

THE ESSENTIAL EDGE

NEWS OF THE WORLD LEADER IN ESSENTIAL OILS



FOUNDER'S MESSAGE

I AM CONSTANTLY asked the same question. Maybe it's because, unlike most men my age, I'm not retired, playing golf, or vacationing. Maybe it's because I'm the founder of a two-decade-old company that has proven itself to be the best at what it does. I'm not quite sure. But the question always comes: What drives you, Gary?

I have a burning passion for helping people with essential oils and Young Living products. I have a passion for discovering and learning new things. It's a passion that will never leave me, and it's the force that drives me to travel weeks and months at a time to remote locations and to subject myself to sometimes dangerous situations. I do it because I know that what I do is directly blessing the lives of people around the world.

And so it can be with you. Gandhi said that we mirror the world; so if we change ourselves, the tendencies in the world would also change. So it's my turn to ask, what drives you?

I love this year's convention theme *Light the Fire*. It represents us perfectly. It represents our amazing members who *light the fire* every day.

Does it represent you? Are you passionate when you wake up? Are you excited to learn new things and look for ways to grow? Do you face obstacles with relentless determination? Are you focused on improving yourself and helping others?

One of the things I love most about Young Living is that we promote greatness. We put life-changing products, tools, and opportunities in the hands of anyone who feels compelled to join our mission. We do it because we care and because we're passionate about helping change people's lives for the better.

Discover your passion. Discover what drives you—and light your fire.

Get Healthy

FOR A HAPPIER, BETTER LIFE

The mother-son team of Cathy and Drake Eaton is winning medals, breaking world records, and transforming the lives of thousands through their personal training. Turns out this power duo has also been rocking Young Living products for 20 years.

AT 20 YEARS old, Drake Eaton hovers around 198 pounds of pure muscle. To see him is to see a young Arnold Schwarzenegger.

At such a young age, Drake's expertise and performances are sending shockwaves throughout the ultracompetitive worlds of powerlifting and bodybuilding. In October he became the world junior champion and placed second overall in the open men's division, winning six gold and two silver medals at the AAU World Powerlifting Championships in Las Vegas. During that meet, he set the world record in the strict curl, where he competed in the RAW open men's 242-pound weight division. By competing in that division, Drake was lifting against men 24 to 40 years old and from 17 different countries. Even more, Drake won the Southern Powerlifting Federation (SPF) national powerlifting competition in the junior RAW division and is qualified for the Junior Olympics in powerlifting later this year. Already at the pinnacle of world-class powerlifting and moving into the apex of bodybuilding, what drives Drake?

"I want to make an impact on individual lives, whether directly as a trainer, a coach, or a role model for others who are also passionate about health and fitness," he says.

"As a healthy human being, you can enjoy more, you can express yourself better, and you can help spread that to everyone else. If you feel good, people around you will feel good."

-Cathy Eaton

Through all the training that has led him to the top, there have been two constants in Drake's life: his coach and mother, Cathy, and Young Living.

Cathy Eaton, a Young Living member, is a renowned fitness expert and coach. She's had a personal training practice for 41 years; has earned bachelor degrees in physical education and dance from the University of Cincinnati, as well as a master's degree in exercise physiology; has coached numerous elite-level sports, including AAU world powerlifting and has served on the Olympic training center's outreach program as an exercise physiologist and conditioning coach for figure skating; has taught high school physical education and health and coached for 15 years; and both she and Drake are certified personal trainers from the National Academy of Sports Medicine.

They are astoundingly busy.

Both Cathy and Drake know that being in high demand is just what happens when you're the best at what you



Young Living member Drake Eaton performing at 19 years old.

do. At their own Eaton Health and Fitness center in Ohio—a full-time responsibility that would make any dedicated gym rat sweat—Cathy and Drake train all ages (Cathy's oldest client is 91) and levels, including those with disabilities, those in post-rehab, those striving for weight loss, as well as competitive bodybuilders and powerlifters. Cathy also spends her time with FitWorks, a network of gyms throughout Ohio and Kentucky, as the head trainer and supervisor, where she teaches the personal trainers, including Drake. Somehow, they find time to get their workouts in, too.

