



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

A YEAR IN REVIEW: 2006

WORDS OF WISDOM FROM YOUNG LIVING LEADERS

The evolution of many individuals has been apparent over the past year with the support and guidance of Young Living - transitioning from alternative health believers, to essential oil users, to Young Living distributors, to leaders in their community and field. Growth comes as we honor our truth, seek responsible action and recognize the cause and effect of all of our endeavors. Each person we have highlighted in this issue reflects the heart, creativity and determination of a leader. Their insights and experience benefit all of us, as we adapt to the many challenges facing us today and heal the wounds of our past.

In the wise words of my good friend and YL Distributor, Jim McLean, we set a precedent for 2007: *"What I realize is that in my body lives the power to see through all that could be harmful and change it to that which is of love. Be it in food, in healthcare products or in daily living, the power keeps me safe, as my environment moves from purity and then back again. Let's eliminate the use of the word toxin and replace it with words that represent the power of healing and health that takes place when given the tools necessary to maintain it, even in the presence of all that can harm us."*

May you find hope and inspiration in these pages to infuse the new year with great success and the manifestation of your highest potential! Happy New Year and bountiful blessings from all of us at Message Scent! **Ruby Gibson**

Did you know that lavender seeds are planted twice each year at the Young Living Lavender Farm to produce the thousands of plants required to make this highly valued essential oil? Learn more about the Young Living Farms, the process of creating essential oils, the science behind them, & much more by visiting the new Young Living Farms website.
www.younglivingfarms.com



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JEFFREY LEWIS AND GAILANN GREEN

Interviewed by Carl Janicek

Carl: Jeffrey, you are a role model for so many Young Living distributors! You are recognized as a healer, as well as a financially adept business person. Would you be willing to share the most important and valuable insights you've had this year?

Jeffrey: Sure. I can tell you that this year I've discovered and experimented with several transformational tools that have helped a large number of the team that I work with in my Young Living family. We now know that so much in our lives depends on education and the mental blueprint that we operate from. These are the specific tools for anyone who has a desire to "own their life", and earn their freedom from the corporate squirrel cage. Most people don't get to express who they are AND earn financial independence at the same time. People too often become robots in their jobs, live in apathy and end up taking mood altering drugs and stimulants to pretend everything is OK. Yet they know in their heart that something is ter-

The essential oils in Young Living's collection are life-enhancing gifts from the plant kingdom, revered for centuries for their restorative properties to body, mind and spirit. Essential oils are the highly concentrated, volatile, aromatic essences of plants. Essential oils contain hundreds of organic constituents, including hormones, vitamins and other natural elements that work on many levels. They are 75 to 100 times more concentrated than dried herbs. All the countries of the world provide essential oils, making aromatherapy a truly global therapy, and information on the specific properties of each essential oil can be found in any one of the hundreds of books published worldwide on the topic. There are significant differences between synthetic fragrance oils and pure essential oils.



ribly wrong. I love my freedom! And I love helping others find theirs! That's what gives me the deep passion for my Young Living business.

Carl: This sounds great! What tools do you use?

Jeffrey: The [45 Second Presentation](#) by Don Failla has been one educational tool that has helped many Young Living family members understand the fundamental building blocks that simplify the training of new business leaders. People now understand there is financial healing that they can experience through YL.

Gailann: Many healers have a desire to help people, but bypass their own needs. Often they don't even take care

All Young Living Essential Oils are pure. There are 4 grades of essential oil:

1. Grade A oils are pure therapeutic quality and are usually made from organically grown plants, and are distilled at the proper temperatures.

2. Grade B oils are food grade, they may contain synthetics, pesticides, fertilizers, extenders, or carrier oils.

3. Grade C oils are perfume grade and may contain the same type of adulterating chemicals as food grade oils. They usually contain solvents which are used to gain a higher yield of oil per harvest. Solvents are not healthy.

4. Floral Water is a byproduct of the distillation process and is a very high quality, IF it comes from a Grade A distillation process.

of themselves physically or emotionally, much less financially. It's no wonder so many well intentioned healers end up frustrated and living in poverty. Now, many healers are "waking up" to recognize that health and wholeness include personal financial abundance! They are now discovering they can create more value for others by being in a state of abundance themselves. There is an energy flow to abundance that is actually quite contagious.

