

New Compensation Plan starts April 1st!

New Wholesale pricing and autoship discounts have changed. Autoship rewards program for customers and distributors offers new business building incentives. Earn HUNDREDS of autoship product points to cash in for free products. Be sure to go to www.youngliving.com for all the details.
Young Living Live Order Line 1-800-371-2928 or www.youngliving.com

New Young Living News

Price drops!!! See inside for details

Autoship Rewards 1st 6 months earn up to 30 product points per month!!! Start redeeming points on your second month! Months 7 - 12 you can earn up to 50 product points per month! Month 13 on earn up to 75 product points per month! Must remain on Autoship to redeem points. \$50.00 minimum Autoship order per month.

Star Performance Bonus earn 25% Commission on your **Distributor** 1st months order!
15% on the 2nd months order!

Matching Bonuses!

Distributor Team Performance Bonuses earn up to \$2,000 or more!!!

Premier Customer Bonus earn up to \$800 or more!!!

See inside for more details and go to www.YoungLiving.com (Virtual office "What's New")

Special Rates for Convention 2005!

Best Western Salt Lake Plaza Hotel's multi-million dollar renovation - suites on hold.

Refrigerators available (while supplies last). Across the street from the convention center.

You must request: "Star Young Living Group" to receive this rate: \$79.00 per night (max. 4 people)

Call 1-800-366-3684



Deliver to:

Star Moree #117894
9303 Crestview Drive
St. Joseph, MN 56374
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Spring Issue 2005

Microwaves
Toxins & Options

New Compensation Plan from
Young Living

101 Uses for
The Essential 7 Kit

Dream Garden
Dream Challenge

Berry Young Juice

Editor: Kari McDermott
of Studio 4:44

*Are every day Toxins getting you down?
How about microwave cooking? Or your cell phone?*

An Independent Young Living Member Newsletter!
Young Living Live Order Line 1-800-371-2928 or www.youngliving.com

The Star Report

ESSENTIALS FOR
Healthy Living

Star Moree, Executive:

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

Contributors:

Star Moree

Kari McDermott

Young Living E-News

Editor:

Kari McDermott

of Studio 4:44

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<http://>

star.younglivingworld.com

www.vitalhealth@warpdiveonline.com

Are Toxins in the Environment and our Food cause for concern?

Dear Essential Oil Friends,

In the last two months February and March, I have had the opportunity to travel for Young Living Corporate to Texas and Oklahoma, and to present at the Essential Oil Shindig in Alexandria, MN. Each of these events gave me the opportunity to grow in my natural health knowledge as well as my concern for our environment. As I prepared to present information on potential causes for "dis-ease" and lack of wellness it was amazing the amount of information I found. I would encourage each of you to do a search on Dr. Mercola's website @ www.mercola.com. Type in words like, Chlorine, Fluoride, Aspartame, Splenda, MSG, Vaccinations, Mercury, as well as Microwaves or Microwave Ovens even Cell Phones. Both microwave ovens and cell phones emit microwave radiation. I unplugged my built-in microwave and bought a small toaster oven for about \$30 about 5 years ago! I am limiting my time on the cell phone and trying out devices to eliminate/reduce the radiation emitted. This information was not new to me, however, this is a good refresher! Convenience seems to come at an expensive price...our health!

Limiting our use of cell phones to emergencies only as well as using a toaster oven may be better choices to limit our exposure to potentially harmful microwaves according to information found on Dr. Mercola's website. I have personally noticed microwave food doesn't taste as good! I prefer the toaster oven!

10 Reasons to Throw Out Your Microwave Oven! Conclusions from Swiss, Russian and German Scientific and Clinical Studies! For more info go to www.mercola.com.

- 1) Eating Microwave Food causes long-term permanent brain damage by shorting out electrical impulses in the brain!
- 2) Human Body cannot break down/metabolize the unknown by-products created.
- 3) Male and Female hormone production shut down or altered by continued eating of microwave food.
- 4) Microwave food by-products have a long term/residual effect on the human body.
- 5) Minerals, Vitamins, and nutrients reduced or altered, little or no benefit.
- 6) Minerals in vegetables are altered into cancerous free radicals.
- 7) Microwave food causes stomach and intestinal cancer growths/tumors...potentially linked to colon cancer rise in the US...Wow!
- 8) Cancer cells increased in human blood.
- 9) Immune system deficiencies, lymph and blood serum alterations.
- 10) Decreased memory, concentration, emotional instability, and decreased intelligence.

