



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING



YOUNG
LIVING
GRAND
CONVENTION
2006
SALT LAKE
CITY,
UTAH



Compliments of

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Published by Carl Janicek
Produced by Ruby Gibson
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There was so much to Grand Convention 2006: the beauty of the farm, the Expo, the rejuvenating spa, the amazing food, the general sessions speakers, the breakout education seminars, the enlightening demonstrations, and the networking opportunities that are surely treasured memories! Be sure to see our centerfold of picture highlights and quotes inside.

With 3,100 Young Living members attending convention this year, it was a great success. Gary Young spoke about his exciting work in Ecuador. Scheduled to open Nov. 1, 2006 is a YL clinic in Ecuador. Our new clinic will include a Longevity Program, a Gym, 2 Surgery Rooms, and education of course. A seminar taught by Gary Young, to be scheduled around the end of March/beginning of April 2007, will include Levels I, II, and III of his Essential Oil Training. You can go to the jungle, see the distillery and farm - details coming soon.

To experience the wonderful presentations from convention, be sure to order your set of six convention DVD's, available for \$49.75. Item #4398. These DVD's contain several of the educational seminars and some of the promotional video clips that were shown throughout convention. They are extremely valuable tools for training and education and will help you share the spirit of Grand Convention 2006, as you prepare for Grand Convention 2007 next September in Washington D.C.!

YL is pleased to announce several new products that were launched at convention. Designed to address specific wellness concerns, each is a vital addition to the YL family of premium products.

Purely Oils

Our new Purely Oils product line offers the benefits of the oils you love in a revolutionary new delivery system. Featuring precision delivery softgels that are time-released into the small intestines, the contents of each Purely Oils product are available for maximum absorption and are circulated throughout the body in their full strength.

Digest + Cleanse - Soothes gastrointestinal discomfort and supports digestion. Stress, overeating and toxins can irritate the gastrointestinal system and cause cramps, gas and nausea that interfere with the body's natural digestive & detox functions. D & G soothes gastrointestinal upset and supports healthy digestion with peppermint, caraway, lemon, fennel, ginger & anise. Item #3293

Longevity™ - Now with frankincense! A potent, proprietary blend of fat-soluble antioxidants, Longevity should be taken daily to prevent the damaging effects of aging, diet and the environment. Enriched with essential oils thyme, orange & frankincense, Longevity protects DHA levels, a nutrient that supports brain function and cardiovascular health, promotes healthy cell regeneration, and supports liver and immune function. Longevity contains clove oil, nature's strongest antioxidant. Item#3289

Omega Blue™ - Pure fish oil + Omega Enhance. Omega Blue features a clinically proven dose of omega-3 (EPA, DHA, ALA) fatty acid nutrients with therapeutic grade Omega Enhance blend: blue chamomile, lemongrass, myrrh and clove essential oils. Critical for heart, eye, brain and joint health, Omega Blue pure fish oil is free of heavy metals, PCBs and dioxins, and offers the benefits of our essential oil blend to ensure freshness and stability. Omega Enhance combines legendary blue chamomile and myrrh oil to support a healthy inflammatory response, lemongrass oil to provide cardiovascular protection and support healthy cholesterol levels, and clove and myrrh for added antioxidant support. Item # 3190

Balance Complete™ - Daily superfood energizer + nutritive cleanse. A virtual who's who of superfoods, Balance Complete is a whole-food based meal replacement and a powerful nutritive energizer & cleanser. Offering the benefits of Ningxia wolfberry powder, brown rice bran, barley grass, extra virgin coconut oil, bee pollen, aloe vera, cinnamon powder and our premium whey protein blend, Balance Complete is high in fiber and protein, and contains the good fats, enzymes, vitamins, and minerals needed for a nutritionally dynamic meal. Balance Complete features YL's proprietary V-Fiber™ blend, which supplies an incredible 10 grams of fiber per serving, absorbs toxins and satisfies the appetite while balancing blood sugar. Item # 3292

Pure Protein Complete™ - Ultra-bioactive whey protein. High in bioactive whey protein, low in carbs, fat, and calories, Pure Protein Complete is the perfect anytime protein boost.

