



Message Scent

ANCIENT SECRETS FOR A MODERN AWAKENING

Essential Wellness Training with Dr. David Hill by Ruby Gibson



Two Hundred Sixty Six people filled a conference room at the Denver West Marriot as Young Living launched its newest educational program, **Essential Wellness Training**. The first in a series of essential oil lifestyle trainings taught by Dr. David Hill, former clinic director of the Young Life Clinic in Utah, it was a high-density, power-packed event with more information than one could digest in a day.

The seminar was very well organized and built swiftly and comprehensively as ideas progressed. From my viewpoint, Dr. Hill and his assistant, Matt Field, created a teaching model that is very empowering and forces students to follow-up with their own research. Obviously as an expanding field of knowledge, and due to the uniqueness of each person, there are not clear-cut remedies for healing specific disorders, but rather broad nutritional and essential oil guidelines for self-balance.

Young Living plans to offer Raindrop Technique classes and other essential oil trainings this year which are scheduled across the U.S. (Please go to www.youngliving.org to find the next location nearest you.)

A detailed set of handouts - covering everything from body systems to chemistry to Dr. Mom ideas - supported the training. The handouts followed the powerpoint presentation and were extremely helpful for retaining the wide scope of knowledge and insightful tidbits that were offered from Dr. Hill's hands-on experience at the Young Life Clinic.

(See page 5 for additional training information!)



Compliments of

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Published by Carl Janicek
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BUSINESS TIPS



TOOL FOR EXPLAINING THE COMPENSATION PLAN

The number one question I am still asked, since April of 2005 when our new Compensation Plan was implemented, is, "How do I explain the Compensation Plan to my people in the simplest, most understandable way?"

I've learned of another tool that is very helpful. If you order the Young Living Video Series Power Learning Library, Volume 2, the first track on the DVD is Justin Harrison explaining in detail - with colorful, clear charts - the entire Compensation Plan. If you have access to a TV and a DVD player, you can show this to groups or individuals. Justin - who has always been an excellent YL presenter - demystifies the plan and his presentation will motivate you. I watched it last night, and am inspired to work toward my next level - Platinum. We all need tools and encouragement, and he offers both. Power Learning Library DVD Code #4258, Wholesale Price: \$2.00

TRANSFER BUYING

One of the most important pieces of information I received from Teri Williams and Janet McBride in their Business Essentials presentation at Convention 2005 was how to respond when people say they can't do an autoship of \$50 or \$100 per month.

Janet did an excellent explanation of Transfer Buying, showing people that they are not ADDING an additional \$50 or \$100 to their monthly bills; they are exchanging items they are currently purchasing for much healthier ones. They already purchase soap, shampoo & conditioner, shower gel, toothpaste, mouthwash, skin care products, vitamins, etc. So instead of getting them at the local grocery or drug store, they will be getting items of far superior value that will replace the others. They will go much further in preventive healthcare, so in the long run, they will benefit greatly.

GARY YOUNG'S NEWEST OIL DISCOVERY ALREADY MAKING AN IMPACT!

PALO SANTO TESTIMONIALS

I received a bottle of Palo Santo at the Chicago conference in February. Gary Young had mentioned that it worked miracles on acne. During my second pregnancy, I have experienced a teen-aged bout of acne, so I started using the Palo Santo on my face. I used it for 3 weeks and didn't notice any difference with my acne. It wasn't until I stopped using it that I noticed the relief I had been getting in my neck and back. I have a terrible spine and have had 2 pinched nerves. During the 3 weeks I used the Palo Santo on my face, I didn't have any pain in my neck or back! That stuff is incredible!

