

THE ESSENTIAL EDGE

NEWS OF THE WORLD LEADER IN ESSENTIAL OILS



FOUNDER'S MESSAGE

OFTEN THINGS don't turn out exactly the way we had planned or even hoped they would. Every one of us experiences delays, detours, and roadblocks that frustrate our plans and test our patience and perseverance. Many of us will even go through life-altering trials that push us to our absolute limits.

I've had my share of both big and small challenges. A logging accident that broke my back and left me paralyzed and in a wheelchair was a tremendous struggle that tested my limits physically, mentally, emotionally, and spiritually. That was certainly a big one, but all of the little ones that come along and frustrate me add up, too.

Through these many challenges, I've learned a few things. First, I really believe that everything happens to us for a reason at the exact time it's meant to happen. I'm not just talking about tough times. I'm also talking about daily personal victories of every size. I'm talking about the people we meet and build relationships with and the experiences we share that strengthen the fabric that weaves us together.

So much in this life comes down to how we choose to act in every situation. Happiness is a choice. Perseverance is a choice. Hope is a choice. I've found it's easier to choose the good things in the face of challenges when I believe I'm being pushed from good to great, from a better outcome to the best.

So, let's celebrate! Life—with all its great victories and seemingly crushing defeats—is something to honor and cherish and love.



Winning with Young Living

THE IRON COWBOY

Photo by Michael Friburg

Young Living brand ambassador and IRONMAN athlete James Lawrence will soon set off on a superhuman feat to raise awareness and money for child and adult obesity in America. Join him in the cause and on the road in your state this summer. Get involved by visiting IronCowboy.co.

SOMEWHERE IN THE WORLD, James Lawrence is swimming, biking, or running. Perhaps it's in Utah, where he chooses to live because it's a triathlete's training ground mecca. Or maybe he's in Kona, Hawaii, the site of the IRONMAN World Championship. Truth is, he could be anywhere; but one thing is certain: James knows exactly where he stands, and it's on a path unknown to even the world's most elite triathletes.

There comes a point when an ultimate competitor wants to know what happens—what they're made of—when push comes to shove, when the limits of what is possible are on the horizon. This summer that horizon will be within James's grasp when he attempts to finish 50 full IRONMAN-format triathlons in 50 consecutive days in 50 states.

Forget impossible. This is James's reality.

"It's an amazing feeling to do what I love every day," he says. "But I'm just James. I'm just a father of five. Sure, it's an amazing feeling to have the world records, but I put most of my stock and success in being a father."

BECOMING THE IRON COWBOY

The Calgary, Alberta, native was not always into extreme fitness. When he was 28, his wife

challenged him to a four-mile "fun run" that he could barely finish. Then when his wife signed him up for a full marathon as an outlet to be more active as an adult, he entrenched himself in the training and in the small details. Seven years later he held two Guinness World Records™, one in 2010 for half triathlons and the other in 2012 for finishing 30 full triathlons in one year.

James doesn't believe in quantum leaps. The path to reach the first world record took seven years of intense focus, dedication, and exactness.

So, how does someone even begin to train for 50 full IRONMAN races in 50 consecutive days? "Well, first you break the world record for half-IRONMAN races," jokes James. The real answer, however, is one most people won't like. "It really is a full progression with a lot of patience and done very methodically. It's the same way you go from being a new member to being a Crown Diamond. It's building the blocks one step in front of the other. The next thing you know, it's 10 years later, you have two world records, and you're attempting one of the biggest physical feats that anyone has ever seen. It doesn't happen overnight.

That's why I know my story is perfect for network marketing. It's a story of persevering and sticking with a goal. Doing enough of the right activities over a long period of time is how you achieve success."

Training for something so extreme that nobody has done before can be a lonely, exhausting journey; but there is no doubt in James's mind—or in the minds of his wife and kids—that he can do this.

"My wife thinks I'm crazy, but she has no doubt I can do this," says James. "She supports me 100 percent, and this is a family thing. We do it together, and I wouldn't do this if there wasn't an opportunity to involve her and our kids and making sure they're having a good time while we're out on the road."

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Sure, James doesn't have any doubts that he can do it, but something like this will put fear into any soul.

"Richard Branson said, 'If your dreams don't scare you, they're too small'; and to be honest, I'm terrified. But I am totally committed."

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THE IRON COWBOY

RACING WITH YOUNG LIVING

Growing up James remembers always having Young Living essential oils in his home. He learned about them, used them, and discovered their benefits. The products are a part of him, and he's raising his kids on them.