Each serving provides 20 grams of a proprietary whey protein blend supported by a specialized enzyme blend, a low-glycemic carbohydrate matrix, and generous amounts of vitamins and minerals. Item # 3293

5-Day Nutritive Cleanse. A gentle, effective approach to cleansing, 5-Day Nutritive Cleanse facilitates gentle & effective cleansing to improve overall health and well being with a simple, energizing program featuring NingXia Red™, Balance Complete & Digest + Cleanse. A minimum of four, easy cleanses a year with our 5-Day Nutritive Cleanse and nutritional maintenance will help balance the extremes of any modern diet. Item #3296

Essential Beauty Serums. Specially formulated for dry, oily or acne-prone skin, Serums offer the skin care benefits of sandalwood, orange and lavender oils, as well as rare essential oils pink pepper, blue cypress and davana. Each serum utilizes a blend of skin-nourishing carrier oils like coconut, avocado, jojoba, rose hip seed and wolfberry seed for ease in application and absorption. Use as a spot treatment before the application of moisturizer, sun block or makeup.

Essential Beauty Serum Dry Skin: Moisturizes and nourishes dehydrated skin - sandalwood, blue cypress, cedarwood, myrrh, clove and lavender. Item # 3782

Essential Beauty Serum Oily Skin: Controls surface oils & minimizes shine - spearmint, nutmeg, pink pepper, orange and davana. Item # 3781

Essential Beauty Serum Acne-Prone Skin: Soothes blemished skin and discourages future breakouts - Melaleuca alternifolia, cedarwood, Eucalyptus stageriana, manuka and red thyme. Item # 3783



Did you know that a large number of the plants used to beautify the convention center were grown at our very own Young Living Lavender Farm in Mona, Utah? Young Living's three incredible herb farms, and the unsurpassed standard of quality at each, are one more way we separate ourselves from the competition.

*Our first big experience with the essential oils was when our 3 year old son Charles-Anthony developed little bumps on his torso that looked like small Chicken Pox. We soon came to realize that he had Plantars Warts, which is a virus that itches and can spread rapidly. We were advised to treat him with **Oregano** oil. We placed 3 drops in a small glass of rice milk (we would have done capsules but he could not swallow them) to help with the heat that comes from oregano. We did this 3 times a day and within two days we started seeing a difference. Even after the planters warts were dried up, we continued this for one more month to make sure the entire virus was gone. We followed this protocol for a total of 3 months. - Chris & Karen Douglas*



*About 7 months ago, I started experiencing pain around my left knee a few days after skiing. A month later it still hadn't passed, so I used **Pan-Away**. The added "heat" from applying **PanAway** aggravated my knee. I became conscious of how I was using my knee, avoiding positions or activities which might hurt it. Regardless, the pain persisted. After another couple months, I went to my physician, who told me I had tendonitis, which had been aggravated by skiing. I was told not to do any stretching exercises, but that I should start swimming and/or using a recumbent bicycle to "retrain" the ligaments and tendons into proper alignment. A few months later, I bought a bottle of **Palo Santo** - an essential oil of a South American tree commonly known as "Holy Wood". Within minutes after applying the oil, the constant pain I was experiencing disappeared. I applied the oil the next day, just for good measure. Four days later, I'm happy and amazed to report that the pain hasn't reappeared. There's still sensitivity if I stretch my knee, but all the chronic pain is gone. Wow! I strongly recommend those with tendonitis give **Palo Santo** a try. - Robert*



SCAR-B-GONE RECIPE:

Mix the following oils with 1 oz. of V-6 or quality carrier oil:
 10 drops **Helichrysum**
 6 drops **Lavender**
 8 drops **Lemongrass**
 4 drops **Patchouli**
 5 drops **Myrrh**

I made this blend for a 3 year old girl who had fallen out of bed and scraped her forearm just below the elbow. The scrape enlarged and her parents took her to a doctor who said it was from a staph infection she had gotten at the time of birth. Antibiotics didn't help so they had to go in and scrape the bone before it would heal. That caused lots of scar tissue and she could not bend her arm without crying out in pain. After a week of using this blend I asked her father how she was doing and he started to cry. "Thank you, thank you, she can run and play without hurting her arm now." - Nancy



“The only oil that is toxic is one that is synthetically produced.” Gary Young



“Every Convention, from this one forward, will introduce brand new essential oils!”



“The power of essential oils still has yet to be discovered.” Gary Young





“I have used essential oils internally for 23 years - from newborn to 103 years of age - and I have yet to see 1 toxic reaction in over 30,000 people.”
- Gary Young



“There is not a company that is more futuristic, more rewarding than Young Living.”



