



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Tapped-out Trees Threaten Frankincense

by Toby Sterling, Associated Press Writer, © 2007

A word to the wise men: The world may have plenty of gold and myrrh, but it could run short of frankincense. Trees in the Horn of Africa provide most of the world's supply of the prized incense that was carried to the infant Jesus by the wise men from the East, in the New Testament's Nativity story. But researchers say the trees are failing to reproduce because they are overexploited for the sap that yields the Christmas staple.

According to a study co-authored by botanists and ecologists from the Netherlands and Eritrea and published this month in The Journal of Applied Ecology, the more heavily a frankincense tree is tapped, the less likely it is to produce viable seeds. That's not a big problem as long as new trees take root, but other recent studies by scientists and observers from the U.N. Environmental Program have found the number of trees is dwindling in Ethiopia, Eritrea and Somalia — which together make up the bulk of the export market.

They say humans are clearing trees for farmland, and allowing their goats to feed on sapling leaves. The new study found that remaining plants cannot reproduce because they are tapped too heavily and too often.

"At the moment there's not a shortage of frankincense, but there's no regeneration of the forests. There are no young trees anymore," said Frans Bongers, the study's lead author. In clusters of trees untapped for at least four years, seeds germinated at a rate above 80 percent, the report said. Heavily tapped groves produced one-third as many seeds and their germination rate was less than 16 percent.

Eugene Bozniak, chairman of the botany department at Weber State University in Utah, who was not involved in the research, called it a "good solid study" in an area where it is notoriously hard to get good data.

Frankincense trees "grow in arid climates. So when you create a wound, which is what you do to make the sap run, they have to devote resources to plugging the wound," he said. Frankincense is dried sap harvested from several related species of trees found on high scrublands at the southern end of the Arabian peninsula and the Horn of Africa. In biblical times, Southern Arabian kingdoms such as Sheba, the Yemen of today, had a monopoly on the frankincense trade and the substance was worth its weight in gold. Frankincense and myrrh came by ship north through the Red Sea and Persian Gulf, or by camel through the Arabian desert.

Today, top-quality frankincense sells for roughly \$100 a pound in the West, though lower quality can be bought for a tenth of the price. It's still used in perfumes and herbal medicines, especially in China, and in incense mixes used by various religious groups — notably the Catholic and Eastern Orthodox churches — because of the fragrant, citrus-like odor it emits when burned. The World Conservation Union's "red list" includes 10 species or subspecies of the *Boswellia* genus — frankincense — as "vulnerable" to becoming extinct in the wild.



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*Ready For Spring? I know we are!
Here is **The Five-Day Nutritive
Cleanse** to help you
align with the season!*

A GENTLE, EFFECTIVE APPROACH TO CLEANSING

Many health experts recommend cleansing as a normal preventive practice, yet a majority of people only cleanse after they are sick or diseased. Young Living's **Five-Day Nutritive Cleanse** eases the process with a simple, energizing program that helps you say goodbye to the obstacles and excuses that prevent you from cleansing. A minimum of four, short, easy cleanses a year with Young Living's **Five Day Nutritive Cleanse** and continued nutritional maintenance will help balance the extremes of our modern diet.

DANGERS OF THE MODERN DIET

Modern diets have degenerated into high calories, low-to-no nutrients, very little fiber, and dangerously high levels of sweeteners. These quickly digested "foods" flood the blood stream, causing insulin levels to soar. High levels of insulin are associated with increased inflammation. Recent research indicates that inflammation is at the root of all chronic diseases. Excess blood sugar and insulin surges eventually lead to chronic problems like diabetes and cardiovascular damage. In addition, high blood sugar and insulin often play a pivotal role in the following problems; hypertension and kidney damage, weak and brittle vessels and veins, and a number of serious, chronic illness such as diabetes, cancer and Alzheimer's disease. One noticeable symptom of excessive insulin and high blood sugar is abdominal obesity. About two-thirds of American adults are overweight. One third are clinically obese. This condition also increases your risk for heart disease, cholesterol imbalance, cancer, female infertility and gallstones. Excess insulin and high blood sugar create a vicious cycle. You crave simple carbohydrates because they enter the blood quickly. Then a surplus of insulin is produced which causes more hunger. In response to hunger, you eat more. Overeating causes more body fat to accumulate and it activates more insulin - more hunger - more obesity - more insulin - more hunger and so on. This merry-go-round of insulin spikes leaves you tired, hungry and unfocused.

