. Phase I Oct. 1, 2002 with new **Autoship** bonus. Phase II Feb. 1, 2003 with new compensation system. This plan is extremely exciting with the opportunity for enhanced \$ earnings. See enclosed flyers for copies of the new plan and conference call times for better understanding of the new plan. **I'll be holding a conference call on Thursday Nov. 21st 7-8pm CST. 1-407-318-2793.** Everyone is welcome to join. There is room for 125 callers. Doug Mills is also available for questions 563-252-1591.

**\*\*Very Important\*\*** New Compensation Plan Conference Call. Effective Oct. 1st Phase I of the new Comp. Plan took effect. Phase II is scheduled for Feb. 1st 2003. Please make it a priority to attend the meetings/calls regarding Compensation Plan changes. Most of our income will increase, however, a few need to make changes so that come Feb. your income will not decrease.

Very Informative conference call about how to use the website/virtual office for business building. 24-hour replay 512-703-8052 Unt il Nov. 19th.

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](http://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 & 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 Sept. 2002. (if I have missed anyone please let me know)

**Star Executive** - Judy & Roger Beenken, Terry Burns, Dave March, Nick Kuennan, Raymond Miller, Kathleen O'Sullivan, Sue Olmos, Lynn Young, Karla Berger, Kelli Johnson, Paula Casper, Elaine Downer, Beth Marquardt, Landon Ross, Bob Villars, Asia Voight

**Sr. Star Executive** - Jerry Till, Days Gone By, Judy & Dave Jellings, Nita & Terry Stewart, Quartus, Sherry LaMarche

**Master Star Executive** - Dan Leutke, Jennifer Crippen, Willy & Joan Lansing, Julie Stoesz, Lee & Judy Camp

**Premier Master Star** - , Babette Anderson, Dan Keskey, Making Waves Inc., Spirits Whisper Acres

**Ambassador Master Star** - Marge Ross

### **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

Asia Voight - 608-877-1191, WI, Animal communication & teacher

Ed Geiger - 715-675-9322 Raindrop Technique, humans & animals. WI

Jeanne Wiger 651-450-5549 MN/WI Psychotherapist & transition counselor

Dr. Jeff Essen, Naturopath 612-987-4703 Animals & Humans

Heartland grooming/Wholistic practice 651-423-2500 MN

Nancy Stephens - 850-893-0693 Raindrop Technique on Animals

Julie Stoesz - 507-645-4335 Raindrop Technique, massage & emotional balancing on humans & animals MN/WI

Renne Hogendorf, 612-621-3383 Raindrop Technique, massage, emotional & behavior training w/animals MN/WI

Spirit Plus Nutrition (Animals), 608-527-5333

Connect 2 Pets (Animal Nutrition)

Kelli Johnson (Animal Nutrition), 763-441-4366

Dale and Betty Noordmans (Organic Meat - all kinds) 320-392-5925

# Greetings!!

from Proud Pine Farm, 35757 Kettle Road, Garber IA 52048

Phone: (563) 252-1591

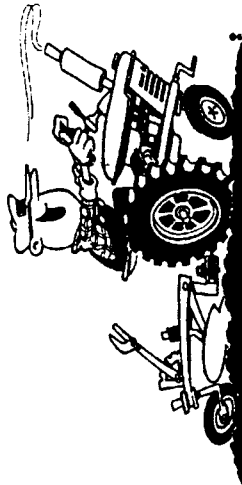
FAX: (563) 252-1742

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

Volume 6, Issue 10

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

October, 2002



## Down on the Farm with Doug and Barb Mills

Thanks to a summer planting of spinach, I am now enjoying the first cutting of fresh organic spinach leaves. I have been preparing the site right outside the kitchen window for a spring and summer bulb garden. Soon I will be planting tulip, allium, windflower, crocus, Dutch iris, fritillaria, lily, daffodil, and hyacinth, and looking forward to seeing how it turns out next year!

## Mosquito Repellent

Mosquitoes are getting a lot of press lately with the spread of the West Nile virus. For those who do not want to poison their body with Deet, essential oils offer a safe alternative. The formula on page 317 of the [Essential Oils Desk Reference](#) recommends equal parts of lemon, peppermint, *Eucalyptus radiata*, and lemongrass. Mix these oils in a clean glass container or an empty essential oil bottle and label the contents so you will have it on hand when needed. If you do not want to go through the effort of mixing four oils, I have had good success with the blend of Purification.

## Bowel Toxicity

"Excessive toxins in the bowel produce many symptoms, some of which are insomnia, migraine headaches, skin eruptions, discoloration, and changes in pigmentation, acne or bumpy skin. A fasting or cleansing program with the Cleansing Trio (Megazyme, Comfortone, and ICP) will combat the problems caused by excess toxins accumulating in the liver and the gastrointestinal tract."