HPV & Cervical Cancer

(resource: Essential Desk Reference)
Genital warts are a form of viral infection caused by the human papillomavirus (HPV), of which there are more than 60 different types. One type of HPV virus is among the most common sexually transmitted diseases. Up to 24 million Americans may be currently infected with HPV, usually spread through sexual contact. HPV lives only in genital tissue. HPV can later lead to cervical cancer in women. Fortunately for us, essential oils can have a long lasting healing effect on HPV. Here are some suggestions. Please consult your health care professional for a balanced approach to your recovery.

Single YL essential oils: Melissa, Oregano, Thyme, Idaho Tansy, Tea Tree, Melaleuca Ericifolia, Lavender, Clove, Nutmeg, Cistus, Sage, Tsuga, and Sandalwood

YL Blends: Melrose, Thieves, ImmuPower

Essential Oil Applications

Topical: Apply neat or dilute 50-50 with a quality carrier oil, 1-3 drops, 2 times a day for 10 days.

Retention: Apply oils on a natural cotton tampon, and insert nightly.

Ingestion: Fill a 00 capsule, take 1 capsule 2 times a day.

Other Topical Treatments: Thieves Antiseptic Spray, ImmuGel, Fresh Essence Plus

Raindrop Technique: 2-3 times a month. Can substitute specific cancer oils for the 5 optional Raindrop Oils (always use Valor, Oregano & Thyme).

Nutritional: To enhance the action of essential oils, strong cleansing and nutritional building programs are required. Intensive cleansing done with Cleansing Trio, Digest & Cleanse, Longevity, JuvaTone or Juva Cleanse. Also recommended to modify the Stanley Burroughs Master Cleanse using cayenne pepper, lemon juice and YL agave nectar, and fast as needed. Remember to double your intake of water with any cleansing or fasting program.

healing cancer

Pay attention to what you consume. Here are 10 things food corporations absolutely do not want you to know.

Published August 14, 2006 at newstarget.com

1. The ingredients listed on the label aren't the only things in the food. Cancer-causing chemicals such as acrylamides may be formed in the food during high-heat processing, yet there's no requirement to list them on the label. Residues of solvents, pesticides & other chemicals may also be present. The National Uniformity for Food Act, currently being debated in the U.S. Congress, would make it illegal (yes, illegal) for states to require cancer warnings on foods that contain cancer-causing chemicals.

2. Monosodium glutamate (MSG), which is added to thousands of food & grocery products, imbalances endocrine system function, disabling normal appetite regulation and causing consumers to keep eating more food. MSG is routinely hidden in foods in these ingredients: yeast extract, torula yeast, hydrolyzed vegetable protein and autolyzed yeast. Common grocery products contain one or more of these chemical taste enhancers, including nearly all "vegetarian" foods such as veggie burgers.

4. ADHD in children is caused almost entirely by the consumption of processed food ingredients such as artificial colors & refined carbohydrates. 80% of so-called ADHD children who are taken off processed foods are cured of ADHD in two weeks.

5. The chemical sweetener aspartame (aka Nutrasweet), when exposed to warm temperatures for only a few hours, begins to break down into chemicals like formaldehyde and formic acid. Formaldehyde is a potent nerve toxin and causes damage to eyes, brain and entire nervous system. Aspartame has been linked to migraines, seizures, blurred vision and nervous system problems.

6. Most food dips (like guacamole dip) are made with hydrogenated oils, artificial colors and monosodium glutamate.

7. Scientists now know that plastic food packaging routinely seeps the chemical bisphenol A into the food. Cooking in plastic containers multiplies the level of exposure. Bisphenol is a hormone disruptor and can cause breast formation in men and severe hormonal imbalances in women. It may encourage hormone-related cancers such as prostate cancer and breast cancer.

8. Milk produced in the United States comes from cows injected with synthetic hormones that have been banned in every other advanced nation in the world. These hormones help explain why unusually young teenage girls develop breasts at such a young age, or why hormone-related can-

cers like prostate cancer are being discovered in unprecedented numbers.

9. Most grocery products that make loud health claims on their packaging are, in reality, nutritionally worthless. The most nutritious foods are actually those the FDA does not allow to make any health claims whatsoever: fresh produce.

10. Food manufacturers actually "buy" shelf space and position at grocery stores. That's why the most profitable foods (and hence, the ones with the lowest quality ingredients) are the most visible on aisle end caps, checkout lanes and eye-level shelves. This provides marketing and visibility to the very foods and beverages that promote obesity, diabetes, cancer, heart disease and other degenerative conditions now ravaging consumers around the world.

