

Thank you for your financial contributions!

Thank you Gloria Milks and Shannan Rice for your contributions to help deliver this newsletter to your downline. Star has been publishing a newsletter since 1999. As the organization grows expenses rise. Please contact her to see how you can help keep your downline, family and friends informed. We're getting ready to launch Star's website to add more communication paths to wellness and product knowledge. The newsletter will be available in pdf format, but we still believe receiving information directly is the best way to spread good news!

New Young Living DreamCatchers Club!

We will be holding monthly meetings starting right after Convention to help your dreams come true. Utilize Young Living as your vehicle to achieve your dreams. Share the great products and energy of essential oils with more friends. For those of you who can't attend a local meeting we will email highlights from the meeting. Join today! Send your email address along with your name, phone number, YL member number and what your dreams are! Lets work together to make them happen. Send us testimonials we can share at the meetings and in our email news. We'll be creating fun incentives to keep our dreams alive.

New Young Living News Compensation Plan started April 1st!

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

J.B.'s Restaurant Private Convention Dinner

We'll be having a private party Wednesday evening, July 13th at the Best Western at 7:00 p.m. with lots of prize give aways hosted by Star Moree. Call Star for details and R.S.V.P.

For Cheri Ross's group Star will see you all Thursday evening at the Radisson.

ESSENTIALS FOR
Healthy Living

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Summer Issue 2005

Fun In the Sun!
Cholesterol The Dietary Link
Dream Garden
NingXia Red
Sun Worshipping
Good Oils Bad Oils
Parenting
Spa Parties



Editor: Kari McDermott
of Studio 4:44

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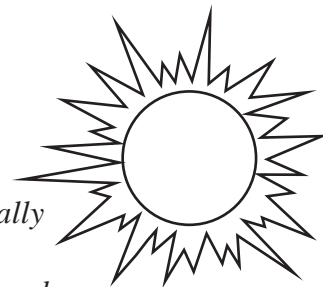
The Star Report

ESSENTIALS FOR
Healthy Living

STAR MOREE, EXECUTIVE:

HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL:2 ISSUE 3

Can we have Fun in the Sun?



Is it important to get enough sun without getting burned? For so long we have been hearing about the sun's harmful effects, however new research is actually showing that less time in the sun may actually increase the risk of certain cancers. Another concern is for the ingredients in our sunscreens! Are they safe or could they be harmful to our health and actually increase our risk of skin cancers. The reason for such concern seems to be in the chemical sunscreens used to protect the skin from the sun's rays. Physical sunscreens are thought to be safer than chemical sunscreens. Physical sunscreens would include clothing, shade and minerals like titanium oxide or zinc oxide. Another concern as I shop for good sunscreen, are the ingredients in lotions such as propylene glycol, mineral oil, methyl and propyl parabens.

Interestingly, in my search for information on the sun and its harmful and non-harmful effects... I found some helpful tidbits on the need for Vitamin D. Our body produces this vitamin through the stimulation of the sun's rays on the skin. So in many ways we are like plants. We wilt and wither without adequate sunshine, water and nutrients. Individuals with darker pigmented skin need more sunshine to produce adequate amounts of vitamin D than individuals with fair skin. So here comes the problem...when we wear sunscreen we may not produce adequate amounts of this vital vitamin needed for proper mineral balance which will lead to strong bones, muscles and even proper pH balance. Proper pH is needed to protect us from many degenerative diseases that are common in the United States.

Diet may also affect our risk of skin cancer with consuming too much Omega 6 oils found in snack crackers, cookies and processed foods as this is the oil that creates inflammation. Inflammation is known to be part of the process that creates dis-ease! Researchers are linking the excess intake of Omega 6's to increased risk of skin cancer (www.mercola.com).