[Essential Oils Desk Reference](#), p. 317

## Antioxidants and Alzheimer's

The brain is especially vulnerable to the toxic effects of free radicals because of its high-energy output. Two [Journal of the American Medical Association \(JAMA\)](#) studies (June 19 and June 26, 2002 issues) reveal that antioxidants reduce the risk of Alzheimer's. Improvements in the disease ranged anywhere from 18 - 70%, depending on the type of antioxidant. The study showed that natural sources were effective whereas the supplement sources tested were not. This is just more reason to drink an ounce or two of Young Living's Berry Young juice, the highest food source of antioxidants ever tested on the ORAC scale.

## Flax Oil and Heart Disease

An editorial by Dr. Alexander Leaf in the February 16, 1999 issue of [Circulation](#) magazine described a study involving flax oil. The equivalent of one teaspoon of cold-pressed flaxseed oil was added

to the daily diet of each person in a study group, which resulted in a 70 percent reduction in deaths from heart disease compared to a group not getting the oil. This simple addition to the diet reduces heart disease deaths more than the focus of any cholesterol study ever performed.

[Alternatives](#), July 2002

Young Living carries a product stabilized with essential oils, called Essential Omegas. If the oil is not stabilized for oxidation, it will become rancid, rendering it toxic even if refrigerated. Another option is to grind your own fresh every day. Grinding is necessary because the body will not digest the seed coat. If you choose to grind, the best choice would be organic golden flaxseed.

## Five Reasons to Eat an Apple Every Day

"Your Diet - Apples are the perfect, portable snack. They are great tasting, energy-boosting and free of fat!  
**Your Heart** - Research confirms it! The antioxidant phytonutrients found in apples help fight the damaging effect of LDL (bad) cholesterol.  
**Your Digestion** - Just one apple provides as much dietary fiber as a serving of bran cereal. (That's about one-fifth of the recommended daily intake of fiber.)  
**Your Lungs** - An apple a day strengthens lung function and can lower the incidence of lung cancer, as well.  
**Your bones** - Apples contain the essential trace element, boron, which has been shown to strengthen bones - a good defense against osteoporosis."

Sunrise Orchards newsletter, August 2002

# Greetings!!

from Proud Pine Farm, 35757 Kettle Road, Garber IA 52048

Phone: (563) 252-1591

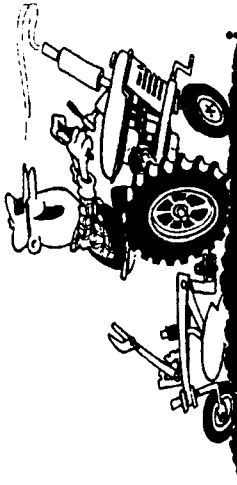
FAX: (563) 252-1742

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

Volume 6, Issue 11

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

November, 2002



## Down on the Farm with Doug and Barb Mills

Fall is such a beautiful time of the year. The summer planting of lettuce and spinach is coming in, and it sure tastes good! We're also enjoying grapes, apples, and pears. Soon the snow will be flying so it is time to stock up the woodbin with fuel for the fireplace that heats our log cabin. It sure is nice to have a home-based business so I am around to enjoy the farm and do chores when they need to be done, as opposed to only being home on weekends.

## Level II -- September 2002

My third Level II training took me to places on the emotionally healing journey further than ever before. Emotional healing is a process that takes time to cleanse, just as on the physical level. There first needs to be a desire, then Dr. Gary Young taught us how to work on ourselves by ourselves. He took us through three different meditation sequences with the use of the oils to do this cleansing. The end result of this process is a new and improved person. You may still need lots of work; however, a shift will take place, which will open up doors to further improvement. This improvement will allow you to have better health and excel at everything you do in life.

## Young Living Introductory CD-ROM

Wow! At Level II we were given a sneak peek into this new method of sharing the Young Living story. I feel it is "The Missing Link" tape times ten with not only audio but also video. Simply point and click your mouse and learn about Gary's story, the Essential 7 pack and other products. See the farm, distillery, and much, much more. You can spend several hours, or as little as a few minutes just learning one specific topic. This is one of the most powerful tools I've ever seen in the industry. Don't miss out on this if you want to share Young Living with others. Prices are about \$1.20 - \$2.00, depending on quantity, available in the next few weeks. To order, simply call Trax Audio, our audiotape supplier, at 801/774-1820.

## New Improved Compensation Plan

Beginning February 1, 2003, Young Living will start a new compensation plan. The primary purpose of this change is to make it more profitable for beginners and part-timers who are struggling. The reason for the February 1<sup>st</sup> date is to allow ample time to learn the plan and adjust to the changes. I know after reviewing it you will want to start now! Well, you can start now, and when the plan kicks in, you will have a jump on things! To obtain a copy of the plan, go to 'Forms' at [www.youngliving.com](http://www.youngliving.com) or Fax-on-Demand at 888/880-1549 (Option 2). Call me if you have any questions (no email, please!)

