



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

## FIREFIIGHTERS LAVENDER FUND

### BURN HEALING KIT

As you may well be aware, there are numerous fires burning this summer and many firefighters are in need of support. Our wildland firefighters' injuries happen in rural areas, where firefighters are taken to small town hospitals and are, in most cases, under-diagnosed, sent home too early, and are not being seen or treated by burn specialists. Our priority is to support treatment that would be swift and effective, and to ensure that the best possible care is given to these brave men and women who protect our homes and forests.

Our non-profit group, Freedom Lodge and ECHO: Earth Centered Healing Outreach, along with the Wildland Firefighters Foundation and the Young Living essential oil community have established a Firefighters Lavender Fund. This fund allows firefighters who have been burned to receive a complimentary Lavender Burn Healing Kit to assist in the healing of their wounds.

The Burn Healing Kit consists of highly concentrated Young Living Lavender oil and soothing LavaDerm™. Both products can be used topically and undiluted on burns and wounds. Lavender oil can also be inhaled to help reduce shock.

Young Living has generously contributed 50 bottles of Lavender oil. The Utah Chapter of the Entrepreneurs Organization has contributed \$500 and Medicine Wheel Consultants donated \$150. If you are interested in supporting our firefighters, you can contribute to this fund as well. There are over 30,000 wildland firefighters in the U.S. - and while not all of them are burn victims, we would like to be able to respond with a Lavender Burn Healing Kit when they need it most - immediately following their injury. Therefore we are asking for support with one or more of the following:

1. Contribute by donating bottles of Lavender or LavaDerm™.
2. Offer a tax deductible monetary contribution; any amount will help.
3. Extend an email notice to your community about this fund.
4. Send us the name of a firefighter who needs a Burn Healing Kit.

All donations received are tax-deductible and will be utilized directly for the purchase and shipping of the Lavender Burn Healing Kit to wildland firefighters. Donations can be sent to Freedom Lodge, PO Box 811, Evergreen, CO 80437. The Wildland Firefighters Foundation in Boise, ID will distribute the kits, along with a postcard outlining the therapeutic benefits of Young Living Essential Oils.

As Young Living Essential Oil distributors and educators, we will be documenting the healing properties of YL Lavender and will print the testimonials in Message Scent. We thank you so much in advance for your interest and charitable concern. If you have any questions or suggestions, please do not hesitate to contact me. In health, Ruby Gibson

Visit [www.wffoundation.org](http://www.wffoundation.org) & [www.earthcenteredhealing.com](http://www.earthcenteredhealing.com)



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Published by Carl Janicek  
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# **Cancer VS Essential Oils and other Super Nutrients**

**by Dr. Terry Friedmann, MD: excerpts from the Essential Science brochure**

**Fact 1:** 58% to 84% of all cancers are due to lifestyle - diet, exercise and other habits - and not inherited.

Janice Kelly in the WebMD Medical News writes: "You can no longer blame your parents. Most cancer is caused by environmental and lifestyle factors such as diet, smoking, drinking alcohol and being overweight. In other words, while inherited genes do play some role in the development of certain kinds of cancer, the cancer prevention card is clearly in your hands."

**Fact 2:** Surprisingly, isolated vitamins have been found to be ineffective in combating cancer.

Three double-blind placebo controlled intervention trials have failed to demonstrate any observable reduction in lung cancer after prolonged (4-12 years) administration of high dose beta carotene supplementation.

**Fact 3:** Fruits and vegetables rich in antioxidants and non-vitamins can cut cancer risk dramatically.

Kristi Steinmetz, PhD, World Cancer Research Fund, and John Potter, MD, Fred Hutchinson Cancer Research Center, write: "A review of 206 epidemiological studies revealed a 50% reduced cancer risk in people consuming diets high in fruits and vegetables."

**Fact 4:** "Carotenoid" cousins of beta carotene are far better cancer fighters than beta carotene despite not having vitamin activity. Essential oils are closely related to these carotenoids.