- Larissa Kannas, Menomonie, WI

I was able to get some Palo Santo in NYC the day we saw Gary Young speak. Carrying all the bags, books, NR, etc. really made my tendonitis flare up in both elbows. Before I left the hotel, I rubbed a couple drops of Palo Santo on each elbow and noticed within a minute that the pain was 90% gone! I was able to carry all my bags without difficulty to meet the bus! A couple days later I rolled over in bed to settle down for the night and some pain SHOT through my SI (sacro-iliac) joint where I occasionally have problems. Immediately I was flat in bed and unable to move. I asked my partner to get the Palo Santo and rub it on the SI joint area and within 15 seconds this pain was immediately gone! I know I shouldn't be surprised when these oils work so quickly and effectively, but I still get tickled when they do! I jumped out of bed rejoicing in this wonderful oil!

This morning's testimonial brought tears to our eyes. Our horse foundered four years ago and it has been an adventure treating her with holistic medicine: the special ferrier, chiropractors, wholistic vet, acupuncture, special herbs and YLEO. She has not been rideable all this time, but this past month we really noticed she was slowing down again, some days just limping in the paddock and often lying down. So a few days ago I suggested we use Palo Santo for the pain. Now, after just three days of applying five drops once a day to her sore foot she walked right out of the barn this morning!! Needless to say, this oil is like gold! - Jean Oswald

The Power Of Intention Wayne Dyer's PBS Program

Sent in by Alicia Warwick

- ☞ Want more for others than you want for yourself. Want the peace that you seek more for them.
- ☞ Think from the end. Act like it is already here.
- ☞ See yourself as addiction free. You can create what you want for yourself.
- ☞ Be an appreciator. Appreciate everything around you. When you depreciate, you take your value away.
- ☞ Stay in rapport with Source energy (whoever you believe in). Your job here is to stay in harmony with Source.
- ☞ Resistance. Every thought that you have that is not of Source, is resistance.
- ☞ Imagine that you are surrounded with people and situations of high energy, positivity, joyfulness, etc.
- ☞ Understand the art of allowing. Take the path of least resistance.
- ☞ Practice radical humility. You are not this body you are in. You are not your possessions.
- ☞ Be in a constant state of gratitude.
- ☞ Keep in mind that you can never resolve a problem by condemning it. Don't be in shame (low energy).
- ☞ Play the match game. Am I matched up with the field of intention?
- ☞ Meditate. Be in alignment with your higher self.

"Aromatherapy is born of universal instinct. The act of inhaling a flower's sweet scent and enjoying the blissful sensations that follow may be its first manifestation, far predating the earliest aromatherapy practices in Egypt. When we connect our souls with nature, we achieve harmony as mind, body, and the cosmos blend together in a sublime, heavenly fragrance we've enjoyed since the beginning of time."

- by Patrick Dougherty
from ENERGY TIMES featured article:
March 2006, SCENTS OF TIME

CURBING AND CONQUERING YOUR CRAVINGS FOR THE NEW YEAR: PART III - CLEANSE & CLEAR YOUR BODY/MIND SYSTEM

By Kelly Hayford C.N.C.

In Parts I and II we talked about the importance of properly nourishing and balancing your body-mind system in order to diminish or eliminate cravings for health-robbing foods. Equally as important in this process is cleansing and clearing your body-mind system.

Accumulated toxins and wastes in the liver/gallbladder, kidneys, colon, and other organs and tissues of the body create a highly acidic, polluted internal environment. So what does this have to do with cravings for stimulants and poor quality foods? Although there are multiple factors at play, there are two primary factors that cause people with weakened, congested systems to crave certain foods.

First, characteristic of a toxic inner environment is an overgrowth of yeasts, fungi, bacteria, viruses, parasites and worms. These yeastie beasts and other critters thrive on sugars and alcohol in their many forms. This can cause uncontrollable cravings for these substances as these buggers beg to be fed.

In addition, many people crave common food allergens such as wheat, dairy (pasteurized), corn and soy products. These foods are difficult to digest, especially for those with a weakened, congested digestive and eliminative tract. If you are not able to properly digest these foods, they sit in your gut fermenting and putrefying, which further proliferates the growth of harmful micro-organisms. This causes you to crave more of these foods as, once again, the critters they create thrive on them.