## Lift Weights to Lift Aging Metabolism

"A comprehensive new study published in The Journal of Gerontology: Medical Sciences might allay lingering debate about why metabolism

slows as people age. The findings show that the gradual loss of body cells, especially those high-energy-consuming muscle cells, can help explain why older people burn fewer calories while at rest – which so often leads to creeping weight gain. Some scientists have suggested that changes in hormones, immune function or other factors may depress resting metabolism with aging. But this study showed a direct association between metabolic rate and cell mass, also known as lean or fat-free mass. And that means that older people may regain some of their youthful resting metabolic rate and get off the slow boat to obesity by regular muscle-building exercises. Increasing muscle mass would help seniors, according to the researchers." (Acres USA, September 2001)

## Convention and Level II Notes

"My name is Anne Lemieux and I have been transcribing notes from Coeur d'Alene Level II, 2001, Convention 2002 and this Coeur d'Alene Level II (Gary is calling it 'Mastering Unlimited Potential of Self Emotion Cleansing - Level II ½'). I am also attending the Cancun 'Mastering Unlimited Potential of Self' in February of 2003. The notes are detailed to the best of my ability (verbatim for the most part, with my own perceptions added), and can be used to create newsletters, as guidelines for creating your own emotional cleansings, etc. There may be some typos still in the text. I would appreciate your consideration as to the value to you. I am in deep gratitude for your generosity, and will return via email to you the notes on both Level IIs and this year's convention."

Send questions, requests and donations to Anne at [AnneBodyWisdom@hotmail.com](mailto:AnneBodyWisdom@hotmail.com) or to Anne Lemieux, P.O. Box 3124, Sedona AZ 86340.

# Yes No Maybe Essential News

Volume 1, Issue 2

www.marcellavonnharting.com

October 2002

## Marcella Vonn's CALENDAR OF EVENTS

Check web site for updates

### October 23, 2002

"Introduction to Essential Oils  
& Raindrop Technique"

Inn Suites

475 N. Granada, Tucson, AZ

7-9 p.m., \$5/distributor. Guest Free

Contact: George & Rosa

Velasquez at 1-520-743-7256

### October 24, 2002

"Intro to Essential Oils"

8714 N. 58th Place

Paradise Valley, AZ

7 to 9 p.m., Special Guest:

**Dr. Nancy Brandt, DVM**

### October 25, 2002

"YL Business Potluck"

8714 N. 58th Place

Paradise Valley, AZ

7 to 10 p.m., Bring a dish.

New Business Strategies

Overview of New YL Plan

### October 30, 2002

"Intro to Essential Oils  
& the Digestive System"

Ash Fork Community Center

518 W. Lewis Avenue

\$3/distributor \$5/couple

Guest Free 7 to 9 p.m.

Contact: Elizabeth May-

Magowan, The Eagles Path

1-928-637-0008 (M-F 10am-6pm)

### November 8-10, 2002

"Sedona Self Enhance-  
ment Retreat for Women"

Contact: Sedona C Cappannelli

phone 1-480-837-5758 or

www.AboutLifeInc.com

Editor: Anita Tamboli  
email: atamboli@msn.com

Co-Publishers:  
Marcella Vonn Harting and  
Anita Tamboli

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conclusions or recommendations expressed  
in this publication are those of the  
authors and do not necessarily reflect the  
views of the publishers.

## Awesome Forward Momentum

By Marcella Vonn Harting

**A**WESOME: Webster's dictionary defines as expressive of awe (an awesome tribute) and inspiring awe (an awesome sight).

Gary & Mary Young have succeeded in incorporating a world-class administrative team, whom are creating a new operating system of corporate support with our Young Living web site, International Marketing Plan and new educational training CD.

I am very excited with the forward momentum of Young Living right now! My personal commitment to your success with sharing Young Living motivates me to share win/win strategies, successful tools and books, insightful information, inspiring testimonials and personal one-on-one communications with you through my web site: [www.marcellavonnharting.com](http://www.marcellavonnharting.com).

I am in gratitude daily for my YL organization. When I first got started in building my team, my focus was educating people to the wonderful therapeutic world of essential oils, sharing my own personal testimony and giving enough information so people could choose to choose! I have never really focused on whether people would purchase. My focus is to convey the power of their knowing from the moment we shared, their life would never be the same because they now knew they had a choice.

Aromatherapy with essential oils is a

credible holistic health and wealth modality. In all my years of study and observation with health modalities the most rewarding benefit I experience with essential oils is speed of action within the human body. I know with the assistance of Young Living, essential oils will be recognized in all health professions throughout the world. It gives me great pride to be among those of like minds in creating the standards for this credible science to be acknowledged.

