

Essential Oil Therapies

Vol. 5 No. 9



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Fresh as mountain air
Diffuse Young Living
essential oils in your
home for sparkling clean,
pure air.

Breathe Easy - Improve Indoor Air Quality with Young Living®

The house you live in may be detrimental to your health!

The Environmental Protection Agency (EPA) has declared indoor air quality as one of the top five most urgent environmental risks to public health.¹

According to the EPA, the air inside our homes may be two to five times more polluted than outside air. As most Americans spend more than 90% of their time indoors, the quality of that air may impact our health.²

Poor indoor air quality can cause or contribute to the development of chronic respiratory diseases such as asthma and hypersensitivity pneumonitis.²

Children At Greater Risk

Young people are particularly susceptible to indoor air pollution because their bodies are developing. Children breathe in 50% more air per pound of body weight than adults. So, if indoor air quality is poor, they inhale and absorb a greater volume of contaminants into their lungs.

Of even greater concern, indoor air quality may be a more likely trigger of childhood asthma than outdoor pollution, according to Dr. Ian Greaves, environmental medical specialist and consultant to the American Lung Association's Health House program.²

Top Indoor Air Pollutants

Here are some of the most common indoor hazards to respiratory health and ideas for limiting your exposure.

Tobacco smoke

Secondhand smoke is a major indoor air pollutant which contains 200 known poisons such as formaldehyde and carbon monoxide, as well as 43 carcinogens. Don't let anyone smoke in your home. Period.

Carpeting

That lovely new carpeting with the cushy pad likely emits volatile organic compounds (VOCs) which have been reported to cause eye, nose and throat irritation, headaches, shortness of breath and coughs.

When installing new carpet, consider leaving the premises for 2-3 days while you ventilate your home thoroughly.

Carpet can also act as a "sink" for chemical and biological pollutants, including pesticides, dust mites and fungi.³

Toxic household chemicals and personal care products

No less an authority than the American Lung Association asserts that **household cleaning agents and personal care products can cause dizziness, nausea, allergic reactions, eye/skin/respiratory tract irritation and cancer.**¹

Clearly, there's ample reason to switch to chemical-free products. While this newsletter is focused on the Young Living (YL) essential oils that best support respiratory health, YL proudly offers all-natural, chemical-free products - everything from Thieves® Household Cleaner, Spray and Wipes, to the purest personal care products.



Breathe Easy!

Improve Indoor Air Quality with Young Living

Air fresheners and aerosols

Who would have thought air fresheners could be harmful? In a major longitudinal study, frequent use of air fresheners during pregnancy and early childhood was associated with higher levels of diarrhea, earache in infants and headaches, depression in mothers. Read on for air fresheners that are actually good for you.⁴

Banish Indoor Pollution - Diffuse Young Living Therapeutic Grade Essential Oils

Fragrant, sparkling clean air will greet you when you enter a room misted with essential oils. Don't let the beautiful scent fool you - many essential oils have powerful, purifying action that cleans the air and destroys odor-causing molecules.

In fact, Young Living formulated **Purification** essential oil blend especially for diffusing indoors. Its bright, fresh scent is from Lemongrass, Citronella and Melaleuca oils.

Citrus Fresh™ is another favorite essential oil designed for diffusing. Its clean fragrance is relaxing and calming, especially for children.

How to Diffuse Essential Oils

Always diffuse essential oils properly, with the cold-air diffuser pictured on page one. *Any other method of diffusing which uses heat destroys the therapeutic effect of the oils.* To begin, diffuse essential oils daily for 15 minutes morning and night. Lengthen your diffusing time as you adjust to the oils. You'll never buy another air freshener!



Young Living's Golden Touch 1 Collection



The Golden Touch 1 kit will get used every day for everything from colds to upset stomachs. Contains seven essential oils: Di-Tone, EndoFlex, JuvaFlex, Melrose, Raven, R.C., and Thieves.

Soothe Respiratory Symptoms Naturally with Golden Touch 1™

At the first sign of a snuffle or cough - whether due to air quality or a cold - reach for your **Golden Touch 1** kit. Many call it their "survival kit" because it includes three essential oil blends made for respiratory and immune systems:

R.C. (for "respiratory care") was formulated to give relief from colds, bronchitis, sinusitis and congestion. Contains four kinds of **Eucalyptus**, a powerful antimicrobial agent. Apply topically over sinus areas, massage on chest and back, inhale deeply, diffuse.⁵

Raven gives strength in fighting respiratory disease and infection. Diffusing Raven may help decongest and relieve allergy symptoms.⁵

Many have found that alternating R.C. and Raven is very effective in fighting respiratory conditions. Those with sensitive skin may dilute these oils with pure vegetable oil.

Thieves is a particularly potent oil blend, proven to have a 99.96% kill rate against airborne bacteria. ⁶It is indispensable as an immune booster.

Product Name	Code # Size	Prices Wholesale Pref Cust Cust
Golden Touch 1 essential oil kit	#3130 7-5 ml	\$69.50 \$80.47 \$91.45
Purification essential oil blend	#3399 15 ml	\$14.25 \$16.50 \$18.75
Citrus Fresh essential oil blend	#3318 15 ml	\$11.75 \$13.61 \$15.46
Complete Diffuser bronze well	#3660	\$99.75
green well	#3662	\$115.50
silver well	#3661	\$131.25

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Diffuse for just five minutes initially, then extend time as needed. Apply to soles of feet daily.

Make your home a safe haven with Young Living diffusers and therapeutic-grade essential oils.

Resources
¹American Lung Association. Indoor Air Pollution Fact Sheet. www.lungusa.org.
²Press release. American Lung Association. Tips on Creating a Healthier Home for Children. New York. July, 2002.
³American Lung Association. Your Carpet and Indoor Air Quality. February, 2000.
⁴Press release. ALSPAC. Air Fresheners Can Make Mothers and Babies Ill. October 2004. www.alspac.bris.ac.uk/press.
⁵Essential Desk Reference, 2nd ed. 2001; p. 118-119.
⁶Essential Desk Reference, 2nd ed. 2001; p. 123.

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