Tidbits on microwaves...1976 Soviet State Law banned the use of microwave due to just the exposure to the energy field itself created illness and many of the above listed concerns, you didn't even need to eat the food! EEK! Brainwashing proven in the 1970's by Russian Research. WOW! Dr. Hans Hertel, a Swiss Food Scientist completed study in 1992 published in 1998 after Gag order lifted, noted that microwave food on humans increased cholesterol levels, increased White Blood Cells suggesting poisoning, increased production of Radiolytic compounds not found in nature and decreased hemoglobin levels which indicate anemia. University of Minnesota research notes that baby formula and milk should never be placed in microwaves as it changes the protein structure, which could cause harm to our babies.

Suggestions: Enjoy the art of cooking. Slow down and enjoy the time it takes to heat your food in the oven or on the stove. Eat more RAW foods. Dr. Mercola recommends a 30% RAW diet. Take up Gardening to have a deeper respect for our food! Support Young Living and companies like it that support organic farmers and caring for the land as well as the people. Avoid eating on the run. Take life at a slower pace!

Did you know Young Living Farms give their full time employees the same benefits as the Young Living corporate staff! Take care of the people that take care of our herbs, plants and essential oils! Educating ourselves about the potential hazards of modern conveniences is important so we can make educated choices that will potentially affect our loved ones. After all, it is a matter of maintaining good health!

Hot Off the Press from Young Living

From: Young Living Newsletter
Date: 04/01/05 12:18:13
To: Young Living Member

The following are very important updates and announcements from Young Living.

An audio explanation of this information can be found by listening to the **rebroadcast of Thursday night's (March 31, 2005) conference call by calling 1-641-594-7562**. You will be prompted to enter a PIN code (1234#), the number "4" to listen to a previously recorded conference, and the confirmation number 2005020813380#. Beginning Friday, April 2, 2005, a rebroadcast of this informative conference call will be available in the virtual office of the Young Living Website.

• **The new and exciting YLEO Compensation Plan becomes effective April 1, 2005!** Many of you have been participating in the Preferred Customer and Team Performance Bonuses already. Now, all aspects of the plan are in effect.
http://www.youngliving.us/html/media/comp_plan.pdf

• **Participate in Autoship Rewards and earn product credits of 10%-20% of your order**, which may be used toward future product purchases.
<https://www.youngliving.org/html/pricing.html>

• New Pricing

We are pleased to present the simplified cost and PV structure beginning April 1, 2005. These changes come in conjunction with the full roll-out of the Compensation Plan and the new bonus structure enhancements.

Pricing for all products was reviewed, and changes were made due to many variables. Factors such as product availability, quality and demand, shipping, international duties, tariffs, and registrations all have an impact upon the pricing structure at Young Living. While the average overall pricing change to most products is very small, some significant cost changes (both increases and decreases) will be reflected in a small handful of products. Fortunately, these more dramatic changes affect only a few products. Where the supply costs have decreased, Young Living has made a concerted effort to pass the savings on to our valuable members.

For example:

Old Price New Price:

CINNAMINT LIP BALM was \$8.00 now \$3.75

ROSE was \$189.00 now \$149.00

WOLFBERRY CRISP was \$16.00 now \$14.50

HELICHRYSUM was \$79.00 now \$60.75

POWERMEAL was \$48.00 now \$38.50

ART SKIN CARE was \$119.95 now \$109.75

We work diligently to keep our costs low while staying competitive, and we will continue to do so. We appreciate your continued loyalty and we promise to bring you the highest quality essential oils and essential oil based products at the best price in the marketplace.

The new price list is available in the Virtual Office or by clicking here.

<http://my.youngliving.com/20050401-pricelist.pdf>

• Membership Types

There are now three primary membership types in Young Living:

1. Customer - A member who is purchasing product directly from Young Living at the published customer price. There is no obligation or commitment.