"I keep training and teaching because fitness is a major component of staying healthy and having a great quality of life," says Cathy. "As a healthy human being, you can enjoy more, you can express yourself better, and you can help spread that to everyone else. If you feel good, people around you will feel good."

Cathy's role as an elite athlete, coach, and teacher goes back 40 years. That history may date her, but she doesn't care.

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A BETTER LIFE

At 58, Cathy stands 5'3" and has maintained her 109-pound frame and the same body mass since 10th grade. Two months ago, she won five gold medals and one silver medal during the SPF event. In October, she won a gold medal at the AAU world powerlifting meet in the Masters Division Feats of Strength strict curl. Though her resume is a jaw-dropping display of accomplishments, titles, and references, for her, it's not about the winning.

"I love competing," admits Cathy. "You put all these pieces together to make a whole. Some people are afraid to compete; but with me, it's exciting because I don't worry about the end result. I just want to be there competing. It's about being prepared and being ready to do the best that I can do, and I've raised Drake with that same attitude. He does what he needs to do, and he loves the practice—he loves it! He enjoys his life, and that's probably why he's a world-class athlete at 20."

THE YOUNG LIVING INFLUENCE

"I'm an elite trainer and that's why I get the results I get. I work systematically and holistically with each client I train," says Cathy. "If you get happier and healthier, your workouts are going to get better; and your life is going to get better. By implementing Young Living's products with their workouts, my clients get the best results in life they can get."

Drake has seen firsthand the products' benefits. He's been using them since before he was two years old.

"I was raised on Young Living products," he says. "I can attest to their effectiveness, which is why I recently became a Young Living member. I'm passionate about the oils and the blends, which I diffuse daily at home and at the gym, and I really love the Wolfberry Crisp bars and NingXia Nitro™."

For how much time both Cathy and Drake spend with elite athletes, they readily agree that a balanced fitness program and Young Living products need to be part of everyone's life.

"Young Living products play a huge role in what Drake and I do every day," explains Cathy. "I use them constantly with all my clients at the gym, and they accept them without question because I'm a living example of their effectiveness."



Young Living member Cathy Eaton, in the middle with blonde hair, with three fellow competitors at a recent powerlifting meet.

CATHY AND DRAKE'S GO-TO'S

for Vitality

NUTRITIONAL SUPPLEMENTS:

POWER MEAL * WOLBERRY CRISP * STEVIA * BLM * NINGXIA RED

ESSENTIAL OILS AND BLENDS:

ROSEMARY * PANAWAY * LAVENDER * PEPPERMINT * CYPRESS



Get set for the LIGHT THE NIGHT FUN RUN!

YOUNG LIVING'S LIGHT the Night Fun Run is your opportunity to take in the big and bright stars of the Texas sky while playing a key role in improving the lives of children through the D. Gary Young Foundation.

Join us during the convention for a 5K or mile walk/run as we raise funds to spread education in underserved areas. Bring your family and friends, create a team with other members, or just simply join in for a night of giving and fun. You can enjoy live music, food available for purchase, and prizes:

- First-place male
- First-place female
- First-place child (12 years or younger)
- Brightest team glow
- Most creative team light gear
- Team dance-off (choreography encouraged)

All proceeds will go to the D. Gary Young Foundation. Visit YoungLiving.com/Convention by July 19 to register.



RECIPES FOR AN ABUNDANT LIFE

PALEO THIN MINTS

INGREDIENTS

Cookie

- 1 cup + 1 tablespoon blanched almond flour
- 1 tablespoon tapioca
- 1/3 cup cocoa powder
- 1/4 cup + 1 tablespoon grass-fed butter or vegan butter spread
- 1 teaspoon vanilla extract
- 1-2 drops Peppermint essential oil
- dash of Himalayan sea salt
- 2 tablespoons pure maple syrup or raw honey