*So as a parent, I am faced with what are some options for getting enough sun without getting burned in more ways than one! These may be some helpful ideas: Check out more natural suntan lotions or oils. Coconut oil and many other plant oils, even some essential oils are known to offer some sunscreen protection. Please refer to the book called **Saving Face** for more information and recipes to make your own natural sunscreen. Young Living has a wonderful Suntan oil blend called **Sunsation Suntan oil**. (Note: Gloria Brinker used **Sunsation** on a MN Boundary Waters trip, not only did it protect her from sunburn it also kept away the mosquitoes and other biting pests.) For many Young Living members this may be a well kept secret! It technically cannot be classified as a sunscreen, however I have noted that I tan without getting burned enjoying the sun in moderation. However, for fair skinned people it may not offer enough protection. Avoid the sun when it is at its peak from the hours of 11 AM to 3 PM when possible. Monitor your skin for redness. Wear a hat or appropriate clothing to cover sensitive skin areas such as the upper chest, neck, face and shoulders. If I do have any signs of too much sun I apply **Lavaderm Cooling Mist** and **Lavender** oil with the **Genesis** or **Satin Body Lotions** from Young Living. Improving our diet to include more antioxidant rich fruits and vegetables and leaning light on the processed snack foods and carbonated beverages may also have more benefits than we know! **Berry Young Juice/Ningxia Red** would be great additions to our diet as well as enough Omega 3 and 9 fatty acids, along with **Sulfurzyme** since MSM is so good for the skin. **Vitagreen** will offer additional vitamin and mineral sources.*

Contributors:

Star Moree
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Gloria Brinker
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Editor:

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Bath & Body Spa Kit

<http://>

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High Cholesterol and Triglycerides... The Dietary Link? _by Star Moree

Almost 11 years ago, shortly after I met my husband Dave, I was very concerned for his health. I highly recommend he get a physical and specifically asked the doctor to see if he was diabetic. He also seemed to have signs of arthritis. At this time Dave was not quite 30 years old. A past Division One College Hockey Player and very competitive at most sports. Dave also was a barefoot water skier...probably why his feet were showing their wear. He was very physically fit. Dave would exercise and weight train and his diet did not appear to be too bad. We found out he was not diabetic, but did have high triglycerides and high Cholesterol. Dave's bad LDL cholesterol was also very high. So we requested to meet with a dietician as we felt Dave was much too young to resort to medications. The Dietician was not very positive, she felt Dave had okay chances of lowering his triglycerides but not his cholesterol. She said he'd be lucky to lower his total cholesterol 15 points. I was not about to let the dietician win. I had found the man of my dreams and I was not going to let him fall apart before my very eyes! So we took it as a challenge!

The first thing we did was go to the book store...we purchased our very first natural health book which we still have today called **Food Your Miracle Medicine**. Since I was a Physical Therapist I also went to work on getting Dave proper foot orthotics as well as shoes to fit his feet properly. We also had to do some additional padding for his hockey skates. By following some simple principals such as eliminating the junk juices full of high fructose corn syrup, avoiding carbonated beverages like the plague, as well as increasing our water intake we were well on our way. We avoided snack crackers, cookies, white bread, and processed food as much as possible (which are high in omega 6's and create inflammation...part of the disease process). We increased our intake of raw fruits and vegetables. We added more fiber to our diet. We added fresh garlic and onions to our food. We were able to lower Dave's triglycerides over 400 points and his total cholesterol 43 points. We still had work to do to improve the picture...but in a matter of a few short months Dave felt better, trimmed off 10-15 pounds while still maintaining his muscle mass and his blood tests had improved. Dave also found he had less joint pain. Now with the added supplements Dave has from Young Living, many people comment that they can't believe Dave is 41 years old...they thought for sure he was just 30!

Now there are many other things Thanks to Young Living that we are able to add to the regimen including **Berry Young Juice, Sulfurzyme, Longevity capsules, Vitagreen, SuperCal, BLM, and Fish oils rich in EPA and DHA**. As well as coconut oil. We still practice as much as possible what we learned 11 years ago. We are by no means perfect with our diet. However we always strive to do better as researchers have found that when cultures of longevity adopt a Western (American) diet they suffer the same health problems that we Americans do. So this leads me to the question as the Asian side of my husband's family has done some of the same above dietary and supplement changes they are seeing many of the same improvements. So when someone says to me, well health problems run in my family "so it is probably genetic"...it sure makes me think twice! Is it really genetic?

