



DECEMBER 2007

ISSUE TWO

FREE

Essential 7 Kit Promotion!

Young Living's year-end promotion, a FREE Essential 7 kit to celebration of the holiday season. When you purchase \$250 PV worth of products, you will receive a FREE Essential 7 kit. It's as simple as that. What's even better is that you can participate in this promotion TWO times: once in December and once in January if your January order goes through by the 15th. Full details below

PROMOTION DETAILS:

Celebrate the season with a FREE Essential 7 kit when you place a single order of 250 PV or more from December 1 to January 15! That's a \$64.75 value!

Order online today at www.youngliving.us, or call Distributor Network Services at 1-800-371-2928.

Promotion details:

- From 12 a.m. MT on December 1, 2006, to 11:59 p.m. MT on January 15, 2007, place a single order of at least 250 PV, and receive one (1) Essential 7 kit FREE!
- There are no qualifying points or commissions paid on the free Essential

7 kit.

- There is a limit of one free Essential 7 kit per membership, per calendar month.
- Automated Phone System (IVR) orders do not qualify for this promotion.
- Autoship and Essential Rewards Autoship orders are eligible to participate in this promotion if the autoship processes within the

promotion dates.

- This offer is available by ordering online at www.youngliving.us or by calling Order Entry/Distributor Network Services at 1-800-371-2928.
- Faxed and mailed orders received within the promotion dates are also accepted.
- Participate in this special promotion twice by ordering once in December and again in January (through the 15th), and receive a FREE Essential 7 kit

A \$64 Value!

OUR GIFT TO YOU

Free Essential 7

Order 250 PV, get an Essential 7™ oil collection—free!

Healthy Essentials
Healthy Essentials



Healthy Essentials

You've Got to Try These Oils

At present, Young Living Essential Oils offers 69 different kinds of 100% pure, therapeutic-quality essential oils, and 66 different blends of 100% pure, therapeutic quality essential oils. Because of this wide range of choices, Dr. Young has put together a special "introduction to essential oils" kit for first time essential oil users, consisting of three bottles of some of the most important and powerful of the essential heating oils (peppermint, lemon and lavender), and four bottles containing specially formulated blends of essential healing oils, for a total of seven bottles of essential oils.

Dr. Young calls this kit *The Essential 7*. Each bottle contains a full 5 ml. of highly concentrated essential oils—more than enough to help you become thoroughly familiar with the amazing therapeutic properties of the various oils they contain. All of the oils in this kit are 100% pure, unadulterated, therapeutic quality essential oils. Young Living Oil produces nothing less. Each of the seven different oils and oil blends in the *Essential 7* kit can be diffused, applied directly to the body, or even added to the bath water. Here are descriptions of the oils you'll find in this kit, and their most widely acknowledged therapeutic properties:

Lavender

Known as the "universal" essential oil because of its worldwide use in healing, it is highly touted for its phenomenal ability to heal severe burns, cuts, bruises, and skin irritations. It is also widely known for its almost instantaneous ability to cure headaches, relieve

insomnia, alleviate the symptom of PMS, and reduce stress. The fragrance is calming and relaxing, both physically and emotionally. Perhaps most importantly of all, it kills staphylococcus, the typhoid bacillus, the diphtheria bacillus, the tuberculosis bacillus, as well as pneumococcus, hemolytic streptococcus and many other dangerous pathogenic microorganisms, and has strong anti-venom properties as well.

Lemon

Known to promote leukocyte formation and increase lymphatic function, thereby dramatically boosting the body's immune system. It kills many forms of bacteria and other pathogenic microorganisms on contact, including meningococcus, the typhus bacillus, pneumococcus, staphylococcus aureus, diphtheria bacillus, and hemolytic streptococcus. It also helps purify the air and water, and promotes a sense of well-being when inhaled or applied. It is full of important vitamins including B, B1, B2, B3, A, C and PP (a factor in protection of the vascular system). It is also known to be hypotensive (i.e., it lowers blood pressure), antiseptic and bactericidal, cardiogenic (normalizes heart function), and a potent antidote for a variety of toxins.

