

THE ESSENTIAL EDGE

NEWS OF THE WORLD LEADER IN ESSENTIAL OILS

YOUNG LIVING[®]
ESSENTIAL OILS



FOUNDER'S MESSAGE: THE FIRST EINKORN HARVEST AT THE YOUNG LIVING SKYRIDER RANCH

D. Gary Young Shares His Discoveries About Growing and Harvesting Einkorn

We are experiencing a lot of excitement here at the Young Living Skyrider Ranch in Tabiona, Utah!

After the ranch was purchased, I looked out over the fields and the majestic mountains that span from the Duchesne River at 6,500 feet to the mountain tops on the ranch at 10,000 feet, and I started imagining all the potential this 4,500 acres of God's paradise could bring to our Young Living family, from corporate activities to member retreats. Then I started thinking about einkorn and wondering how well it would grow at this altitude of 6,700 feet.

So I decided to prepare the ground, and in May the seed that came from our farm in France was seeded into 100 acres here for trial planting and growing. Normally, einkorn does the best with late fall planting; however, because of the late fall rains, we were unable to get a crop in the ground before it was too late. I felt we were better off experimenting with spring planting to see what it would do rather than wait another year to find out.

I was constantly watching the fields with great anticipation. At this altitude it was a "roll of the dice" whether it would germinate in time to grow to full maturity before the fall frost would come. Einkorn is a unique grain, and since it is considered a dry land crop, many people get fooled by its behavior. When planted, it will germinate and come through the ground in 7 days and grow like crazy until it reaches a height of 4 to 6 inches, and then it stops growing.

After einkorn pokes its head through the soil, it doesn't grow for 3 to 4 weeks and appears to just be enjoying the sunshine, the beautiful air, and the freedom of being above the ground. However, a phenomenon is taking place during this time of false dormancy.

The einkorn never really stops growing but is taking in the carbon dioxide and electromagnetic energy from the sun and sending it to the roots to give the nutrient support for them to grow fast and deep in preparation for the third phase of its life cycle. At this point the growth is all beneath the surface as the roots push deeper into Mother Earth to reach the best minerals and nutrients as well as water before it returns to its journey skyward.

Once the einkorn has reached optimal root depth, it

focuses on growing tall. One morning we will walk out into the field and will be amazed to see that the einkorn has grown 2 inches overnight. Every day the shaft grows, preparing the foundation to feed the baby kernels that soon start to form.

As the einkorn here grew taller and taller, I knew I had made a good decision. By July the heads were about 3 feet tall, and by mid-August they had grown to my shoulders.

When we hear in our minds the words "for amber waves of grain" in the song *America the Beautiful*, we immediately see miles of wheat gently waving back and forth in the wind. But here at the ranch, the waves are in the beautiful fields of einkorn.

I felt a little emotional knowing that hundreds of tons of grain from these fields will feed people around the world, who now will have a choice to eat a safe, nutritious, non-hybridized grain.

I watch for three stages of growth and maturity in my einkorn to determine the best time for harvest:

The first stage is called the *milk stage*, when the kernels start to form, you squeeze them, and what comes out looks like white milk.

The second stage is the *soft dough stage*, which is when the kernels are completely formed, and the heads are turning yellowish in color. The stalk is still green, but when you peel back the husk, there is a living substance called the kernel. It will appear completely formed; however, half of it will still be slightly green, and the rest, a yellowish tan color. When you pinch the kernel, it will be firm, but the interior will come out like soft dough.

When the kernels are fully developed, they will fall off with rain, the movement of the wind, or the harvesting machine. In ancient times when farmers harvested with a scythe, the knife blade slicing through the stalks would knock off the kernels, so the people knew they had to cut before final maturity. They then began the harvest but cut in the *soft dough stage* and tied the stalks into bundles to let them stand on end in a teepee shape so that the wind would not knock them over. This also allowed the rain or dew to fall and run off without causing mold from lying on the ground.

After 7 to 10 days, the kernels reach the third and final

phase of maturity, which is called the *hard dough stage*, where the kernel is rock hard and ready for threshing, which is separating the kernel from the skin that covers it, called the husk.

Another phenomenon takes place while the bundles are standing in the field and maturing with the rain and dew. The daily sunshine evaporating the dew stimulates the enzymes in the kernel to germinate, putting the kernels into a predigested state ready for human or animal consumption that is easily digested, as it is supposed to do.