Jeffrey: And it is so much about the "Law of Attraction". This has been "a secret" for far too long. The movie, [The Secret](#), is all about getting out of the blueprint you've been living by making a simple little shift in thinking. I watch it over and over and every time a little light goes on in my head about how easy this is! The basis of your life is Freedom; the purpose of your life is Joy. You are free to choose to discover new avenues for your joy. In your joy you will grow; and in your growth you will add to the growth of All-That-Is. However, you are also free to choose bondage or pain, but everything anyone chooses is only because they believe it will help them feel better.

Synthetic fragrance oils may duplicate the smell of the pure botanical, but the complex chemical components of each essential oil created in nature determine its true benefits. Synthetic fragrance oils will not have medicinal properties; they are NOT suitable for aromatherapy. Pure essential oils are gems of nature - the quintessential life force of aromatic plants, sometimes called the "soul" of the plant. People who truly appreciate the qualities of pure essential oils consider each drop a precious jewel to be savored, enjoyed and protected. Essential oils are inhaled, ingested or topically applied to the skin's surface for a variety of effects including deep cleansing, nourishing, rejuvenating and balancing. I hope that you find this information useful. Jeffrey Lewis

MARTHA WERTZ

As a YL Leader, I have learned that I often set the pace and model how my organization grows. The more I 'step out there', the more energy and activity occurs in my YL group. This organization is a living and breathing BE-ing, very much like a garden. I water, nourish, communicate and



attend to my YL group as I would to a garden. Each customer in my organization starts as a seed, blooming and growing in their own unique way. As a gardener, I do my best, then step aside and await the miraculous unfolding of each person's journey with these powerful products.

I have learned to trust in the abundance of the universe. I have learned that there are more ways to make an income than a 9-5 job. I have learned

that I can have my heart's desire financially, along with the personal freedom to create my day.

Like attracts like. When I open up to expanding my downline through writing and speaking affirmations, attracting more customers nationally and internationally, then

the more prosperity comes to me. Valuable leaders, good friends, and profound service are the benefits of being in my YL team. With the acceleration of time, my wishes and desires come even more rapidly. I knew that in order to get to YL Gold, I would have to think and act as if I am already there. I know that in YL, we are all diamonds in the making!

My self care includes daily exercise, ceremony/prayer, working out in na-

ture daily, monitoring my diet, enjoying good music, and traveling to see friends and family, and of course using lots of essential oils and YL products!

My children and I haven't had to visit a doctor for over 5 years for any illness. Due to many vaccinations and living overseas, I spent about 10 years going from one alternative therapist to another with various complaints. With the use of the oils, I feel great and can get back on track quickly if my energy is low. I have also had enormous emotional healing using essential oils.

I am free to create my day, I am home with children, I get to travel, I have wonderful, life-long friends, and I have access to amazing, miraculous and fun products. I love the YL company and have had the opportunity to travel around the country with YL corporate leaders as a teacher and trainer. I love to learn and teach and I continue to do this with Young Living Essential Oils.

CHRIS OLSON

The most valuable thing I have gleaned from YL is the relationship I have with essential oils. Essential oils are now companions on my life journey.

I have invested time, money and the desire to



intrigue and captivates a room when I share what these little gems can do for food. I also get quite a stir on a job site with my oils and the energy they lend to any room or project. The conversation begins with, "What is that smell?" This leads to conversation, and conversa-

succeed with YL and have received just a trickle of "financial healing". I continue to define my path in the company. I have realized it is up to me to succeed. The creativity that has always been with me is helping to become more of a leader in my own unique fashion.

The "Law of Attraction" is working for me with the passion I have for cooking with "food grade essential oils". The legitimacy that Gary Young has obtained with oils in the food industry enables me to speak of avenues most do not know are possible. This creates

tions then lead to other conversations, and this builds a reputation.