Peppermint

Known to dramatically and rapidly improve mental acuity and alertness, vanquish fatigue, soothe the respiratory system, relieve nausea, fever and

vomiting, and quickly put a stop to acid indigestion and heartburn. It also kills intestinal parasites, as well as staphylococcus, the tuberculosis bacillus, and numerous other pathogenic microorganisms. when diffused, it purifies the air and water, and is known to be a mild aphrodisiac, helping to relieve impotence. Peppermint is also often used as an inhalant for the treatment of asthma, bronchitis, and sinusitis, and is known for its pain relieving properties.

Purification

This is a blend of 100% pure essential oils including Citronella, Lemongrass, Lavandin, and Melaleuca. It was specially developed by Dr. Gary Young for the purpose of purifying the air of airborne pathogens and neutralizing mildew, cigarette smoke, and other odors found in homes, offices and confined areas. Citronella is known to be highly antiseptic and anti-bacterial. It is antispasmodic and anti-inflammatory as well. Lemongrass is known to be strongly antiseptic and anti-parasitic. It is also very calming, highly beneficial for the digestive system, and anti-inflammatory. Lavandin is similar to lavender (see above), and has many of the same powerful therapeutic properties. Melaleuca is known to be highly anti-infectious, anti-bacterial, antifungal, anti-viral, anti-parasitic, antiseptic, anti-inflammatory, immune-stimulating, decongestant, neurotonic (i.e., it calms jangled nerves) and pain-relieving. [This is an extremely

Dial into our interactive conference calls every Tuesday.
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Business Presentation.
9pmET, 8pmCT, 7pmMT, 6pmPT
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**“Everyone is a house with four rooms, physical, mental, emotional and spiritual.
Unless we go into every room, every day, if only to keep it aired,
we are not a complete person -”
Remember to Oil Up!!**

powerful and highly therapeutic essential oil blend we feel should be found in every home first aid kit or medicine cabinet—Ed.]

Joy

This is a blend of pure essential oil-- that include Ylang ylang, Bergamot, Citrus and Bulgarian Rose oils. It was specially developed by Dr. Gary Young to relax the body and mind, and bring about an enhanced sense of well being and security. Ylang ylang is highly antiseptic and widely used to fight intestinal infections. It is also wonderfully hypotensive (i.e., it relieves tension and high blood pressure)...it reduces hyperpnoea (i.e., over-accelerated breathing)...it alleviates tachycardia (i.e., rapid heart beat)...and it is known to work wonders on sexual debilities such as impotence in men and frigidity in women. Bergamot has been used in the Middle East for hundreds of years as an effective treatment for infectious diseases, cold sores, insect bites, ulcers, sore throat, thrush, and depression. It is known to have about 300 powerful chemical constituents and has a refreshing, uplifting quality on the human body. Citrus is naturally relaxing and calming, especially for children. It works extremely well as an antiseptic in the air for killing bacteria. Bulgarian Rose has the highest electrical frequency of all essential oils at 320 Hz, and because of this, it enhances the electrical frequency of every cell in the body, bringing about heightened immunity and overall good health. It is highly anti-infectious, and known to help alleviate chronic bronchitis, asthma and tuberculosis. Best of all it is stimulating and elevating to the mind, and has an intoxicating, aphrodisiac-like fragrance. [This is another

powerful oil blend that we think should be used regularly—even daily—in every home---Ed.]

Peace and Calming

This is a blend of pure essential oils that include Citrus, Ylang ylang, Tanactum and Patchouly. It was specially developed by Dr. Gary Young to help promote relaxation and a sense of calm after a stressful day. Additionally, when diffused in the home it helps gently relax overactive, upset or hard-to-manage children. (We have already discussed the numerous therapeutic and antimicrobial properties of Citrus and Ylang ylang above.) Tanactum (also known as Blue Tansy) is one of the rarest and most therapeutic of the essential oils. It is known to be highly anti-viral and anti-bacterial. It fights colds, flu and infection. Additionally, it aids the body's nervous system by modulating neurotransmitters, reducing stress and bringing about a general feeling of well being.