RESTORE BALANCE WITH BALANCE COMPLETE

Young Living's **Balance Complete** is an energizing, super food shake high in a Young Living proprietary fiber blend called V-Fiber. Research from the Life Extension Foundation shows that fiber blends produce more viscosity (thickness and absorption) and are more effective than one type of fiber alone. Young Living's cutting-edge blend of soluble and insoluble fiber (11 grams per serving) is ideal for cleansing, weight-loss, and everyday health maintenance. Ingredients found in this effective fiber blend have been shown to help maintain normal blood sugar levels. As the fiber mixes with water, it swells in the intestines, providing bulk that absorbs and removes toxins and excess fat from the digestive tract. While some cleanses negatively affect intestinal flora, the V-Fiber mix contains a probiotic fiber that nurtures beneficial microflora like Lactobacillus and Bifido bacteria, while decreasing pathogenic bacteria. It should be noted that a sudden increase in fiber may initially cause a minor amount of gas and bloating for some people. This is partially due to the fact that the average American diet lacks fiber. The American Food Nutrition board recommends a minimum of 38 grams for men and 25 grams for women. Americans eat only half that amount. If you experience gas or bloating reduce the amount of **Balance Complete**, and increase Young Living's progressive essential oil blend, **Digest + Cleanse**.

DIGEST + CLEANSE

Digest + Cleanse is a totally unique "purely oils" product. It supplies therapeutic-grade peppermint, caraway, lemon, and other essential oils directly to the intestine with Precision Delivery softgel capsules. Research shows that enteric coated peppermint is effective for gastrointestinal upset. A blend of peppermint and caraway oil, taken three times daily, is shown to reduce gas and soothe the intestinal tract. Lemon oil, another key ingredient in **Digest + Cleanse**, has an equally long history. Jean Valnet, famous medical doctor and practitioner of aromatherapy says lemon oil stimulates gastro-hepatic and pancreatic secretions. Other supportive oils in **Digest + Cleanse** (ginger, fennel, anise) have a long tradition of cleansing and improving digestive function. They are reported to soothe the bowel, improve

elimination, and activate various digestive organs. One capsule 30-60 minutes before each **Balance Complete** shake will greatly increase the effectiveness and comfort of the **Five-Day Nutritive Cleanse**.

NINGXIA RED

NingXia Red's reputation as a powerful, natural antioxidant and nutrient-dense infusion is unmatched. **NingXia Red** provides dynamic and sustainable energy making it ideal for maintaining energy while cleansing. There are two distinct phases in the cleansing process. In phase one, toxins are broken down and made water soluble. Phase two removes these toxins from the body. **NingXia Red** provides essential nutrients that enhance both phases of detoxification. **NingXia Red** is loaded with nutrients that nourish and support pancreatic and liver function. Like **Balance Complete**, **NingXia Red** contains constituents that help maintain normal blood sugar levels. It is high in vitamins, minerals, amino acids, flavonoids, carotenoids, cerebroside, pyrroles and zeaxanthin. Easy to digest, delicious to the taste with a glycemic index of only 11, **NingXia Red** is an ideal part of any cleansing program.

YOUNG LIVING'S FIVE-DAY NUTRITIVE CLEANSE PROGRAM

To get the greatest cleansing benefit, delete the snacks from your program. If you have a high metabolism, or if you experience excessive hunger, add the suggested snack. (See Chart)

BUILDING + CLEANSING MAINTENANCE WITH CORE ESSENTIALS

With Young Living's **Five-Day Nutritive Cleanse**, you will experience gentle, effective cleansing to improve overall well-being. After the initial cleanse make the **Core Essentials** a part of your permanent daily nutritional regimen. This means you should drink 1-3 oz. of **NingXia Red** daily, take one **Longevity** capsule twice daily, take one **Omega Blue** capsule 3 times daily, and replace your least nutritious meal with **Balance Complete**; for weight management, replace two meals. Note: This is just a starting place. More intense and targeted nutrients may be required for your particular situation. Here's what you can do to support the kidneys while cleansing: Use **K & B Tincture**, 2 dropper fulls 2-3 times daily; use **Endo Flex**, **Juniper** or **Geranium** topically over your kidneys.