Orange oil had more than twice the anti-cancer activity of green tea extract, brussel sprouts, and cabbage, according to a variety of clinical studies.

**Fact 5:** The Ningxia wolfberry contains many non-vitamin nutrients that can protect cells from DNA damage and cancer.

Rui Liu of Cornell University writes: "It is estimated that 5000 individual phytochemicals have been identified in fruits, vegetables and grains, but a large percentage still remain unknown and need to be identified before we can fully understand the health benefits of phytochemicals in whole foods."

**Fact 6:** Ningxia wolfberry reduces the growth of multiple types of cancer.

Wolfberry extract exerted a 88.4% inhibition against human gastric cancers and 73.75% inhibition against cervical carcinomas.

**Fact 7:** Pomegranates, blueberries, and raspberries inhibit cancer cell growth.

David Wedge, PhD, US Dept of Agriculture writes: "Extracts of raspberry, blueberry and strawberry strongly inhibited cervical and breast cancer cell growth."

**Fact 8:** The gum resin of frankincense - another non-vitamin nutrient - has been shown to have potent anti-cancer effects.

Katarina Hostanksa, PhD, University Hospital, Zurich, writes: "Boswellic acids from frankincense exert antiproliferative activity toward a variety of malignant cells."

**Fact 9:** Myrrh gum - like frankincense - was prized in ancient times for healing. Today it has been found to have anti-cancer properties.

In 2001 scientists at Rutgers University identified compounds in myrrh that kill cancer cells and showed promise for the prevention and treatment of breast and prostate cancer.

## **Cancer VS Essential Oils and other Super Nutrients** **and other great brochures can be purchased at Essential Science Publishing.** **Go on line to [www.essentialscience.net](http://www.essentialscience.net) or call 1-800-336-6308.**

**Fact 10:** The essential oil of Frankincense was used to experimentally shrink tumors in both animals and humans.

In 2005 at the Comprehensive Cancer Center at Wake Forest University, frankincense was used in a horse with malignant melanoma. Within a week, the injected tumor showed signs of lysis (breakdown) and this continued during treatment. Scientists saw few signs of local toxicity.

**Fact 11:** Over 60 essential oils were tested for their anti-cancer activity against several human cancer cell lines at Brigham Young University.

Even at tiny concentrations of 0.02% (220 ppm) or less the essential oils of Sandalwood, Hyssop, Myrtle, and Tsuga strongly inhibited cancer cell growth while not damaging normal cells, according to a recent Brigham Young University study.

Essential Oils that stop:

✓ Breast cancer growth are Sandalwood, Myrtle and Tsuga.

✓ Skin cancer growth are Grapefruit, Hyssop, Thyme, Sandalwood and Tarragon.

✓ Prostate cancer growth are Sandalwood, Canadian Red Cedar, Myrtle, Thyme and Dill.

✓ Cervical cancer growth are Tsuga, Galbanum, Patchouli, Sandalwood, Douglas fir, Hyssop, Nutmeg and Tarragon.

**Fact 12:** Over 200 peer-review articles discuss the anti-cancer properties of essential oils such as Clove, Grapefruit, Sage, Melissa and Melaleuca.

✓ Sweet Basil oil gave the highest anti-proliferative activity against leukemia cell lines.

✓ Grapefruit essential oil and some of its specific components will provide useful leads in the development of anti-cancer drugs.

✓ Topical application of Sandalwood oils significantly decreased skin tumor incidence.

✓ Sage oil has potent tumor-suppressive effects in skin and thus could be an effective agent against skin cancer.

✓ Eugenol from Clove oil was found to be a potent inhibitor of melanoma cell proliferation.

✓ Both Melaleuca oil and its main active constituent terpinen-4-ol were able to kill even resistant melanoma cells.

✓ Citral, a key component of lemon-scented essential oils such as Lemongrass, Melissa, Lemon Myrtle, and Grapefruit, killed cancer cells from several different lines.