Each and every one of you contributes greatly in my life and the lives you touch when sharing these awesome products from Young Living. I thank you sincerely. After the first of next year I will make myself available for training events throughout the US and Canada. If this interests you, let's talk. I encourage you all to tell your organizations about this newsletter and how they can go to my web site and pull it up for themselves to acquire up-to-date information on presentations, tools and technologies to upgrade their business and their lives.

Love, Marcella Vonn Harting

P.S. I am happy to promote *Introduction to Young Living Essential Oils CD*, new this month. With the assistance and blessings from YL Corporate we are please to share this **wonderful advanced tool** with you for sharing and building your organization. With finishing touches now being made, all orders will be filled by the end of Oct. See the enclosed order form or my web site.

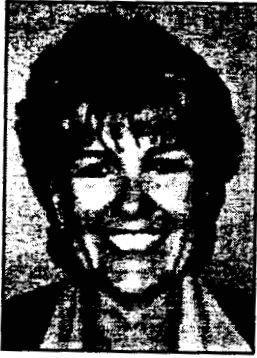
## The Doctors Forum

By Dr. Ken Krieger

**I**n the previous article, I shared the 6 spokes of life with you. Another spoke, or important element in our lives, is Health. It is important for my patients to think of their health issues in a positive manner and be aware of what can be accomplished with essential oils. This article will share the use

of essential oils for bone pain. I deal with this concern often in my practice. The oils I use in the office and patients use in their homes contain methyl-salicylates. The oils are wintergreen, spruce or fir combined with cypress. These oils are used in a compress and have a compound affect. Remember, water drives the oils deeper, and should be used with consideration of a persons tolerance.

*Continue on Page 3*



## 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 Language, 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**

## To Your Pets' Health by Dr. Nancy Brandt DVM, CVA, CAC

**Is Our Electronic World Weakening Our Pets?** Electromagnetic energy and the human body have a valid and important interrelationship. Magnetic fields can affect both the emotional and physical body through the energy layer of the body. In 1974, researcher Albert Roy Davis, PH.D., noted positive and negative magnetic polarities have different effects upon the biological systems of animals and humans. Robert Becker, M.D., found weak electric currents promote the healing of broken bones. Dr. Becker brought national attention to the fact electromagnetic interference from power lines and home appliances can pose a serious hazard to human health. "The scientific evidence," writes Dr. Becker, "leads only to one conclusion: the exposure of living organisms to abnormal electromagnetic fields results in significant abnormalities in the physiology and function." Dr. Kyoichi Nakagawa M.D. calls this condition Magnetic Field Deficiency Syndrome, which can cause headaches, dizziness, muscle stiffness, chest pain, insomnia, constipation, and general fatigue. His research show healthy magnetic fields can counter the effects caused by the electromagnetic pollution in the environment.

Dr. Sabina M. DeVita in her book *Electromagnetic Pollution* explains the YL blend Purification can counter these effects.

I have used this oil in my practice for 5 years.

I clean with it, diffuse it and wear it on myself. Animals come into the practice much more relaxed and less frightened. It does several things:

1. It vibrates in such a way as to eliminate the electromagnetic pollution from things like my fluorescent lights.
2. It purifies the air of smells and germs.
3. It does not leave a smell of harmful chemicals.
4. Frequently animals react to the chemical cleaners in negative ways becoming intoxicated with the fumes. This can frighten animals and they will act in a fear/flight way and be difficult to work with.

Animals literally can smell electric energy. They are more in tune with their environment through smell than we allow ourselves to be. They can smell energy and will react favorably to positive energy. The YL blend Purification can benefit our pets' ability to interact in our high tech environment with so many energy waves pulsating from all the electronics. Just imagine what animals must smell or sense with the computer microwave, cell phone and TV all on at the same time!

Dr. Brandt's phone consultations are by appointment only.

**Dr. Nancy Brandt, DVM, CVA, CAC**

2591 Windmill Parkway, Suite 2

Henderson, NV 89014

Phone: 702-617-3285

## Coral Sea for Calcium & 58 Trace Minerals

Mined from the land of Okinawa, with special care taken never to hurt the ocean-dwelling living coral, Young Living's Coral Sea is a highly bio-available form of calcium and 58 trace minerals. Studies indicate coral calcium is more bio-available than calcium carbonate, and is also more efficient in cell preservation. Coral Sea contains 108% of the bodies need for calcium per serving. Calcium is the most abundant mineral in the human body. Calcium is needed to form bones and teeth, and required for blood clotting, muscle contraction and many other bodily functions.