Five Day Nutritive Cleanse #3296 \$94.75

Cinnamon and Diabetes: How One Can Help the Other

Source: Crusador Health Alert

Cinnamon is more than a spice. It is widely presented by cinnamon tea, cinnamon coffee and cinnamon extract. But it may also have a medical application for diabetes. Cinnamon may help by playing the role of an insulin substitute in "type II diabetes" - the disease in which the body resists insulin, making the cells unable to receive glucose. Cinnamon can help normalize blood sugar by making insulin more sensitive. The majority of diabetes cases is of type 2 and usually occurs in middle-aged men and women and the elderly. This complex disease is featured by the inability of body cells to respond to insulin, which can have harmful consequences. This elevates the blood sugar levels because insulin's responsibility is to prompt cells to take in glucose. The other segment of society that doesn't suffer from diabetes is also at a high risk. The elevated blood sugar levels are not high enough for the diabetes, but the disease may develop anytime. A lack of active exercises, wrong diets, fast and fatty foods and being overweight are often the crucial factors in developing the possibility of diabetes disease in many countries around the world. Worldwide, it claims more than 100 million lives annually. Alarmed by this problem, scientists have started to research for a natural way to keep blood sugar levels normal. They studied cinnamon and diabetes. It showed that a few spices, especially cinnamon, made cells of fat more adaptive to insulin. So, increase the use of cinnamon and diabetes risk decreases. Cinnamon is among the world's most frequently used spices and is relatively inexpensive. The researchers tested some other plants and found that none of them came close to cinnamon in its medicinal applications.

Young Living Thieves Oil and Thieves products are high in Cinnamon, as well as clove, which are extremely powerful antioxidants. Use daily for your health care!

MESSAGE SCENT NEWS

WINTER CARE FOR THE KIDNEYS

by Deborah Lynne Carlton

RECOGNIZING THE EFFECTS OF STRESS ON KIDNEYS: The cold winter season is the most challenging for kidneys. Following are a few body and mood cues of stressed kidneys:

- ★ Overwhelmed
- ★ Confused
- ★ Afraid
- ★ Insecure
- ★ Frequent pale urine or scant dark urine
- ★ Low back ache
- ★ Low sexual energy
- ★ Bags under the eyes
- ★ Often feel cold
- ★ Pinching/aching over low back/kidneys
- ★ Pinching or aching on lower calf area
- ★ Sometimes difficulty sleeping
- ★ Brain fog, difficulty waking up

Seasonal and macrobiotic diets specify foods may be helpful in strengthening kidneys. According to Kristina Turner, author of *The Self-Healing Cookbook*, these are foods that stress the kidneys:

- ◆ Ice cold food & drink
- ◆ Milk and dairy foods
- ◆ Too much raw food
- ◆ Sugar & honey
- ◆ Over-salting

Beneficial foods for the Kidneys:

- ♥ Brown rice
- ♥ Buckwheat
- ♥ Aduki beans
- ♥ Sturdy greens (kale, chard, spinach)
- ♥ Root veggies (carrot, parsnip, burdock)
- ♥ Winter squash
- ♥ Sea veggies (kombu, hijiki, miso soup)

Some cultures recognize that kidneys benefit from regular support throughout the life journey with various herbs or detoxification. Following are a few simple resources for the cold winter months:

GINGER/LEMON TONIC: A soothing kidney toner that stimulates the liver to cleanse. Bring a gallon of spring water to a rolling boil, add hand sized piece of ginger, diced thin and cook for 3 minutes. Remove from heat. Squeeze the juice of 5 lemons into the mixture (sweet with Stevia or YL Agave if desired). Strain the mixture, add a second gallon of spring water and refrigerate in the gallon jugs. Drink a glass warm or at room temperature daily after adding YL **Ginger and Lemon Essential Oils**. Just a few drops of each in warm water will do!