Today, hybridized grains in conjunction with the fast, modern way of harvesting and threshing make the grain difficult to digest, which causes all kinds of problems. This way of harvesting takes the life force out of what nature has created and has made our modern wheat, which has been called by many "Frankenwheat," which is damaging the health of the world.

Like the ancient farmers, I waited until our einkorn had reached the *soft dough stage*, and then I started to harvest. I was so impressed when Janay Standifird, Nikki Davis, Eddie Silcock, and Lee Bowen, with their very busy office schedules, came to help in the beginning of the harvest. They stood in awe as they watched me on the old-fashioned three-horse-drawn binder start the harvest by cutting and tying the einkorn into bundles. Putting the stalks into "tepees," referred to as *shocking the grain*, was so gratifying for everyone. The farm crew finished shocking the bundles the second day, leaving tepees standing everywhere in the fields to give the einkorn time to germinate—a scene from times long ago that can only be seen at the Young Living ranch or one of our farms.

In about 10 days, we will thresh the grain and be ready to send it into the production of our products—but will hold some for planting later this month.

I'm sure that many of our new members are curious about einkorn, which is why I wrote my book *Ancient Einkorn, Today's Staff of Life*, which I encourage everyone to read.

PROVIDING COMFORT IN LOUISIANA

The Foundation Teams Up With Young Living Members



Young Living members assembled over 800 care packages for families in Louisiana.

One core belief of the D. Gary Young, Young Living Foundation is that together we can make a difference. This idea held true as Young Living members united and took quick action following the devastating flooding in Louisiana in August.

Within days, destruction and loss became the reality of the affected communities. According to the National Weather Service, the amount of precipitation that dropped in parts of Louisiana happens once every 1,000 years.

Young Living member Jessica Cotton, who lives in Denham Springs, Louisiana—one of the hardest hit areas—said, “We really didn’t have any warning. When I woke up Saturday, I thought we were in the clear. In an hour and half my house went from drained to about 5 feet of water. Then the water rose another 2 feet in 20 minutes.”

During the flooding, Young Living leaders and members, with the help of the Foundation, identified members in need, rallied together, and assembled care packages. Over 800 care packages were delivered and included a diffuser, NingXia® Red, Thieves® cleaning products to clean flooded and gutted homes, and disaster relief items. Additionally, over 2 tons of Gary’s True Grit Einkorn Flour was delivered and prepared—thanks to volunteers and local bakeries.

Diamond leader Jessica Gianelloni of Madisonville, Louisiana, opened her house as a hub for the Foundation during disaster relief efforts. “You could tell that the care packages meant more to them than just the products they received,” Jessica said. “Their world just crumbled and we showed up to say, ‘We are here for you.’”

“Never in a million years did we expect the amazing gifts that were delivered to us,” Young Living members Winona and Gary Smith wrote in a letter to the Foundation. “We so appreciate this wonderful surprise. While this is a stressful time for us, it is people like you who keep us encouraged and on track.”

Through coming together, Young Living members and the Foundation were able to make a difference in Louisiana. If you want to get involved with the Foundation, head over to YoungLivingFoundation.org and find the best way for you to give back!

OUR HOLIDAY CATALOG IS HERE

Find Something For Everyone on Your List



The holiday season is quickly approaching, and we are very excited! That’s why we’re getting all set for the spirit of the season with the 2016 Holiday Catalog—*A Season for Sharing*. It’s filled with gift ideas and new products for everyone on your list. With its beautiful photos and design, you’ll love taking the time to find the perfect gift for friends, family, or yourself!

Among the many special sets and premium products, we’re especially excited to bring you a holiday collection that blesses the lives of others as well. The NingXia Red® Holiday Set comes with two bottles of our delicious superfruit drink, and each order includes a \$5 donation that goes directly to the Young Living Academy in Ecuador.

That means when you order this set, you support the D. Gary Young, Young Living Foundation and its efforts to empower children and families in need around the world. Plus, this kit comes with five exclusive greeting cards that feature designs

created by the children at the Young Living Academy. They’re the perfect way to say thank you or to reach out to a loved one!

We’re also thrilled to bring you some brand-new products, including new additions to Vitality™, our essential oil line created specifically for dietary use. With 15 new oils perfect for the pantry, you’re sure to find something new to support your healthy lifestyle. Use additions like Nutmeg Vitality and Marjoram Vitality in your holiday cooking or pick up supplement favorites like JuvaCleanse® Vitality and Longevity™ Vitality for everyday wellness.