"Young Living is a huge part of our lives and my journey," he says. "They've supported my efforts in competitions as a sponsor since 2010, when they believed in my cause and what I do. When I did the 30 half-IRONMAN races in

2012, I did it to raise money for a nonprofit that builds dams in Africa, and Young Living helped build that dam. I'm just so grateful to Young Living for not only their support but also for their world-class products. It's an unbelievable company, and I wouldn't want to be associated with any other company out there."

The Lawrences have motivated Young Living members of all ages and from all backgrounds.

"You know, Young Living

and network marketing are so comparable to training and competing," explains James. "They're both about the experiences and the relationships that come along the way. If you put your focus on the people and the relationships, you'll get your rank—but don't focus on the rank. People lose sight of this so quickly, and it becomes about me, me, me. They become me-monsters. The next thing they know, they're failing at every turn, they're not accomplishing their goals, and they feel sorry for themselves.

"Make everything you do about helping your people, and the rank will come. Take one step at a time, learn everything you need to learn to progress, and your success will come."

"It's an amazing feeling to do what I love every day," says James. "But I'm just James. I'm just a father of five. Sure, it's an amazing feeling to have the world records, but I put most of my stock and success in being a father."



James and his wife, Sunny Jo, with their kids, Lily, Quinn, Daisy, Dolly, Lucy.

JAMES'S PICKS

PURE PROTEIN COMPLETE: James uses this dynamic supplement during training to make sure he gets the protein he needs to support his body.

R.C.: James's favorite oil is a powerful tool he applies pre-race for its invigorating properties.

PANAWAY: a key component to any athlete's recovery regime, PanAway is perfect for application following strenuous activity.

YOUNG LIVING™

Light the Fire

2015 INTERNATIONAL GRAND CONVENTION

DALLAS, TEXAS

JOIN US

for this historic, two-session event at the beautiful Gaylord Texan Resort and learn how to light the fire within!

SESSION 1: AUGUST 2-6
SESSION 2: AUGUST 6-10

Session II space still available—Visit YoungLiving.com/Convention now to register for your spot!



RECIPES FOR AN
ABUNDANT LIFE

CREAMY PESTO CHICKEN

with zucchini pasta

INGREDIENTS

PESTO:

- 1 cup spinach
- 1 cup fresh basil
- 1/3 cup walnuts or cashews
- 2 tablespoon extra virgin olive oil
- 1/4 cup parmesan cheese
- 2 teaspoon lemon
- 1-2 drops Basil essential oil
- 1-2 drops Lemon essential oil
- 1 avocado
- 1 teaspoon pink sea salt
- 1/2 teaspoon fresh pepper

EVERYTHING ELSE:

- 4 medium organic zucchinis
- 1 pound organic chicken
- 2 tablespoon extra virgin olive oil
- 1/2 cup cherry tomatoes
- Basil and red pepper flakes for garnish.

INSTRUCTIONS

- Using a spiralizer, mandolin, or vegetable peeler, shred zucchini into noodles.
- In a skillet, heat 1 tablespoon oil and add zucchini.
- Toss for 3-5 minutes. Remove once zucchini is warm and set aside.
- Chop chicken into cubes and sprinkle with salt and pepper.
- Heat 1 tablespoon olive oil in your skillet and add chicken.
- Cook chicken until no longer pink. Remove and set aside.
- In a high-speed blender or food processor, combine all pesto ingredients and blend until smooth. Taste and adjust as desired.
- Return zucchini noodles to the pan.
- Add in pesto, a tablespoon at a time until desired amount.
- Add in chicken and cherry tomatoes.
- Toss until combined and then transfer to serving plates.
- Garnish with fresh basil, sea salt, pepper, and red pepper flakes and serve hot.



Note: Depending on the size of your zucchini, this may make a lot more pesto than needed or desired. Start with a little and then toss and add more as desired. Leftover pesto can be tossed with shredded chicken for a pesto chicken salad!



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

January 2015

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Connie & Michael McDanel (USA)
Debra Raybern (USA)
Frances Fuller (SGP)
Gregg & Carol Johnson (USA)
Jeanmarie Hepworth (USA)
Kathryn Farmer (USA)
Lindsay & Michael Moreno (USA)
Marcella Vonn & Jim Harting (USA)
Max & Karen Hopkins (USA)
Monique & Jeremiah McLean (USA)
Troy & Alyssa Francis (USA)
Vicki Opfer (USA)

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SILVER IN SIX

2nd Chance Living
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Ada Fisher
Aimee Parscale
Alford Graham Quimby
Aly Sharp
Amanda & Daniel Dewald Jr
Amanda Ashley
Amanda Bartz
Amanda Hoffman
Amanda Lynn Laman
Amber La'Rae Clements
Amber Lee Hill
Amber R Ewert
Amber Segalo
Amberly Nicole Gill
Amlo Farms
Amy B Arrington
Amy Boone
Amy C Brett
Amy Scott
Amy Warren
Andrea Graham & Daniel Steven Graham
Andria Sirka
Anita M Pfaff
Anna Atwood
Anna Harris
Anna-Vaughn Callahan
Annie Farrar
Arsineh Vartanian
Ashley & Justin Ballard
Barbara Pisano
Belinda Justice
Beth Deters
Beth Lynch
Bobbi Jo Henke
Brandy Jean Nash
Brandy Lynn Bryan