Patchouly is among the top 10 oils used in Aromatherapy. It is known to be powerfully anti-infectious, antiseptic, and bactericidal. Additionally, it helps regenerate tissue, and is anti-inflammatory. It is also used as a general tonic that helps bring about a relaxed state when diffused or applied directly. If you have any trouble with insomnia or stress, we believe this is one of the most beneficial essential oils blends you could ever use. We have personally used this blend to great effect for overcoming insomnia and calming anxiety. Additionally, because of the Citrus and Patchouly it contains, it has the ability to rid your home of dangerous airborne pathogens and other potentially harmful debris when diffused.

Pain Away

—This is a blend of essential oils that include Helichrysum, Birch, Clove, and Peppermint. Pain Away was especially developed by Dr. Gary Young to help reduce inflammation, promote healthy circulation and healing, and alleviate pain. It has proven to be highly effective for the relief of arthritis and rheumatic symptoms, sports injuries, sprains, and muscle spasm. (We have already discussed the many beneficial therapeutic properties of Peppermint above.) Helichrysum is an all-around beneficial essential oil that is widely known to help regenerate tissue and reduce tissue pain. It has also been shown to stimulate liver cell function, improve hearing loss, and reduce scarring and discoloration of the skin. Birch contains 99% methyl salicylate, which has a completely natural cortisone-like action that is highly beneficial for muscle, bone and joint discomfort. It is extremely helpful in decreasing pain from arthritis, tendonitis and rheumatism. Clove is widely known for its powerful pain-relieving properties. It is also one of the three essential oils in which no known bacteria, virus or fungus can live. It is anti-infectious, anti-bacterial, anti-viral, anti-fungal, anti-parasitic and antiseptic. It is used in European hospitals for viral hepatitis, bacterial colitis, cholera, amebic dysentery, infectious ache, sinusitis, bronchitis, flu, tuberculosis, hypertension, thyroid dysfunction and fatigue. [This essential oil blend is an absolute “must have” if you suffer from aching joints, arthritis or rheumatism, or engage in any kind of work or sports activities that leave you with sore muscles—Ed.]

Healthy Essentials
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Healthy Essentials

How Healthy Essentials Changed Some Lives

My name is Jessica Isenbart. I am a 24 year old pre-med student, and I have been using EO for about a year now. I must let you know that I knew about the oils for a long time before I bought any. Part of this was because I grew up thinking that alternative medicine was a hoax. About a year ago I bought an Essential 7 kit, and I carried it around for a good month not really sure what to do with it.

My first real experience with the oils came on a long road trip between home and school. I came down with a terrible tooth ache the previous day. When I called my dentist he said that I would need a root canal, and would need to be on antibiotics for a week before the procedure could be done. Because it was a Sunday all of the pharmacies were closed, and I was stuck taking tylenol for pain. Monday morning, on my way to the pharmacy, I remembered that I had the E7 kit in my back seat. I opened it and just started rubbing a little from each bottle on my cheek and neck not knowing what their individual uses were yet.

Before I got to the pharmacy, the pain that had kept me awake all night had subsided. Within an hour the swelling was starting to decrease. I picked up my prescription thinking that I would keep it as a backup in case the oils stopped working. I did the same oil treatment three more times that day and by Tuesday I had no swelling, no pain and the flush in my face had disappeared. I had not even opened the antibiotic. I was hooked!

This is just one of many stories. More recently, I was out gardening and got a sunburn on my shoulder. I jumped in the shower to wash up and remembered that my shampoo and conditioner are YLEO lavender. I washed my shoulder with the shampoo and also with Sensation bath gel which has aloe vera in it, and then right before I got out of the shower I used my conditioner to moisturize the area. Within minutes the burning and heat went away, and within the hour the redness had gone down.