To view the 5-Day Nutritive Cleanse Day to Day Chart, go to www.youngliving.us and click on 5-Day Nutritive Cleanse button under What's New. This will give you a pdf document of the chart. Happy Cleansing!

SOOTHING FOOT SOAK: Soaking your feet in therapeutically warm water with Epsom salts is one way to soothe the kidneys, de-stress the body, and clear lower energy centers from the daily accumulation of stress. If you tend to be chilled in the winter, this should help warm up your system and it's a nice bridge between work and sleep. If you are diabetic or have issues with your feet, or have been told not to take warm foot soaks, don't! I like to add a few drops of **YL Lavender, Peace & Calming, RC, or Juniper Essential Oils** to the salts before placing them in the water.

KIDNEY WARM PACK: Kidneys like warmth, and applying a warm wet compress and/or a warm water bottle to the low back may be soothing and comforting to kidneys. Hotter is not better! Kidneys are delicate organs with fine membrane and vascular structure - a temperate therapeutic heat is my preference. My kidney symptoms always seem to ease up when I take the time to nurture them. I add a few essential oils on the kidneys to my warm pack routine, such as **YL EndoFlex, Ginger or Nutmeg**.

DRINKING APPROPRIATE AMOUNT OF WATER: For every 50 lbs of body weight, we should drink 1 liter of water. (ie. 150 pounds = 3 liters of daily water intake) and that we should space out the water volume, rather than guzzling in order to benefit from it.

ADDITIONAL THOUGHTS: Young Living offers a tincture that is formulated to strengthen the Kidney and Bladder (**K&B Tincture #3262**). Various YL essential oils may be beneficial, such as **EndoFlex, Nutmeg and Ginger. Raindrop Technique** is a series of therapeutic grade essential oils applied to the spine, lower legs and feet. These oils may ease muscle tension and spasm, help fight infection, lessen discomfort and pain, and support alignment of one's electrical system, immune and spine. This is one of my personal favorites!

Our Children At Risk: The 5 Worst

Our children are the beneficiaries of many advances of the twentieth century. Yet this progress has come with unintended consequences. In the last 50 years, more than 75,000 chemicals have been developed and introduced into the environment. The overall incidence of childhood cancer increased 10 percent between 1973 and 1994. Scientific evidence clearly demonstrates that children are uniquely vulnerable to environmental hazards.

This report identifies the five worst environmental threats to children's health and makes recommendations to protect the next generation. These five threats are: lead, air pollution, pesticides, environmental tobacco smoke, and drinking water contamination. Scientific research strongly indicates that children are at greater risk from these exposures than adults and that these threats affect the broadest number of children in the United States.

Children's greater vulnerability arises because children are both more exposed to contaminants present in the environment and more physiologically susceptible to certain environmental toxicants. Children breathe more air, drink more water, and consume more food as a percentage of their body weight than adults. This relatively greater rate of intake means that children receive higher doses of contaminants present in air, food, and water. Children are more susceptible because of the immaturity of their biochemical and physiological functions. Certain organs may not be fully developed and thus more vulnerable to injury.

Lead

Though banned from gasoline and paint, lead remains a significant risk to

children. Lead affects virtually every system in the body and is particularly harmful to the developing brain and nervous system of fetuses and young children. Low levels of lead can decrease IQ, cause reading and learning disabilities, reduce attention span, and cause behavioral problems. These effects persist until adulthood and may be irreversible. For children, the primary sources of exposure are lead in old paint in homes, lead in dusts and soil from paint chips, leaded gasoline exhaust, industrial emissions and lead in drinking water from pipes. Some 900,000 children under the age of six in the United States are estimated to have lead levels higher than the Centers for Disease Control's level of concern. Lead poisoning is entirely preventable. Parents can have their children tested for lead poisoning by a physician and have their homes evaluated for lead-based paint and plumbing hazards.

JuvaCleanse #3395, Chelex #3250 & Detoxyme #3203 are products superior for heavy metal detoxification.