2. Preferred Customers - A customer who is participating in the Autoship program. Preferred Customers receive a 12% discount off the published customer price. (Preferred Customers enrolled prior to April 1, 2005, will not need to enroll in Autoship to remain a Preferred Customer.)

3. Distributor - A distributor must purchase a Success Kit or Starter Kit and submit a completed Distributor Application. Distributors participate in the Young Living business & are able to purchase product at a 24% discount off the customer price.

Berry Young Juice

Below, you'll find the latest information released by Young Living's Research and Development Department.

Hundreds of years ago, Spanish Explorer Ponce de Leon set out on a quest for a magical fountain of water that was said to offer rejuvenation and immortality to all who drank from it. Traveling through the New World, he uncovered numerous legends regarding the water, and yet, he never located the enchanted spring...

D. Gary Young, founder and president of Young Living Essential Oils, embarked on a similar odyssey in 1973, following a devastating logging accident. From a wheelchair, he vowed not only to walk again, but to find health, vitality, and longevity. For nearly 30 years, he single-mindedly continued his pursuit.

Then, in 1994 Gary was approached by a Chinese scientist who was visiting the United States on a fact-gathering assignment. Dr. Songqiao Zhao, senior researcher at the Chinese Science Academy, told Gary about a simple, delicious-tasting berry with amazing health benefits. He said that Chinese wolfberries had been used for thousands of years to treat a wide range of illnesses. What's more, the people who consumed them on a regular basis lived remarkably healthy lives for 100-plus years.

Intrigued by the story, Gary began an investigation that eventually led to the creation of some of the most exciting health products in the world.

Superfood: Chinese Wolfberries

Chinese wolfberries grow in a remote area of central China near Inner Mongolia. Considered a treasure by the local people, they have been studied by Chinese physicians for thousands of years. One Chinese Medica dating back 2,000 years cites their use in treatments ranging from replenishing vital essences to strengthening and restoring major organs.(1,2)

More recently, comprehensive analyses have found that wolfberries contain 18 types of amino acids, 21 trace minerals, 29 fatty acids, vitamins B1, B2, B6, E, more beta carotene than carrots, more Vitamin C than oranges, and as much protein as bee pollen. What's more, they are a source of superoxide dismutase and phenylpropanoids. Numerous studies by the Chinese government have shown that Chinese wolfberries are extremely useful for boosting the immune system, protecting the liver, improving the quality of blood, and improving vision.(3,4,5,6)

Encouraged by the prospect of an all-natural, good-tasting substance that could be so helpful in improving health, Gary determined to find ways to share the benefits of the wolfberry with people everywhere. Young Living Essential Oils, the largest importer of wolfberries in the world, now offers the power of wolfberries as a delicious, refreshing beverage.

Antioxidants vs. Free Radicals

Our bodies are bombarded daily by the damaging effects of free radicals that are created through normal metabolic functions. In fact, Dr. Bruce Ames of the University of California at Berkeley estimates that the DNA of each of our cells is attacked by free radicals over 10,000 times per day. Added to that is the polluted environment we inhabit in today's world, which increases the scope of the problem. Uninterrupted, free radicals can wreak havoc with DNA, enzymes, and cells. Many chronic conditions—including aging—are believed to result from accumulated damage caused by free radicals. Fortunately, antioxidants have proven an effective weapon against them.

"Young and middle-aged people may be able to reduce risk of disease by adding high ORAC foods to their diets," states Floyd P. Horn, Administrator of the Agricultural Research Service, the chief scientific

agency of the U.S. Department of Agriculture. Antioxidants help neutralize the effects of free radicals, allowing the body to restore itself to the proper balance that leads to health and well-being.

To help you combat the damaging effects of free radicals, simply take a single serving (one ounce) of Berry Young Juice, which supplies 267 percent of the Daily Value of the antioxidant vitamin C, along with a host of other nutrients. What a delicious way to protect your health!

Drinking a single ounce of Berry Young Juice every day will do more for your health than you can imagine!

