



# Essential Oil Therapies

Vol. 5 No. 11

## Ten Reasons to Clean Hands & Home Safely with Thieves®

Hands—those that pet the cat, throw the ball, make dinner and play computer games—are the chief importer/exporter of cold, flu and other germs at home and school. They are perfectly designed for spreading germs via hand-to-hand or hand-to-surface-to-hand contact, causing the average adult four colds per year and six colds annually for children.<sup>1</sup>

Defending your family and home from the transfer of “unwelcome imports” isn’t as simple as using stronger cleaners: There’s no shortage of harsh disinfectants and sanitizers. But there are very few that are truly **SAFE AND EFFECTIVE**, like those in the **Thieves Family of Products** from Young Living®.

The Thieves Family is a chemical-free collection of home and personal care products that will build a “**Zone of Protection**” around your family’s health as they:

- Reduce the spread of germs with **non-toxic** hand and surface cleaners
- Boost your immune system with essential oil-enhanced personal care products
- Eliminate harsh and abrasive chemicals and their fumes that can irritate skin and lungs
- Remove the danger of chemical exposure or poisoning from young children

### Proper Handwashing is First Defense

Before you skip this section, did you know that 90% of the germs on your hands are under your fingernails?<sup>2</sup> And those fingertips touch your eyes and mouth (a direct route to your upper respiratory system) about 12,500 times a year?<sup>2</sup> If that was news to you, too, review the how-tos of handwashing in the next column, then teach your family well.



## Look Mom, Clean Hands!

### Read the Mayo Clinic’s instructions on proper handwashing

- Wet your hands with warm, running water and apply liquid soap or use clean bar soap. (Warm water is more effective than cold at breaking down the body oils on your hands that hold soils and bacteria.) Lather well.
- Rub your hands vigorously together for at least 15 to 20 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well and dry hands with a clean or disposable towel.

Waterless hand cleaners are an excellent alternative to hand washing, particularly when soap and water aren’t available. They’re actually more effective than soap and water in killing bacteria and viruses that cause disease.<sup>3</sup>

Two very popular Thieves products—cleansing soap and hand purifier.



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# Ten Reasons to Clean Hands & Home Safely with Thieves

## First Defense continued

What may also surprise you is that the simple act of handwashing can have a great impact on public health. In fact, the Centers for Disease Control (CDC) estimates that **proper handwashing** could eliminate close to 50% of all cases of foodborne illness. One study of 305 school children found that youngsters who washed their hands four times a day had 24% fewer sick days due to respiratory illness and 51% fewer days due to upset stomachs.<sup>4</sup>

## Choose SAFE Hand Cleaners

Go one step further and you'll REALLY make a difference to your family's health. Commit to more frequent handwashing AND to using non-toxic soap and cleaners. Just throw away that chemical-laden soap and stock up on the Thieves products below. They'll make the shift from harsh chemicals to safe, gentle cleaners a pleasure.

How safe are they? Young Living makes products so pure, you can eat them. (However, we think you'll enjoy a Wolfberry Crisp Bar more.) How effective are they? All three soaps use the proven antimicrobial power of Thieves essential oil to clean, yet they're gentle to the skin.

Thieves Foaming Hand Soap is an effective germ-buster cloaked in a creamy, emollient lather.



Thieves Waterless Hand Purifier kills germs on hands when you're on the move.



Thieves Cleansing Soap gently removes dirt and oils from the skin, leaving it soft and clean.



## GERM HOT SPOTS

- Kitchen sink drain areas
- Kitchen faucet handles
- Refrigerator handles
- Light switches
- Door knobs
- Toys
- Remote controls
- Computer mouse
- Phones, cell phones
- Computer keyboards



## Cleaning Surfaces is Second Defense

The surfaces we touch daily are essentially transfer stations for the germs and viruses that make us sick. Every parent and teacher can tell you that when one child becomes sick, the illness can spread like wildfire through the family and the classroom.

At a public health level, more frequent reports of staph infections in schools, especially the virulent staph infection known as MRSA, is of such concern that the National Education Association (NEA) and the CDC have teamed up. They are educating parents, teachers and school custodians about the importance of handwashing and the regular disinfection of school surfaces.<sup>5</sup>

Clearly, we need more effective cleaners that are safe to use around us and our children. The perfect product for the job is **Thieves Household Cleaner**. This multipurpose cleaner is formulated to kill germs and bacteria on hard surfaces as it annihilates dirt. Once you try it, you'll be amazed at its superior cleaning power and versatility—customers rave about how it removes hopeless stains, pine pitch, caulk with ease.

For those germ hot spots at home and away, try **Thieves Spray** and **Thieves Wipes**. Same powerful antimicrobial action in convenient, portable packaging. Indispensable for making your world clean and safe to live in—from school to the office to your hotel room and back.

Try these stellar Thieves Products today and build your "Zone of Protection" for a healthier tomorrow.

Common sense precaution for all products: Avoid contact with eyes as you would with any other cleaner. Use Thieves Household Cleaner, Spray and Wipes products on hard surfaces only.

## Radiant Health News

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## THIEVES HOUSEHOLD CLEANER IS...

### MULTI-PURPOSE

Surface sanitizer, stain and goo remover, laundry booster, pet odor remover, much more!

### CONCENTRATED, ECONOMICAL

One bottle makes 28 quarts.  
Costs less than \$1 per quart.

### PURE & NON-TOXIC

Absolutely all natural and chemical-free.

### PROVEN, POWERFUL

Over 500 clinical studies prove the antimicrobial effectiveness of the essential oils in Thieves.

## Thieves Hand & Surface Cleaners

Product Name	Code# Size	PRICES Wholesale Pref Cust Customer
Thieves Foaming Hand Soap	# 3643 3-8 oz	\$26.25 \$30.39 \$34.54
Thieves Waterless Hand Purifier	#3622 3-1 oz	\$12.75 \$14.76 \$16.78
Thieves Bar Soap	#3679 3.45 oz	\$7.75 \$8.97 \$10.20
Thieves Spray	#3266 3-1 oz	\$21.50 \$24.89 \$28.29
Thieves Wipes	#3756 30 ct	\$9.50 \$11.00 \$12.50
Thieves Household Cleaner	#3743 14.4 oz	\$21.50 \$24.89 \$28.29

## Resources

<sup>1</sup> Rubin, J. Makers Diet. 2004. p 65.

<sup>2</sup> Rubin, J. Makers Diet. 2004. p 64.

<sup>3</sup> <http://www.mayoclinic.com/health/hand-washing/HQ00407>

<sup>4</sup> <http://www.cfsan.fda.gov/~dms/a2z-h.html>

<sup>5</sup> [www.cleaning101.com](http://www.cleaning101.com)