**YL Order # 3207**

## Fall Retreat for Women

Marcella Vonn will present a the Fall Sedona S.E.L.F. Enhancement Retreat for Women on Nov. 8-10th. Relax, renew and reawaken your spirit.

See the Schedule or phone Sedona C. Cappannell at 480-837-5758.

## Polishing Diamonds—Recognition of Leaders George & Rosa Velasquez Help People

**N**eeding to share what they have learned, especially to help children, this loving couple is extending themselves to talk with everyone they know about Young Living. When they learned about the toxic petrochemicals in everyday household products and even in children's toothpaste and hair care, they found their mission.

They set up a booth at a local radio station's Baby Fair where 301 people registered for a free drawing. They have been contacting these and others to attend their monthly meetings where they teach people how to use essential oils.

"When I met Vonn at an estheticians conference in Las Vegas a year ago, I was taking 6 to 8 Tylenols a day!" says Rosa. "I had a Raindrop and I could feel the difference immediately." "I am a hair dresser and have used chemical for years. Now I do the Raindrop Technique for people at the salon. I talk with everyone I know about using non-toxic products. Every Cosmetologist should be using Young Living's products!"

George tells people, "If you are willing to change your diet habits and the products your put on and into your body, I'll help you. If not, I need to talk to others who are interested in health!" Rosa says, "Keep talking, sharing is caring."

Their family in Guadalajara Mexico loves the blend Thieves. George says whenever they start to come down with a cold, they put Thieves on their feet. No one gets colds anymore!

Reach George & Rosa Velasquez at [wonderclean@mail.com](mailto:wonderclean@mail.com), phone: 520-743-7256

## Marcella Vonn Recommends

### SAY YES TO CHANGE

### 25 Keys To Making Change Work For You

George & Sedena C. Cappannelli

I am excited to introduce this new book to you. George & Sedena "start at the beginning" and offer 25 keys to embrace change and set our foundation.

They detail the importance of embracing change, of learning to treat it as an ally rather than an adversary.

Our ability to change is dependent on our willingness to identify some old beliefs and alter some of the habitual behaviors causing resistance and resulting in missed opportunities.

The book provides a valuable set of new perspectives, motivational quotes and easy-to-apply life tools. Available in bookstores.

I highly recommend everyone read this book and apply the principles to our YL organization.

## Questions & Answers

Question: "Can I pack essential oils in my luggage which will be scanned at the airports?" asks Kortni from Los Angeles

Answer: Because of the extensive scientific research on the harmful effects of radiation we strongly recommend essential oils not be exposed to carry-on or checked luggage scanning. Request oils be hand-inspected.

## Doctors Forum

Continued from page 1

Apply 10 drops of cypress combined with your choice of fir, spruce or wintergreen with a warm compress on the affected area. This combination can be very helpful in reducing bone pain. Please keep in mind you never diagnose any disease or functional difficulty in any person choosing to use these oils. Only a licensed health care practitioner can diagnose.

I have used these oils with great success in many cases for bone pain. The average time for application of the compress is about 15 minutes, with reapplication every hour until the pain subsides. If the pain does not subside, consult your physician.

Remember, you have a choice to take hold of the knowledge which will give you power in dealing with your own health. In Proverbs there is a statement two things are most important in your life, wisdom and common sense. The wisdom part is easy, read and learn, common sense is the most difficult.

*Dr. Krieger is a Chiropractic Physician in Phoenix, AZ. He has been in private practice for 30 years, and is in continued research on the benefits of nutrition, posture, exercise, spinal mechanics and the use of essential oils for the benefit of his patients. Reach Dr. Krieger at [Drkriegerstria@aol.com](mailto:Drkriegerstria@aol.com) and [www.arizonaspinedoc.com](http://www.arizonaspinedoc.com).*

# Fear Is Faith Returning

By Robert Tennyson Stevens

**D**uring many of the Conscious Languageing Events, and other seminars I share, folks begin to make choices. If a choice is made with feeling and specificity, frequently the individual begins to access memories or belief systems, which do not agree with the new choice. If a new choice of confidence, health, prosperity, or the like is made, any experience, memory or thought of fear, disease or lack which does not fit into the new choice will have the opportunity to arise for a correction.

Fear frequently shows up in the individual's way as new courage begins to manifest. I use to think fear was a bad thing. I now know fear is a natural progression of feeling into faith. Fear actually speeds us up into faith. As you make new choices, move up-scale, increase your health and vibration, the lower frequencies come to our attention to meet our love, to be birthed into new shapes, feelings and energies. Love is essential for transformation. Fear, when loved, turns into faith, courage, confidence, security and assuredness.

As we move upscale, remember some of our old thoughts and memories may not fit into our new experiences. When we can love them, and make a new choice, our up scaling takes on a new flavor of ease.