ORAC

Berry Young Juice™ 4,214

Wolfberry Juice 3,472

Vitamin E Oil 3,309

Pomegranates 3,037

Blueberries 2,400

Tahitian NONI™ 1,506

Raspberries 1,220

Berry Young Juice™



Top Antioxidant Foods

A new laboratory test known as ORAC (Oxygen Radical Absorbance Capacity), developed by USDA researchers at Tufts University, rates Berry Young Juice™ as the number one antioxidant product on the market.

Developed by Dr. Guohua Cao at USDA Human Nutrition Research Center on Aging at Tufts University, the ORAC test is one of the most sensitive and reliable methods for measuring the ability of antioxidants to absorb free radicals. It is the only test to combine both time and degree of inhibition of free radicals.

Comparative analyses against Tahitian NONI™ and other fruits showed Berry Young Juice's supreme advantage over all antioxidant nutritionals. Ningxia wolfberry (*Lycium barbarum v. Ningxia*) was shown to have the single highest antioxidant ability of any food tested.

"I have no doubt that the Ningxia wolfberry and Young Living's Berry Young Juice™ will revolutionize how we treat premature aging. Since I have incorporated it into my daily regimen, my stamina has improved markedly. And it has been an important factor in allowing me to still perform long-distance running, even at age 76."

—Ronald Lawrence, M.D.

Former faculty member of the UCLA School of Medicine and England's Royal London Homeopathic Hospital

TIP OF THE MONTH:

The ingredients of the Berry Young Juice (Code #3000) may settle. Young Living recommends shaking the product before consumption for maximum benefit.

The Dream Garden _by Kari McDermott

Have you been dreaming about a garden this winter? We had a *dream garden* for many years. Well, some years were a dream and some years were nightmare. I'm more honest about gardening than I used to be. We prepared our sandy soil, set up irrigation, planted our own seedlings, fertilized and weeded, harvested and canned. We sold asparagus and strawberries in the spring to our local neighborhood, then everything else possible from the 4th of July to late September to the "lake people." We debated the process of organic certification and its potential payoff, but decided we'd be conscientious about what we did, without the control issues of an organization that seemed too restrictive at the time (1988). I used my children's health as my guideline. Our *dream garden* included raising our children with our values. Our values included dirty hands and feet, bugs and worms, sharing healthy food and knowledge with strangers, turning strangers into friends, and working hard for the pleasure of real food that colored our plates and put a sparkle in our eyes.

I dreamed I'd build a business as a gardener, that would help support us as a family. It didn't come true. For all I lugged and tugged, sweated and cursed, fixed and rigged to keep the dream, Sugar Lake Gardens slowly died. Well, the sales died, because I couldn't squeeze a profit out of my dream. I couldn't expand my labor force, or change the weather. I couldn't charge more than the market would bear. I couldn't educate an entire generation about the value of "real" food. I couldn't convince enough people that my garden produce was worth more than their boats, jet skis, ATV's, trailerhomes, summer homes (second homes), dental bills and doctor bills. I'm not saying a tomato and a boat should cost the same amount of money... but we've lost our primary respect for our basic human needs. Do you remember them? FOOD, WATER, SHELTER. Food is first on the list! I believe you are what you eat. I believe our lives on Earth were meant to honor her bounty; to take pleasure in the fruit of the earth to sustain the body; to share the abundance on earth to sustain the spirit, and to gain the knowledge of plant medicines and God's wisdom to sustain the mind. We seem to be distracted by a lot of other things.

Our garden has been pretty small the last few years (close to pitiful by our old standards). This year we're thinking about bringing back a little of the glory. Maybe we're drawing inspiration from Young Living. Maybe we're motivated by our constantly improving health with BYJ and essential oils. I feel like gardening again and sharing the bounty of my piece of earth with new 'oil' friends. It can never be what it once was. I'm smarter now. My new dream is to move next door to an organic produce farm, let them do all the work while I enjoy the bounty of their dream!