Brenda King
Brianna Reynolds
Brittany R Douglas
Brooke Fordice
Brooke Thrasher
Carissa R Bowser-Smith
Carmon Cooley Dow
Carolynn Mushro
Carrie Long
Casey Lynn Patterson
Chelsea Ann Kirkhammer
Chrissy Buechler
Christina Claire Petker
Christina Lorraine Cannon
Christina Maher
Christina Stricklen Williams
Christine Cawthra
Cindy Jo McMahon
Cindy K Van Neste
Cj Millette
Colett Marie Dominowski
Colleen McCormick
Connie & John Sottile
Courtney Nicole Strem
Courtney Rodewald
Cratina Connell Haynes
Cristie Barbian
Cyndi Richter
Cynthia Beversdorf
Danielle Garcia
Dawn Klemp
Deo Volentii
Diane McConnell
Echo Summer Hill
Elizabeth Ann McFadden
Elizabeth Gordon
Elizabeth Mitts
Elizabeth Wysong Hoffart
Emily Vandermolen
Erika Thomas
Erin Nicole Staley
Erinn Criner
Frankie Ellis
Gail Byrnes
Gennel Zimmerman
Hanna F Erion
Heather & Roby Isaac
Holley Dumond
Jacki Michelle Van De Moortel
Jacquelyn Boven
Jaime Lyn Aasen
Janice & Kenneth McKee
Janice Christine Rose
Janice Skeens
Janine Moghaddam
Jennifer Ammons
Jennifer Freeland
Jennifer Green
Jennifer Harrison
Jennifer L Riley
Jennifer Leigh Sellz
Jennifer Ollman
Jenny Lauren McCoy
Jenny Markley
Jeremiah Delson
Jessica J Oosterhouse
Jillian Haley
Joseph Cheek
Joy Through Yoga LLC
Juleah Brooks
Julie Berry
Justine Tuhy
Kailyn Miller
Kaly Sue Teaff
Kara Kaye Poll
Kara Edstrom
Karalee Oldenkamp
Karen Ann Strobe
Kate Barrett
Kathryn Infinger
Katie Boerema
Katie Hostetter
Kelli Amanda Roberts
Kellie Tasto
Kelly C'de Baca
Kelly Davis
Kelly Moreland
Kelly Real
Kerry Despain
Kirstie B Edwards
Kristen Rae Critz
Kristin Deanna Daw

Bold = Newly Qualified

Countries

Australia (AUS)
Austria (AUT)
Brunei (BRN)
Canada (CAN)
Costa Rica (CRI)
Cayman Islands (CYM)
Germany (DEU)
Ecuador (ECU)
Finland (FIN)
Hong Kong (HKG)
Iceland (ICE)
Japan (JPN)
Malaysia (MYS)
Mexico (MEX)
New Zealand (NZL)
Panama (PAN)
Peru (PER)
Puerto Rico (PRI)
Romania (ROU)
Singapore (SGP)
Taiwan (TWN)
United Kingdom (UK)
U.S. Virgin Islands (USVI)

For a complete listing of Young Living leaders, see the online edition of *The Essential Edge* at YoungLiving.com.

OUR BRAND-NEW look and feel

YOUNG LIVING'S POPULAR ROLL-ONS have a new look and feel that you will LOVE! With a fresh, botanical feel and a bold contemporary design, our beautiful new brand makes Young Living more shareable than ever.

Check out the new look of Tranquil™, Stress Away™, and RutaVaLa™, and coming soon, Deep Relief™ and Breathe Again™.

Our game-changing roll-ons are smash-hits and provide a fast and convenient way to apply your favorite essential oil blends at home or on the go.

Get the beautiful new lineup today by visiting YoungLiving.com.



THE ESSENTIAL EDGE
YOUNG LIVING NEWS



GROUND-BREAKING IN CROATIA

Get set to join us at this exciting event!

EXCITEMENT IS BUILDING for the Raindrop Technique® training and Croatia farm groundbreaking featuring D. Gary Young!

From April 8-11, Gary will be joined by special guest Lindsey Elmore, director of global education and health sciences, as they share their expert knowledge on essential oils, essential oil-infused products, and the patented Raindrop Technique with you. This three-day training will culminate in an exciting groundbreaking ceremony afterward.

To learn more about this exciting event, including how to register, visit the events page at YoungLiving.com. We'll see you in Croatia!

