



Message Scent

ANCIENT SECRETS FOR A MODERN AWAKENING

Often in life we stop ourselves from reaching our goals and dreams because we listen to criticism. When we do this, we let doubt creep into our minds, and eventually we are beaten.

I have overcome many obstacles in my life, and I have always done it by believing in myself and never giving up. I have also faced much opposition, but I refuse to be held down.

Whether it's in everyday life, relationships or your Young Living business, there will be lots of challenges, and resistance from those who don't believe in your vision. What we have to remember is that each of us chooses the path we will personally take in life, and we can't let others remove us from that road.

Don't take "no" for an answer. Don't let fear overtake you to the point that you stop working toward what you perceive as the top of the mountain. Use your overwhelming confidence to press forward and achieve what you know is right.

Remember, as a Young Living Distributor you have the power to change the world. The products that this company makes and the knowledge that we all possess are precious tools. Use them to make your mark to improve all the lives you come in contact with.

Make a commitment today to be strong in your confidence and conviction, and stand firm against opposition and hardships. Don't be swayed to believe that you can't do what you've set out to do. We can all meet our expectations and goals and rise to the heights that we've always imagined ourselves achieving!

D. Gary Young



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Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense. -Ralph Waldo Emerson

Got the blues?

**aromatherapy
can help!**

Post Natal Depression Testimony

I opted for aromatherapy and tried jasmine oil, rose otto, neroli oil, ylang ylang oil and a lavender oil blend. I put a few drops on a handkerchief, placed it under my pillow at night and found it to be hugely successful! It is surprising how a pleasant smell can affect your emotions. I think they help balance your hormones, but whatever it is it worked for me. You can carry the handkerchief around with you and if you are feeling bad through the day it is a really discrete way to help yourself calm down. Just put it to your nose and have a couple of good deep sniffs! No one need know the reason for the handkerchief.

Aromatherapy Baths

An aromatic bath two to three times per week is especially helpful for depression. Sometimes the aromatic baths are effective enough on their own as a remedy for mild bouts of depression or feeling blue.

Aromatic Bath for the Blues

1/4 c. honey (or almond or jojoba oil)
3 drops YL Lavender Essential Oil
3 drops YL Ylang Ylang Essential Oil
2 drops YL Basil Essential Oil
2 drops YL Geranium Essential Oil
1 drop YL Grapefruit Essential Oil
Mix the essential oils in the honey. Fill the bath tub with warm water and then add the aromatic honey mixture. Stir well using your hands. Soak for 20 to 30 minutes. Breathe deeply!

You do not have to be good. You do not have to walk on your knees for a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves. Tell me about despair, yours, and I will tell you mine. Meanwhile the world goes on. Meanwhile the sun and the clear pebbles of the rain are moving across the landscapes, over the prairies and the deep trees, the mountains and the rivers. Meanwhile the wild geese, high in the clean blue air, are heading home again. Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting - over and over announcing your place in the family of things. - Mary Oliver

Aromatherapy Massage

An aromatherapy massage is one of the best ways you can treat yourself. It is pampering and nurturing, in addition to very satisfying. Massage and aromatherapy go hand in hand in treating nervous system ailments such as depression.

Elation Formulation

A concentrated massage oil blend for mild depression :

2 T. sweet almond oil (or high quality vegetable oil)

1 t. wheat germ oil

8 drops Lavender Essential Oil

8 drops Ylang Ylang Ess Oil

2 drops Basil Essential Oil

2 drops Geranium Essential Oil

2 drops Bergamot Essential Oil

Collect the essential oils in an amber glass bottle. Add the sweet almond oil and wheat germ oil. Shake gently before use. Apply a small amount on the back of your hands and chest/heart area. Inhale the essences deeply. Apply 2-3 times daily for best results.

Depression and Insomnia

Depression can be a major cause of insomnia. St. John's wort, melissa and frankincense have been proven to be highly effective in reducing depression. Magnesium, potassium and other mineral deficiencies can contribute to insomnia/depression. Ningxia Red is the best source of carefully balanced, absorbable minerals.