Check out these options on your way to your joy: Anger turns into forgiveness and loving action. Grief into joy. Pain into love. Struggle into ease. I can't into I can. Apathy into caring. Numbness into sensitiveness.

Remember, every word we speak is a prayer coming into reality. I Can, I Am, I Will, I Choose, I Have, I Love, I Create, I Enjoy.

**Robert Tennyson Stevens** is the creator and facilitator of a unique curriculum of personal and professional empowerment technologies, trainings, and support materials.

Contact Robert at: *Mastery Systems Corporation*  
1000 Howard Gap Road  
Hendersonville NC 28792  
Phone: 828-698-7800 Fax: 828-698-7888  
[www.masterysystems.com](http://www.masterysystems.com)

# Speaking Is Self-fulfilling Prophecy

By Robert Tennyson Stevens

**M**arcella Vonn has asked me to share with our Team the tools of Conscious Languageing® and Imagination Activation® creating and sustaining our successful Dreams. I enthusiastically partner with you, the Reader, in expanding our consciousness and effectiveness in serving Life.

We may be using an operating system of "want, need, can't, should, have to, kinda, maybe, hopefully, someday, I'm excited to someday get conscious maybe, I'm working on it, and I'm really trying—absolutely!" I call this the language of self sabotage.

When we realize every single word we speak, think and feel starts happening right now, and is taken literally by our subcon-

scious mind, many of us will choose to get conscious, quickly.

Our limiting belief systems can be recognized through our language. By upgrading to Conscious Creative Language, we can immediately begin to establish new successful patterns with ease and Grace. Our relationship with words and consciousness can be transformed in a positive, enriching and regenerative way.

As we learn Conscious Languageing, please remember, increasing love for ourselves and other is the ultimate outcome. The only real transformation happens when love and acceptance are present. To judge ourselves and others about our/their language only inhibits the process of true success.

In the next issue I'll present how to coach yourself.

Remember, every word we speak is a prayer coming into reality. I Can, I Am, I Will, I Choose, I Have, I Love, I Create, I Enjoy. To our Eternal Success,

**Robert Tennyson Steven** is the creator and facilitator of a unique curriculum of personal and professional empowerment technologies, trainings, and support materials. He is a master herbalist and has studied with Marion Jager, Dr. Bernard Jensen, Dr. John Christopher and Dr. John W. Ray.

Contact Robert at his company:  
Master Systems Corporation  
1000 Howard Gap Road  
Hendersonville NC 28792  
Phone: 828-698-7800 Fax: 828-698-7888  
[www.masterysystems.com](http://www.masterysystems.com)

## The Star Report...Special Fall Issue 2002 ...The Season of Change

A newsletter designed with the intent to provide Young Living Members with helpful information and support for your organizations.

### ***How Are Your Emotions in the Season of Change?***

As **Young Living** grows and experiences change, how are you coping? Perhaps we need to take a look at the big picture. I have been on the phone leaving messages expressing your concerns for the delay in your Young Living orders. I can assure you the temporary bumps in the road will be well worth it in the future months! **Young Living and its corporate leaders are working hard** to make sure we have an infrastructure that will stand the test of time, so that Young Living will be there for our children and our children's children. The new computer program experienced a few minor technical problems that have been corrected. I have every trust and faith that **Young Living is a spiritually grounded** company with our primary health and well being in mind. (Organizations such as Young Living are hard to find!) Each of us will be able to get our packages within 3 days through Fed Ex! Rest assured Charlie Smith (Vice President of Operations) is on top of our concerns. He realizes that we are all real people, not just a number and that we need our oils! Charlie is a great guy. You will all have the opportunity to meet him at the Young Living Annual Convention. So mark your Calendars for July 16-19<sup>th</sup> 2003!

So I will request that we all put on our **Joy, Peace & Calming, and Abundance** throughout the day and be thankful for the wonderful gifts we have found in Young Living! The top distributors and corporate leaders have worked hard to develop a new compensation plan that will help the new leaders as well as existing leaders to succeed! So now that we are armed with our oils we can sit back and enjoy "Fall... Our Season for Change"!

### ***Is My pH Out of Balance? Could that impact my Mood?***

Studying the connection to our emotional and physical health this past summer and at level II training in September, I was reminded of some simple principals that we should consider applying to our every day health. **Calcium a key mineral in keeping the body alkaline is lacking in 2 out of every 3 school children.** Dr. Robert Barefoot co- author of the book **The Calcium Factor** notes that by the age of 35 most Americans are losing more Calcium than they are taking in. He notes that the lower your pH of your body fluids such as saliva which has a direct correlation to the lack of Calcium the more prone to disease & illness you will be. The typical American diet is too acid forming and actually robs our body of calcium as it tries to neutralize the acid. (Dr Barefoot notes the only 2 body fluids that should be acid are stomach acid and urine.) Dr Barefoot documents 157 different diseases are linked to a Calcium deficiency including; Cancer, Arthritis, Lupus and even MS and Parkinson's disease. In the book **BioBalance** the researcher notes the **more acid the prison inmate** the more prone they are to possess sociopath and aggressive dangerous behaviors. He demonstrates that by changing the diet and **increasing pH to the alkaline side** that these behaviors will decrease or even disappear. So perhaps our mood and our emotional states are much more linked to our diet than we ever thought before. Could our problems with our children such as ADD and ADHD be in part caused by a lack of calcium? Well, it is certainly "food for thought".

