



Welcome a new year of
Radiant Health

Proven Infection Fighters - Oregano and Thieves Therapeutic-Grade Essential Oils

Georgetown University study
Tested against *staphylococcus*
bacteria, "Oregano... appear[s]
to reduce infection as effectively
as traditional antibiotics."¹

Weber State University study
Tested against *staphylococcus*
 aureus, *Micrococcus luteus*,
Pseudomonas aeruginosa
and *staphylococcus aureus*,
Thieves™ oil blend is proven to
have a **99.96% kill rate** against
airborne bacteria when diffused.²

**Oxford University
Press publication**
Essential oils in a gaseous state
were tested against *Haemophilus*
influenzae, *streptococcus*
pneumoniae et. al. **Cinnamon
bark** (component of **Thieves**) and
Thyme essential oils had greatest
inhibitory effect.

RESOURCES

¹ Press release. Georgetown University
Medical Center, December 2001.

² S.C. Chao, D.G. Young, C.J. Oberg. Effect of a
Diffused Essential Oil Blend on Bacterial
Bioaerosols. *Journal of Essential Oil Research*.
Vol. 10. pp. 517-523. Sept/Oct 1998.

³ S. Inouye, T. Takizawa, H. Yamaguchi.
Antibacterial Activity of Essential Oils and
Their Major Constituents Against Respiratory
Tract Pathogens by Gaseous Contact. *Journal*
of Antimicrobial Chemotherapy. Vol. 47. No. 5.
pp. 565-573.

Aromatic transformations

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James Niederland, LCSW
Psychotherapist &
Wellness Consultant
201-567-8119

WEBSITE
[http://jnied.
younglivingworld.com](http://jnied.younglivingworld.com)

EMAIL
jnied@aol.com

Real Health Insurance

The best health insurance in the world isn't available from a well known insurer, isn't paid for with premium dollars, and doesn't require permission to use it.

The best health insurance is a strong immune system.

Our immune systems stand guard over our health, protecting us from invaders big and small. For those of us blessed with basic good health, a strong immune system is sustained by good habits. If your health habits aren't all they should be, **now** is the time to improve them, with confidence that you can do **much** to insure your continued health.

Flu Season Especially Challenging This Year

This is a timely message because we are facing a very real health risk this winter - the flu. This year's flu season hit early and hard. By December, thousands were afflicted in Colorado, Texas and Nevada. Across the Atlantic, Fujian flu has claimed the lives of several children. Mayo Clinic's website stated that deaths from this winter's flu pandemic could be double that of a normal year - as many as 70,000. Clearly, we need to prepare and protect ourselves and our families from these virulent strains of flu.

Take Action - 60 Days to Stronger Immune System

Let's start now. Knowing that our immune systems are weakened by stress, inadequate nutrition and oxygen, overuse of antibiotics and an acid pH, we can see what steps to take. Just 60 days from now, you'll feel the difference.

1. **Build up immune system with essential oils.**
2. **Increase antioxidant intake with citrus essential oils, raw, whole fruits and vegetables and nutritional supplements. Remember that vitamins are activated by minerals, so ensure your diet includes both.**
3. **Increase intestinal flora by adding acidophillus to your diet.**
4. **Get plenty of pure water, fresh air and exercise every day.**
5. **Reduce the stress in your life and get enough rest.**

Winter Rescue Trio Boosts Immune System

This month, we've highlighted the Young Living products designed specifically to enhance your immune system. Find product descriptions and suggested uses on page two.



Your Winter Rescue Trio

How can anything that smells this good battle those nasty cold and flu bugs? Well, therapeutic-grade essential oils can and do! My Winter Rescue Kit includes the essential oils I depend on to keep me and my family healthy during the cold and flu season: ImmuPower™ and Golden Touch 1 Kit.

ImmuPower - specifically blended for immune strength

This exquisite blend features essential oils of frankincense, oregano, mountain savory and more. Powerful for warding off viruses. Specifically blended for strengthening and protecting the body.

Golden Touch 1 Essential Oil Kit

Features seven essential oil blends available only from Young Living:

- Thieves** Super germ-buster. Builds immune system; has antibacterial properties.
- Melrose™** Builds immune system; antiseptic and antifungal properties.
- Raven™** Protects respiratory system - alternate with R.C. Rub on chest and throat for respiratory conditions.
- R.C.™** Alternate with Raven to speed healing to the respiratory system. Apply to chest, back for colds.
- Di-Tone™** Calms nausea and upset stomachs, enhances digestion.
- EndoFlex™** Balances hormonal and metabolic systems.
- JuvaFlex™** Gently cleanses digestive system and liver.

Two Easy Ways to Use Essential Oils for Better Immune Function

Breathe Air Purified by Essential Oils

Diffuse essential oils daily for a minimum of 15 minutes morning and night. Increase the amount of diffusing time as you adjust to the oils. Thieves is a particularly potent oil, so diffuse for just 5 minutes at first.

Note: EndoFlex, Di-Tone and JuvaFlex are only for topical use.

Absorb Benefits of Essential Oils Through Your Skin

For immune system boosting, we alternate **Thieves** and **ImmuPower** essential oil blends.

In the morning, apply 2-3 drops of either oil to the soles of your feet.

At bedtime, apply oil to feet again. In addition, after checking for skin sensitivity, dilute 2-3 drops of essential oil with V-6 Mixing Oil or pure olive oil. Rub briskly up and down the spine. After applying, cup hands around nose and inhale deeply for 2-3 minutes.

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201-567-8119

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New customers! When signing up, please place my Young Living Member **#290271**

on the enrollment form as your enroller and sponsor.

If reactivating, please use your original sponsor's Member Number.

# to Order	Product Name	Code # Size	Preferred Customer Price*
	ImmuPower Essential Oil	#3363 15 ml	\$53.00
	Golden Touch 1 Essential Oil Kit	#3130 7-5 ml bottles	\$59.00
	V-6 Mixing Oil for diluting	#3775 4 fl oz	\$8.00
	Subtotal		\$120.00 *ask about wholesale prices
	Essential Oil Diffuser	3828 green 3829 pink 3830 blue 3831 bronze	\$115.00

Radiant Health News

EDITOR

Bonnie McDermid

TELEPHONE

(612) 920-9205

EMAIL

essentialmarketing@mn.rr.com

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