Inhalation Blend for Mild Depression

4 parts YL Clary Sage Essential Oil

4 parts YL Ylang Ylang Essential Oil

3 parts YL Geranium YL Essential Oil

2 parts YL Basil Essential Oil

1 part YL Sandalwood Essential Oil

Mix the above essential oils in an amber glass bottle and label. Use three to four times daily.

Essential Oil Blend for Depression

Basil

Clary Sage

Jasmine

Rose

German Chamomile

Mix the oils together. Place them in a bowl of steaming water (2 or 3 drops), or in a bath (5 or 6 drops), or on the edge of your pillow (1 or 2 drops).

Essential Oil Joy Blend

Joy is an exotic Young Living blend that produces a magnetic energy to enhance the frequency of self-love and bring joy to the heart. It inspires romance and may help overcome grief and depression. Contains: Rose, Bergamot, Mandarin, Ylang Ylang, Lemon, Geranium, Jasmine, Palmarosa, Roman Chamomile, and Rosewood. Diffuse, wear as a cologne, apply over heart, thymus, temples and wrists.

Joy (#3372) 15 ml \$29.50 wholesale

Water - The Magic: Part 2 by Carl Janicek

The magic of water is profound and life on earth is in a state of total dependency on water. Did you know that for every molecule of protein in the average human cell, we have 10,000 molecules of water? Did you know that water is a compound formed of 2 gases, hydrogen and oxygen, and yet it is a liquid under normal pressures and temperatures? Did you know that water is capable of forming "coherent domains" much like a laser does and therefore has the ability to store and even transmit "information"? Water is somewhat similar to a recording device remembering and imprinting vibrations and patterns. (see ref. "The Field" by Lynn McTaggart).

Studies suggest that through a process known as "Superradiance", water, as the natural medium of all cells, acts as a conductor of signature frequencies in all biological processes. (Notre Dame Seishin University in Okayama, Japan, Kunio Yasue, physicist)

Dr. Masaru Emoto has written many books on water and the messages and information it contains. Of great interest to me is the ability of water to register prayer! See his book, "Love Thyself" for an in depth view of his work. It is beautiful! You will see that since our bodies are composed of such a high percentage of water we can easily shift our experience and particularly our emotional state simply by changing the crystalline state of our water!

When we use essential oils in a way to clear our blocked or chaotic emotional patterns, we can shift the frequency of our internal water to a more coherent and powerful state allowing us to heal on physical and emotional levels, while exposures to negativity or cell phone radiation creates damaging incoherence.

The direction of water on the

Medicine Wheel is South and is connected with emotions. Its number is 13. The number 13 is concerned with the shifting of energy from one dimension to another and also with the access to the Spirit energy of plants...

Modern day humans are just now appearing to respect the divine balance of the Earth that our Creator has gifted us with. We are stewards of our children and our planet's future.

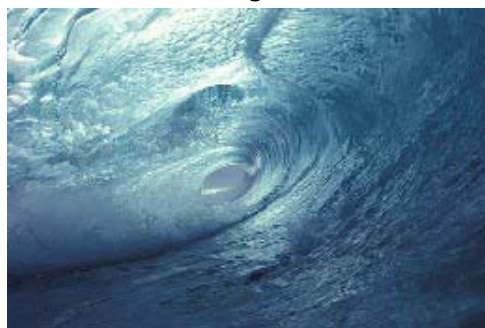
The World Health Organization states that more than 1 billion people lack access to clean water supplies and more than 2 billion lack access to basic sanitation. The fundamental amount of water needed per person a year is 1,000 cubic meters. 166 million people in the world lived below that level

in the 1990's, and experts are projecting that by the year 2050 a whopping 1.7 billion people

will be forced to live with less than the basic amount of water!

Ignorance, arrogance and greed are acted out in world and local politics in an effort to validate outdated belief systems. Many lawns are still being planted, fertilized, dowsed with chemicals, and watered in locations suffering water shortages all the while contributing to even greater problems downstream.

Remember to drink clean, pure water and praise its fabulous importance in all living things. Bless your water by giving thanks and honor for its magic.