You’ll also find two new products in our Shutran™ collection, our line of products crafted especially for men. Add Shutran Bar Soap or Shutran Aftershave Lotion to your holiday must-haves, and everyone will feel fresh, clean, and festive all season long.

Plus, you can keep the whole family looking great with the recently updated look of our KidScents® line! This year’s KidScents Bath Time Set is your opportunity to get the new packaging before it officially rolls out next year. It features the all-new look of our children’s line with the same great formulas you and your children love.

We’re excited for you to receive these exclusives—and there’s still so much more to explore in the catalog. Look for your copy online or in your next Young Living order and get shopping!

SHARING EMPOWERMENT

Take Time to Empower Yourself and Others



Taking time to empower yourself and others can help transform your personal and professional life.

Empowerment starts with you and moves outward. Whether you want to become empowered personally or professionally, helping others becomes second nature once you discover those qualities for yourself. Here are our ideas for being and then spreading the change you want to see.

Self-Empowerment

Feeling confident and capable allows you to get closer to your dreams and to love the journey. Take a moment to define what the word means to you, how you’ve experienced it, and who shared it with you.

Create two columns on a piece of paper. Label the first column “passion” and the other “expertise.” Write down your personal passions and expertise under the appropriate columns. Compare the two lists and see which items intersect to help you successfully expand your own vision.

Empowering Your Personal Relationships

When you feel empowered, you are able to share that gift with others by inspiring them to seek empowerment for themselves. Sometimes it can be difficult to express appreciation for others, but few things are as affirming and confidence building as a kind word.

Each day this week, make a point to offer a sincere compliment to someone close to you, whether a family member, friend, co-worker, or neighbor. Offer comments that highlight something meaningful about him or her.

Empowering Your Team

Empowering your extended and professional circles is a natural next step after your personal circle. For many Young Living members, that means being a leader and inspiring your team. While stepping up to this role can feel intimidating, there are some key behaviors that are sure to make your organization feel empowered and its individuals feel confident and capable.

For each week this month, focus on empowering your team. Give feedback that magnifies their strengths, share information and personal experiences, help them form clear goals and objectives, and create an environment that celebrates both successes and failures. These empowerment techniques look different for every leader, so make them your own!

As your team members achieve the goals you helped them set, show them you appreciate their hard work by gifting them a favorite Young Living product, such as a popular essential oil, a diffuser, or a collection of oils.



ROYAL CROWN DIAMONDS



Kathy Farmer (USA)
Alyssa & Troy Francis (USA)
Frances Fuller (SGP)
Carol Yeh-Garner & Scott Garner (USA)
Adam & Vanessa Green (CAN)
Lindsey & Evan Gremont (USA)
Vijay & Ulrike Churfuerst Hanzal (AUT)
Marcella Vonn Harting & Jim Harting (USA)
Jeanmarie Hepworth (USA)
Max & Karen Hopkins (USA)
Gregg & Carol Johnson (USA)
Jen & Adaryll Jordan (USA)
Joanne Kan & Eric Yang (HKG)
Gretchen King-Ann (HKG)

Mark & Melissa Koehler (USA)
Connie Marie McDanel (USA)
Jeremiah & Monique McLean (USA)
Lindsay Teague & Michael Moreno (USA)
Vicki Opfer (USA)
April & Jay Pointer (USA)
Debra Raybern (USA)
Chérie Ross (USA)
Brenda & Scott Schuler (USA)
Teri Secrest (USA)
Christa & Jason Smith (USA)
Madison & Tyler Vining (USA)
Vivian Ting Wan (HKG)
Jill & James Young (USA)



CROWN DIAMONDS

Hailey & Jeremy Aliff (USA)
Artemis (AUS)
Nicole Barczak (USA)
Terry & Ladonna Beals (USA)
Crystal & Verick Burchfield (USA)
Courtney & John Critz (USA)
Sha-Faun Enterprises, Shauna Dastrup (USA)
Kristy & Jake Dempsey (USA)
Rainbow Forever Trust (USA)
Danette & Jim Goodyear (USA)
Patricia Gwee (SGP)
Mary Hardy (USA)
Prakama & Markus Hauser (AUT)
Carol & Ben Howden (CAN)

Darren & Sera Johnson (USA)
Chip & Kathy Kouwe (USA)
Zach & Kari Lewis (USA)
Fiona Lui (HKG)
Diane Mora (USA)
Anita Ochsenhofer (AUT)
Nathan & Jessica Petty (USA)
Melissa Poepping (USA)
Doug & Jordan Schrandt (USA)
Callie & Jeremy Shepherd (USA)
Nanette & Ward Symes (USA)
Sharnael Wolverson (USA)
Kelli & Les Wright (USA)
Dietfried Wruss (AUT)
Myra & Ernie Yarbrough (USA)

DIAMONDS



NEW!