YL'S WORLD-CLASS PERCHERONS



YOUNG LIVING'S STUNNING Percheron horse team is on a remarkable run, led by a first-place finish in the 8-hitch draft horse competition at the acclaimed National Western Stock Show in Denver. A huge accomplishment!

Paced by the 4-year-old mare named Perfection, who is the show's Grand Champion, Young Living's team placed in the top three in nine categories. With more than 640,000 enthusiasts from around the globe in attendance this year, the National Western Stock Show is one of the largest and most prestigious horse shows in the world! The Young Living team also showed extremely well at the Big Thunder Draft Horse Show in January, winning multiple categories and placing in many more.

Young Living's world-class show team is trained and driven by Freeman Yoder, who uses his expert techniques and Young Living essential oils to create a

team that outshines the competition. Freeman also won the award for best driver at the Big Thunder Draft Horse Show! Congratulations, Freeman!

"With Gary's support, we have built a team that is very competitive nationwide," says Freeman. "I'm very grateful to have a true friend like Gary, who believes in me and our team and makes realization of this dream possible. We are competing against the best teams in the world—and we're winning.

"Our horses love the new oil blend Shutran. They just lick it right off our fingers.

"There is such value to using Young Living essential oils on the horses," he continues. "I've learned that in many ways the oils help make for more energetic horses, who are living to their highest potential!"

Congratulations to Freeman and our Percheron team!

BLAZING A TRAIL FOR WORLD PEACE

Young Living has launched a youth ambassador program designed to make a real and lasting difference in the lives of many youth and in the world.

THE WORLD PEACE CARAVAN (WPC) has launched the first of three programs designed to tap into the energy, enthusiasm, and hope of young people to make a real and lasting difference toward world peace. Young Living and WPC founder Gary Young has always maintained that today's youth are tomorrow's leaders and that giving a voice to young people will help create a strong foundation for a better tomorrow.

With that in mind, 12 outstanding 16- to 25-year-old youth have been selected to represent their countries in the Youth Ambassador Program. These dynamic individuals are taking part in a yearlong program designed by Kelly Sullivan Walden, creator of the Dream Project (KellySullivanWalden.com). The program

includes monthly conference calls, a community service project, weekly videos, traveling on the WPC, and speaking at the World Peace and Health Conference. The program focuses on six of the sustainable goals set forth by the United Nations.

The WPC is also currently developing a Junior Youth Ambassador Program for youth ages 10 to 16. This group will also join the monthly conference calls, host community service projects in each country the WPC travels through, and inspire youth around the world to get involved. Jacob Young has been selected as team captain and will be looking for motivated young people to join in when the program is complete.

For a complete listing of the youth ambassadors and social media correspondents or to view all the programs and listen to monthly calls and interviews, please visit WorldPeaceCaravan.org



THE EFFORTS OF Young Living Singapore to continually progress and achieve success in leadership, growth, and dedication to brand quality have really paid off. They recently clinched the 2014/2015 Singapore Prestige Enterprise Award!

During the award ceremony in January, Will Halterman, general manager of Southeast Asia, received the award trophy on behalf of Young Living Singapore. The gala dinner and awards ceremony was held at the Marina Bay Sands Convention Center Singapore and was attended by Parliament member Mr. Zainal Bin Sapari.

The 2014/2015 Singapore Prestige Enterprise Award, established by Media Enrich Enterprise Pte. Ltd., showcases elite corporations in Singapore that have shown leadership in the industry, have an impressive track record, and are dedicated to expanding their branding, as well as providing quality products and services to their client base.

Through nominations made from peers in the industry, this award serves to honor only the absolute best companies. Beating out more than 100 submissions



The Singapore Prestige Enterprise Award that was presented to Young Living.

across different categories makes this achievement a thrilling feat for Young Living, which has been in Singapore for only three years.

As an award recipient, Young Living Singapore was recognized and congratulated on the Bugis MRT Panel in December 2014, and the company profile will be featured in a publication to be distributed to various government divisions, statutory boards, town councils, embassies, schools and libraries, and other private organizations.

Young Living SEED TO SEAL® UPDATE

MONA: The farm continues distilling juniper. As part of the greenhouse operations, lavender seedlings are being transplanted to prepare the lavender fields.

ST. MARIES: The farm staff has been busy supporting the Winter Harvest event at Highland Flats.

HIGHLAND FLATS: The Highland Flats farm continued to host the Winter Harvest through the end of February. Even while facing winter road restrictions, a record-breaking 2,800 liters of oils have been produced since November 2014.

NORTHERN LIGHTS: The distillery is ready to fire! An all-natural water conditioner that was engineered to accommodate the organic farm and distillery has been installed.