**FYI...** Essential Oils work better and are more effective when your pH is above 6.8...

For further information on pH balance see Essential Oils Desk Reference also...available through ESP at (800) 336 - 6308.

### **Calcium and Minerals for Longevity...Are You For Real?**

Dr. Barefoot notes that all the cultures of longevity that he has studied including the Hunza's and the people from Okinawa, Japan all had diets that contained **almost 100 times the RDA** of all the vitamins and minerals. He notes that one quart of the **Hunza water contains 18,000 milligrams of Calcium**. WOW...that is a lot of Calcium! Currently, the RDA is 1500-2000 milligrams of calcium per day. As more scientists study the health benefits of Calcium the RDA amount continues to rise. Food sources high in calcium include; leafy green vegetables, some fruits and dairy products depending on how they are grown and raised. (In America where we have depleted our soil of nutrients and many of us seem to have dairy allergies.) **Dr. Barefoot notes allergies and dairy allergies can be linked to a Calcium deficiency.** When we are Calcium deficient we tend to be more acid. Increased acidity in our body leads to a build up of lactic acid. When we eat dairy products that contain lactose, our body turns the lactose into lactic acid. Our body will rebel from a build up of lactic acid. So the outcome can be allergies! WOW! The people of Okinawa Japan (105-150 years) tend to live longer than mainland Japan (77 years) and can be attributed to feeding their plants and animals coral calcium which is also loaded with trace minerals and even eating it themselves! Coral Calcium is known to have almost the same exact mineral make-up as the human skeleton and is almost 100% absorbed! Calcium should be taken with many other nutrients and minerals present such as Magnesium, Potassium, Boron and the Sunshine Vitamin D. Magnesium to Calcium ratio should be 1:2. Vitamin D can be supplemented if you are not exposed to direct sunlight daily.

### **Calcium and the sunshine Vitamin...Where can I get it?**

**Dr. Barefoot** notes that some of the best sources of calcium appear to be from Coral, especially from the withered coral reef islands around Okinawa, Japan. **Young Living** has some great sources of calcium starting with **Coral Sea** a powdered form of coral calcium that is estimated to be 800 mesh (a finely ground powder) to be easily utilized by the human body. Many other products on the market are not as micro-fine and less digestible in the thicker forms. Another excellent choice would be **Super Cal** is a vegetarian formula that contains the proper ratio of Calcium to Magnesium plus Potassium, Boron and essential oils for improved absorption. Last but not least is **Alkalime**, which is a powdered blend that you add to water and drink. It is a blend of mineral salts including Calcium that are combined with lemon and lime oils that are all alkalizing. Dr. Barefoot recommends taking supplements and **calcium with Vitamin D**. Vitamin D improves the absorption of calcium. He notes that Vitamin D production is not a problem if we get adequate exposure to the sun. **Dr. Barefoot** notes that the pineal and pituitary glands depend in part by the sun's rays to function properly. In fact, he recommends direct sunlight not blocked by a window or sunglasses on the eyes up to 2 hours a day so our pineal and pituitary glands located directly behind your eyes can produce adequate hormones. In the winter months and though out the year using **full spectrum light bulbs** can be beneficial to our health. Spending too much time indoors according to Dr. Barefoot is detrimental to our health!

Dr. Barefoot also recommends taking supplements, especially since our food chain is so weak lacking the proper balance of nutrients it once had. Don't forget your need for all around good nutrition...try a scoop of **PowerMeal** and your multi-vitamins **Master Hers, Master His** and **Mighty Vites Mist or tablets**...every day to increase your nutrition. **BerryYoung Juice** and **Longevity supplement** are potent antioxidant sources! **Super C** is an excellent source of vitamin C combined with essential oils for better absorption into the cell! **Vitagreen** is a whole-food greens product combined with essential oils that is also alkalizing and provides many nutrients that enhance our health!

### **Reader Surveys**

A special thank you to all of you who returned our reader surveys! We have been working on a new computer database that is still not quite completed. We are working to bring Star out of the Computer Stone Ages! We also are in the process of moving. We found a lake home that we feel completes one of our life dreams! We will have a new address, phone number as well as e-mail address effective November 1<sup>st</sup>, 2002. Star's new address is listed below!