Maggie Tong & Hill Ngan (HKG)

Franciela & Juan Arévalo (MEX)
Wan Jiey & Tuan Alimin (MYS)
Laurie Azzarella (USA)
Karla Berger (USA)
Fee Boey (MYS)
Yonie Bonawi (SGP)
Marlo Bontempo (USA)
Dustin & Alana Bookhout (USA)
Kyler & Sandi Boudreau (USA)
Nat & Lauren Bretz (USA)
Heather & John Brock (USA)
Kimberly R. Bromelkamp (USA)
Mary Starr & Jay Carter (USA)
Chelle Carter (USA)
Annie Chan (MYS)
Winnie Chan (HKG)
Paul & Tina Ciesla (USA)
Christi Collins (USA)
Bryan & Summer Davis (USA)
Anni & Dave Dayan (USA)
Judy De La Rosa (USA)
Sabina M. Devita (CAN)
Gordon & Corie Devries (USA)
Kirk & Britta Dimler (USA)
Amie Dockery (USA)
Heather & Wade Doll (CAN)

Claudia Dosamantes (USA)
Karen J. Douglas (USA)
Denise Dunleavy (USA)
Denise Easton (USA)
Pam & Gary Edwards (CAN)
Debbie & Daniel Erickson (USA)
Rhonda & Frank Favano (USA)
Julia Kay Ferguson (USA)
Jamie & Chelsea Flaman (CAN)
Katie & Kevin Ganger (USA)
Lori Gasca (USA)
Jessica & Rit Gianelloni (USA)
David & Teresa Gingles (USA)
Carla & Bill Green (CAN)
Gailann Greene (USA)
Hitomi Harada (JPN)
Zach & Katie Harris (USA)
Dallas Harting (USA)
Reuben & Stacie Hartzler (USA)
Jilene & Duane Hay (CAN)
Andrea M. Hayes (USA)
The Collected, Tan Kai Hiang (SGP)
Greg Hitter (USA)
Candace & Jimmie Don Hoke (USA)
Carol & Delaine Holden (USA)
Rachel & Ryan Holland (USA)

Jonathan & Laura Hopkins (USA)
Crystal & Larry Hoskins (USA)
Jennifer Howard (USA)
Shannon & JD Hudgens (USA)
Brian & Shannon Hudson (USA)
Reagan & Danny Jewitt (CAN)
Dan Keskey (USA)
Erika & Tim Kilcher (USA)
Nancy Knittle (USA)
Andrea Lahman (USA)
Sherry Lamarche (USA)
William & Joan Lansing (USA)
Claire Lee (HKG)
Sarah Lee (USA)
Janie Leek (USA)
Jeffrey Lewis (USA)
Jennifer Lim (MYS)
Yvonne Litza (USA)
Stacie & Todd Malkus (USA)
My Joanna Malone (USA)
Kristi Mangan (USA)
Skyla & Brian Mann (USA)
James & Stacy McDonald (USA)
Brian & Jodi McKenna (USA)
Ryan & Ashley McKenney (USA)
Tyson & Wendy Mercure (USA)

Mark & Angela Meredith (USA)
Jodie Meschuk (USA)
Stephanie Moram & JP Paradis (CAN)
David & Star Moree (USA)
James Niederland (USA)
Shelby & Steven Nowak (USA)
Aditya Nowotny (DEU)
Nicole Perez (USA)
Heather & Christian Portwood (USA)
Anna-Maya Powell (USA)
Ryan & Kim Prather (USA)
Evangeline & Thomas Reed (USA)
Kim Rinaldi-Robey (USA)
Robert Rinato (USA)
Erin & Bronce Rodgers (USA)
Vanessa Romero & Tom Nikkola (USA)
Heidi Ross (CAN)
Catherine Rott (USA)
Melissa & Clay Sanches (USA)
Nancy Sanderson (USA)
Courtney Scruggs (USA)
Alan & Linda Simpson (AUS)
Michelle & John Skoczek (USA)
David & Lee Stewart (USA)
Sonya Swan (USA)
Jeremy & Hannah Tallo (USA)