Air Pollution

Common air pollutants, such as ozone, particulate matter, nitrogen oxides and sulfur dioxides are associated with increased respiratory illnesses and symptoms, aggravation of asthma, and decreases in lung function in children. One recent study found an association between particulate air pollution and an increased risk of infant mortality. In 1995, about 18 million children under the age of ten lived in areas with air quality that did not meet federal standards. The major sources of air pollution include motor vehicles, stationary point sources - such as coal-burning power plants, refineries, industrial facilities, incinerators, and metal smelters - and con-

sumer products. Parents can protect children by checking air pollution levels regularly where they live, limiting children's outdoor exercise when air pollution levels are high, and ensuring that the child's school is prepared for smog episodes. Reforms needed to protect children include improving standards for air pollutants, particularly by implementing the newly revised ozone and particulate matter standards, and adopting more aggressive programs to control air pollution, such as tighter emissions requirements for new vehicles, cleaning up existing cars, and improved transportation strategies and alternatives.

JuvaCleanse #3395, Ningxia Red #3003 & RC #3405 are antioxidant products for lung support & detox.

Pesticides

Pesticides have been associated with the development of certain cancers in children, including leukemia, sarcomas and brain tumors. Many classes of pesticides have been shown to adversely affect the developing nervous system of experimental animals. Parental exposure to pesticides has been linked with birth defects in children. New studies suggest that pesticides may compromise the immune system of infants and children. Children are exposed to pesticides at home, at school, in playgrounds and parks, in food and in water. Nationwide, 85 percent of households stored at least one pesticide, and 47 percent of households with children under the age of five were found to store at least one pesticide within the reach of children. Parents can eliminate the use of pesticides in and around their homes and work with school boards to reduce pesticide use. If possible, parents can buy organically grown and in-season foods. Congress passed legislation in

Environmental Threats To Their Health

1996 designed to improve regulation of pesticides, particularly in food, so that children are adequately protected. The implementation of this law will be a critical test of EPA's intention to safeguard the next generation.

Vitagreen #3248, Ningxia Red #3003, Alkalime #3199, Grapefruit #3560 & Tangerine #3644 are products for maintaining a healthy pH for consistent cleansing.

Tobacco Smoke

Environmental tobacco smoke (ETS) contains some 4,000 substances, more than 40 of which are known to cause cancer in humans or animals. Infants and young children whose parents smoke are at increased risk of lower respiratory tract infections such as pneumonia and bronchitis. ETS is responsible for an estimated 150,000 to 300,000 lower respiratory tract infections annually in children under 18 months of age, resulting in 7,500 to 15,000 hospitalizations each year. ETS also worsens asthma in between 200,000 to one million children each year. ETS has also been found to increase the risk of sudden infant death syndrome and induce asthma in children. Forty percent of children under the age of eleven live in homes with at least one smoker. Parents can protect children by prohibiting smoking in their homes and cars or near their children. A variety of reforms are needed to reduce smoking and prevent adolescents from starting to smoke.

JuvaTone #3214, Purification #3399, Ningxia Red #3003 & Raindrop Therapy help to eliminate toxic build up in the body. Diffuse oils for cleaner air.

Water Contamination

Children are at particular risk from drinking water contaminants, not only because they consume two and a half times more water as a percentage of their body weight than adults

but also because federal standards for pollutants are set based on anticipated effects on adults. Americans consume tap water containing microorganisms, trihalomethanes, arsenic, radon, lead, and pesticides. Bottled water is not necessarily of any better quality. To protect children, parents can determine what contaminants are present in their drinking water. Public water systems must disclose the results of their own testing for contaminants, and identify the origins of their drinking water and possible sources of pollution. Congress enacted new legislation in 1996 to strengthen the Safe Drinking Water Act by requiring consideration of children. The next several years will be a critical period for determining whether implementation of the law is as rigorous and effective as Congress intended.

YL Water Filtration System #4070 is the best way to insure that the water you bathe in and drink in your home is safe for you and your family.

