



Believe Essentials

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News You Can Use!

The warm glow of life

Make the world brighter today. Do it not because you should, but because you can.

The reason for joy is joy. It needs nothing more than to be.

Feel the warm glow of life. Marvel at the exquisite beauty in every detail.

Gently accept and embrace the richness of this moment that is now. Give sweet expression to the unique voice living within you.

With each fresh gust of the breeze, there are new possibilities. There is more to experience than you can even imagine.

Choose to live and to fulfill just a small fraction of the immense promise that is now. And you'll find life to be rich beyond all measure.

— RALPH MARSTON



The Story of Valor

It was at Hebrew University that Gary came across old Roman papers stating that one thing they would do before battle was to bathe in essential oils. They filled tubs with water and essential oils to perform a ritual called: Cleansing the Flesh and the Blood. This three-day ceremony prepared soldiers for war. Blue Tansy (primary oil in Valor) was included for mental focus and grounding. Based on these papers, Valor was created.

Item # 3429 - \$19.75

Also available in the NEW Roll-On #3529 - \$19.75

Weight Loss Protocol

To lose weight by balancing hormones continue for 60-90 days. *Take one day a week off of all supplements.*

Endogize: one capsule 3 times a day.

Sclaressence: one capsule 1-2 times a day.

Estro: take 75-150 drops 1-2 times a day.

Ultra Young: place a couple of squirts in cheek between 3 p.m. and bedtime. Stimulates HGH, progesterone, and estrogen balance.

Thyromin: take 1-2 capsules at night. Take temperature in the morning to self-check thyroid (see the Essential Desk Reference for details). Endoflex under your tongue helps kick-in the thyroid.

Gallstone Protocol

Research has revealed the first documented case of a gallstone being 100% dissolved with natural medicine.

GLF: take three capsules a day (with 20 drops in each capsule) for 30 to 120 days. Double your intake of water!

Balance Complete™

Now with New & Improved Digestibility

Balance Complete™ now contains a reduced amount of fructo oligo saccharides (FOS) and an enhanced enzyme pack to make it easier to digest.

Why the new formulation?

The average American diet doesn't include enough fiber—and a sudden increase in fiber intake can cause gas and bloating. The new and improved Balance Complete formula is designed to minimize the possibility of intestinal discomfort while remaining an optimal way to get the fiber you need.

Try the new formula today, which:

- ☺ Includes 11g of fiber per serving
- ☺ Supports healthy cholesterol levels
- ☺ Improves toxin and fat elimination
- ☺ Enhances nutrient absorption
- ☺ Curbs food cravings
- ☺ Maintains normal blood sugar levels
- ☺ Nurtures probiotics & colon health
- ☺ Eases gas and bloating

INSIDE

Multigreens... The Super Food of Super Nutrients 2

Young Living Expo 3

D. Gary Young Quotes from the Convention 4

Greening You and Your Home

Multigreens... The Super Food of Super Nutrients

By Jim Lynn

If you have yet to discover Young Living's amazing Multigreens supplement, I hope you will want to order a quantity soon after reading this report. Once you experience the power of this super green, super rich nutrient for yourself, you will never want to go without it ever again.

Multigreens provides one of the widest spectrums of naturally occurring nutrients known to man. Oh sure, there are other "green food" supplements out there on the market, and they are good. But, friend, wait until you read about Multigreens. If so called "green food" supplements are called "super" supplements, Multigreens is the super supplement of super supplements.

So what makes Young Living's Multigreens super green supplement superior to other super green supplements you ask? To begin, Multigreens is a "live" food containing nutrients and phytochemicals that you will never find in a typical vitamin supplement, nutrients like: enzymes, chlorophyll, amino acids, etc. Two of MultiGreen's primary ingredients are Spirulina and Barley grass. Spirulina (a blue-green algae containing over 100 synergistic nutrients) is rich in concentrated protein and chlorophyll. Barley grass is considered the most nutritional of the green grasses.

In articles in the Oct. 27, 1997 issue of *MacLeans* magazine and the April 25, 1994 issue of *Newsweek* magazine, plant compounds known as "phytochemicals" were hailed as an exciting and promising new

area of nutritional health research. The nutritional power behind plant nutrients and phytochemicals is not that they are there in "megadose" amount of any one particular nutrient, rather it is in the way all the plant elements "combine to work together."

Dr. Yohishide Hagiwara, a leading authority on health food and green foods, said, "It was clear to me, then, that the leaves of the cereal grasses provide the nearest thing this planet offers to the perfect food. For reasons of palatability, higher nutrient content, and favorable harvesting features, green barley stands out as the best among these."

Green barley grass also contains chlorophyll. Chlorophyll has been studied for its potential as a deodorant, in stimulating tissue growth, and in stimulating red blood cells in connection with blood supply. Perhaps most remarkable is the similarity between chlorophyll and the red pigment in blood. Research in the 1940s demonstrated that the two pigments react the same during breakdown.

According to an article in the Journal of the National Cancer Institute (Jan. 4, 1995), chlorophyll fed to laboratory animals reduces absorption of three dietary carcinogens: heterocyclic amines (found in cooked muscle meats), polycyclic hydrocarbons (found in smoked and barbecued foods), and aflatoxin (a mold on peanuts). The chlorophyll formed complex compounds with the carcinogens while they were still

in the digestive tract, limiting their bioavailability. Chlorophyll has also been found to reduce fecal, urinary, and body odor in geriatric patients.