Jihan Thomas (USA)
Maggie Tong & Hill Ngan (HKG)
Amanda & Gabe Uribe (USA)
Karen Vavrick (USA)
Derek & Janell Vonigas (USA)
Justin & Sara Wallace (USA)
Tammy & Eric Walton (USA)
Mary C. Ward-Farnham (USA)
Becky & Jonathan Webb (USA)
Dick & Nancy Weber (USA)
Matt & Darlene Weir (USA)
Josh & Paige Williams (USA)
Chris & Connie Wolverson (USA)
Korbut Wong (HKG)
John Wongcw (SGP)
Sum Sum Yip (HKG)
Chelsea Marie Young (USA)
Darreck Chen Yoon Yung (MYS)
Fred Zerr & Judy Klassen Zerr (USA)

RECOGNITION RETREAT QUALIFIERS



Our recognition retreats immerse our members in an unforgettable Young Living adventure. Members who consistently strive and achieve Silver, Gold, Platinum, or Diamond—for at least 3 consecutive months—are rewarded with a trip to one of our flagship farms, where they experience the Seed to Seal process firsthand in addition to dynamic leadership development.

DIAMOND RETREAT

Please visit bit.ly/YLDiamonds for Diamond Retreat qualifiers.

PLATINUM RETREAT

Samira Alhadi (SGP)

GOLD RETREAT

Tammy L. Boley (USA)
Kylie Bryant (AUS)
Maria Marin (ESP)
Zubaidah Taib (SGP)
Vanessa Trevors (CAN)
Louise & Olaf Von Sperl (AUS)
Susan Dvm Albright (USA)

SILVER RETREAT

Izaz Fahad Bahrein (SGP)
Nordiana Abdul Aziz (MYS)
Vanessa Briceño (MEX)
Danielle Burkleo (USA)
Ana Cardenas (USA)
Julie Carman (USA)
Dk Jhj Chuchu (BRN)
Stephanie Ciarrochi (USA)
Nekoda Derouen (USA)
Tomas & Natasha Duran (USA)
Serena Frisella (USA)
Tamara Laroux (USA)
Hui Huang Leck (SGP)
Rachael Lukas (USA)

Lauren Manning (USA)
Megan McCurry (USA)
Anuar Noor Azurah (MYS)
Amanda O'Brennan (CAN)
Kalpathy Parvathy (SGP)
Martha Pichler (AUT)
Jessica Romanillo (USA)

Danielle Shaheen (USA)
Sabine Wigg-Wolf (DEU)
Choon Yip (SGP)
田中 惠 (JPN)



We've designed Elite Express to take the success of Silver in 6 and expand it to reward even more members. Elite Express spans from Executive all the way to Platinum and offers big rewards every step of the way. Elite Express is a 20-month program and is available for members across the globe in four tracks, lasting from 3 to 6 months each: Executive in 3 (Ei3), Silver in 6 (Si6), Gold in 5 (Gi5), and Platinum in 4 (Pi4), with a bonus Elite 20 (E20) track for those who successfully complete all tracks within 20 months or less.



Yohana Bonawi (SGP)



Michelle Brasher (USA)
Magaly Garza Cavazos (USA)
Farah Gonzalez Garza (MEX)
Chua Muhammad Rafie Muhammad Hadi (SGP)
Gary Hardouin (USA)
Kah Ling Ho (MYS)
Yee Chyi Hoo (MYS)
Eloise Jantzi (CAN)
Deb Johnson (USA)
Hoong Fatt Lau (MYS)
Tsang Ka Man (HKG)
Michelle Marsh (AUS)
Donna Nave (USA)