Children of Color

Children of color are the subgroup of children at greatest risk from environmental threats. More African American and Hispanic children have unacceptable levels of lead in their blood than white children. More Hispanic and Black children suffer from asthma and are therefore most vulnerable to the effects of air pollution. Children of farmworkers are more likely to be exposed to pesticides because they may accompany their parents to work in the fields and live in housing exposed to pesticide drift from nearby fields.

Recommendations: Reform

Because children are exposed to more hazards than the five identified in this report, broad steps to safeguard the next generation are critically important. Measures can be undertaken at

all levels of government ranging from the federal to the community. To best protect children from these environmental threats, NRDC recommends that, first and foremost, children's exposure to these hazards be reduced. The most effective way to decrease children's exposure is to:

- ✓ Set quantifiable exposure-reduction targets and measure progress toward these goals.
- ✓ Increase the public's right to know about children's exposure to environmental hazards, thereby giving manufacturers an incentive to develop safer products.
- ✓ Revise existing federal (and state where applicable) regulatory standards establishing allowable levels of exposure to hazardous compounds in order to adequately incorporate children's differential exposure and susceptibility.
- ✓ Improve risk assessment to take into account children's unique vulnerabilities.
- ✓ Expand scientific research on children's environmental health to better understand how known hazards affect children and to identify new threats as they emerge.
- ✓ Evaluate community efforts to protect children from environmental threats, because there are many important local-based measures that can be taken.

Always use YL KidScents products to ensure that your child is not exposed to unnecessary toxins. KidScents Shampoo #3686, KidScents Toothpaste #3687, KidScents Lotion #3682, KidScents Bath Gel #3684 and KidScents MightyVites #3215 are great gifts for the children in your life.

Diffusers 101

by Debra Raybern, N.D., M.H., C.N.C.

With aromatherapy becoming more and more popular in the natural health scene, there are many models and types of diffusers available on the market today. So which one is right for you?

Let's review some of the more popular offerings. A diffuser, by definition, is a device that puts essential oil vapor into the air.

● **Light bulb diffuser.** One of the oldest methods of dispersing aromatic scent into the air is with the use of a "ring" placed over a light bulb. A drop of oil is placed on this ring and the heat of the bulb, warms the ring and the heat is said to disperse the oil into the air. The problem with this method is three fold.

1. Heat destroys many of the therapeutic properties of a true essential oil.

2. Only small amounts of oil may be used, one or two drops, as most essential oils are flammable, making this method also unsafe.

3. Not practical - what if you want to diffuse while you are sleeping or during the day, when turning on a lamp is not necessary.

● **Fan diffusers** use a cloth pad with several drops of oil added to the pad, which is placed in front of a cold stream of air. While the oil is not damaged by heat, little to no essential oil actually gets into the air; certainly not enough to provide much of a therapeutic benefit.

● **Water diffusers** use a "well" filled with water to which drops of essential oil are added. The water is then shaken or vibrated to disperse essential oil vapor into the air. Little more than general evaporation takes place providing a mild fresh scent to the air. Like the fan diffuser, only minor therapeutic benefits are achieved.

● **Nebulizing diffusers** are by far the best method of dispersing essential oil vapor into the air for therapeutic effects. These models offer several options and vary in price from \$40.00 to \$250.00. A nebulizing diffuser consists of an air pump that blows cold air through a tube and into a hand blown glass nebulizer which puts micro-fine particles of the essential oil into the air.

It is these micro-fine particles that are responsible for killing bacteria, fungus, mold and other airborne micro-organisms in our homes and offices. A quality nebulizing diffuser can cover hundreds of square feet in just seconds. Since the micro-fine mist particles are so small, they remain suspended in the air for several hours. Essential oils dispersed via nebulizing diffusers have also been found to reduce the amount of airborne chemicals in the air.

♥ When researching your nebulizing diffuser purchase, consider the following. Most general market models have the nebulizer and oil well as one unit. The glass has a compartment that holds the oil, a small glass rod that puts the oil in front of the air flow and sends it out the top of the nebulizer. The main problem with this type of diffuser is clogging, since the oil never completely leaves the nebulizer. This results in clogging of the small glass parts. This is not easily cleaned with any natural solvent. Once clogged, they are worthless. As the replacement cost of the glass nebulizer is often more than half the price of the entire unit, replacing the nebulizer every 4 to 6 months becomes rather costly.