Groundbreaking research slated to have been published in 2004 at Brigham Young University identified essential oils which effectively kill cancer cells while being non toxic to normal cells. The most effective oils studied included Sandalwood - which inhibited growth by up to 90% of several different types of cancer cells (cervical, breast, skin and prostate) - Tsuga, Thyme, Grapefruit & Thyme Linalool showed low normal cell toxicity and strong anticancer action. Oils rich in limonene - Lemon, Orange, Tangerine, Idaho Balsam Fir - have been shown in clinical studies to have potent anticarcinogenic effects. According to a study at the University of Indiana, "monoterpenes would appear to act through multiple mechanisms in the chemoprevention and chemotherapy of cancer". Studies using 1-15 grams a day of limonene in very advanced cancer patients resulted in almost 20% of the patients going into remission.

Essential Numbers - Young Living

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Eliminating Toxic Mold from Your Life: A Convention Presentation by Dr. Edward Close

More than 50% of homes in the US & Canada have mold resulting in 50-100% increase in respiratory symptoms."

- Harvard University

Toxic mold is a huge problem. Dr. Close stated, "1 in 7 people in the US suffer from acute sinusitis, and that sinusitis is almost always caused by fungal infection." There were 16 infant deaths from pulmonary hemorrhage in Ohio in which all houses had water damage and black toxic mold.

There are three species of mold he discussed: *Stachybotrys* is black mold causing cold/flu, pulmonary hemorrhaging, allergies, SIDS and memory loss; *Aspergillus* is known to cause lung disease, weight loss and chronic cough; *Cladosporium* causes allergies and asthma. These molds produce mycotoxins that are poisonous by inhalation. Proper inspection is needed - air sampling, direct sampling, wall probes - and should be done by professionals and analyzed at certified labs. The standard treatment options - bleach, UV, ozone, chemical fungicides, heat - all pose additional serious threats to health. What to do? **USE THIEVES CLEANER!** You can eliminate toxic mold in as little as 24 hours. First diffuse essential oils regularly and consistently. If you have visible mold, apply **Thieves Household Cleaner** directly to moldy area, clean thoroughly and let sit for 15 minutes before wiping off. Second, sample the mold, continue to diffuse Thieves, repair leaks and block moisture. Repeat applications as needed. Remodel if necessary. Dr. Close's research clearly demonstrates that **THIEVES** is the best answer for toxic mold. We recommend that you read his book: *Eliminating Toxic Mold from Your Life - A Breakthrough Discovery* by Dr. Edward R. Close, PhD, PE.

Thieves Household Cleaner Item#3743
Thieves Essential Oil Item #3423

TOP 10 BIGGEST BRAIN & HEALTH DAMAGING HABITS

1. No Breakfast: people who do not take breakfast are going to have a lower blood sugar level. This leads to an insufficient supply of nutrients to the brain causing brain degeneration.

2. Overeating: causes hardening of the brain arteries, leading to a decrease in mental power.

3. Smoking: causes multiple brain shrinkage and may lead to Alzheimers disease.

4. High Sugar Consumption: too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.

5. Air Pollution: the brain is the largest oxygen consumer in our body. Inhaling polluted air decreases the supply of oxygen to the brain, bringing about a decrease in brain efficiency.

6. Sleep Deprivation: sleep allows our brain to rest. Long term deprivation from sleep will accelerate the death of brain cells.

7. Head Covered while Sleeping: increases the concentration of carbon dioxide and decreases concentration of oxygen that may lead to brain damaging effects.

8. Working a Brain during Illness: working hard or studying with sickness may lead to a decrease in effectiveness of the brain as well as damage the brain.

9. Lacking in Stimulating Thoughts: thinking is the best way to train our brain. Lacking in brain stimulating and intellectual conversation may cause brain shrinkage.

10. Consumption of Excitotoxins: incl: addictive, artificial sweeteners & neurotoxins like aspartame, asculfame & phynallynin.

Omega Blue's essential oils assist with mental fatigue, memory loss, Parkinson's Disease and Alzheimers. Recommended dose: 1-3 capsules, 1-2 times a day. Order yours today!



Prostate cancer tumors slowed by altering ratio of fatty acids in diet.

How can YL's Omega Blue help?