The Dream Garden _by Kari McDermott

It's been a cool wet spring in Minnesota and picking a day to get our transplants in the garden was a challenge. After two weeks of rain we decided the tomatoes just had to go in the ground even with the forecast of thunderstorms looming. As the sun slipped behind the trees on a perfect summer evening the two of us transplanted 150 tomatoes, 30 peppers and a few cucumber plants. (There's only two of us, but we can't help it, it's genetic!) A clap of thunder interrupted my fresh air sleep that night and I listened to the storm approach. It was hard to distinguish whether the rain was intermitantly getting harder, or was that hail? Yep, I distinctly heard hail and then the wind picked up. I pictured my scrawny little plants that were unseasoned to stand much force. I knew the scene of baby greens whipping in the wind, bending to the east. But I figured a piece of hail only had a 1 in 1,000,000 chance of actually hitting my scrawny transplant. The wind haunted my ability to sleep for awhile. I eventually succumbed to the mantra of "things you can't control in agriculture" and rolled over to dream again. We took a chance. We always do.

It rained hard all morning. I am so seasoned (and eternally optimistic) I didn't even check up on the tomatoes when the rain finally quit. I drove into St. Cloud for a meeting with Star and my friend Jim McAlister to discuss some promotional ideas in DVD format. We **brainstormed** (no pun intended) a lot of ideas for taping classes, testimonials, streaming live clips for the web site I'm developing and we even got a tour of Bobby Vee's recording studio upstairs. (If you're well versed in Astrology: I'm a Taurus, in the cusp of Gemini. I think that allows me to jump from the soil to the techno-cyber-world without too much trouble, but I like the soil better!)

I got home late that evening and it was as perfect as the night before. Tom had the energy to help me finish get the melons and squash in, so we were on our hands and knees together again. But twenty four hours in Minnesota can make a difference in enjoying the great outdoors. The gnat and mosquito season just opened. Tom quit, but I got out my OILS! I have my own organic arsenal to keep the gnats circling above and the mosquitoes at the edge of my aura. **Peppermint** and **Purification** work pretty well and they're in the **Essential 7 Kit**. If you clipped the last issue for making copies of the 101 Uses for the Essential 7 Kit... its outdated! There are 2 more uses they didn't list. And if you cashed in on the last promotion with Young Living and received a free bottle of **Purification** and **PanAway**, you are armed for many summer conflicts.

I've also been coating my skin with Coconut oil (organic cold-pressed). It has a natural SPF of about 6 and at the end of the day my skin never feels dry and I have not burned. I do have an occasional bee check me out because I smell so good, but they quickly acknowledge I'm no spring flower. I am amazed at the information I'm finding about coconut oil. We're becoming more conscientious about the ratio of omega-3 to omega-6 fats since we started our good fat - bad fat education to reverse the symptoms of my husband's diabetes. The medium chain fat is directly related to Tom's cholesterol scare, too. The Vitamin D we get from being "outdoor people" is another cancer preventative choice we think is healthy. We like being in the *garden*! There's more rotation planting to do to spread the bounty out over the summer. And the weeds know me intimately. If they're edible, they can stay, if not.... I am gaining new appreciation for my garden this year. Much of it goes to the research Star and I collaborate on about fats and oils, cholesterol, triglyceride, vitamin D, omega-3's, and the energy stored in plants from the awesome power of the sun (and rain)!

The asparagus is done. The perennial herbs are all available now. I'll pay someone to Pick-My-Strawberries at their farm and we'll wait for the first peas and new potatoes to blow our minds and diets with butter and cream! My other farm mantra: "Lighten up, have some summer fun!"

Bath & Body Home Spa Kit

The New Compensation Plan is a great way to start a Young Living Business and has us "seasoned members" on our toes. I recently attended a home party for bath and body care products. I walked away with a \$50.00 jar of face cream that I couldn't use, after reading the ingredients. I was disappointed because I'd had so much fun pampering myself, but it got me thinking.....