My favorite oil is peppermint. I use it for menstrual cramps on my abdomen. I use it for head-

aches on my temples, the base of my neck and the crown of my head. I use it for mental alertness by placing one drop on my tongue before an exam or when I need to stay focused on a text. I use it on sore muscles with OrthoEase massage oil. The uses are endless!

Needless to say, I aspire to be a physician that will be able to treat the entire person, not just the ailment. I believe that essential oils and the systemic effects, their ability to travel throughout the body in a matter of minutes and their no known negative side effects will help me accomplish this goal. Thank you Gary Young for your continued diligence in your research of essential oils.

*Jessica Isenbart
Holyoke, CO*

After years of taking care of everyone else but myself I realized something had to change. I was a size 22, always stressed out and tired, drinking tons of coffee along with 2 liters of soda and lots of other junk food. I

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**“For information on events in your area visit: www.youngliving.us
click on world map of events”**

was taking a lot of medications including allergy shots, acid reflux medication, migraine medications, PROZAC, just to name a few. After a complete hysterectomy in 2003 which resulted in two blood clots in my right calf I knew I had to change my ways. I joined Young Living and through their training CDs and seminars I received a serious education in health and wellness. I made some radical changes in my eating and living habits and used Young Living products to regain back my health and life. Here is my daily program (Remember each of us has different chemistry and situations, educate yourself, listen to your body, and work with a qualified health practitioner)

Water and Supplements

1 gallon of pure water with 6 drops of grapefruit and lemon essential oils each.

2 ounces of NingXia Red daily, Essentialzyme, Detoxyme, Longevity, Comfortone at night

Food regimen

I eliminated white flour, sugar and junk food.

Sample Menu

Breakfast: organic yogurt with wolf berries.

Lunch: garden salad with no salt swiss cheese, wolfberries, al-

monds, walnuts, grapefruit.

Supper: chicken or fish brown rice or small potato with fresh fruit and vegetables.

Young Living oils regimen:

I used many essential oils but the ones I used daily were Valor, Joy for upliftment, Frankincense on my brainstem, Clove, Cypress around ankles for water retention, Cel-lite magic to firm up loose skin, and Transformation to help me transform my inner self.

With these changes the weight literally started melting off. Today I have released (I didn't lose it because when you lose something you usually find it again) 95 lbs and enjoy my size 8 pants now! Young Living has given me my life back, through education, the highest quality nutritional supplements and food grade essential oils I now feel the best I

have felt my whole life. I have created my passion and personal power. It was just natural that I would do young living as a business. Today I educate people like me who lost their health and want to regain their personal power and find passion in life!

Cindy Falcone-DenBleyker



Young Living Waterloo Training

Sunday, January 6th, 2007 at 2pm – 4pm
Waterloo Holiday Inn

Located on Rte 414 take exit 41 off the
NY State Thruway

Rachel Wiener is a Holistic Health
Counselor accredited with the American
Association of Drugless Practitioners. She
will be leading a workshop on the benefits
of Omega 3 fatty acids, that can be found
in Young Living's Omega Blue.

Pre-Registration: only \$5.00

To Register send check or MO for \$5.00

to: Kathy Kouwe, 651 Olmstead Ave,
Savannah, NY 13146

Received by 1/2/08 or \$10.00 thereafter
or at the door (NO EXCEPTIONS)
or PayPal: kathy@oilslady.com

All Paypal payments made will be donated
to www.vaccinetruth.org

For a list of trainings in your area, visit:
www.youngliving.com and click on events.

Mark your calendars:

February 10th, 2008 March 9, 2008;
April 13, 2008

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Methicillin Resistant Staphylococcus Aureus: MRSA

There is a rampant health destroying microbe in our hospitals that cannot be seen with the naked eye. Worse yet, it cannot be killed with antibiotics, hence the "resistant" part of its name. It's called methicillin resistant staphylococcus aureus or MRSA. This bacteria is extremely common and leads to boils, rashes or necrotizing flesh. Sometimes, a person can have a rampant internal infection with no external indicators.