**Fact 13:** Essential oils rich in limonene are among the most studied natural compounds in the fight against cancer. Grapefruit and Orange oils are over 90% limonene.

Pamela Crowell, PhD, Purdue University, writes: "Limonene has efficacy in preclinical models of breast cancer, causing greater than 80% of carcinomas to regress with little host toxicity."

**Fact 14:** Dietary orange oil or limonene reduced the incidence of breast cancer by over 45% according to the University of Wisconsin.

Oral doses of limonene (ranging from 1-15 grams a day) in a human clinical trial at Charing Cross Hospital in London resulted in partial remissions in 1 advanced breast cancer patient and 3 metastatic colon cancer patients.

## Young Living Clinic in Ecuador Nova Vita S.A., Centro Para Medicina Natural Center of Longevity, Rejuvenation, and Natural Healing

Nova Vita (New Life) is dedicated to helping people heal their bodies with natural God-given tools and life style changes. Our atmosphere is like a family. Everyone cheers for each other's success and we all work to encourage and help each other. The weather is between 80 and 90 degrees all year. The rainy season is from January to April but the temperatures are still warm.

**Location:** The Nova Vita Center is in the heart of the business district of Guayaquil, Ecuador about 10 minutes from the International Airport. If you have not arranged to be picked up, you can take a taxi to the clinic which, at the most, would cost between \$5 and \$10. The clinic is open from approximately 8:00 a.m. to 7:00 p.m.

Major airlines such as Delta, Continental, American, Copa Airlines (copair.com), Lan Ecuador (lanchili.com or lanecuador.com), and Avianca have direct flights out of various cities in the United States. Air France and Iberia fly directly from Europe.

While taking treatment, the patients can bask in the sunshine while sitting around the swimming pool in a resort atmosphere surrounded with palm trees and beautiful plants or read a good book or watch a movie in the coolness of the air conditioning.

**Protocols:** include intravenous treatment with anti-cancer essential oil compounds such boswellic acid, limonene, and terpinenes (a natural non-toxic therapy), regulating and balancing the catecholamines of the neuron-transmitters that strengthen the immune system and suppress degeneration, IV chelation, neuro-auricular oil therapy, massage, Raindrop therapy, colonics, foot baths for detoxification with electrical frequency and other modalities, nutritional diet, modified juice fasting, and research using new plant extracts from the Amazon jungle used by various tribes for hundreds of years for the

treatment of cancer and degenerative disease.

Everyone is invited to participate in a variety of classes on essential oils, herbs, nutrition, bible studies (bring your own bible), positive attitude, goal setting, emotional healing, etc.

**Meals:** Monday through Saturday, all three meals are provided in the clinic. Meals are basically vegetarian with a little fish or chicken depending on one's dietary needs. Exotic fresh fruits and vegetables are in abundance as well as fabulous juices common to Ecuador. We want our patients to enjoy a peaceful, restful and uplifting time while they are healing. The fruits and vegetables are fresh and mostly organic and very delicious such as mango, papaya, pineapple, watermelon and many that you probably have never heard of which you will enjoy.

**Helpful information:** There are basically no health food stores in Ecuador. There are little tiny stores that would like to think they are providing health food, but it is mostly oriental and GNC type supplements which are very limited. You may want to bring your own soap if you are sensitive and picky. There is only one that we have found that says it is hypoallergenic and non-irritating to the skin. We haven't tried it so we can't say how good it would be.

Living quarters will vary from time to time. Patients will share living quarters if they are in a condominium or private home. It is even possible that some patients will stay at the clinic. Our intention is to eventually have in-patient housing but presently housing is usually away from the clinic. Our desire is to provide clean, American-standard accommodations. Patients are responsible for any food they wish to have in their living quarters and are also responsible for washing and cleaning of their own laundry. Washing and dry cleaning businesses are in abundance.

Some housing facilities have washers and dryers but each facility is different. This is not a hotel situation and you are responsible for keeping your living quarters clean.