We can do this with our Young Living products! We can teach our friends how to apply oils to their feet like **Valor, Peace and Calming, or Joy** and enhance the effect with a heated boot that warms them from head to toe. We can apply **PanAway** to an aching neck and heat a "Bed Buddy" in the microwave (yes, this is the one thing you can drag your microwave out of the basement for if you don't have a quick heating device). Or you can give each other a hand massage with **Relieve It, PanAway or Lavender** and wrap them in "Warming Mittens" for arthritis, carpal tunnel and general soreness.

I purchased a few items from Bed Bath and Beyond to get going and put together a party kit you may want to copy:

Facial Kit - Comes with a steamer, two size face bowls, microdermabrasion tool with two different brushes for exfoliating and applying lotion.

Cost \$24.95

Bed Buddy - the original neck sock filled with 100% organic materials that can be used hot or cold

Cost \$9.99

Warming Footies - with moist heat inserts that provide long lasting penetration to the feet. (This product has a lightly fragranced scent pack with eucalyptus, clove and cinnamon.)

Cost \$9.99

Warming Mittens - like the footies, the mittens provide penetrating heat or cold as needed.

Cost \$9.99

(Have your guests bring a pair of clean socks and a hand towel for sanitary precautions.)

Budget Options - Dish tubs for .99 available at WalMart to soak your feet. Tube socks on sale to make your own neck wraps (fill with wheat berries). Facial scrubs made with baking soda and water.

I'd highlight the following Young Living Products:

- **The Essential 7 Kit**
- **A.R.T.**
- **Satin Facial Scrub**
- **Genesis Lotion**
- **Shampoo & Conditioner**
- **Dentarome toothpaste**
- **BYJ or Ningxia Red**



Handouts should include:

- **101 Uses for the Essential 7 Kit**
- **Scents and Sensibility**
- **Product Price Guides**
- **30 Ways to Poison Yourself Before Breakfast**

For increased interest have these available for purchase:

- **Essential Oils Desk References**
- **EODR Pocket Guides**
- **Product Guides**
- **BYJ or Ningxia Red**



While your party is relaxing and trying one or two stations, hand out a refreshing glass of **BYJ** as a slushy and put in the DVD.

Demonstrate the **A.R.T. Kit** to use with the Facial Steamer and add essential oils to the steamer to show how powerful the aro-

matherapy can work on a sinus condition or cold. Play the **A.R.T. DVD** when your party is fully relaxed and have reached a point in their thoughts that they are worthy of a little pampering. Remind your friends they're worth the time and money it takes to feel good and look good and that this Spa Party is a bargain! Remind them there are no harmful chemicals in our products and you don't have to spend \$1,000 a day at a pricey Spa to feel good!

Summer Coupon

Heart and Sol
Muscle testing and Raindrop Technique
for \$60.00

Call Gloria Brinker
320-746-2766

Parenting _by Gloria Brinker

Parenting: *The "toughest" yet, "most" rewarding job you will ever have.*

Mothers Day and Fathers Day have passed. The cards, hugs, flowers, and gifts were received, but it's time to reflect on how to be an effective parent. Truly, what do your children need from you as a parent? How do you make that happen? I believe that it starts with getting to know and understand your own health: physically, emotionally, and spiritually; and then pass this knowledge on to your children. All three of these are important and all three intertwine with our personal balance.

"What do your children need to be successful adults?" A successful adult is not a person who has the best car, or the most beautiful home, or the best job. A successful adult is a person who can have successful relationships with other people, who will work hard for what they believe in, who can handle disappointment and success- and learn from it, and who is healthy enough to live- *really live*. Parents need to teach their children how to take care of themselves. Parents can teach the importance of the mind, body, spirit connection. These are the foundations of the reward for parenting.

Parents, take care of yourself and live an example of a healthy lifestyle. Keep your physical, emotional, and spiritual life well fed. This is a tough job, but Essential Oils and Young Living provides the tools to make this happen.

Physically, I use **Berry Young Juice (or the new Ninxia Red) and Vitagreen** every day and also use enzymes, and acidophilus for the digestive system. For symptoms of colds, sinus, or flu: I use **Longevity** or **Lemon and Eucalyptus** put in capsules; I also try to exchange Raindrop Techniques with friends or family. For muscle or joint pain from playing too much softball: **Orthosport, Panaway or Peppermint** or the sure cure for muscle spasms is **Marjoram** followed by **Peppermint** and a hot wet towel (if too strong dilute with an V-6 mixing oil).