It is estimated that an alarming 25 to 30% of the worldwide population has this bacteria. It was not the broken neck that was the demise of Christopher Reeves; it was the MRSA infection due to a bed sore. That is where it started and spread to his bloodstream, then to his organs and ultimately to his demise.

Young Living's long time researcher Sue Chao took on MRSA and presented preliminary research at Convention. 92 single oils, 64 blends and 15 oils from Ecuador were studied. She used the MRSA strain ATCC 700699 - a nasty one. The results were astounding. Mind you, this is a super bug that mainstream medicine cannot treat effectively. What Sue found preliminary research is exciting - MRSA is defenseless against a few essential oils! In the cultures with a 30 il load (1/2 drop per Petri dish), the Young Living's blend of R.C. and the single oil of Lem-

ongrass were triumphant. They killed 100% of the MRSA line in the sample dish. Young Living's Longevity Oil was also excellent. More of this research at different loads will be conducted this year, with more to present at Convention 2007! The goal is to publish this research as a peer reviewed study. To see this presentation, please purchase the Convention 2006 PowerPoint CD's from www.essentialscience.net.

Geranium is one of the oils that UK scientists discovered is very effective at killing MRSA (methicillin-resistant staphylococcus aureus) fancy name for a Staph superbug that is resistant to one of the most powerful if not THE most powerful antibiotic available. That is not good because then antibiotics only add to the problem, they do not help. In fact, using antibiotics on this disease seems to make it worse rather than better and animals are dying as a result -so are peo-

ple. Kim Bloomer (MRSA) There are 2,000,000 reported hospital acquired infections every year and 100,000 people die from this. Essential oils have been studied and proven effective against the common hospital-induced, antibiotic-resistant infection, MRSA (methicillin resistant Staphylococcus aureus). In a study cited, 22 out of 25 cases were resolved with essential oils. In vitro studies showed these oils to be effective: Cinnamon, Geranium, Peppermint, Orange, Grapefruit, Patchouli, Lavender, Lemongrass, Thyme, Spearmint, Lemon Myrtle, Clove, Mountain Savory and Eucalyptus radiata.

Here is a list of Essential Oils that you can use to improve the immune system when fighting MRSA - Eucalyptus radiata, Clove, Lemon, Patchouli, Melaleuca alternifolia (tea tree oil), Geranium, Myrrh, Oregano, Thyme, Orange, Grapefruit, Spearmint and Mountain Savory.

Per page 35 of Advanced Aromatherapy, oils that combat Staphylococcus are Melaleuca, Cinnamon (0.86), Clove (0.62),

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"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe and upon which we must vigorously act. There is no other route to success -"

Oregano (0.92), Mountain Savory (0.72) and Thyme (0.65).

And remember, the Thieves has been found by research at Weber State University in Utah to kill 44% of Staph Aureus in only 10 minutes!

Hi Nancy,

When my uncle had various pathogens infect his lungs in the hospital, MRSA among others, he got rid of each (substantiated by lab cultures), only to be infected by another hospital borne (the staff said) pathogen. Here's what he did to get rid of them. On the lung areas under and on top of his feet: Thieves, ImmuPower, Frankincense and Exodus II. Oregano, Lemon and Thieves were individually diffused. Oregano and Thieves were not diffused for long because they were irritating to breathe. They bothered me, but not my aunt and uncle. When Oregano was diffused, we could see the change in SECONDS on the monitor. His breathing was shallow and he was supposed to take deep breaths. As soon as Oregano was diffused, his breathing changed to deep breathing. It was awesome! Hope this helps. Be well, Jeannie

A couple of years ago, I had MRSA in my lung. In addition to the allopathic treatments of vancomycin and some pill that costs \$100 per pill, friends introduced me to essential oils. The oils that I used were

Thieves, Purification, Lavender and Hyssop. I put them in me, on me and around me. The Hyssop was particularly effective when diffused. It helped me to cough. The interesting thing was that it did not have that effect on anyone else in the house. As we know, the oils do what they need to do, where it needs to be done. No one else in the house was sick, nor did they get the MRSA. I also received several Raindrops. It took several months before I felt back to normal. As always, increase fluid intake and drink Ningxia Red daily.
Mike L.