So how can you reverse this internal state of affairs that may be causing chronic, irrepressible urges for a variety of foods? There are many approaches, but any approach must

incorporate a basic elimination diet and a supplement protocol for an adequate amount of time in order to be successful. What constitutes an adequate amount of time will vary from person to person based on several factors including age, weight, constitution and severity of symptoms.

Following a basic elimination diet is imperative as it will help you break the addiction to stimulants and other problematic foods; identify and start to clear food allergies and sensitivities; and free up the digestive system so more energy is available for cleansing. A basic elimination diet involves eliminating all stimulants and common food allergens from your diet for a designated amount of time. To help identify food intolerances, common food allergens may then be systematically re-introduced into the diet one at a time.

While an elimination diet has a mild to moderate cleansing affect, it is not enough. A protocol of high quality herbal formulas and nutritional supplements is also imperative to truly detoxify and restore balance to your system.

Keep in mind that optimizing digestion, cleansing the colon and maintaining 2-3 bowel movements per day is essential before starting to cleanse parasites, candida and the deeper organs of elimination. For these reasons, the Cleansing Trio should be taken throughout any detoxification program. Try cleansing in the following order using the recommended Young Living supplements to thoroughly clear your system:



- ✓ Colon: Cleansing Trio, Di-Tone, Fennel
- ✓ Parasites & Candida: Parafree, Raindrop Treatment, Thieves
- ✓ Kidneys: K&B, Rosemary, Juniper
- ✓ Liver/Gallbladder: Juvatone, Sulfurzyme, JuvaCleanse, Juva Flex, JuvaSpice

These are just some of the many oils and supplements YL offers for detoxifying. For specific protocols, see The Essential Oils Desk Reference.

It is also important to alkalize your system and restore the friendly bacteria. AlkaLime and RoyalDophilus will do the job here. And of course, keeping up with the supplements discussed earlier is vital, i.e. Ningxia Red, Mineral Essence, Vitagreen and essential fatty acids. These will not only provide nourishment, but will also assist with the cleansing process.

Remember that cleansing is not an event, it is a process; a process that can take time and commitment. It is a process well worth the effort, however. Not only will your cravings for health-robbing, weight-inducing foods disappear, but you will also enjoy more energy, clearer thinking and general well-being as a result.

Kelly Hayford C.N.C., is the award-winning author of *If It's Not Food Don't Eat It! - The No-Nonsense Guide to an Eating-for-Health Lifestyle*, which includes step-by-step instructions for a basic elimination diet. For more helpful articles, visit: www.FoodFitnessByPhone.com. To contact Kelly call: 303-746-8970

I live in a community that draws its water from a beautiful creek that flows down from Mount Evans, a 14,264 foot, majestic snow-capped peak. For over hundreds of years this source of fresh water has attracted settlements of humans and their domestic animals. These visitors have largely replaced the sparse early tribal communities and abundant wildlife. Unfortunately, many of the current populations are users of synthetic drugs and personal care products that have begun to have major effects on the quality of water coming from this high mountain stream. We have two large, older style sewage plants on the stream and hundreds of smaller septic systems too near to the water to prevent leaching effects.

I thought all was well until one year my Young Living whole house filter system, rated at 140,000 gallons of use, plugged up after only 20 to 30,000 gallons of use. I knew that something was seriously wrong - not with the filter but with the water!

After several visits to the water board meetings, I realized that there was little attempt on their part to study water as a living part of the community. The lack of awareness was truly disturbing. I began to do more of my own research and here is a tiny bit of what I uncovered. Remember, even bathing in polluted water can be dangerous due to transdermal absorption.