Emotionally, I use many different essential oils. Knowing that all of the oils help to oxygenate the brain, by smelling or applying- I use which ever smells good. For calming, my favorite is **Gentle Baby** mixed with **Peace and Calming**, for a refreshing feeling on my skin and it remains a good part of the day. I use **Rosewood** mixed with **Cedarwood** in a homemade lotion, for increased energy when I know I should exercise, but don't want to !! I use **Peppermint** on the bottoms of my feet. If saddened by the day or events, I use **Joy**. The **Feelings Kit** has essential oils to fit nearly every emotion. And If I am wearing the essential oil, my children get to smell it too!! Keep your emotions balanced with essential oils.

Spiritually, Having Faith simply means "to believe in something that you have never seen, or has not been proven."

Some people feed their faith through prayer and meditation, others feed this through their work, and others through relationships with other people. There are many essential oils that can enhance your focus, and belief for life- thus you enhance your spirit. Many of these oils are found in the "**Healing Oils of the Bible**" kit. My favorite is **Frankincense**. I use Frankincense on myself before I give a Raindrop Technique or a Healing Touch Treatment. "I believe" in Raindrop Technique and Healing Touch. I use Frankincense to help me be a better therapist and to give better treatments.

People have told me that their belief is that their children, spouse or friends love them unconditionally. Some believe that their work is truly making the world a better place. These are things we can believe- but perhaps not prove. Find the oil that enhances your belief and you will have better personal and work relationships. Remember that all essential oils provide oxygen to the brain- so if you don't know which oils to smell- just smell one that you like. If you believe in a dream that you want to make happen...smell **Highest Potential**. You will be amazed what that can do for a dream.

As a parent, taking care of yourself will only enhance the lives of those around you. You will set an example of how to live- *really live*. You will have more positive energy to give to your children. Talk to your children about health. Teach your children to take care of their physical body through good food choices, good supplement choices, and good play time and exercise. Teach your children that their emotions play an important part in their health and balanced emotions are important for physical health. There will always be struggles in life so, don't try to limit their struggles. Teach them how to work through the disappointments of not making the team, not winning the poetry contest, or losing a friend. Teach them to talk to you and use **essential oils**, rather than numbing their feelings with an antidepressant. Teach your children to believe in something and to believe in themselves. Enhance that belief with essential oils of high frequency. To be an example of a healthy body, healthy emotions, and personal faith is the best gift a parent can give to their child.

Happy Mother's Day and Happy Father's Day.



NingXia Red

- 1 liter, Code 3003
- 2 pk-1 liter, Code 3023
- 4 pk-1 liter, Code 3043

Body Systems Supported

Immune, Liver Function, Eye Health, Energy

Benefits

- Offers the highest protection against the dangerous superoxide free radical as tested by Brunswick Laboratories' S-ORAC test
 - Contains the power of the whole Ningxia wolfberry and is packed full of polysaccharide-rich Ningxia wolfberry puree, with all of the health-giving wolfberry benefits (vitamins, minerals, and phytochemicals) captured by a patented process
 - Formulated to maintain and support normal immune function* • Contains five of the richest sources of free-radical-fighting antioxidants: wolfberry puree, blueberry, pomegranate, apricot, and raspberry juices • Includes the essential oils of lemon and orange, which contain the phytochemical d-limonene to promote normal cell life cycles*
 - Has polysaccharides that support proper cell communication and will not spike blood sugar levels (NingXia Red's glycemic index score is 10.6; glycemic index score of table sugar is 83)
- Ingredients Whole Ningxia wolfberry puree; a superblend of blueberry, pomegranate, apricot, and raspberry juices; organic blue agave; grape seed, skin, and stem (water extracted); lemon (Citrus limon) and orange (Citrus sinensis) essential oils; ascorbic acid (vitamin C), natural blueberry flavor, potassium sorbate, and sodium benzoate.