*Young Living Diffuser
Blue with New Pump #3830 \$99.75*

♥ Young Living has designed a diffuser with the nebulizer and essential oil well as separate pieces. In this model, the nebulizer will almost never become clogged as when the unit is turned off, the oil returns to the separate well. This design allows for a bottle of essential oil to be placed upside down in the well for continuous use. A 15ml bottle of oil will take over 48 hours of continuous use to empty. This equates to 48 days of diffusing for 20 minutes, three times per day.

♥ Pumps can be a point of contention as many can be very loud, especially at night, in an office or quiet area. To quiet a

nousy pump try placing it on a piece of non-slip, rubberized shelf paper to absorb the vibrations. You can also exchange your current pump for a silent model available at most pet supply stores. Diffuser pumps are in reality, aquarium pumps. Young Living diffusers are now equipped with these silent running pump. We went to our local PetSmart store and tried several pumps. One model, the Reno 100, stated on the box that it was "extremely quiet." We turned it on and could hear nothing - completely silent. So if your nebulizing diffuser has an older model pump and needs to be a bit quieter, just change out the pump and diffuse away.

♥ As a nebulizing diffuser runs there may be a hissing, spitting or sputtering noise as the oil makes its way out the end of the well and glass. This is normal, but is also a signal that you are running low on reserve oil. You will notice that when you turn off the diffuser, some oil goes back into the well section.

♥ Personal note: We have been running the Young Living diffusers in our home and office for three years. They have never become clogged or had to be cleaned and continue to give us the air protection we want from our essential oils. We have even had people come to a convention where we were exhibiting and tell us they found us by following the smell. You don't settle for second best when it comes to your essential oils, so don't settle for anything less than the best when it comes to your diffuser.

Young Living Essential Numbers

Automated Phone Ordering System (IVR)
1-888-880-1549

Live Order Entry Operators
1-800-371-2928 Mon-Fri 7am - 7 pm MST

Distributor Network Services
1-800-371-3515 Mon-Fri 7am - 7pm MST

Fax Numbers 1-866-203-5666 (US & Canada) 1-801-418-8800

Live Help Operators Mon- Fri 8am - 11pm
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Essential Science Publishing
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www.youngliving.us

BALANCING THE FOUR WORLDS

by Ruby Gibson © copyright 2007

www.somaticarchaeology.com

The human world, the plant world, the mineral world and the animal world make up the circle of life. They are four aspects of one creation, and are interdependent upon each other for survival. What happens to one world affects the other through their intrinsic design. The wisdom reflected in nature prepares us for future earth changes, paving a way for human involvement and interaction. Everything we do has a cause and an effect. We are all related.

THE PLANT WORLD

In the south of the wheel sits the plant world. This is the place of innocence and trust. It has a direct correlation to our emotional body. We have a natural symbiotic relationship with the plant world; when we exhale, we exhale carbon dioxide. When a plant inhales, it inhales carbon dioxide. When a plant exhales, it releases oxygen, and when we inhale, we take in oxygen. What the plant no longer needs becomes our lifeline, and what we no longer need becomes the plants source of nourishment. What a beautiful exchange!

In a balanced wheel the emotional body is the giver of energy. The same attribute applies to the plant world – it is a giver of energy to all worlds – clearly observed in the above exchange. The plant world helps us to give away what no longer serves us. It is most closely associated with the water element, and can be soothing, nourishing, activating and cleansing to our emotional body.

Herbs, tinctures, salves, teas, poultices, incense, essential oils, and smudging are all healthy uses of the plant world to assist us in cleansing and releasing toxic emotional energy from our body. Drugs, alcohol, and food and tobacco addictions, are plants used in excess to numb the emotional body, or to give away surface emotions without reconciliation of them. This causes one to continue unhealthy repetitious patterns of emotional avoidance, and hence entrenches suffering deeper in the body and psyche.