Many people now know that chlorine and chlorine by-products, bromine and fluorine are among the most carcinogenic of substances and are also specifically toxic to the thyroid gland. Exposures must be minimized from every source, including: home cleaning products, hot tubs, drinking and bath water. Modernized water systems are reducing the use of these toxins in favor of more evolved technology. Unfortunately, the majority of water systems are over 20 years old and far out of date.

Pharmaceuticals and personal care products (PPCPs), known as **Emerging Pollutants**, are continuously being discharged into water supplies. These substances are documented as pervasive in ground waters and wells downstream or near public and private sewage treatment plants. Even areas once remote and untainted have been polluted by drug using visitors. Antibiotics, hormones, heart medications, anti-neoplastics (chemotherapy drugs), caffeine, ste-

W A T E R

BY CARL JANICEK



"A well-hydrated cell is a healthy cell, and a healthy cell lives longer."
- Michael Lam, M.D., author of **The Five Proven Secrets in Longevity**

roids, NSAIDs, SSRIs and a long list of others including veterinary drugs, are now being measured in our streams. A Colorado study, *"Wastewater Chemicals in CO Streams and Groundwater"*, co-authored by Lori Sprague of the USGS, showed significant levels of these pollutants in Colorado groundwater.

As an average, 50% of the drugs taken into our bodies are excreted into our public waters unchanged from their original forms. Sewage treatment plants and septic systems remove some drugs more effectively than others. See - *Pharmaceuticals and Personal Care Products in the Environment: Agents of Subtle Change?* by Christian Daughton and Thomas Ternes.

An extensive German study concluded that of 14 commonly found drugs representing five broad physiologic categories, removal of the parent compound varied from 7% (carbamazepine, an anti-epileptic) to 96% (propranolol, a beta blocker) with common removal efficiencies of 60%. Increased sewage influent flow decreased the removal rates. The operational state of the treatment plant dramatically influences remov-

al efficiencies. It needs to be noted that by following the disappearance of a substance in the effluent one can not conclude that it was structurally altered or destroyed—it may just reside in another state or form. It is interesting to note that the German studies did show a near 100% removal rate by way of carbon filter systems such as our YL whole house filters.

During times of low stream flows drug contaminated effluents compose up to 50% of total flow volume in some areas like ours. Here these chemicals play havoc, with antibiotics creating the potentials for "Superbug" antibiotic resistant bacteria in the aquatic environment, wildlife and yes, even humans. It is noteworthy that recent studies show hormonally active drugs are creating gender issues for aquatic life, with the same potential for affecting fetal development in mammals, including humans. These xenobiotic effects are cumulative and currently cascading into potentially irreversible changes in our environment and human health.

Studies show extremely small levels of concentration of SSRI drugs such as Prozac (fluoxetine) create insidious and subtle effects in behavior. These drugs can trigger behavior reversal causing subordinates to engage in fighting against dominants by reducing the propensity to retreat. Road rage may be an example of this "acting out" in sensitive humans. SSRI drugs have a U shaped dose response curve where lower levels can actually induce greater effect.

Some drugs such as methotrexate and platinum neoplastics are excreted and passed through the water system essentially unaltered. These pervasive drug exposures pose the highest risk to pregnant women, youth, and our elderly populations. The antiquated water systems are currently unable to remove these "emerging pollutants" or even keep up with conventional "priority pollutants" under real world conditions. This is a terribly false sense of economy and security.

I encourage anyone who cares about the health of their household and the taste of pure water to install a YL whole house filter system. Some of you have already taken this step to better health. Be sure to let your friends know why you've installed it and what you've noticed in the quality of your water. (Next issue: Water Part II.)



Whole House Water Filtration

System Product Code #4070 \$899.00

The Water of Life whole house water filtration system utilizes a dual gradient filter that provides finer filtration than is found in most other filters. This powerful system filters all of the water entering your home-water for drinking, cooking, and bathing. Water of Life efficiently produces one gallon of fresh, clean, chlorine free water for less than a penny and filters up to 140,000 gallons before the filter needs to be changed. The Water of Life system is a simple, effective way to protect your family from the dangers associated with most community water.