A new study in the August issue of the journal *Clinical Cancer Research* has found that consuming a more balanced ratio of omega-3 fatty acids to omega-6 fatty acids may reduce the growth of prostate cancer tumors, as well as lower prostate-specific antigen (PSA) levels.

UCLA researchers studied mice with hormone-sensitive prostate cancer that is closely related to the disease in humans. The researchers split the mice into two groups: The first received a diet with a healthy 1:1 ratio of omega-3 fatty acids to omega-6 fatty acids, and the second received a diet with most of the fats coming from omega-6 sources.

By the end of the study, the rate of tumor cell growth in the first group had decreased by 22 percent, and PSA levels were 77 percent lower than in the second group. The researchers believe that the omega-3 fatty acids DHA and EPA are converted into anti-inflammatory prostaglandins, which reduce tumor growth, whereas omega-6 fatty acids are converted into pro-inflammatory prostaglandins that promote tumor growth.

The typical Western diet generally consists of a 1:20 ratio of omega-3s to omega-6 fatty acids, which are mostly derived from corn oil, safflower oil and red meat. Mike Adams, consumer health advocate and holistic nutritionist advises, "The evidence in support of health benefits derived from omega-3 fatty acids is absolutely astonishing. Both men and women would do well to eat more chia seeds, salmon, flax and fish oil supplements."

Omega Blue™ - Pure fish oil + Omega Enhance. Omega Blue features a clinically proven dose of omega-3 (EPA, DHA, ALA) fatty acid nutrients with therapeutic grade Omega Enhance blend: blue chamomile, lemongrass, myrrh and clove essential oils. EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are simply omega-3 fats. Both are found in fish oils. Omega Blue's precision delivery softgels are coated to protect the fish oil from oxidation and stomach acids, to time release the oils in the intestines. Item #3190

LIFE ORGANIZING: 5 STEPS AND 30 SECONDS TO A MINDFUL, AUTHENTICALLY BALANCED LIFE BASED ON THE FORTHCOMING BOOK - THE LIFE ORGANIZER BY JENNIFER LOUDEN

1. Connect: To your wisdom by moving your energy-stretch your arms over your head, soften your belly, take a full breath and let your exhale be longer than your inhale, massage your ears. Essential oils to enhance: *Joy, Awaken, Believe, Magnify Your Purpose, Grounding, Cypress, Petitgrain, Sandalwood or Clary Sage.*

2. Feel: Your heart knows your next step, not your head. Bring your attention to your heart and recall a moment in which you felt how you would like to feel now. If coming up with a memory or a feeling is too hard, simply focus on a time when you felt appreciated or loved, or you were loving toward someone else. Oils: *Gratitude, Gathering, Forgiveness, Rose, Jasmine, Lavender, Spike-nard, Juniper or Melissa.*

3. Inquire: Mindful questions open up possibilities you literally couldn't see before. Coupled with oils, they are doubly powerful to point toward a life you love:

- What do I need to know right now? (*Highest Potential, White Angelica, Juniper*)
- What do I want? (*Grounding, Hope, Abundance, Frankincense, Cedarwood*)
- What don't I want? (*Valor, Grounding, Release*)
- How can I be gentle with myself in this situation? (*Inspiration, Forgiveness*)
- What does my body need right now? (*En-R-Gee, Gathering, Ylang Ylang*)
- Spirit, what do I need right now? (*Humility, Neroli, Rose, Frankincense*)



- How do I choose to spend my energy and time?

(*Brain Power, Bergamot, Fir*)

- What's most important in this moment?

(*Envision, Spruce, Rosemary*)

- What choice will keep me sane?

(*Peace & Calming, Clarity, Citrus Fresh*)

- What would I be proud of?

(*Believe, Magnify Your Purpose, Blue Tansy*)

- What can I be satisfied with?

(*Acceptance, Abundance, Surrender*)

- How can I nurture myself today?

(*Believe, Helichrysum, Angelica*)

- Is this what I really want right now?

(*Transformation, Sage, Geranium*)

4. Allow: Your experience has shown you there are vast fields of information to which you can open your awareness. Allowing is simply giving yourself a few seconds to listen, to let go, to see what occurs to you. Oils: *Clarity, Magnify Your Purpose, Gratitude, Surrender, Lavender, Neroli or Mandarin.*

5. Apply: "How we spend our days is how we spend our lives," writer Annie Dillard observed. Take some action on what you hear, intuit or feel as soon as possible. Oils: *Envision, Motivation, Into the Future, Cypress or Ginger.*

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