The self care that I enjoy through the use of essential oils and supplements has changed my life in a very positive way. My life is now fulfilling in ways I could have never imagined. My garden, my preexisting study of herbs, and my wide pursuits of how to use the oils have added a sparkle to my world. The plants are with me everywhere I go, no matter what the season, creating a more profound relationship to the earth and to life.

The healing benefits are on a physical, emotional and spiritual level. I sense the making of a whole new body for myself since using essential oils. Of course there have been other studies that lend to the making of a new person, but the oils compliment just about any pursuit of healing.

The community is fabulous and the people in YL are wonderful. Convention really opened my eyes to the nature of YL. Gary Young is a special person with vision. His passion is inspiring. I also have developed lasting, long term relationships through classes and in our local business structure. There are leaders in my group who are superior at running their organizations and offer good examples. I am fortunate.

The thing that makes me the happiest is using oils on a daily basis. They are little gifts from the universe to help us along our various paths.

ESSENTIAL OIL FREQUENCY AND DISTILLATION: HUMAN

"Frequency is defined as a measurable rate of electrical energy flow that is constant between any two points. Everything has an electrical frequency.

Royal Raymond Rife, M.D., developed a "frequency generator" in the early 1920's. With this he found that certain frequencies could destroy a cancer cell or a virus. He found that certain frequencies could prevent the development of disease, and others would destroy disease.

Bjorn Nordenstrom, a radiologist in Stockholm, Sweden, who wrote "Biologically Closed Circuits," discovered in the early 1980's that by putting an electrode inside a tumor and running a milliamp D.C. current through the electrode, he could dissolve the cancer tumor and stop its growth. He found that the human body had electropositive and electronegative energy fields.

Clinical research shows that essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live. I believe that the chemistry and frequencies of essential oils have the ability to help man maintain the optimal frequency to the extent that disease cannot exist.

Bruce Tainio of Tainio Technology in Cheney, Washington developed new equipment to measure the biofrequency of humans and foods. He used this biofrequency monitor to determine the relationship between frequency and disease. Measuring in megahertz:

- † Distilled water w/2 drops peppermint has the frequency of 78MHz and w/ 2 drops lemon is 76 MHz
- † Tap water is 32 MHz
- † Chlorinated water is worse than coffee
- † Canned food had a 0 to 15 MHz
- † Dry herbs from 12-22 MHz
- † Fresh produce from 15 to 22 MHz
- † Fresh herbs from 20-27 MHz
- † Essential Oils start at 47 MHz and go as high as 320 MHz, the frequency of rose oil

Our body and all the organs have their own frequency, here are a few:

- † Normal brain wave frequency 72-78 MHz
- † Visionary Range 120 MHz
- † Bone 38-43 MHz
- † Neck down 62-68 MHz
- † If the frequency drops just 4 points this is when a headache will start
- † Disease begins 58 MHz
- † Flu invades the body 57 MHz

- † More serious problems come 55 MHz
- † Tissue breaks down from disease 48 MHz
- † Cancer can set in 42 MHz
- † Death is at 20 MHz

Truly, the chemistry and frequencies of essential oils have the ability to help man maintain an optimal health frequency. It is wonderful to discover that essential oil frequencies are several times greater than frequencies of herbs and foods. For years, research has been conducted on the use of electrical energy to reverse disease. Scientists in the field of natural healing have believed there has to be a more natural way to increase the body's electrical frequency. This led to the research and subsequent discovery of electrical frequencies in essential oils.

The more results that have been seen, the more research has been initiated. Unhealthy Substances Cause Frequency Changes. In one test, the frequency of two individuals - the first a 26 year old male and the second a 24 year old male - was measured at 66 MHz each. The first individual held a cup of coffee (without drinking any), and his frequency dropped to 58 MHz in 3 seconds. He put the coffee down and inhaled an aroma of essential oils. Within 21 seconds, his frequency had returned to 66 MHz. The second individual took a sip of coffee and his frequency dropped to 52 MHz in the same 3 seconds. However, no essential oils were used during the recovery time, and it took 3 days for his frequency to return to its initial 66 MHz.

Another young man with the frequency of 65 MHz put a cigarette in his hand and his frequency dropped to 56 and when he put it between his lips without lighting it, his frequency dropped to 48 MHz. (Remember what happens when the body's frequency drops to 48? Tissue breakdown from disease. Do you want to put your body in jeopardy?)