LONGEVITY CAPS BEING REFORMULATED

We've learned that this product, one of the most effective in our entire line, is about to become even better! Frankincense is being added to the current ingredient list: thyme leaf, orange rind, clove bud, lecithin (from soy) and gelatin. Longevity contains the highest antioxidant and DNA-protecting essential oils; therefore promotes longevity, prevents premature aging, and builds the immune system.

Here is an article from Bill Popin, Director of Research at Young Living:
Essential Oils: Recent Developments in Quality Standards/Therapeutic-Grade Essential Oils

A quote from that paper says: "Bill Popin showed us other tests being done on 57 essential oils with anti-tumoral activities. A list of 16 essential oils high in anti-tumoral properties: Canadian red cedar (we currently carry Western Red Cedar), clove, cypress, dill, frankincense, geranium, grapefruit, helichrysum, hyssop, Idaho balsam fir, myrtle, thyme, tsuga (also known as hemlock), as well as blue cypress, celery seed, and German chamomile.

LemonGrass Fields Attracting Cancer Patients to Israel Sent in by Ramona Dicks

It all began when researchers at Ben Gurion University of the Negev discovered last year that the lemon aroma in herbs like lemongrass kills cancer cells in vitro, while leaving healthy cells unharmed. Citral is the key component that gives the lemony aroma and taste in several herbal plants such as lemongrass (*Cymbopogon citratus*), melissa (*Melissa officinalis*) and verbena (*Verbena officinalis*.) According to one of the research team leaders, Dr. Rivka Ofir, the study found that citral causes cancer cells to "commit suicide: using apoptosis, a mechanism called programmed cell death." A drink with as little as one gram of lemongrass contains enough citral to prompt the cancer cells to 'commit suicide' in the test tube.

The findings were published in the scientific journal *Planta Medica*, which highlights research on alternative and herbal remedies. Shortly afterwards, the discovery was featured in the popular Israeli press.

As they learned of the BGU findings in the press, many physicians in Israel began to believe that while the research certainly needed to be explored further, in the meantime it would be advisable for their patients, who were looking for any possible tool to fight their condition, to try to harness the cancer-destroying properties of citral. Therefore, many cancer patients here are now told to drink eight glasses of hot water with fresh lemongrass steeped in it on the days that they go for their radiation and chemotherapy treatments.

Lemongrass Essential Oil

Code #3581 15 ml

Wholesale \$10.00

Customer \$13.16

Highlights from Dr. Hill's Essential Wellness Presentation

Quotes from Dr. Hill:

- ⇒ "Liberate your toxins!"
- ⇒ "Autoimmune disease is out of control in this country."
- ⇒ "Nearly 100% of all disease is inflammatory."
- ⇒ "In the U.S., 70% of females and 30% of males have candida growth."
- ⇒ "Each person is bio-chemically unique. Chemically complex oils are your friends. They can work for you. Play with them - what works for one won't necessarily work for another."



Recipes for Wellness

Eye Health

- 1 drop Frankincense
 - 1 drop Lavender
 - 1 drop Lemon
 - 1 drop Cypress
- Mix in hand or with carrier oil and apply around your eyes to increase circulation. Be careful not to get into your eyes.

Enzymes

- Anti-inflammatory- Allerzyme & Polyzyme
- Cleansing- Detoxzyme & Essentialzyme
- Absorption- Fiberzyme & Lipozyme
- Yeast/Fungus- Carbozyme & Fiberzyme

Hot Compress for Adrenals

- 3 drops Clove
 - 3 drops Nutmeg
 - 7 drops Rosemary
 - 20 drops carrier oil
- Mix and apply topically over adrenals. Place a hot compress on top of oils. You can use Peppermint oil to drive oils in deeper.