But Multigreens has much more going for it than Barley grass. Its primary ingredient is Spirulina. Spirulina is 58 times richer in organic Iron than raw spinach and 28 times richer than raw beef liver! Filled with Beta Carotene (Pro Vitamin A), Spirulina is 25 times richer than raw carrots. It contains a spectrum of every natural antioxidant known, including: the antioxidant vitamins B-1 and B-6; the minerals zinc, manganese and copper; the amino acid methionine; and the superantioxidants beta-carotene, vitamin E and trace element selenium.

Spirulina is also nature's richest whole-food source of Gamma Linolenic Acid (GLA). Its oils are 3 times richer in GLA than evening primrose oil. Studies have indicated that GLA helps lower blood cholesterol and high blood pressure and eases such conditions as arthritis, premenstrual pain, eczema and other skin conditions.

The combination of Spirulina and Barley grass separates Multigreens from the super green food supplement shelf, but this still does not explain why Young Living's Multigreens is the super supplement of green food supplements. So what IS the secret? - Essential Oils! So what you say? Well experience has shown that before putting essential

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To be a success, find a successful person and follow their plan!

YOUNG LIVING EXPO

Experience Young Living like never before!

Are there any Young Living products you would like to smell, rub on or taste before you buy them?? **Now's your chance!** You will be able to visit many tables filled with Young Living Products!

Taste

- Balance Complete, Pure Protein and Power Meal Shakes.
- the NEW Manna Bars and Wolfberry Crisp bar.
- the hard and soft Thieves Lozenges.

Try the Genesis, Sensation, and NEW Lavender Lotions!

Smell the Morning Start, Sensation, Dragon Time, Evening Peace and the New Lavender Bath & Shower Gels!

Try the Massage Oils!

Remember the Children and Pets! Try the Kidscents and Animal Scents too!

Sample the Powdered Supplements!

Taste Chewable C and the NEW Mightyvites!

Try the NEW Roll-ons, Tranquil, Valor and Deep Relief!

Try the Rose Ointment

Have a Shot of NingXia Red!

Over a \$35 value!



Raindrop Demos and Lectures throughout the day!

Hand Reflexology, Chair Massage, Bionic Hydro Therapy (Total Body Detox) and **Aura Imaging** available!

Learn about the **EIS Scan** available to you!

All Natural Mineral Make-up from a local distributor... choose the right colors for you!

Many Trial Size products available for purchase!

FREE Zyto Compass Screenings! What does your body need?? Get tested and find out.

August 17, 2008
11am – 5pm

Waterloo Holiday Inn
Route 414, Waterloo, NY

Pre-Registered \$20 by August 12
\$25 at the door!

Pre-register by sending check or MO to:
Kathy Kouwe, 651 Olmstead Rd, Savannah, NY 13146

or

PayPal to: Kathy@oilslady.com



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Remember the New Rewards program for distributors attending the Waterloo Trainings!

- ✦ Earn 1 Point for every Waterloo Monthly Meeting you attend.
- ✦ Earn 1 Point for each NEW Guest you bring.
- ✦ Earn 1 Point if your new guest enrolls at the meeting with one of the Starter Kits.
- ✦ Points add up and can be redeemed for anything I have for sale on my table.
- ✦ 1 card per distributorship

Your card is required at each meeting.

Multigreens... The Super Food of Super Nutrients

continued from page 2

oils in Multigreens, there was a 42% blood absorption in 24 hours. After adding essential oils to Multigreens, blood absorption increased to 64% in 30 minutes and 86% in one hour. The conclusion is that the cells were now receiving nutrients that they had previously not been able to assimilate. No other super green food supplement can make this claim. (Essential Oils Desk Reference, 1st Edition, p. 205) Young Living's Multigreens is the only super "green food" supplement containing the essential oils of Melissa, Lemon, Lemongrass and Rosemary. Not content with the formulation, Young Living also added Bee Pollen, Panax Ginseng, and amino acids like L-arginine, L-cystine and L-tyrosine into this fabulous product. There is simply no other product that can compare itself to Multigreens on the market today. Offered in capsule form, the suggested daily intake to

increase metabolism is three capsules twice a day. You may safely increase this amount as needed until you begin to feel results. Athletes and others dealing with stress often take larger amounts; sometimes as many as six times the suggested daily amount listed on the label.

Best results can be obtained by placing Multigreens dry under the tongue. Just open the capsule and place the green powder on a small dish. Pinch the powder between the thumb and first finger and place under the tongue. Move your tongue back and forth. The Multigreens will be absorbed through the mucous membrane directly into the bloodstream. Allow about one minute to pass before drinking water or juice to give the Multigreens time to be absorbed into the mucous membrane.

Item # 3248 – 120 caps \$37.75

D. Gary Young Convention Quotes

"We are the premier health organization in the world!"

"Give me health and I will build my wealth. Give me wealth and I will consume my wealth trying to buy back health."

"Essential Oils are the purest and most tangible form of energy, next to God, on this planet."

"Nothing has shown a greater impact on the human body than Essential Oils."

"We can change the world, but we have to be an example of it first."

"If you oil together, you stick together."

"Stop using personal care products with xeno-estrogens!"



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*Behave
Essentials*
News You Can Use!

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