7 Steps To Restore Alkalinity

1. **Carefully monitor your diet.** Avoid yeast and fungus-promoting foods: sugars, dairy products, meats, mushrooms, fried foods, pickled and malted products. Eat lots of high-alkaline, fungus-inhibiting foods: green and yellow vegetables, beans, whole uncracked nuts and whole grains. Eat 80% alkalizing and 20% acidifying foods.

2. **Avoid the use of antibiotics.** The overuse of antibiotics not only increases the resistance of pathogenic microorganisms, but it kills the beneficial bacteria in your body, leaving the mycotoxin-generating yeast and fungi intact.

3. **Use YL essential oils.** Many essential oils create a hostile environment for microbes, bacteria & fungus. When our systems become more acidic, essential oils lose some of their effect, so the best way to enhance the action of essential oils is to alkalize your body.

4. **Use alkaline salts.** Alkaline is an outstanding source of alkaline salts that can help reduce internal acidity. An alkaline environment is hostile to fungi, which require acidity to survive and thrive. Lowered yeast/fungus populations translate into lower levels of body damaging, disease inducing mycotoxins.

5. **Lower stress.** Emotional and psychological tension can be especially damaging to bodily systems and act as a prime promoter of acid formation in the body. (see page 2 for suggestions)

6. **Boost friendly flora.** Beneficial bacteria are the first line of defense, and are important for counteracting yeast & fungus. **RoyalDophilus** is especially valuable in boosting levels of naturally occurring beneficial bacteria to help the body maintain proper pH balance for nutrient digestion/absorption.

7. **Test your pH.** You can test your pH at home by purchasing small litmus-paper strips at your local pharmacy. For best results, expose the strip to your saliva immediately after arising and before breakfast. The ideal pH for human blood is between 7.4 and 7.6.

Man is not the creature of circumstances.
Circumstances are the creatures of man. - Disraeli

Parsley, Sage, Rosemary & Thyme . . . and don't forget Oregano!

compiled by Ruby Gibson & referenced from the EDR & articles by Kelly Joyce Neff at www.kitchenmedicinebook.com

Parsley was used as far back as the times of Hippocrates as a medicine believed to help rheumatism, relieve kidney pains and improve general health.

Parsley provides an abundance of vitamins and minerals like vitamins A and C, potassium, calcium, magnesium, phosphorus, iron, and other essentials, including chlorophyll. It promotes good digestion, relieves wind, reduces muscle tension and spasm, helps hypertension, nourishes the kidneys, liver and bladder, and is a mild aphrodisiac.

Parsley is a diuretic, flushing the kidneys, helping to stimulate urination when the kidneys are sluggish, acting as a mild laxative. It's a good carminative, meaning that it helps the body release cramp-producing gas in the stomach and intestines. Parsley also helps move excess mucous from the body. It can aid the body in expelling tapeworms and other parasites, is used to encourage menstrual flow and encourages milk production in nursing mothers.

Parsley tea can be used to settle the stomach after a meal, and is also used to treat congestion caused by flu and colds, to lessen asthma attacks, and to remedy anemia (because of its high organic iron content). Parsley also reduces inflammations and is a powerful free radical scavenger.

Externally, oil of parsley will repel head lice. It also contains an essential oil including the active ingredients apiol and myristicin, as well as limonene, eugenol, pinene, and terpinene; vitamin A; and flavanoids including apiin, lueolin, and glycosides of apigenin and luteolin. The flavonoids are anti-inflammatory and antioxidant, while apiol and myristicin have proven diuretic properties.

A cup of minced fresh parsley is a small nutritional powerhouse, containing more beta-carotene than a large carrot, almost twice as much vitamin C as an orange, more calcium than a cup of milk and 20 times as much iron as a serving of liver.

Modern herbalists recommend parsley seed for preventing vascular disease, noting that the seed, as with other plants in the carrot family, contains 15 compounds that act like calcium channel blockers. Dr.

James Duke, author of *The Green Pharmacy*, explains that vegetarians who eat lots of carrots may have lower levels of vascular disease partly due to these compounds – which are more highly concentrated in parsley seed.