Ulcerations - Recipe for Ulcers

- 10 drops Lemongrass
 - 2 drops Oregano
 - 2-3 drops Peppermint
- Place in a 00 capsule and take one everyday for three weeks. Add lemon juice, Alkaline and Sulfurzyme to your diet, and eliminate acid foods and processed sugars.

Summertime Lavender Lemonade

7 Lemons - organic and juiced
2 Limes - organic and juiced
14 cups distilled or spring water
1 1/2 cups YL Blue Agave
1 drop YL Lavender Oil
Mix all ingredients together and chill. Add more water or Blue Agave, depending on the size and tartness of the fruit. Sent in by Sarah Look.

ACID BINDING FOODS VS ACID FORMING FOODS

Q: What is the explanation of acid binding?

A: Acid binding means the acid molecules will attach themselves to acid molecules in the body and remove them. Acid forming means just that. They are acidic and will only increase an acidic body. No elimination. A good example of acid binding is Lemon. Very acid yet very beneficial. It is acid binding and removes acid from one's system. I drink fresh squeezed lemon juice first thing every morning.

Q: When testing pH, how important it is to measure BOTH saliva and urine; or can one get a fairly accurate assessment by doing one or the other?

A: I have done pH testing enough to be comfortable with just the saliva test in the a.m. However, if someone is new to the process the best is do both and average the two. Not totally accurate but more accurate than reading just one.

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CINNAMON, CLOVES MAY SPICE UP HEALTH

BY ALAN MOZES, REPORTER

Wednesday, April 5 (HealthDay News) - Help against diabetes and heart disease may be as close as your kitchen cabinets. Two new studies suggest that cinnamon and cloves boost insulin function while lowering cholesterol. The reports were presented Tuesday at the Experimental Biology meeting in San Francisco.

One study reinforced previous research indicating that as little as a quarter teaspoon of cinnamon extract, taken two times a day, can stimulate insulin-like activity while lowering triglycerides, cholesterol and glucose levels by 10 percent to 30 percent. And this new research found that the same amount of cinnamon may also alleviate inflammatory conditions such as arthritis.

The second study revealed that a few grams of cloves per day delivers a similar therapeutic effect. Either spice might help both pre-diabetic and diabetic patients alike, researchers contended.

"If you can improve insulin function the cholesterol goes down, triglycerides go down, glucose goes down, and all this goes toward the alleviation of type 2 diabetes," said Richard A. Anderson, a research chemist with the nutrient requirements and functions laboratory at the U.S. Department of Agriculture in Beltsville, Md.

In the lab, Anderson and his team studied the effect of consuming one to six grams of cinnamon extract a day. One gram is the equivalent of about a half a teaspoon. They found that cinnamon increases levels of three important proteins crucial to promoting normal insulin-signaling processes, a healthy inflammatory response, and efficient glucose transportation throughout the body.

Human trials are now underway to further understand cinnamon's effect. The clove study involved 36 men and women diagnosed with type 2 diabetes. Three groups of patients

consumed either one, two or three grams of cloves for 30 days in capsule form, while a fourth consumed none of the spice.

At the end of the study, regardless of the amount of cloves consumed, all those who ingested cloves showed a drop in glucose, triglycerides and LDL ("bad") cholesterol levels. Blood levels of HDL ("good") cholesterol were not affected among the clove eaters. Those who did not ingest cloves experienced no changes.

"The people who would benefit the most are those who have impairments in their blood sugar," said Anderson. "These are the 40 million people with metabolic syndrome who are pre-diabetic, people with type 2 diabetes, and even the severely diabetic and the severely overweight - although they may not benefit as much because the impairments in their insulin are much, much worse."

Or you can use cinnamon sticks to make tea in hot water, which does the same thing. Or you can buy Cinnamon Bark essential oil and Clove essential oil and put into capsules and take twice a day.

Cinnamon Bark #3515 \$20.50 5 ml
Clove # 3524 \$13.75 15 ml

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Build your essential oil business with this powerful educational tool!