One surprising aspect of this study measured the influence that thoughts have on the body's electrical frequency. Negative thoughts lowered the measured frequency by 12 MHz and positive thoughts raised the measured frequency by 10 MHz. It was also found that prayer and meditation increased the measured frequency levels by 15 MHz.

For instance a young man with the frequency of 64 MHz was asked to think of something negative. In 3 seconds his frequency dropped to 57 MHz. He was then asked to think of something positive, but his frequency didn't change. I asked him if he was thinking positive, yes, he said he was,

and still nothing happened. His frequency only came up when he got excited. He was thinking how great it would be to refinish his car, get his girlfriend and ride down town showing off to his friends. That was when his frequency returned to 64MHz, but it took 21 seconds to rise when he was real positive.

So what I am saying is that you do not want to be negative because of the lower frequency it causes in the body and over time with the low frequency disease could set in.

For a number of years during my clinical practice, I researched the use of electrical energy for the purpose of reversing the disease process. I kept feeling that there had to be a more natural way of increasing a person's electrical frequency, which led to the discovery of the electrical frequency of oils.

One of the things that I noticed with my patients was that they felt better emotionally when they first started to use essential oils. It seemed that, within seconds, congestion would begin to loosen just through simple inhalation of an oil. Certain oils applied on location would decrease pain 50-80 percent within 1-3 minutes. Some even experienced a decrease in pain within seconds. I could not have thought that an oil applied to the bottom of the feet could travel to the neck and reduce pain by 70 percent within one minute. As I saw this happen over and over, I started to realize that there had to be other aspects and elements in the oils that had to be researched.

Once in a while, individuals using an essential oil for the first time will say they broke out with a rash or had an allergic reaction. So many reactions are the body's chemical sensitivity kicking in and saying, "protect me." However, when I worked with people with severe allergies, even universal reactors, once they understood that pure essential oils actually detoxify and help re-establish cellular balance, would calm down and realize they were not having a reaction. It's amazing to see how we in America have become sensitive to things around us, and yet at the same time we are desensitized to the things that are killing us, causing allergies, depressing the immune system, creating a weakness for diseases, such as candida, Epstein Barr, chronic fatigue syndrome, hypoglycemia, universal reactor symptoms, and other chemical sensitive problems. It just goes from level one to level six, manifesting different symptoms.

Because the sense of smell is so incredible,

ELECTRICAL FREQUENCIES AND FIELDS BY D. GARY YOUNG

it is important to understand why we have these sensitivities and reactions. Let's go back to the early days of steam distillation, which is one of the most common ways of extracting oils from plants, trees, shrubs, flowers and herbs. This is done by sending steam into a chamber that holds the raw product. As the steam rises, it stimulates the oil membranes in the plant, causing them to open, thereby releasing the oil molecule that has a micro-fine membrane around it, which is there to protect the oil. If the membrane is fractured while the oil is being released, the oil is damaged, and the molecular structure of the oil is altered. In nature, as the evening cools, the oil comes closer to the surface. As the day begins, the sun's warmth causes this membrane to relax, open and release the oil into the atmosphere.

Vertical steam distillation gives us the greatest potential for protecting the oil and maintaining its integrity in order to protect its therapeutic benefits for fragrance and balancing the body. All of this must work on the areas in the brain that are connected to the limbic system, which affects emotional trauma release, appeases anxiety and helps overcome depression. In ancient distillation, low pressure and low temperature were extremely important in order to have the therapeutic benefits of this gentle process.

Marcel Espieu, who has been the President of the Lavender Growers Association for 21 years in southern France, told me when I was studying with him, that the best quality of oil would be produced when the pressure was zero pounds during distillation. Temperature also has a very distinct effect on the oils. At certain temperatures, the oil fragrance, as well as the chemical constituents, can be changed. High pressures and high temperatures seem to cause a harshness in the oil where even the oil pH and the electropositive and electronegative balance are greatly affected.