### **Two treatment categories:**

**Degenerative Disease:** The cost per patient is \$3,000 per week.

**Rejuvenation program:** The cost per patient is \$2,500 per week. Spouse cost is 25% for the program they choose.

The meals are designed especially for your clinical and dietary needs. Patient fees include all therapies at the Center, meals for therapeutic and healing application, and transportation to and from the airport. Patients will be picked up in the morning and brought to the clinic and taken back to their sleeping quarters after the evening meal.

A spouse or anyone accompanying the patient will be charged \$250.00 per week or \$40 per day which includes meals and lodging plus a 12% Ecuador tax. We strongly recommend that any patient be accompanied to the clinic. We find the emotional support to be extremely valuable in the patient's healing.

We require an initial deposit of \$10,000. This can be done by bank wire transfer. After you arrive at the clinic, you may use a credit card to pay for further treatment at the clinic or any other additional charges such as products, supplies, etc. Some people have also brought cash which is acceptable if you are comfortable in carrying cash with you while traveling. Patients will be responsible for all bank charges and taxes. Nova Vita does not accept personal checks and/or Traveler's Checks.

There will be additional charges for any medical procedures or treatments received outside of the Center. This would be for x-rays, minor surgical procedures; blood draws for laboratory analysis, or any type of laboratory work done in a laboratory or hospital facility.

You must be prepared to pay for these outside charges with sufficient cash or credit card. If Nova Vita pays for any of these outside charges, the patient's account will be billed. For more extensive surgical or hospital services, the patient will need to make arrangements directly with the hospital.

The minimum stay is from four to six weeks for degenerative disease. There are no treatments for degenerative disease for only one or two weeks. An evaluation might be possible; however, that will have to be discussed and agreed upon with the doctor.

Spouses or companions may wish to take advantage of some of the protocols here at the clinic. The costs will be determined when you are here as each individual situation is different. Many will enjoy having a massage or Raindrop treatment or even having a live blood cell analysis.

**Clinic hours:** Hours are from Monday to Saturday. We are closed on Sunday. This is a day for sightseeing, exploring Guayaquil and its surrounding areas or whatever you choose. No food service is provided on Sunday, and the clinic does not normally provide any activities so this is your free day. On occasion there may have to be a treatment and there may be special activities. If you arrive, after 12:00-midday, your treatment will begin the next morning. However, there may be diagnostic work done, and meals and sleeping accommodations will be provided. If you arrive at night, you will be taken directly to your accommodations and then brought to the clinic in the morning.

**Suggestions:** Everyone coming to the Center should bring extra items such as toothpaste, soap/bath gel, bar soap, shampoo, conditioner, deodorant, food "munchies," and anything else that you might need as a comfort. Almost everything in the grocery stores contains sugar, salt, preservatives, food coloring and other chemicals. The people here eat a lot of sugar, white flour, chocolate and fried foods. There is only one little oatmeal cookie as a "munchie"

found that is alright to eat. For anyone who is accompanying a patient but is not a patient, it is possible to buy bread (we found one type without sugar), yogurt, butter, cheese, etc. You cannot buy good jams or jelly or anything else that is "spreadable." You can buy walnuts, almonds, pecans, macadamia nuts, raisins and other dried fruits. We ask the patients to please NOT bring anything to eat that will conflict with their treatment or they will be defeating their purpose for being here which will greatly impede their healing. Patients are asked to not eat salt, black pepper, sugar, fried food, white flour food, milk or milk products, any processed juices, coffee, definitely no soda pop, chocolate, or foods with chemicals such as food coloring, preservatives and synthetic flavorings.

**Money:** You can buy phone cards which are relatively inexpensive. A taxi is also inexpensive and available everywhere and easy to hire for places you would like to go. A taxi from the airport to the clinic should cost about \$5. Guayaquil is a big city of about three million people. You can see the very modern and the very old. There are big, beautiful, American-type malls next to primitive homes on stilts. Shopping is fun and there are a few people who speak English especially in the malls. Guayaquil has a fabulous bus system that will take you anywhere if you are brave enough to try it. Car rentals are very expensive (about double or triple that in the U.S.). Many things have American prices and others are very inexpensive.