Sage has been cultivated for culinary and medicinal purposes for many centuries in England, France and Germany. Sage has one of the longest histories of use as a medicinal herb. The ancient Greeks valued sage for heightening the senses and for loss of memory. The ancient Egyptians used it as a remedy against the plague and for women who were unable to bear children.



Sage (Salvia officinalis)

Because of its antiseptic qualities, sage is often used to alleviate sore throats, mouth ulcers or gingivitis (chronic bad breath due to a mouth or gum infection).

There's compelling research indicating that sage may be of value to diabetics. Laboratory studies indicate that sage may boost insulin's action, lowering blood sugar. Sage was among 24 herbs tested that were found to boost insulin activity two- to fivefold or more in patients with type 2 (non-insulin dependent) diabetes.

Sage is reported to have moisture-drying properties and can be used as an antiperspirant; it also can be used to alleviate fevers or night sweats that are an unwelcome symptom of menopause. Sage oil helps improve estrogen, progesterone and testosterone balance, and contains camphor, which balances estrogen levels, providing support during PMS and menopause.

Clinical studies also indicate that sage oil has antibacterial, antifungal, and antiviral effects. Sage oil contains the chemical substances alpha- and beta-thujone, and cin-

eoole as well as other constituents including rosmarinic acid, tannins and flavonoids.

Most interestingly, recent research has found that sage oil extracts in capsule form produced, with no side effects, markedly improved memory function in test subjects, and it's possible that sage may protect a key chemical destroyed in the brain by Alzheimer's disease. Although studies are incomplete at the time of writing, this is very promising research and should be followed by anyone who has or is caring for someone with Alzheimer's.

Sage oil activates the nervous system and adrenal cortex and may help with illness that is related to digestion and liver problems. It strengthens the vital centers of the body, balancing the pelvic chakra where negative emotions from denial and abuse are stored. Sage (#3632) 15 ml \$21.75 wholesale

Rosemary is a stimulant of the circulatory system. Externally, it is used to treat bites, stings, sores, eczema, bruises and wounds. It is also used in lotions to ease rheumatism and arthritis. Rosemary is particularly effective at treating oily skin and oily hair, stimulating the scalp, helping to restore proper balance and preventing hair loss.

Rosemary's powerful antimicrobial properties help to prevent infections and treat skin conditions such as athlete's foot, psoriasis, eczema, shingles and neuralgia.

Internally, it's used to treat migraines, bad breath and to stimulate the sexual organs. Rosemary is used to treat nervous disorders, upset stomachs, bronchitis, lung infections and to regulate the menstrual cycle and ease cramps. The essential oil is used to enhance memory and clear concentration, and to combat mental fatigue.

Rosemary is taken by mouth to treat headaches, stress, nervous tension, as well as to raise low blood pressure. It's put on the skin to stop redness and pain, and to treat fibromyalgia and sciatica (pain in the muscles and nerves). Rosemary oil has been used to promote wound healing.

Rosemary contains more than 240 medicinally and nutritionally active compounds. Of these compounds, carnosol, carnosic acid, rosmarin and diosmin are of

particular interest to medical researchers. Carnosic acid, a diterpene found in only two plants, is one of rosemary's extremely potent antioxidant, anticancer and antimutagenic agents.

Rosemary's medicinal compounds act as healing and health-promoting agents and, in combination, are exceptionally strong. Oil of rosemary can be used to improve health internally, externally and through aromatherapy, effectively supporting the body's immune, digestive, circulatory and respiratory systems. This wide spectrum of actions enables rosemary to act as a healer and preventative for a multitude of health conditions affecting vital body systems.

An exceedingly powerful anti-oxidizing, liver supporting, anticancer, pain relieving and memory-enhancing agent, rosemary is also antibacterial, antifungal and antiviral. Rosemary's antioxidant action is more potent than vitamin E and is, in fact, so powerful that the U.S. government has issued several patents for the use of rosemary extracts as commercial antioxidants.