Important Information

NingXia Red is packed with the nutritional abundance of wolfberries: powerful polysaccharides,

18 amino acids, 21 trace minerals, 6 essential fatty acids, vitamins B1, B2, B6, C, and E, protein, and beta-carotene. Blueberry, raspberry, pomegranate, and apricot juices work synergistically with the wolfberry puree to protect eye health and support pancreatic and liver function while supporting the immune system.* Young Living has captured the power of whole fruit in new NingXia Red, bringing you longevity and vitality in a delicious drink! NingXia Red TM *This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



The new NingXia Red is a dream come true. D. Gary Young has done it again!

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

Edited from M. Wieder SF Chronicle article:

"It's exciting to read the responses to the Great American Dream Challenge as people post their dreams on www.mydreamcoach.com. I invite you to do the same. As an incentive for taking this step, you will automatically be entered into a drawing for my book "Making Your Dreams Come True" and its companion tapes.

I've been speaking about achieving personal dreams and professional goals for almost 20 years, and there is one thing I know for sure: Shortcuts emerge and amazing resources present themselves when you share your dream. My intention in the Great American Dream Challenge is two-fold. First is to demonstrate that we are still a nation of dreamers that has faith and courage to act on what is important. And second is to provide a forum in which we can declare an intention to act on those dreams.

Use the Dream Challenge for simple dreams such as getting fit, taking a vacation or remodeling your home. Or if you're feeling audacious, a more complicated dream such as finding a new job, entering into a new relationship, or embarking on the great adventure of retirement. Perhaps you'll even become inspired to create a new dream.

If your passion has waned, if you feel mired in reality, if fear and futility are part of your daily conversation you are in need of a new dream. Without our dreams, all we have is reality. Now don't get me wrong, reality is our starting point. It's essential to know where we're at before we can even begin to design a strategy for getting where we want to be. Yet if we are overly realistic it can kill our passion, joy, drive, hope and aspirations. And those ideals make up the essence of what dreams are all about.

One of the greatest contributions you can make to yourself, your loved ones, community and country is to have a dream that matters. To support you, I invite you to come as my guest to a "My Dream Circle" workshop on Sept 11 in San Francisco, where I promise to help you achieve your dreams.

Due to limited space I did not include the personal "dreams" sent to Marcia and published in this article. I use Marcia's Dream Challenge to inspire you to share your knowledge of Young Living, build your relationships, build your business and make your own dreams come true.

Sunlight Actually Prevents Cancer

Insufficient exposure to ultraviolet radiation may be an important risk factor for cancer in Western Europe and North America, according to a new study published in the prominent Cancer journal that directly contradicts official advice about sunlight.

The research examined cancer mortality in the United States. Deaths from a range of cancers of the reproductive and digestive systems were approximately twice as high in New England as in the southwest, despite a diet that varies little between regions.

An examination of 506 regions found a close inverse correlation between cancer mortality and levels of ultraviolet B light. The likeliest mechanism for a protective effect of sunlight is vitamin D, which is synthesized by the body in the presence of ultraviolet B.

The study's author, Dr William Grant (wgrant@infi.net), says northern parts of the United States may be dark enough in winter that vitamin D synthesis shuts down completely.

While the study focused on white Americans, the same geographical trend affects black Americans, whose overall cancer rates are significantly higher. Darker skinned people require more sunlight to synthesize vitamin D.

There are 13 malignancies that show this inverse correlation, mostly reproductive and digestive cancers. The strongest inverse correlation is with breast, colon, and ovarian cancer.

Other cancers apparently affected by sunlight include tumors of the bladder, uterus, esophagus, rectum, and stomach.

Cancer March 2002; 94:1867-75

Dr. Mercola's Comment:

Most people believe that sun exposure causes cancer. Nothing could be further from the truth. As this study published in the prestigious Cancer journal indicates, exposure to sun actually decreases cancer rates.

Does this mean that one's sun exposure does not contribute to skin cancer? Absolutely not.

However, skin cancers are more likely related to the large distortion most people have in their omega-6 to omega-3 fat ratio. The high excess of omega-6 fats in most people's diet puts them at a much higher risk of developing skin cancer when exposed to excess sun.