Out with Gout by Debra Raybern, ND, MH, CNC

Gout is a common type of arthritis caused by an increased concentration of uric acid crystals deposited in the joints of the extremities, tendons, kidneys, and other tissues where they cause considerable inflammation and damage. A condition called hyper-uricemia can occur when there is an abnormally high amount of uric acid in the blood.

In some individuals, gout is a progressive crippling disease that can cause kidney damage and even kidney failure. Almost 20% of people with gout will develop kidney stones. Uric acid, which is a byproduct of cellular breakdown, is present in the blood due to the body continuously breaking down cells and forming new ones. As these cells die and release DNA from their chromosomes, purines (organic compounds that contribute to uric acid formations) are converted into uric acid, which are then excreted into the urine via the kidneys. Uric acid levels become abnormally high whenever the kidneys cannot eliminate enough of this built up acid in the urine.

Gout has long been classified as a disease of the affluent, or a rich man's disease. It is 20 times more common in men than in women. Obesity and high blood pressure often accompany gout. About 50 percent of all cases of gout will affect the large toe, but can effect the elbow, wrist, hand, ankle and knee.

Gout has predominately occurred in men who ate excessive amounts of meat and consumed alcohol. Since conventional medicine says there is no cure for gout, medical professionals will prescribe the drug colchicine to relieve pain. Unfortunately, up to 80% of patients that take colchicine are unable to tolerate an optimal dose due to gastrointestinal side effects.

In addition to gastrointestinal side effects, colchicine may also cause bone marrow depression, hair loss, liver damage, depression, seizures, respiratory depression, and even death. Colchicine is a drug that has its root in herbs. Colchicine is an anti-inflammatory drug derived from meadow saffron crocus seeds. (Warning: Do not self medicate using this herb as it contains highly poisonous alkaloids.)

In 1820, pharmaceutical companies extracted particular constituents from the herb that gave the desired reaction to gout. Unfortunately, without the synergy of using the entire plant, undesirable side effects occurred.

Although not as severe as Colchicine, Allopurinol is another type of gout medication that can cause harmful side effects. Such side effects include upset stomach, skin rash, decreased number of white blood cells, and liver damage.

In addition to the primary type of gout, a secondary condition sometimes called faturnine can result from lead toxicity. The abundance of lead in the body can cause a decrease in uric acid secretion, which can contribute to gout. Historically, faturnine gout was due to the consumption of alcohol that had been stored in lead containers. A fairly common source of lead appears to

be leaded crystal, such as when wine is stored in a lead crystal decanter. Lead concentration will increase with storage time and can reach toxic levels after several months. Even a few minutes in a crystal glass can result in a measurable increase in the level of lead in wine. If you choose to have a glass of wine, you may want to check your crystal to be sure it is lead free.

To reduce uric acid concentrations, it is necessary to support the kidneys, adrenal and immune functions. A first attack of gout usually begins around 2 am and is characterized by intense pain involving just one joint. If the attack progresses, fever and chills can be expected. First attacks usually follow a specific event, such as dietary excess, alcohol consumption, certain drugs, surgery, or trauma. Thankfully, dietary considerations and select herbs can provide complete relief from gout.

Dietary Considerations

1. Eliminate Alcohol Intake: Alcohol increases uric acid production by accelerating purine breakdown. Alcohol also increases lactate production, which impairs kidney function. Elimination of alcohol is usually all that is needed to reduce gout in many individuals.

2. Reduce meat consumption, especially high purine foods. A low purine diet has long been a mainstay for people with gout. Foods high in purine should be omitted entirely. These include organ meats (liver, brain, kidney, etc), shellfish, brewer's yeast, baker's yeast, herring, sardines, mackerel, beef, meat gravies, broths, and especially peanuts. Moderate purine foods should be limited. These include dried beans, spinach, asparagus, fish, anchovies, poultry, and mushrooms. Protein intake should not be excessive, as it has been shown that uric acid synthesis may be accelerated by high protein intake. Take supportive digestive enzymes - **DetoxZyme, EssentialZyme and Polyzyme** from Young Living are good choices.