Nooraidah Awang (SGP)
Nur Sakinah Binti Kamarul Bahrin (MYS)
Elyse Bernardi (USA)
Lisa Blainey (AUS)
Mariana Bindu (AUT)
Julie Bradley (USA)
Rebekah Bullard (USA)
Pauline Gaik Lan Chan (SGP)
Chng Yee Loo Cheryl (SGP)
Mei Ling Chong (MYS)
Dk Nurul Nabilah Md Salleh Chuchu (SGP)
Kim & Paul Ellis (AUS)
Kelly Gloger (USA)
Veronica Gouw (SGP)
Gary Hardouin (USA)
Lisa Huber (CAN)
Normimi Khatijah (MYS)
Yee Von Khor (MYS)
Kelly Kowalsky (USA)
Jong Shiun Lee (MYS)
Khor Chai Lee (MYS)
Tanzel Lohty (IDN)
Stephanie Lukman (SGP)
Margarida Luz (MAC)
Chung Hau Ma (HKG)
Melisa McKillip (USA)
Dora Moldovan (ROU)
Rebecca Moore (AUS)
Adam Nanney (USA)
Siew Fing Ng (MYS)
Poh Chuan Ooi (MYS)
Chen Chen Pan (TWN)
Marwah Binti Saari (MYS)
Brigit Saes (NLD)
Afida Sharifoedin (MYS)
Katherine Sneed (USA)
Kristi Stenzel (USA)
Chun Wai Shan (HKG)
Lee Li Teng (MYS)
Tatum Wolfe (USA)
Erin Wyman (USA)
Sandra Yma (USA)
Siti Jaliha Mat Yusof (MYS)

RANK ADVANCEMENTS

Please visit bit.ly/YLRankAdv for a complete list of all Rank Advancements.

RETREAT QUALIFIERS

Please visit bit.ly/YLRetreats for a complete list of Retreat qualifiers and to get full details and information about each retreat.

ELITE EXPRESS QUALIFIERS

Please visit bit.ly/YLEExpress for a complete list of qualifiers.

Oil of the MONTH

As the days get shorter and the temperature drops, the warm, spicy scent of Clove essential oil is the perfect way to keep things cozy. Pair it with other festive oils such as Orange and Cinnamon Bark, and your home will smell like you've been brewing up a batch of mulled cider—all without any artificial waxes or perfumes.

Clove essential oil is steam distilled from the flower buds of the clove tree. Right before they open, the buds turn bright red, indicating they're ready for harvest.

Clove essential oil is also a key ingredient in some of our favorite blends such as Thieves® and ImmuPower™.



Some ways to use Clove essential oil:

- Diffuse with Cinnamon Bark, Lemon, and Orange to fill your home with a festive fall scent.
- Invigorate your senses by adding a couple of drops to your palms, rubbing them together, cupping your hands over your nose, and inhaling directly.
- Add 3–5 drops to V-6™ Vegetable Oil Complex for a comforting massage.

Gourmande

in the kitchen



Sylvie Shirazi is the recipe developer, food photographer, and real food lover behind *GourmandeInTheKitchen.com*. There you'll find a collection of recipes that celebrate your inner gourmand with fresh, seasonal ingredients that are free from gluten, refined sugar, and processed ingredients. The recipes on Gourmande in the Kitchen are fast and fresh with a focus on quality ingredients and minimal preparation that let the natural flavors of the food shine because you don't need a lot of time or a long list of ingredients to make good-for-you, satisfying, and delicious food if you start with the best ingredients possible.

 [GourmandeInTheK](#)  [Gourmande in the Kitchen](#)  [GourmandeInTheK](#)

GOLDEN MILK CHAI



SERVES 2

INGREDIENTS

1 cup coconut milk
 1 cup filtered water
 The contents of one chai tea bag
 1-2 inch piece fresh turmeric root, thinly sliced (or 1 teaspoon dried)
 ½ inch piece fresh ginger, thinly sliced
 1 teaspoon coconut oil
 1 drop Cinnamon Bark Vitality essential oil
 1 drop Black Pepper Vitality essential oil
 Raw honey or maple syrup to taste
 Ground cinnamon

INSTRUCTIONS

- Whisk coconut milk, water, chai tea, turmeric, ginger, and coconut oil in a small saucepan; bring to a simmer and cook on low for 10 minutes (do not boil).
- Strain through a fine-mesh sieve into a blender and add Cinnamon Bark Vitality, Black Pepper Vitality, and honey or maple syrup to taste.
- Blend on high until frothy and pour into mugs.
- Serve with a dash of cinnamon on top.