So the solution is not to slather sun block on. Sun block can be quite toxic and should be avoided by most people. The sensible approach would be to limit sun exposure so you never get sun burned.

It is sunburn in conjunction with excess omega-6 fats that increases your risk of skin cancer.

But even with the potential increase in skin cancer, most skin cancers are relatively benign when compared with breast, colon, and prostate cancers that lack of sun exposure is associated with.

So you can't have it both ways. Avoid the sun and don't change your diet and you will lower your risk of skin cancer, but increase your risk of far more common and deadlier cancers.

So why not change the fat content of your diet and use sensible sun exposure guidelines and reap the benefits of sunlight?

It is also important to note that many researchers are currently evaluating vitamin D and its analogs in the treatment of cancer (van den Bemd GJ, Chang GT. Vitamin D and vitamin D analogs in cancer treatment. *Curr Drug Targets*. 2002 Feb;3(1):85-94.)

Vitamin D can no longer properly be considered a vitamin.

Nevertheless, vitamin D resembles true vitamins inasmuch as humans -- who are cut off from the critical solar ultraviolet wavelengths by reason of latitude, clothing, or shelter -- depend on an external source of the substance, just as they do for the true essential nutrients.

The major biologic function of vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. It promotes bone mineralization in concert with a number of other vitamins, minerals, and hormones.

However, it is quite clear that vitamin D does far more than promote optimized bone health. In addition to the strong evidence provided in this article about prevention of cancer vitamin D has also been associated with improvement in the following conditions:

- | | | | |
|---|---|---|----------------------|
| * | Diabetes | * | Autoimmune Disorders |
| * | Heart Disease | * | Obesity |
| * | Arthritis | * | Syndrome X |
| * | Infertility and PMS | | |
| * | Fatigue, Depression and Seasonal Affective Disorder | | |

Some key points to remember. The vitamin D in milk, and that put in most vitamins is vitamin D2 and is synthetic. Vitamin D2 is also called ergocalciferol. It is not the vitamin D that you want to supplement with. It is not nearly as good as the vitamin D obtained from sunlight or natural food sources like cod liver oil which is called vitamin D3 or calciferol.

The best place to get vitamin D is from UV-B from sunlight. However, darker skinned people require 10 to 20 times the sun exposure length than lighter skinned people do to build up the same amount of vitamin D.

That is one of the major reasons why African Americans have a much higher rate of cancer in North America than other ethnic groups.

Most people, who have skin that is deeply pigmented, should take extra precautions when living in North America for health reasons. The only work around for them to maintain their health would be to optimize their vitamin D levels.

It is also very important to realize that the RDA of vitamin D of 400 units is absolutely inadequate for most people who do not have exposure to regular sunshine. Most people may need up to 10,000 units per day for a short time to build their vitamin D levels up to healthy ranges.

One must be very clear however that this should only be done under supervision with a health care professional who can monitor vitamin D levels. Vitamin D in excessive doses can be quite dangerous as it can cause calcium to deposit in your soft tissues and kidney and this is not easy to turn around.

Good Oils Bad Oils _Kari McDermott

Summer is here. Let's get back to the subject of FAT. Not the body image we hate in a swimsuit, but the internal health of our bodies that is determined by the content of the fats and oils we put into them. And even the oils we put on them that have health benefits.

My path to "oils" began with Star and benefiting from her knowledge of Young Living's therapeutic-grade essential oils. Our relationship is continually enhanced by our shared passion for health. Our appetites for knowledge and our need to bring that knowledge to our friends and families helps us make "connections" to the truth about oils and their influence in our lives.

The correlation of omega-3 and omega-6 fats and the ratio in which we consume them is directly related to our health. Not only have I recognized the impact of "good oils" on diabetes (which I shared with you in the January issue), and how fish oil, flaxseed and coconut oils are superior to the "bad oils" prevalent in the American diet, a new series of articles published on Dr. Mercola's website is proving to me that good oils may be the most critical factor underlying the diseased American culture. Obesity, Heart Disease, Chronic Fatigue Syndrome, FibroMyalgia, Depression, Alzheimer's, Cancer and Diabetes to name a few could be reversed by eliminating any junk oil you consume that is sold in a clear plastic bottle (Crisco, too). Eliminating any manufactured, altered vegetable or animal fat that has been substituted for "natural fats and oils" may be the first step toward changing our lives, health and happiness.