3. Reduce fat and liberally consume complex carbohydrates. Refined carbohydrates and saturated fats should be kept to a minimum. Simple sugars, including honey, fructose, maple syrup, and corn syrup, actually increase uric acid production while saturated fats decrease uric acid excretion. During an attack of gout, one should eat only raw fruits and vegetables for a few weeks. Strawberries are especially recommended because of their ability to help neutralize uric acid. Another reason for an excessive amount of uric acid in the blood can be because of a deficiency in B-5 (pantothenic acid) which is also important in adrenal function. This deficiency can be remedied by eating food sources rich in B-5 such as rice, bran, lentils, sunflower seeds, royal jelly, pecans, and corn.

4. Achieve correct body weight. Weight reduction should involve the use of high fiber and low fat foods. It would be wise to increase raw fruit and vegetable intakes, such as cherries and

strawberries. Avocado contains good fat and is used by Native American people to treat gout. Young Living has several dietary products to help you achieve your weight goals.

5. Increase fluid intake (water). Ample fluid intake, mainly pure water, keeps the urine diluted and promotes the excretion of uric acid. The goal is to drink half your body's weight in ounces per day. A good addition is to use the H2Oil packs so that all your water is fortified with essential oils.

Nutritional Supplementation

Essential Oils: Herbs in their most potent form are essential oils. Essential oils that can assist the body in removing the excess uric acid and supporting kidney health include: **Geranium** (10 drops), **Juniper** (8 drops), **Rosemary** (5 drops), **Roman Chamomile** (3 drops), **Lemon** (4 drops), **Melaleuca Alternifolia** (8 drops). These can be combined into a blend and taken orally - 3 times per day for 10 days, rest 4 days and repeat if necessary. Can be taken in capsules or in a bit of Agave. An excellent combination of essential oils is **JuvaCleanse**. It contains both **Ledum** and **Celery Seed** to flush the kidneys and remove the uric acid. It is one of my favorite blends to support both liver and kidney function. Best taken on an empty stomach. There are other essential oil fortified nutrients beneficial to a person with Gout - **Thyromin, Mineral Essence, Super Cal, VitaGreen, Sulfurzyme, JuvaTone, Comfortone, Exodus and ICP**.

Cherries have long been known to lower uric acid levels and prevent gout attacks. One will need to eat 1 pound of cherries (weighed with pits) daily to achieve gout relief. Grape seed and pine bark are also rich sources of anti-oxidant foods. Naturopathic practitioners suggest 125 to 250 milligrams be taken three times a day between meals. **Drink your NingXia Red.**

Omega 3 Oils (EPAs) are also useful in the treatment of gout. EPAs are anti-inflammatory. Naturopathic practitioners suggest 1.8 grams be taken per day. Found in **Essential Omegas** from Young Living. Vitamin E is also an antioxidant and when used with the mineral selenium, exerts a mildly anti-inflammatory reaction. Naturopathic practitioners suggest taking 400 to 800 IUS per day. Found in **Master Hers/His** vitamins from Young Living. Folic acid is another mineral showed to inhibit the xanthine oxidation enzyme response. Current research is ongoing in the use of pharmacological doses of folic acid as well as the use of a derivative of the mineral for the treatment of gout. Adequate levels are found in high quality multi-vitamins such as **Master His/Hers** from Young Living. Bromelain is a proteolytic enzyme from pineapple and has demonstrated itself to be an effective anti-inflammatory agent. It is a suitable alternative to stronger prescription anti-inflammatory agents. It produces no side effects and is best taken between meals on an empty stomach. Contained in **Essentialzyme** from Young Living.

To contact Debra call 936-438-8829.

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