Canada's best-selling essential oils and blends:
Lavender, Thieves®, Peppermint, Lemon, and R.C.™

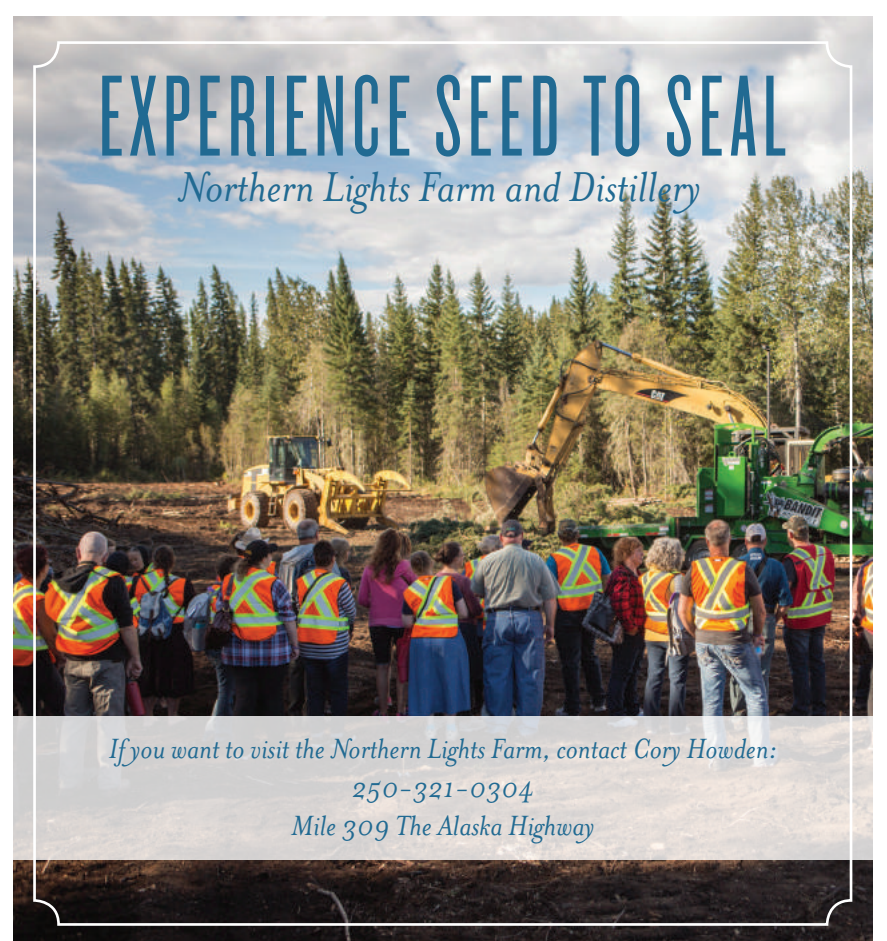
This year has been a year of firsts for Young Living Canada, blazing new trails for the company in this fast-growing market. On August 24, Canadian members gathered to celebrate the grand opening of the Northern Lights farm and distillery with Gary and Mary Young, kicking off five days of learning, networking, and Young Living pride at the inaugural Canadian National Convention.

At Canada's first Young Living farm in Fort Nelson, British Columbia, black spruce is harvested and distilled beneath the Northern Lights sky to produce Northern Lights Black Spruce essential oil. A powerful essential oil with a grounding aroma, it echoes the resilient, deeply rooted strength of the black spruce tree from which it is derived. While the farm began operating in late 2014, this grand opening was the first time Young Living has invited members and the local community to explore the scenic farm and state-of-the-art distillery.

Following the farm event, Canadian members from all around the country gathered to learn more about the Young Living lifestyle. As they attended workshops, keynotes, and other inspiring events, attendees found themselves motivated to discover greater purpose with new insights and business resources, including 14 new-to-market products!

In 2016 alone, Young Living Canada has registered more than 40 products as Natural Health Products (NHPs) with Health Canada. That's more NHPs than any other direct sales company in the market, empowering our Canadian members to share Young Living with powerful new claims about our most popular oils. But we are not stopping there—even more NHP-registered products are coming to Canada before the end of 2016!

With opportunities like this, taking essential oils to every home in Canada has never been more impactful. It's an incredible time to be part of Young Living Canada. Learn the latest news and information from the Canadian market by following Young Living Canada on Facebook at [Facebook.com/YoungLivingCanada](#) and on Instagram at [Instagram.com/YoungLivingEOCanada](#).



If you want to visit the Northern Lights Farm, contact Cory Howden:
 250-321-0304
 Mile 309 The Alaska Highway