Ecuador uses the American dollar so you don't have to change any money. They use our coins and their old coins together. It makes it easy if you come with a few \$1 and \$5 dollar bills as well as a few 50 cent pieces so you are prepared for tips. We suggest carrying 50 one dollar bills, and another 50 in five and ten dollar bills. We don't suggest bringing 100 dollar bills because not many establishments will take them. It seems that you tip for just about everything and usually 50 cents is good. At

the airport there will be many porters to help with the luggage. They will take it off the belt and carry it to the scanner (all luggage including carryons, purses, cameras, diaper bags, etc. have to go through a scanner to enter Ecuador). These same porters will carry your baggage out for you to the taxi or to the person who is picking you up. Generally \$1 is sufficient as a tip.

Credit cards are used in the malls and most commercial businesses, but do not expect it everywhere. We suggest that you do not bring travelers' checks because they are almost impossible to cash. Only the Central Bank will cash travelers' checks and this bank is located in the center of Guayaquil which is far away from the clinic. It would not be a happy experience to take a taxi to this place.

However, when coming to Nova Vita, you will be greeted at the airport by a driver who will take you to the place you will be staying or bring you directly to the Center. Just look for a sign with your name on it or one that says Nova Vita.

**Weather:** The weather is beautiful and at best you would need only a sweater and an umbrella. Don't bring heavy clothing or any clothing that is made from a thick material. Most people like cotton the best and most dress attire is very casual.

Please request the clinic policies so we can determine if it would be best for you to become a patient here. You must be accepted as a patient and have wired the money before you arrive. Please feel free to call us with questions and we will do our best to help you. We want you to feel safe and peaceful in an environment that helps you bring about your desired healing.

Sincerely, Nova Vita Administration

**Nova Vita**

**Av. Las Monjas # 115 Urdesa Central Guayaquil, Ecuador**

**Tel: In Country: 04-288-3460**

**Out of Country: 011-593-4288-3480**

**E-mail: novavita@gye.satnet.net**



## **Young Living Distributor Chalyce Macoskey Beats the Odds**

a few in the state of Colorado that are state approved. Jillian has created a professional aromatherapy training program and I will be teaching there.”

“Out of our connection grew an opportunity for both of us to teach aromatherapy classes around the state. We target estheticians and beauticians, and help them to incorporate a more holistic approach to their practice, and teach them that there are healthier products to use. It helps them to be more marketable when they graduate.”

Chalyce explained their business strategy. “We offer free lectures to people who have signed with Young Living through us. Each class begins with the history of essential oils and the high purity standards of YL, and then we review uses for the Everyday Oils Pack. We do a brief rundown of the oils and their benefits. This starts the question and answer session. We also use Message Scent News as a teaching tool, exploring articles together. Afterward, we e-mail and call the students to make sure they got their oils and their YL commission checks. We want to get the word out to our group that we are here to support them.”

“For facials, instead of using the harsh chemical products, we teach them to use the YL ART products and the three YL Facial Serums. The response has been very, very good. We sponsored the Glenwood Beauty Academy. They want us to teach Raindrop Therapy at their facility. We offer them a more holistic approach to their health, in addition to their clients’ health.”

“What was huge for us was when YL did a press release on the Glenwood Beauty Academy. Donna Karan and her publicist wanted an example of how essential oils were being used in the mainstream beauty and skin care industry. Young Living called us because they had heard about our holistic approach with estheticians. They wanted to show how people were us-

ing essential oils to bridge wholistic and western medicine. We were an example in the brochure for the Donna Karan’s Urban Zen Day that YL’s Dr. David Hill participated in.”

“Our organization has grown well and we average 1-2 talks a week. Right now we are fifth in the cruise standings, and we didn’t even know we were in the running until some one told us!”