**9303 Crestview Drive, St. Joseph, MN 56374. Phone: (320) 363- 1017.**  
Tentative e-mail address: [vitalhealth@warpdriveonline.com](mailto:vitalhealth@warpdriveonline.com).

## **Events for November & December 2002**

### **Essential Oils for Natural Health Seminars: Presenter Star Moree**

- 1) Nov. 7<sup>th</sup> 2002, from 6-9 PM. Best Western Kelley Inn, St. Cloud, MN (320) 492 - 5702
- 2) Nov. 9<sup>th</sup>, from 2-5 PM. Alpha's Restaurant, Ft. Madison, Iowa (319) 372 - 2373
- 3) Nov. 12<sup>th</sup>, from 6-9 PM. Fellowship Baptist Church, Olathe, KS (913) 768 - 7637
- 4) Nov. 13<sup>th</sup>, from 6-9 PM. Public Library, Charles City, Iowa (641) 257 - 6319

**\*Please Pre- Register for classes. For Details See Class Brochures Enclosed!**

**\*Drawing for prize giveaway at each seminar. Must be present to win!**

### **Sharing the Power of Young Living**

Thursday November 21<sup>st</sup>, 2002 from 6-9 PM

Best Western Kelley Inn, St. Cloud, MN

Cost: \$15.00 includes Meal!

#### **\*Focus of this seminar will be how to share Young Living with others!**

**\*What are your *dreams* for your Young Living Business and your life?**

**\*Focus on putting *your words* about your business *into action!***

**\*Share Home Party Ideas. Experience a mini- Aromatherapy party... The Footsie Woosie party!  
Experience a mini-class!**

**\*Updates from Young Living and understanding the new compensation plan!**

**\*Find new passion for your life and Young Living!**

**Pre-register between November 1<sup>st</sup> and the 17<sup>th</sup> @ (320) 363 - 1017!**

**\$200.00 in prize giveaways for the distributors that bring the most people!**

### **Aromatherapy and Natural Health Made Easy**

Saturday December 14<sup>th</sup> All Day lecture and Hands on Workshop

Time: 9- 5 PM. Registration begins at 8:30 AM, Class starts promptly at 9AM!

Cost for Class is \$40.00 with lunch included! Receive a \$10.00 discount for bringing massage tables. Please bring a set of sheets and 2 hand towels!

**Best Western Kelly Inn, Downtown off of Division, St. Cloud, MN**

#### **Morning Session: 9AM to Noon: Presenter Star Moree**

- 1) Discover how easy the Science of Essential Oils and Natural Health Can Be!
- 2) Learn Simple Health Principles that can make Life Better!
- 3) Learn how cultures of Longevity improve health and apply it to your own life!
- 4) Learn how Health Care Professionals Use Essential Oils--

#### **Afternoon Session: 1PM to 4:30 PM with Q&A following**

- 1) Learn simple ways to utilize essential oils in your own home
- 2) Learn simple application techniques with essential oils including foot massage!
- 3) **Treat yourself before the holidays to a Raindrop therapy giving and receiving the treatment!**

**Please Pre- Register by December 10<sup>th</sup>, 2002. Please call Star after November 1<sup>st</sup> @ (320) 363 - 1017!**

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Dear Young Living Distributors,

This is an important announcement that needs a quick response from you and your team members. Please share the information with as many as possible as soon as possible.

Gary is going to teach a series of in-depth medical aromatherapy classes to the Young Life Research Clinic employees as well as Young Living employees. Intense instruction on the raindrop technique and emotional clearing, along with detailed essential oil training will be the foundation of the classes. The dates for the training are Tuesday, Wednesday and Thursday, November 5, 6 and 7 (Session 1) and again on the 19, 20 and 21 (Session 2) from 5:00 p.m. to 10:00 p.m.

Any Young Living Distributor that would like to attend one or both of the training sessions is welcome. The cost to attend is \$150 per session. There will not be a dinner break, but healthy snacks (i.e., fruit, veggies and finger sandwiches) will be provided.

We need to know ASAP how many Distributors are interested in attending these training Sessions so we can reserve meeting space. If you think you are interested in attending, contact a member of the Events Team or Customer Service by Friday, October 18 before 5:00 p.m. If you decide to come, registration must be made and paid in full by Friday, October 25.

Remember, the purpose of the class is to teach in-depth medical aromatherapy training to the Clinic and corporate employees. Distributors are invited as guests.

Also, FYI, Gary will be giving training and seeing patients at the Clinic from now until after the above mentioned classes are over. If you know someone in your group that has been waiting for a time when they can book a private appointment with Gary at the Clinic, now is the time to have them come. The Clinic phone number is 801-489-8650.