The current levels of omega-6 consumption in America found in canola, corn, soy and safflower oils are over abundant in our diets. The average ratio of omega-6 to omega-3 is 20:1 or even 50:1. The ideal ratio of omega-6 to omega-3 is 1:1! Omega-3's are found in flax seed oil, walnut oil and fish. Fish oil which is highest in fatty acids is crucial to our health. Not only are our bodies dependent on the two fatty acids DHA & EPA, so are our brains. Perhaps the lack of these components over the last fifty years is the reason we aren't thinking clearly anymore. We're willing to let the television and the influence of advertising dollars dictate to us that manmade synthetic junk foods and junk oils aren't harmful. Yet, our disease thresholds continue to spiral out of control. I think the evidence is absolutely clear that the typical American diet is deadly and getting worse. The sad thing is even knowing we need the "good oils" doesn't mean they're readily available or affordable. Eating fresh fish (fresh or ocean varieties) can't be recommended anymore due to the high mercury contents. For safe sources of fish oil try internet sources you trust like www.mercola.com.

You absolutely need omega-3 from fish oil in your diet. If you commit to fish oil you will also need a full spectrum Vitamin E to improve the fish oils effectiveness and avoid "lipid peroxidation" (maintaining a fat-soluble antioxidant absorption). For Diabetics this is more good news because of the added benefit in the body's ability to increase glutathione and Vitamin E nutrient absorption when glucose levels drop, improving blood sugar control. Another oil..... more hope for Diabetics!

Although coconut oil is not an omega -3 category oil, the superior health benefits are due to its medium chain fatty acids (or *medium chain triglycerides* - MCTs). MCT's aren't stored in the body as fat like long chain fatty acids (most vegetable oils, all hydrogenated oils, polyunsaturated oils, etc.) that are marketed and sold for financial benefits, not health benefits. MCT's are burned for energy and digested quickly. (Great news for sluggish blood system diseases.) MCT's raise the body's metabolism. Lauric acid found in coconut oil is similar to mother's milk and has nutraceutical effects. Second only to mother's milk, coconut oil is nature's most abundant source of lauric acid and medium chain fatty acids.

The research data and knowledge of coconut oil's superior health benefits has been suppressed by negative campaigning starting in the 1950s. Looking for a cause to the increase in heart disease researchers suggested that cholesterol levels were the problem. The saturated fat and cholesterol scare has become mainstream thinking and the truth about "good oils" is still being suppressed from the American public, while Europe decreases its consumption of trans fats and Denmark actually BANS them!

The FDA issued a regulation (July _03) to list trans fatty acids, but the general public is still not made aware of the dangers of bad oils due to the trillion dollar empire of agriculture and medicine. Dr. Mary Enig Ph.D., Uffe Ravnskov M.D., Ph.D (author of *The Cholesterol Myths*) and many others have written extensively on the flaws of the "cholesterol theory" related to heart disease. They are exposing the lies of food manufacturing, pharmaceutical companies and the mass media campaigns. Few people in the media are willing to stand up to the industries that pay their salaries. They can't afford to tell the truth anymore. Some of us are spreading the truth about the essential oils that the earth provided for us from the beginning of time.

Coconut oil is also a natural sunscreen (see article pg. 2) and can be safely applied topically so you can enjoy the sun. Fear of the sun is another propaganda driven myth which must be addressed for our health and happiness. We need the sun. There is mounting evidence that cancer is not the result of sun exposure, but to the contrary. Skin cancer is relative to the bad oils in our bodies, toxic sunscreens, and avoidance of the sun. To increase your energy, reset your metabolism, eliminate toxins faster and more efficiently you should consider a commitment to the good oils, natural oils, ESSENTIAL OILS!

For more information go to:
www.mercola.com
www.tropicaltraditions.com
www.coconutoil.com
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