Chocolate Coating

- 1/2 cup dark chocolate
- 1-2 drops Peppermint essential oil

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a bowl combine dry ingredients followed by wet ingredients; roll dough into a ball, wrap in parchment paper, and chill for 30-45 minutes.
3. Remove dough and place onto a new piece of parchment paper. Sprinkle with additional tapioca.
4. Place a second sheet of parchment paper over the dough.
5. Using a rolling pin, flatten the dough to approximately 1/4 inch.
6. Use a cookie cutter to shape cookies and then gently lift cookies with a spatula to place them onto a lined baking sheet.
7. Bake for 15 minutes or until crisp.
8. Remove and let cool completely. Cookies will be crunchy.
9. Once cooled, melt chocolate and add in Peppermint.
10. Dip cookies and let set in the refrigerator.



Lexi is a healthy-food blogger sharing gluten-free, dairy-free, and paleo recipes that are simple to prepare, delicious, and nutrient-dense. Her popular food blog, Lexi's Clean Kitchen, is a website that aims to help others achieve a balanced lifestyle, full of whole foods and free of limitations!



LexisCleanKitchen



AlexisKornblum



LexisCleanKitchen



AKornblum

YOUNG LIVING RECOGNITION

February 2015

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Jeanmarie Hepworth (USA)
Kathryn Farmer (USA)
Lindsay & Michael Moreno (USA)
Marcella Vonn & Jim Harting (USA)
Max & Karen Hopkins (USA)
Melissa & Mark Koehler (USA)
Monique & Jeremiah McLean (USA)
Troy & Alyssa Francis (USA)
Vicki Opfer (USA)

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April & Jay Pointer (USA)
Christa & Jason Smith (USA)
Courtney Critz (USA)
Darren & Sera Johnson (USA)
Diane Mora (USA)
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Lindsey & Evan Gremont (USA)
Melissa Poepping (USA)
Myra & Ernie Yarbrough (USA)
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Emily Styers
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Erin Willis
Erinn Norris
Ginger D Moore
Grace Elizabeth Brindle
Haley Celeste Miller
Heather Dill Misenheimer
Heather Schisler
Holli K Linton
Holly Hidey
Ivy Nault
Jaclyn Pritchett
Jaime Lauber
Jaklyn Burk
James Family Chiropractic
James Newton
Jana Harrison Taylor
Janelle R Goltz
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Jessica Brackett
Jessica Delagrance
Jessica Horstman
Jessica McNab
Jessica Rae Godemann
Jessica Sickau
Jodi Verduci
Joe Gutierrez
Johanna Belwood
Joy Chrest
Joy Winelle Teal
Julie Ann Sanborn
Karie Watson

Excitement is spreading for the WORLD PEACE & HEALTH CONFERENCE



A REMARKABLE, FOUNDATIONAL cornerstone to the World Peace Caravan (WPC) is the World Peace and Health Conference (WPHC) that will be held in Jordan on the banks of the Dead Sea on December 21–22, 2015. Hosted at the five-star King Hussein bin Talal Convention Center managed by Hilton, the worldwide conference is open to anyone who would like to attend, not just those participating in the World Peace Caravan.

Gary Young and his team at the WPC have created an event where attendees will not only learn about the peace process but will also walk away with steps on how to make a difference wherever they live.

“When choosing speakers for the conference, we focused on a powerful mix of dignitaries, peacekeepers, and—more importantly—those who are on the ground making a difference,” said Kim Langbecker, the WPHC’s producer. “These are people who saw a need and did not want to wait for the government or someone else to fix it. They took the bull by the horns and made a change.”

The conference will focus on moving away from conflict resolution to conflict prevention, as well as the role of women in peacekeeping. An entire track will be

dedicated to women who have acted as peacekeepers.

Another track will focus on the role of youth in peace. Our youth are those most often afflicted by conflict. Fortunately, many young people have great ideas about peace and are very active in their communities around the world. The WPHC will give these youth a platform to express their views and to be role models for others.

The final track at the conference centers on the importance of health and sustainability in creating peace.