Rosemary (#3626) 15 ml \$13.75 wholesale

Thyme is generally used in combination with other remedies and is a powerful antiseptic. It's used in cases of anemia, bronchial ailments, laryngitis, tonsillitis, dyspepsia, chronic gastritis, and other intestinal problems, and is used as an antiseptic against tooth decay. Thyme destroys fungal infections, such as athlete's foot, and skin parasites, such as crabs and lice. It's effective for colic, flatulence, and particularly for sore throats and colds. Since thyme is very effective in relaxing smooth muscles, it's useful in asthma and hypertension, as well as relaxing the gastrointestinal tract.

Thymol, thyme's principal active ingredient, is a powerful antiseptic that works well against bacterial and fungal infections, both internally and externally. It's also employed

According to Gattefosse, the thyme is "a faithful companion of the lavender. It lives with it in perfect sympathy and partakes alike of its good and its bad fortune."

as a deodorant and local anesthetic. It's been extensively used to medicate gauze and wool for surgical dressings. It resembles carboic acid in its action, but is less irritating to wounds, while the germicidal action is greater. It's



Look no farther than your kitchen herbs for the powerful, natural healing benefits of essential oils.

therefore preferable as a dressing and has in wartime been one of the most extensively used antiseptics.

Thyme has been used as a compress for lung congestion such as asthma, bronchitis, colds, and flu and as a poultice for wounds, mastitis, insect bites and stings, and has even been mentioned as having anti-aging properties.

Thyme's constituents are flavonoids (apigenin, luteolin, eriodicytol), tannins, bitter compounds, resin, saponin, and volatile oils (thymol, methylchavicol, cineole, and borneol). Thymol has been shown to kill bacteria, fungi and yeasts. Thymol, carvacrol, and the saponins have expectorant properties that help to relieve bronchitis and lung conditions. Thymol and carvacrol can also relax smooth muscles, thereby aiding digestion, easing menstrual cramps, and alleviating respiratory conditions. Thyme's astringent tannins may help relieve diarrhea, while its bitters can stimulate digestion. Use it to overcome fatigue after illness.

Thyme (#3650) 15 ml \$24.50 wholesale

Oregano has been used for a number of medicinal purposes throughout the centuries. The ancient Greeks were among the first to take advantage of oregano's curative qualities, and made compresses from the leaves to treat sores and aching muscles, and also used it to treat poisonous insect bites, coughs and digestive problems.

Oregano contains several constituents, including volatile oil (up to 3 percent), such as carvacrol, thymol and borneol, plus fla-

vonoids, rosmarinic acid and triterpenoids (e.g. ursolic and oleanolic acid), sterols, vitamin A, vitamin C and niacin. It's the carvacrol and thymol (which are thought to work synergistically) that are responsible for oregano's antimicrobial and antifungal effects. Research has shown that oil of oregano, and carvacrol in particular, inhibits the growth of *Candida Albicans* far more effectively than calcium magnesium caprylate, a well-known and commonly used antifungal agent.

Oil of oregano also contains powerful antioxidants, in particular labiatic and p-hydroxy-hydrocaffeic acid, and is rich in a long list of minerals that includes calcium, magnesium, zinc, iron, potassium, copper, boron and manganese, together with vitamins A, C and omega-3 fatty acids. In laboratory studies, oregano has demonstrated stronger anti-oxidant capacity than either of the two synthetic anti-oxidants commonly added to processed food -- BHT (butylated hydroxytoluene) and BHA (butylated hydroxyanisole). On a weight for weight basis, oregano has 42 times more antioxidant activity than apples, 30 times more than potatoes, 12 times more than oranges and four times more than blueberries.

In addition to its anti-fungal action, and according to the results of another test tube study from Australia, oil of oregano has a strong anti-microbial action against a wide number of bacteria including *E. coli*, *Klebsiella pneumoniae*, *Salmonella enterica*, and *Staphylococcus aureus*. Other test tube studies have shown that oil of oregano is more effective than the prescription medication Tinidazol in inhibiting the parasite *Giardia* (*Giardia lamblia*).