Please support your local farmer's markets, produce stands, and Coops. We can create, or break a "good thing" by the choices that we make. Check your values. Check your health. Think about how you feel walking through a commercial market, then picture yourself at a roadside stand holding a vine-ripened tomato, getting pricked by a cucumber, because it wasn't waxed, or smelling the sugar in an ear of sweet corn only to find a small worm smiling at you, because it wasn't sprayed with pesticides. Take in the essence of food that was grown with love, but not for the love of money. Support Young Living as an example of your values. The Young Living farm employees are given the same medical and retirement benefits as the Young Living Corporate Staff. The farm employees are never left at the mercy of mother nature, or human trends. The farm is not profitable, (image that). The farm and the core of earth's bounty is honored at Young Living in every product you purchase.

The Great American Dream Challenge (Part II) _ by Marcia Wieder

Marcia's monthly columns in the San Francisco Chronicle: Who is Directing Your Life?, Integrity: The Key to Getting What You Want, The Power of Intention... and more! Go to marciaw.com for America's Dream Coach. Valuable support for building your Young Living Business!

In a world filled with increasing uncertainty and challenges, many people choose the easy way out, escaping into a fantasy world of avoidance and lackluster existence. Some lose hope and faith and the thought of dreaming can seem frivolous. Others get so mired in reality that they can't recall what their dreams are. Then there are those who choose a better life and know their dreams are essential.

The Great American Dream Challenge is an invitation for you to dream again. Whether your dream is for a new home, job or president, this is your opportunity to stop, focus on something that matters to you, and most importantly, to take action.

What To Do:

Between now and Sept. 11, set a goal to begin or complete a dream that's important to you. Studies show that people who share their dreams are more successful in achieving them. To set yourself up for success, go to www.mydreamcoach.com where you can post your dream with a "To Do" item you will complete this week. In doing so, you will automatically be entered into a drawing to win a set of my book and tapes, "Making Your Dreams Come True."

On Sept. 11, members of My Dream Circle (a community committed to helping others succeed) will meet in San Francisco to demonstrate that we're still a nation that has the courage to pursue our dreams.

Following is a sampling of some dreams:

On target to raise over \$100 million dollars, the International Museum of Women will be the first in the world to exhibit the global history of women. Inherent in their mission is to generate discussion on contemporary gender issues, while serving as a catalyst for positive change. They dream of a permanent home on Pier 26 in San Francisco, and in their first year, have secured more than \$6 million in pledges and developed alliances with over 200 international organizations. For more info go to: www.imow.org.

Amilya Antonetti, President of Soapworks had a life-or-death dream. Her newborn almost died until she made the connection between a cabinet full of common household cleaners and his health. She asked her grandmother how women cleaned their home before synthetic-based detergents were mass produced. With the answer, she founded her revolutionary company, Soapworks, an eco-friendly company developing healthy, certified hypo-allergenic products that benefit people and the planet.

America's Dream Coach, Marcia Wieder is an internationally recognized speaker and best-selling author. For more info or to join her community of dreamers go to: www.mydreamcoach.com.

Young Living Hot News!

• New Starter Kits

There are three kits available to new distributors. One of these three kits must be purchased at the time of enrollment to become a distributor and receive wholesale pricing.

Success Kit - \$49.95 Code #3160

This kit includes: A black business portfolio bag, Distributor Applications, Policies and Procedures, Compensation Plan information, Product Catalogs, Product Technical sheets, BYJ samples and DVDs, A-R-T samples and DVDs, 5 ml lavender oil, 5 ml peppermint oil, the New Distributor Training Program (7-discs), and more.

BYJ Starter Kit - \$149.95 Code #3157

This kit includes: The Success Kit, 2 - 1 liter bottles of Berry Young Juice®, and additional BYJ samples, DVDs, and brochures.

A-R-T Starter Kit - \$149.95 Code # 3158

This kit includes: The Success Kit, an A-R-T Skin Care System, and additional A-R-T samples, DVDs, and brochures.

Special \$25 Bonus!

If your new distributor purchases the BYJ or A-R-T Starter Kit at the time of enrollment, you will earn an additional one-time bonus of \$25. These two kits have a PV of 100 each, on which you will also earn the 25% Star Performance Bonus. What does that mean? You earn over \$50 each time your new distributor enrolls by purchasing either the BYJ or A-R-T Starter Kits.