A Young Living Senior Star, Chalyce’s goal is to be Silver by Christmas. Born in the little town of St Francis, Kansas, Chalyce (Saunders) Macoskey is a 41 year-old mother of two children, and lives in Golden, CO with her husband.

Young Living has made a tremendous impact on her life, health wise and financially. “I use oils everyday with my children. Actually that is what got me started – I was working at a chiropractic clinic and Carl Janicek was in there and overhead me saying that my son had strep throat. He gave me some oils to try, and it helped so much, that I began using them in other ways. It has blessed me financially, and now we have paid for our convention registration in full with our commissions!”

“I have learned that regardless of what I have been through that I can grow and that I am capable of doing anything.” Congratulations Chalyce!

Over the 10 years that she has been with YL, Chalyce Macoskey has gone through many changes and challenges. In 2000, Chalyce was in a car accident which caused a closed head injury. She lost everything, her job, her YL downline, and basically her life. She could not function and had to re-learn everything – to drive, to shop, to read. After receiving cognitive therapy for two years, and being treated with essential oils by Young Living Platinum, Carl Janicek, for her brain injury, she started to get well.

“I am a lot better then the way that I was. I still have good days and bad days. The evenings are the worst. I apply YL essential oils on my head and throat, because I have problems connecting from my brain to my mouth. The essential oils that are helpful for me are Valor, Awaken, Envision, and mostly Frankincense; I take it internally and apply it topically. That seems to help quite a bit. Especially when I have anxiety or am stressed out.”

As a wellness consultant, and an IV-Certified nurse, Chalyce helped to run a chelation clinic in Golden, Colorado for four years. “I have a lot of clients who are senior citizens and I use essential oils with them because they are not getting the health they want.”

In January 2007, Chalyce was introduced to Jillian Keiper at Concentric Healing in Boulder, CO. “We hit it off right away, and I went to talk to her about having a class at her school. Concentric Healing is a holistic esthetician massage school that is among

### **Young Living Essential Numbers**

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Essential Science Publishing  
www.essentialscience.net  
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**www.youngliving.us**

# Sharing Young Living With Friends and Family

*by Vicki Opfer*

## How to Talk with Friends about Young Living

Sharing YL with friends can be as simple as sharing a drop of oil with a friend who has a headache, and witnessing the relief together! You may wish to hand out information and samples, and to share your own experiences with the oils and supplements. So how does that happen? You start by sharing your story. Are you sleeping better? Are you less stressed? Do you have more energy? Are you getting sick less often? Are you more cheerful? Do you have less pain? Do you love using all natural products that are safe and effective? These are the stories and experiences that you will want to share with friends and family. Sharing really IS that simple, and you can learn as you go.

Let's say that a friend stops by and notices your essential oils sitting on the kitchen table. Or perhaps they may notice the wonderful aromas of oils in your home. They might ask, "So what are these essential oils?" You might say, "Essential oils are from plants, and they've been used for thousands of years to keep people healthy and youthful. Don't they smell great? Here, put a drop on!" And then tell a story about an experience that you've had using your oils. Or, if someone says to you, "I just don't have much energy right now," you can say, "You've GOT to try NingXia Red. It's the most nutritious single food I've ever seen, and it gives me a LOT of energy. Here, I have a sample with me. I carry them wherever I go so that I can have one whenever I want!"

## How to Help Your Friends Get Young Living Products

Then they might ask, "So how do I get these oils?" Or, "So how can I get some of this NingXia Red?" You can tell them, "These products are not available in stores. You order them directly from the company, which is in Utah." They might ask, "Can you get them for me?" You can, if you want to. However, it's so much easier for your friends to order, later, if they have their own membership. You might say, "I don't stock the products or sell them. You order them from the company and they are shipped directly to you. Would you like to do that?"