For example, cypress requires 24 hours at a maximum of 245 degrees at 5 pounds of pressure in order for all of the active constituents and properties to be released. But if it is distilled less than 22 hours, 18-20 of the primary constituents will be missing, which are absolutely essential to the therapeutic application of the oil and the expected response. However, most of the distilling operations throughout the world distill cypress for only one hour and 15 minutes to 3 hours.

Lavender is distilled in France with a steam

temperature of up to 350 degrees and up to 155 pounds of pressure for 15 minutes. Although the oil is easily sold and marketed, it is of very poor quality. The problem we have in America is that people are more concerned about price than quality. Naturally, you can sell lavender oil inexpensively if you can produce a pound of oil in 15 minutes versus a pound of oil in an hour and a half. To maintain the highest grade of oil and to be able to get all the properties in the oil that create the therapeutic effect in the healing of burns, reducing of headaches and fevers and overcoming insomnia and PMS, that oil must be of the highest grade and quality.

In the larger fields of the world during the distillation time, one can see chemical trucks hooked into the distillers pumping solvents into the water already in the boiler. This increases the oil production by as much as 18 percent. However, when you put a chemical in the water and force this with steam into the plant, it causes a fracturing of the molecular structure of the oil, altering its fragrance and constituents because you cannot separate the chemicals from the oil after it comes through the condenser.

Most of the lavender oil sold in America today is lavandin, which is a hybrid and is grown and distilled in either China or Russia. The oil production in both locations tests high in radioactive isotopes. They bring it into France, cut it with synthetic linolol acetate to improve the fragrance, add propylene glycol or SD 40, which is a solvent that has no smell and increases the volume, and then sell it in the United States as lavender oil. We in America don't know the difference and are happy to buy and sell it for \$5-7 per half ounce in health food stores, beauty salons, grocery and department stores and through mail order.

Frankincense is another example of an adulterated oil. The frankincense resin, or gum, that is sold in Somalia costs between \$30,000 and \$35,000 per ton and when steam distilled is very expensive. However, frankincense that is sold for as low as \$25 per ounce is distilled with alcohol. When these cut, synthetic and adulterated oils cause rashes, burns or other irritations, we wonder why we don't get the benefit we were expecting and come to the conclusion that essential oils don't have that much value.

There are first, second, third and fourth stages of distillation, with each one becoming weaker and weaker to which synthetic

fragrance constituents are added and then sold to the unsuspecting public. Many people have jumped on the bandwagon because of the money-making potential that they see with essential oils. They buy cheap oils, re-bottle them, label them as 100 percent pure essential oils and market them without ever knowing their origin or who was responsible for the distillation.

After seeing the number of farms going out of business in France and Germany, I was concerned that the day would come when we would have a difficult time obtaining oils. I felt I needed to find farm land where we could begin growing our own crops in order to secure our supply and quality. After many months of looking, I was led to the Benawah Valley near St. Maries, Idaho, where we now have 50 acres in production.

We were very specific in choosing land that had never had chemicals on it because all our growing and production operations are strictly organic. Our farms in Utah, Idaho and France are all organic. Young Living is now supervising the distillation of some of the oils that it sells as well as buying directly from the distilleries in order to avoid adulteration and inferior quality of oils that are produced around the world. We begin with the pure seeds and take them all the way through the growing, harvesting, distilling, formulating, packaging and marketing. This way we know what we have and can stand behind the production and the quality.

At the Young Living Research Farm in Idaho, I built four different distillers and the largest and only stainless steel vertical steam distiller in North America, so we could control our operation in order to produce the highest quality of oil possible. After building the first two, I invented a steam decompression chamber and manifold that delivers the steam at zero pounds of pressure to the chambers.

In 1994, we produced an extremely high quality of peppermint and clary sage oils as well as the first distilled wild tansy oil in the world. When we attended the essential oil medical convention in September of 1994, everyone who sampled the oils was excited and wanted to know where they could purchase some. They were fascinated with the wild tansy as that was a new and almost exotic smell for them. We have acquired more farm land in Utah and will be building an entire distillery there so that the new crops can be distilled on site.