• New Downline Viewer

We are pleased to announce the new and improved Downline Viewer! This new viewer has much of the functionality of the prior version, as well as new and exciting tools to help in building and managing your business. The key features of the new Downline Viewer include:

- Current, up to the minute downline sales volume
- 'Drill-down' to view downline organizations
- View your qualification status on the new Compensation Plan
- Advance search techniques by name, member number, PV, OGV, PGV, Autoship, address, city, state, zip, phone number, e-mail, new enrollments, and more
- Information-packed reports
- E-mail generation based on specific search criteria

This is version 1.0 of the new Downline Viewer. Watch for more exciting enhancements over the next few weeks.

• New Sign-up Process

Enroll new distributors and customers online and take advantage of the new simplified sign-up process. The new sign-up wizard walks the new member through all the required steps to become a member of YLEO.

• New Product

Ningxia wolfberries are now available from YLEO!

Grown in the Ningxia Province in China, the Ningxia wolfberry is a nutrient-dense super food that provides astounding health benefits. These dried wolfberries are perfect as a snack, added to cereal or fruit smoothies, and much more.

Code 6360 \$17.75 wholesale price
1 lb. bag of dried berries

We are excited about the many opportunities that await you as a Young Living Distributor. Stay tuned for even more exciting announcements in the near future!

April is Truly Exciting Times at Young Living!
*New Bonus Incentives, New Compensation Plan, New Pricing,
New Autoship Rewards Program!*

There has never been a better time to share Young Living with others!
There has never been a better time to join
the Autoship Rewards Program!

You can earn hundreds in free product by joining and staying on the monthly autoship program! You can earn \$800 a month or more on introducing Preferred Customers (Premier Customer Performance Bonus) to Young Living and up to \$2,000 or more for enrolling Distributors (Distributor Team Performance Bonus). You can earn 25% commission on the Star Performance Bonus new first month orders and 15% bonus on second month orders as well as Matching Bonuses. The financial rewards for sharing the wonderful world of Essential Oils, Berry Young Juice, ART Skin Care Line (Age Refining Technology) as well as many of our amazing supplements is truly exciting. You can quickly help people on the path to natural wellness as well as give them the opportunity to get their products for free (by helping them share with their circle of influence)! You can earn hundreds if not thousands in a very short period of time. I predict many will do this in just a few short months of consistent sharing with friends, family, co-workers and acquaintances. Please refer to the Young Living corporate website for more details @ www.youngliving.com (refer to the "what's new" section after you log in) and to the Young Living News included in our letter!

One Hundred and One Uses for

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

The Essential 7 Kit was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. The Kit contains three single oils: Lavender (*Lavandula angustifolia*), Lemon (*Citrus limon*) and Peppermint (*Mentha piperita*), and four oil blends: Joy, PanAway, Peace & Calming and Purification.

All single oils may be used as dietary supplements.

All of the oils may be diffused. The diffuser from YLEO is a special air pump that is custom designed to disperse the oils in a micro-fiber vapor. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. It also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners. The diffuser disperses the oils without heat, which could render the essential oils less effective.

All of the oils can be applied to the Vita Flex points on the feet, added to bath water mixed with YLEO's Bath Gel Base, applied topically or used with body and foot massage.

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

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

air, kill bacteria and prolong the time between cleanings.

18. Place a few drops on a wet cloth and throw into the dryer.
19. Put a drop of Lavender oil on a cold sore.
20. Diffuse Lavender oil to alleviate the symptoms of allergies.
21. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
22. Drop Lavender oil on a cut to clean the wound and kill bacteria.
23. Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin.

LEMON - (*Citrus lemon*) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin. **CAUTION:** Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.