In a further study, volatile oils of oregano, thyme, cinnamon, and cumin were each able to stop the growth of another food-borne pathogen called *Aspergillus parasiticus*. Higher concentrations of these volatile oils were also able to stop the production of a potent poison from *Aspergillus* called aflatoxin. This research all confirms that the volatile oils found in oregano operate as one of nature's finest preservatives, and have an important role in preventing the spoilage of food and in reducing the risk of ingesting harmful bacteria, fungi and parasites.

This general tonic and immune stimulant is an important oil used in Raindrop Therapy, balances metabolism and strengthens vital centers, creating a feeling of security. Oregano (#3605) 15 ml \$23.00 wholesale

DEFINITION OF NETWORKING

“An extended group of people with similar interests or concerns who interact and remain in informal contact for mutual assistance or support.”

(source: www.dictionary.com) From the New World Institute, Inc.

1. In networking events most people wear a name tag. Wear yours on your right side as people will come up to you and shake your right hand with their right hand, and their eyes will be directed to their left (your right).

2. Walk in the room and observe first. Discreetly look around you to see who you might like to connect with. Remember that others are doing the same, so stand up straight, smile and put your best foot forward.

3. When selecting a new person to meet, consider first someone who is not speaking with anyone. Walk up to that person, glance at his/her name tag, and introduce yourself using that person's name. The first impression is crucial as people will form an opinion of you in the first 15~20 seconds, so make sure you present yourself in a proper manner.

4. If a person you previously met is engaged in a conversation, and you would like to get reacquainted, do NOT interrupt. It is rude, pushy, and will not be appreciated. Either find someone else for the moment, or walk toward the person of interest but stay a couple of feet away. If that person notices you, and indicates s/he realizes you wish to speak with him/her, politely signal that you will wait until s/he is finished.

5. You may want to join a group engaged in a conversation, but your approach should be considerate of others in that group. Likewise, if you are in a group and another person would like to join, invite him/her in.

6. Understand and accept that you will not click with everybody, so don't waste time with people who seem to "reject" you. Move on to those who exhibit a much friendlier behavior.

7. Always bring your business cards and exchange them after you have established rapport. When receiving a business card from a person you just met, take the time to read it before putting it away. It will help you remember the person's name, and will show respect.

8. People love to talk about themselves, and so do you. Remember to have a dialogue not a monologue. Show interest in what the people you are meeting are saying; make them feel good, and they will reciprocate.

9. Be warm, sincere, caring, gracious, show good nature, a positive attitude and a sense of humor. Establish an honest rapport upon which you can build a relationship. Think of them before you think of yourself. Offer information that is useful to them.

10. Gold is in the follow-up. Meeting new people is not enough;

you must nurture these new relationships. Start with sending a little thank you card, something that will make your new contacts smile, remember you, and make you stand out of the crowd. Simply thank them for the courtesy they extended you during the event you attended. Time when you think they will receive your card, call them very shortly thereafter, and continue developing the relationship.

REMEMBER: Networking is about meeting people, making connections, getting to know each other through the exchange of information about yourself and your business. Always exhibit a positive attitude, and always come from kindness and service. People will remember your warmth and enthusiasm first. It is also human nature to want to associate with positive people. Networking is an ongoing process. It is fun and productive, so keep your networking hat on at all times, and keep smiling. When you do it the right way, the professional AND the personal rewards will be great.

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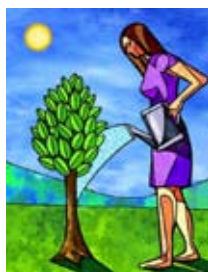


Aromatherapy, an alternative healthcare therapy using essential oils, has been rapidly gaining international popularity. Now these health-supporting essential oils are being used in food preparation, and eating healthy meals has never tasted better! Order your copy of the Young Living Cookbook online! The Young Living Cookbook, Volume 1, Healthy Cooking for the Body, Mind, and Soul (# 3947)

Carl's Summer Salad Dressing

- 1/4 cup olive or rice bran oil (or half and half of each)
- 1-2 tsp toasted Sesame oil
- 12 drops YL orange or tangerine oil
- 2 drops YL Di-gize oil
- 1/4 cup raw apple cider vinegar (you could use rice or wine vinegar too but the apple cider type is great for digestion)
- 1/2 cup YL Ningxia Red juice
- 2 tsp YL Agave sweetener

Note: For a saltier taste: add 1 T. soy sauce or miso sauce. Shake well and serve. Great on salads and as a dip for veggies. Enjoy!