WALT & RITA ANDERSON

Our perspective as leaders in Young Living comes from over 12 years of interactive participation and observation of Young Living management and our large, highly successful organization. This longevity allows us to reflect upon many positive aspects that have contributed to our mutual successes. Some positive attitudes we've identified as common among team members earning six-figures annually are:

1) Maintaining focus
2) Dedication to helping others
3) Continuously using the products
4) Actively educating self & associates
5) Practicing sound business principles
6) Expressing gratitude

These mindsets operate at varying



degrees throughout our organization and have been creating our group volume of \$1.5 million each month. The Law of Attraction is manifest in our lives. Likewise, we've also observed the YL corporate Executive

team setting the energetic stage for the Law of Attraction to manifest the on-going mission to provide the highest quality essential oils and essential oil-enhanced products to empower us to achieve our potential with increased physical, mental, emotional and financial health.

Focus, to us, incorporates all the lifestyle attitudes mentioned above, and maintaining it may be the most valuable thing we've learned as YL leaders.

Opportunities that distract come

along for all of us, but the facts are that those who stay the course, keeping their focus and staying current with changing information and technology, eventually reap abundance and stability.

We've confidently used the products daily, and we know of countless benefits because we have educated ourselves and we have our personal experiences. So when a casual acquaintance takes notice, it's fun. One example of how "being a product of the product" happened recently to us was when a Social Security interviewer - who is used to dealing with sixty-five and older "senior citizens" - expressed almost disbelief that we were in the eligible range for Medicare. Our health was obviously evident to her from our appearance and bright demeanor. Before we took our leave, she had a bottle of Lavender and our business card!

Being part of the YL community has given us support for our health, lots of laughter, meaningful relationships and has provided a substantial financial impact on our whole family. Our greatest delight has been to watch our children and grandchildren reach for essential oils on their own, showing interest in building YL businesses. It is our legacy to them.

YOUNG LIVING GOES GLOBAL

Global expansion is an important facet of our company growth as YL opens markets in Canada, Australia, Japan and Europe. According to Thierry Sorhaitz, YL Global Marketing Director, there is so much excitement for the potential to get our fabulous products all around the world. Thierry and Daniel Benitez, YL Latin American Market Director, are working diligently to meet the needs of international distributors. We applaud their worldwide successes. Some of Young Living's global efforts include:

- ✓ Future Distributor Trainings in Spanish
- ✓ Expansion into the Latin American market
- ✓ Multi-Lingual translation of marketing/educational materials
- ✓ Essential Oils Desk Reference available in Spanish
- ✓ Multiple language options on the YL website
- ✓ Opening our new farm in Ecuador

WHAT THE NOSE KNOWS!

University College of London has proposed that recent observations of the last decade show that scent recognition appears to be vibrational! THE SENSE OF SMELL, has a "VIBRATIONAL SPECTROSCOPE" that identifies molecules on the basis of their resonant frequencies after being excited by an electron stream generated by cellular smell receptors, a very complicated biologic mechanism. Observations are showing that molecules with similar vibrational frequencies, even though having different molecular shapes, can smell the same or similar, while molecules having similar shapes and sizes can smell vastly different. Stay tuned for more news in the future, further experiments may validate some of the vibrational concepts of aromatic therapy, a virtual symphony of scent! *Gratitude & Blessings in the New Year! Carl Janicek*

Essential Numbers - Young Living

Automated Phone Ordering System (IVR)
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Live Order Entry Operators
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Live Help Operators Mon- Fri 8am - 11pm
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Essential Science Publishing
www.essentialscience.net
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www.youngliving.org

LINDA PENKALA

I have learned that healing and growing my YL team is a process, not an event. It calls for nurturing, love and support in addition to education and continual learning. Touching base with all those sharing these beautiful oils with the world - through phone, e-mail and in person - takes dedication, persistence and heart.

The financial part of the YL journey to me is always a surprise and gift from my team and from above. My goal as the checks grow is to tithe 10% to my church, and 10% to the earth in planting trees in my state of Maryland, in order to give back.

I do not actively seek out business builders but prefer the approach of offering a Compass of Health for all who seek a path of vibrant health and choices. If along the way people see the light of YL as a viable growing business for them, then we work side by side through classes and trainings, and watch each other grow.