24. Use 6 drops of Lemon oil & 6 drops of Purification in a squirt bottle mixed with distilled water to use in the bathroom as an air freshener.
25. Use 1-2 drops to remove gum, oil, grease spots or crayon.
26. Use 1 drop of Lemon oil to add flavor to baked goods or beverages.
27. For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 tablespoons of honey and two cups of pure water.
28. Rub a drop on a corn, callous or bunion mornings and evenings.
29. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Be sure all surfaces of the fruit contact the lemon water.
30. Add 2-3 drops to water and spray counter tops to sterilize them.
31. Soak your dishrag overnight in water to disinfect and kill germs.
32. Add a drop of Lemon oil to your dishwasher before the wash cycle.
33. Rub a drop of Lemon on your hands after using a public bathroom.
34. Use a paper towel soaked with several drops to sanitize bathroom fixtures.
35. Place a drop of Lemon oil on cold sores, herpes or other mouth ulcers to lessen pain and aid healing.
36. Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction.
37. Put a drop on oily skin or acne to balance sebaceous glands (oil glands).
38. Rub several drops of Lemon oil on cellulite to improve circulation and help eliminate waste from the cells.
39. Rub two drops of Lemon oil topically to clear athlete's foot.
40. Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins.
41. Rub a drop on a wart morning and night until it disappears.
42. Rub on butcher's block or other cutting surfaces.
43. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug.

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

44. Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
45. Add Peppermint to herbal tea to aid in digestion and relieve heartburn.
46. Massage several drops of oil on an injury to reduce inflammation.
47. Apply Peppermint oil immediately to an injured area (bruised shin, hit

The Essential 7 Kit

on the foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.

48. Rub several drops of oil on the bottoms of the feet to reduce fever.
49. Apply Peppermint oil topically on unbroken skin to stop itching.
50. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
51. Inhale before & during a workout to boost your mood and reduce fatigue.
52. Massage several drops on the abdomen to relieve nausea.
53. To relieve a headache, rub on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
54. To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the base of the neck).
55. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
56. Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.
57. Rub 4 drops on chest and stomach to relieve travel sickness.
58. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
59. Add Peppermint oil to food as a flavoring and a preservative.
60. To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.
61. Mix one 15 ml. bottle of Peppermint into a 5 gals. of paint to dispel the fumes.
62. Place a couple of drops in a cup of hot water and enjoy in place of coffee.
63. To kill aphids, add 4-5 drops to 4 ounces of water and spray the plants.
64. Drink a drop mixed in a glass of cold water to cool off on a hot day.
65. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
66. Place a drop of Peppermint oil on the tongue to stop bad breath.
67. Inhale the fragrance to curb appetite and lessen the impulse to overeat.
68. Remove ticks by applying a drop of Peppermint oil on a cotton swab. Wait for it to unhedge its head, then remove from your pet.
69. Mix Peppermint oil in a footbath to relieve sore feet.

JOY - An exotic, luxurious blend of Lemon (*Citrus limon*), mandarin (*Citrus reticulata*), bergamot (*Citrus bergamia*), ylang ylang (*Cananga odorata*), rose (*Rosa damascena*), rosewood (*Aniba rosaeodora*), geranium (*Pelargonium graveolens*), palmarosa (*Cymbopogon martinii*), Roman chamomile (*Chamaemelum nobile*), and jasmine (*Jasminum officinale*) that produces an uplifting magnetic energy and brings joy to the heart. When worn as a cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

70. Rub a drop of Joy oil over the heart and on the bottom of each foot to relieve feelings of frustration or depression.
71. Put a drop of Joy oil on the tip of the nose to uplift your mood.
72. Wear a drop of Joy oil behind each ear as a perfume.
73. Rub a drop of Joy oil between your palms and then spread over the face and neck after shaving.
74. Rub two drops of Joy oil on areas of the body with poor circulation to improve blood flow.
75. Rub two drops of Joy oil on the armpit area to use for a deodorant.
76. Rub two drops of Joy oil on the heart and feet to increase libido.
77. Sprinkle a few drops of Joy oil into potpourri to improve the fragrance.

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

78. Apply PanAway oil topically on an injured area to reduce inflammation and bruising.

79. Apply PanAway oil topically to sore muscles after exercising.
80. Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache.
81. Mix with massage oil and massage on location to stop growing pains.
82. Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain.
83. Rub 2-3 drops at the base of the spine to relieve sciatic pain.
84. For arthritic pets, massage PanAway oil diluted with V-6 Vegetable on location or a drop in the food.

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

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

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

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

Courtesy of Young Living Groups@yahoogroups.com
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