You might tell them, "You can enroll as a customer and pay retail prices, or you can be a distributor, like me, and pay wholesale. Getting a distributor membership is like buying at Costco, only at Costco, you have to renew it every year, and with Young Living, you only have to get a distributorship once. As long as you order \$50 worth of products a year, your account stays active, and you don't have to pay a membership fee again. It's a great deal."

Then you share the enrollment options so they can choose their kit. "Here's a flyer that shows all the membership kits they have that you can order when you join. There is one that is essential oils, and one that has NingXia Red in it, and one that has the Thieves products, and one containing nutritional products. You can add, "You can also save even more money by being in the Essential Rewards program. This means that you're on an automatic order every month, and you get 10-20% back on everything you order in free products plus you save on shipping!"

They may ask, "If I become a distributor, does that mean that I have to sell anything?" You can answer, "No, not at all, although if your friends get their own membership and order something, you'll make a small commission, which means that you might be getting your oils and other products free. Or you can just order wholesale whenever you want. There is no monthly minimum order, unless you're on the Essential Rewards (automatic monthly order) program."

At this point, you are welcome to call your sponsor and allow them to walk your friend through the enrollment options and process, with you listening in, so that next time you can do this yourself. Or you can hand them the sheet explaining how to order, and the flyer showing all the distributor kits and autoship packs. You and your friend can go to your computer and set up their membership at [www.youngliving.us](http://www.youngliving.us) or call Young Living directly at 800-371-2928. If they don't enroll right away, make sure they have your member number as a referral for when they order later. All the information you will need is on the page called Ordering Information 2007.

It's really fun and easy. So share from your heart with friends and family, and then help them place an order if they want to purchase something. Then, stay in touch with them, and teach them how to use their oils, and how to share with their friends, when they're ready. You may wish to purchase the Essential Oils Desk Reference so you can help friends with nearly any situation. ([www.essentialscience.net](http://www.essentialscience.net) or 800-336-6308)

It's that simple. Essential oils are a renewable resource that can help us achieve fabulous health in body, mind and spirit! Sharing Young Living with others is a gift that we can give to help people now and in the future live longer, healthier and happier lives!

## 101 Uses for Thieves - a YL antimicrobial blend of essential oils. (second installment)

26. For warts, apply topically, inhale and take in capsules to make them disappear.
27. Rub on your sore joints to relieve arthritis pain.
28. Drink a few drops in water or juice every three hours to stop a cold.
29. Place a drop on your tongue and a drop in a glass of water every day for herpes.
30. Rub on the bottoms of children's feet for protection from colds and flus before school every day.
31. Diffuse in your house as your children come home from school.
32. Mix 50:50 with vegetable oil and rub on daily for relief of shingles.
33. Apply one drop on an infected wound of a cat or dog to clear it up.
34. Diffuse in your home or office to stimulate a cheerful mood.
35. Diffuse in your office to increase concentration and work efficiency.
36. Diffuse in your place of business to ward off the germs that come in.
37. Diffuse in your classroom to reduce student sickness and absenteeism.
38. Put a few drops in your carpet steamer to disinfect carpet.
39. Mix a few drops with honey or agave in a teaspoon for cough relief.
40. Breathe and apply topically for sinus headaches.
41. Put a drop on a pimple to make it shrink and disappear.
42. For laryngitis, put a drop under your tongue to restore your voice.
43. Inhale deeply for relief of allergy symptoms.
44. Take a full capsule every day for relief of Lyme disease symptoms.
45. Carry a bottle on every air flight to protect you from germs on the plane.
46. Drop in the heat/AC vents of a hotel to rid it of airborne germs.
47. Put a drop into your dishwasher detergent to make it smell fresh.
48. Mix with baking soda to clean bathtubs.
49. Apply undiluted to your toes and feet to combat fungus.
50. Apply to poison ivy rashes (may need to be diluted with vegetable oil) to relieve the itch.



**Thieves Essential Oil**  
#3423 \$29.50

**Medicine Wheel Consultants, Inc.**  
**306 S. Lookout Mtn. Rd., Suite B**  
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