For doctors and other medically oriented skeptics, here's an official medical news site that doesn't shy away from the value of essential oils in dealing with MRSA (or course, it's British, not US). <http://tahilla.typepad.com/mrsawatch/>. At the bottom of the menu on the right there are three interesting links: Wounds and Essential Oils, Wounds and Honey and Wounds and Silver. Our Thieves Mouthwash has always struck me as the ideal MSRA fighter, though I haven't had the opportunity to put it to the test. Of course it has very powerful essential oils, but it also has colloidal silver. Drink it. Spray on wounds. Drink it. Spray on bedding, clothes, and environment. Drink it. Mix in lotions and such. Drink it. Bathe in it (of course, diluted). Drink it. You get the idea. Caleb

Holiday Special.....

Fill the air with the holiday scents they know and love using Young Living's revolutionary diffuser. Dispersed as a micro-fine vapor, therapeutic-grade essential oils permeate intimate spaces as friends and family gather to share in the wonder of this enchanting season. Collection contains an essential oil diffuser in silver, bronze, green, or limited-edition red along with three favorite diffusing oils in an ivory organza gift bag - Christmas Spirit™, Evergreen Essence™, and Purification® (5 ml oils) - free with purchase!



The Economy Model has a fixed low output that is especially good for use in smaller rooms up to 300 sq. ft. Its quiet operation makes it pleasant during sleep. The pump is a blue color and is approximately 4" x 2.5" x 2" in size. The glass nebulizer on this model features a tip that can be rotated to point in different directions, and that can be removed to fill this diffuser. \$40.00 includes shipping

Pay by check or MO, made payable to: Kathy Kouwe, 651 Olmstead Rd, Savannah, NY 13146 (\$20 fee for all returned checks) Or PayPal to: Kathy@oilslady.com



Petrochemicals: What can we do?

PETROCHEMICALS: We are the first generation to be exposed to petrochemicals everywhere, some we can do nothing about, there are present in the air, water and earth. Others we voluntarily put on our skin and in our mouth in the form of shampoo, cleansers, toothpaste and lotions.

According to Dr. Young, the increased use of petrochemical products into our bodies leaves behind a "microfilm" over our receptor sites. Our bodies are designed to get rid of waste products, but these petrochemi-

cals are new to our bodies and our causing problems. Did you know the skin absorbs 70% of what you put on it?

Look in any anatomy textbook and you will see there are many types of receptor sites; for touch, taste, vision, smell, hormones, pain, hearing and equilibrium and each site is designed for a specific molecule with a complementary shape. With the microfilm cover, the cells are not getting their hormones, nourishment and cells to make them respond and heal the body.

On tape #20, "Living with Passion", Dr. Young states, "Essential oils digest the microfilm off the receptor sites for human growth hormone receptivity. It is one of the greatest things you can do." He recommends to put a diffuser in the home, "because we have go to digest the petrochemicals in the brains of our children."

(for information on obtaining copies of this training CD or any other, email Kathy@oilslady.com)

To make your home a healthy home view our complete list of Thieves Products, visit: www.youngliving.com/kk

Testimonial

What a difference! I started using Thieves last year. The first time I had my teeth cleaned after starting using Thieves, my hygienist asked me if I had started to floss. I'm 59 and I rarely floss and hadn't started. She continued to tell me that my teeth were as clean as she'd ever seen them (very little plaque.) She then checked my 'pockets', and was surprised to see that were actually more shallow. It was a good day at the dentist!

Since then I've shared tubes of Thieves Ultra Toothpaste with several friends, all of whom have reported that their first appointment with the dentist netted similar remarks from the hygienist. Miracle? I don't know, but it works and it feels good. What more could I want!

Caroline Johnston

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