Current speakers include Leymah Gbowee, Nobel Peace Prize laureate; Zainab Salbi, founder of Women for Women International; Alec Looz, founder of iMatter Youth; Dunia Elvir, anchor for Telemundo Communications, a division of NBC Universal and Comcast; and Dr. Vandana Shiva, a scientist, philosopher, feminist, author, environmentalist, and activist. The WPC team has also reached out to other dignitaries, peacekeepers, and experts in the sustainable development and health fields.

For more information about the World Peace and Health Conference or the World Peace Caravan, please visit WorldPeaceCaravan.org.



HK @ A GLANCE...

- 440 percent growth YTD
- Top 5 products: Thieves®, NingXia Red®, R.C.™, Lavender, and Lemon

LOCATED ON THE southern coast of China, Hong Kong is strategically situated at the heart of Asia, acting as the gateway to Mainland China, the world’s largest market.

The famous Hong Kong skyline—holding the world record for most skyscrapers over 150 meters—is a distinctive backdrop for the culture and spirit of the people. Hong Kong is a dynamic city with huge growth potential, which is part of the reason why Young Living chose Hong Kong to be the first market opened in the Greater China Region.

Our fantastic members in the region have enjoyed tremendous success in growing their Young Living teams, relying on a lot of hard work and the cultural

value of guanxi, or developing a supportive, influential network of friends, family, and acquaintances.

Young Living Hong Kong has experienced tremendous growth and has become one of the fastest growing markets in Young Living since opening in October 2013. Currently, two Diamond members are building their businesses in Hong Kong: Joanne Kan and Vivian Wan.

The Young Living Hong Kong office is conveniently located in Causeway Bay, one of the most iconic areas in Hong Kong. Many Young Living members are already reaching out to this office and taking advantage of the opportunity to grow their Young Living teams in this young, unique market.

MASTRANTE SINGLE NOW AVAILABLE!

YOUNG LIVING IS excited to now offer 5-ml Mastrante essential oil for individual purchase! Mastrante was originally included in the limited 2014 Exotic Oils Collection, which showcased exotic essential oils from around the world. The collection was a culmination of Young Living Founder and CEO D. Gary Young’s efforts to scour the planet for unique and cutting-edge essential oil discoveries.

Mastrante is native to South America, where it was used traditionally as a cosmetic for its clarifying, focusing, and energizing aroma. This exotic oil is distilled from the plant grown on the Young Living farm in Ecuador, where Gary has worked for five years to develop it for essential oil production. His extensive research on this unique botanical has included studying its optimal distillation

and drying times. Mastrante had never been commercially distilled before Gary began distilling it.

The earthy aroma of this rare essential oil is grounding, calming, and can be used to promote relaxation.

Mastrante uses and applications:

- Apply to feet to moisturize and support healthy skin.
- Apply to temples or Vita Flex points, energy centers of the body.
- Add to Ortho Ease® or Ortho Sport® massage oils to use following physical activity.

Members can purchase Mastrante essential oil through their Virtual Office.

Item No. 4686

5 ml Whsl. \$25.75 Retail \$33.88 PV 25.75

Young Living SEED TO SEAL® UPDATE

ST. MARIES: The staff has been unable to access the fields in St. Maries due to mud and soft-ground conditions. However, greenhouse activities are making great progress, from cultivating 150,000 lavender plants to testing organic fertilizers.

HIGHLAND FLATS: Staff members from the Highland Flats farm have been helping with operations at the Northern Lights farm in Canada during the testing of the new distillery.

NORTHERN LIGHTS: Gary and workers in British Columbia, Canada, have begun test-firing the new distillery and were able to produce the first test batch of our long-awaited Black Spruce essential oil. Also, after 8 1/2 months, the operating permit for the farm has been granted!

ECUADOR: Ylang ylang and lemongrass are being harvested and distilled and oregano is being planted.



The dedicated staff continues to distill juniper, harvest einkorn grass for juicing for initial research, and prepare the fields for planting. As part of greenhouse operations, the workers are transplanting seedlings to prepare the lavender fields. Due to inclement weather at our Highland Flats farm in Naples, Idaho, the Mona farm also hosted skilled workers from the Winter Harvest to help with harvesting juniper.