Cooking with Young Living Essential Oils

Young Living Essential Oils is pleased to announce the publication of an easy-to-use essential oil cookbook titled, *The Young Living Cookbook-Healthy Cooking for the Body, Mind, and Soul*. The recipes and tips in the cookbook were gathered from Young Living's renowned Whispering Springs BBQ Smokehouse Grill and a variety of health-conscious cooks from around the country who share a passion for great tasting food that is also good for you.

Shane Memmott, chef at the Whispering Springs restaurant said, "Cooking with essential oils adds a 'fresh from the garden' flavor to every recipe. Practically everyone that comes into the restaurant comments on the exceptional flavor of the food and asks us how we prepared the meal. People are surprised when we tell them that essential oils create that unique and wonderful taste. When you use dried herbs, they have a stale taste that is never as good as fresh cut herbs. Essential oils always have the same full flavor as fresh cut herbs and because they are so concentrated, you do not have to use as much. Cooking with essential oils gives you your very own year-round herb garden."

Chef's Advice - Young Living's essential oils are very potent. One drop of essential oil is equal to approximately one tablespoon of dried herbs. Because of their potency, use care when you are adding essential oils to your cooking. It is much easier to add a little more than to remove too much.

Fresh From the Kitchen

Apple Pie Filling

- 1 c. Blue Agave (# 3221)
- 1 drop of nutmeg oil (# 3599)
- 4 c. frozen or fresh apples, peeled & sliced (Granny Smith is preferred)
- 1 Tbs. rice flour
- 2 drops of cinnamon bark oil (#3515)

Mix all ingredients (except rice flour) in a large skillet. Simmer until apples are defrosted if using frozen, or until soft and crisp if using fresh. Add rice flour and mix until blended. Place in an unbaked pie shell. Apply egg wash around the edges of the shell. Add the pie top and pinch the edges together. Make four two-inch slits on the top of the pie to release steam. Place on a baking sheet. Bake at 375° for 10 minutes. Reduce heat to 350° and bake an additional 15 minutes or until crust is lightly browned. Makes 1 pie.

Pastry Dough

- 2 c. oat flour
- small drop of Stevia Extract (#3239)
- 1 tsp. sea salt
- 1 c. frozen unsalted butter, grated
- 2 eggs, beaten
- 4 Tbs. cold water

Combine the flour, Stevia Extract, and sea salt; mix well. With a cheese grater, grate the butter into flour mixture. Toss completely until butter is in pea-sized balls. Add the eggs and mix well. Add 1 T. water at a time until a mass of dough is formed. Roll out pastry dough on a lightly-floured surface. Place dough in two 9" ungreased pie plates and bake at 375° for 10-15 minutes or until lightly brown. Makes 1 double crust pie or 2 pie shells.

Message Scent Newsletter Update - Please Read!

After 5 great years and 30 beautiful issues, Message Scent is going on line! Due to an increase in postage, printing costs and environmental concerns, we will be sending your copy of Message Scent as an ezine. Paper copies of Message Scent Newsletter will only be sent to paid subscribers (\$18 per year). Beginning in the Sept/Oct 2006 issue, this newsletter will be emailed as a pdf to all of those in Carl Janicek's Young Living Organization who have an email on file with YL.



The new and improved Message Scent ezine will continue to bring you the same informative, health conscious, essential oil news and updates in a colorful ezine which you can print and share with your friends, family and networkers. This will allow all of us to spread the News wide and far, educating the world about the fabulous wonders and healing properties of Young Living Essential oils and products. Customized ezines will continue to be available. Contact us for costs.

There is so much to learn and we hope you continue to benefit from our articles and experience. Be sure to have your email address updated with Young Living so that you don't miss an issue!

Thank you for your wonderful support. In health, Carl Janicek and Ruby Gibson
Comments can be sent to 1-800-332-3969 or messagescent@earthlink.net.

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