I am blessed to touch my massage therapy clients with essential oils during their massages or RDT. A few drops of RC on a client with no voice and bronchitis can miraculously allow her to breath without coughing and speak

more easily. Or peppermint on the vitaflex points of the feet can improve a client's lung capacity. The oils are such an unique partner for me in my business. They allow the natural rhythm of healing to be restored.

My family and I have been seeing a myriad of health challenges neutralized by these powerful essential oils - from cold sores to chronic sinus problems. I am profoundly touched by the emotional component of my favorites - Present Time to slow me down, Believe can shift me immediately, Valor, Joy, Harmony and White Angelica are all mood enhancers that I share regularly. And of course Joy and Inner Child for a perfume to start the day! It does

not get any better than that!

Being part of something larger than my two small massage therapy companies I own and being part of a visionary company/team truly jazzes me! Becoming a YL distributor is without a doubt one of the most important choices I have made in my life. This is truly the American Dream: to have control of our lives in regard to health, wealth and affording others this same opportunity of growth.

What makes me happy is seeing a person have an "ah-ha" moment with essential oils. Essential oils in their most exquisite and simple way shine a light into the tunnel of healing - which for many can be very dark - be it emotional, spiritual, or physical.

It also makes me happy to see many fine, dedicated people on my team fearlessly step out of their comfort zone, and share YL products with those in their life. They know that what we have is what millions are looking for - it is simply up to us to get the word out, to march on, to never stop learning and sharing and to never give up.

Weber State University Publishes Young Living Essential Oil Annual Research Report

Weber State University, sponsored by Young Living Essential Oils, has recently published its Annual Research Report. The mission of the work is to identify which oils, and/or combination of oils are effective against disease-causing microorganisms. The study also compared the effectiveness of two often used antibiotics, Penicillin and Ampicillin, with 4 essential oils (two single oils and two blends) against 2 bacteria with known high morbidity rates, Escherichia coli (E-Coli) and Staphylococcus aureus. The four essential oils are **Cinnamon, Oregano, Immupower** and **Purification**. The results clearly show all 4 oils superior to both Penicillin and Ampicillin in their ability to kill the microorganisms. In the case of Penicillin, lysis (disintegration) of E-Coli did not occur. Apparently this generation of bacteria strain is totally resistant to Penicillin. Interestingly, the kill rate with essential oils went up dramatically as more of the oil was added. This same effect, how-

ever, did not occur when more of the antibiotics were added. With National attention focused on E-Coli bacteria outbreaks, we want to share a portion of another Weber State Study with you that deal with this killer. To understand the numbers next to each oil below, it is necessary to know something of how the study was conducted. A small piece of paper infiltrated with essential oil was placed in a petri dish infected with Escherichia coli. After a period of incubation, examination revealed a dark shadow around the paper indicating Lysis (disintegration) of the E-Coli. The diameter or size of the dark circle is demonstrative of the kill ratio and referred to as the "Zone of Inhibition" (Through replication, researchers know that E-Coli cannot grow in this zone). Measured in millimeters (mm), the Zone of Inhibition was noted for each of 67 different oils tested. The Zone of Inhibition for nine oils measured 25 mm or larger, meaning these oils are most effective

against E-Coli.

They are: **Rosewood** 40 mm, **Cinnamon Bark** 32 mm, **Peppermint** 30 mm, **Thyme** 30 mm, **Ravensara** 30 mm, **Oregano** 30 mm, **Mtn. Savory** 30 mm, **Lavender** 25 mm. By mixing **Peppermint** and **Rosewood** with a ratio of 1 part **Peppermint** to 8 parts **Rosewood**, researchers discovered the Zone of Inhibition for E-Coli increased to 50 mm. This is wonderful news as one begins to speculate how commerce might employ these oils to insure the safety of our food supply. One in particular, **Peppermint** oil, caught our attention. Already in use as a food additive, health conscious consumers may consider spraying countertops, sinks, fruits and vegetables with **Peppermint** oil diluted in water, as a safeguard against the possibility of E-Coli infected food. **The Weber State study is important because it confirms that essential oils play a vital role in the health and well-being of mankind.**



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