The plant world is also our food, our clothing, our shelter, our warmth and our beauty. It gives to us everyday and is a blessed companion on our life's journey. It is a giver to the animal world and compliments the mineral world as well. Respect the gift of the plant world as it supports, enhances and balances the sacred hoop of life. Use it wisely in your healing journey. It is the bloodline of Mother Earth.

THE MINERAL WORLD

The mineral world sits at the west of the medicine wheel. It correlates to the earth element and the physical body. It is a natural holder and transformer of energy. This is reflected in how our physical body takes in food, holding and then transforming this nourishment to give us energy for the day. It is the place of introspection and strength.

The mineral world is the structure or bones of Mother Earth. It is the soil, sand, rocks, and molten lava. The crystals and gems are the brains of Mother Earth, and are the greatest transformers and magnifiers of energy. The mineral world is the mountains, valleys, riverbeds, deserts, jungles and forests. It filters and holds water,

gives a barrier to air, and gives ground for fire to transform. It is an absorbent, magnetic container. The mineral world feeds the plant world, houses the animal world and offers permanency to the human world. It is the playground of all existence.

The earth is similar to our physical body in many respects. The earth stores information in layers much like our body, recording history in its bones and cells, preserving past cultures. The earth is about 75% water, just like our body. It responds to the moon, the sun and the planets, and its cycles thrive on their revolutions and magnetism, much like our body. It has a heartbeat, a rhythm and many colors, voices, faces and personalities. The earth can take many forms – bumpy, smooth, hard, soft or full of curves. The earth is enduring and without prejudice or bias.

The mineral world is a great ally in the healing of suffering. It can teach us to be enduring and resilient. It offers predictability in a world that is full of change and chaos. Stones and rocks are used to create boundaries, walls, homes and structures. Crystals can be used in the healing process to amplify a clearing, to protect during vulnerability and to establish a spiritual connection.

Group or tribal medicine wheels are built of stones and are used to track time, design ceremonies, ground energy, honor ancestors, fulfill visions and teach community balance. The mineral world is the gathering place of both the seen and the unseen, and holds the treasures of the ancients. Full of wisdom, love and patience, our body, our earth, is an amazing tribute to where we have been and where we are going. Walk softly; with gratitude and with reverence.

THE ANIMAL WORLD

In the north of the wheel sits the animal world. The animal world is the receiver of energy and correlates to the air element and to the mental body. The north is the place of wisdom, of cleansing and of purity. Animals represent the symbols and abstract thoughts that speak to our higher minds. In our dreams, animals communicate archaic knowledge and transform us in our fantasies.

Animals are our traveling companions on this earth walk. They offer unconditional love and hope, evoke strength, give us vision and demonstrate collective purpose. We readily receive their gifts and become their caretakers. Innocent and generous in nature, animals encourage us toward selfless action. They accept us totally – no matter how we look, walk or talk.

The stress of our mental body can be alleviated when we align ourselves with animal medicine. This world teaches us to receive knowledge, instead of having to "know it all". Animals instruct us about how to respond appropriately to the elements around us and to indulge in group thought without ego or self-consciousness. Dolphins and whales are the humble record keepers for the planet, and we come to them for solving our greatest problems. They hold the models for respectful, cooperative interactions.

Animals represent the warriors of the earth and teach us when to fight is right, epitomizing traits of fierceness, pride, courage, determination and ingenuity. We use their names and images for clans, sports teams, clubs, schools, clothing and even cars to instill fear and admiration. Animal

symbols characterize our most powerful principles, and define government and cultural differences. They teach us how and when to roar, purr, howl, bark, cluck, squeak and moan.

We come to the north of the wheel for healing when we need inspiration and clarity. Deeply mythological and prophetic, animals are the messengers of the spirit world. They instruct us about the passages and phases of life, linking us to past cultures and giving us vision for the future. Their survival instincts are renown, and we would do well to observe and interact with them honorably, with deep appreciation and continued wonder.

THE HUMAN WORLD

The human world sits in the east of the wheel, the place of illumination and clarity. This is direction of our spiritual self and correlates to the fire element. The human world is the determiner of energy, exhibiting great power and therefore the need for accountable action. In order to determine how to use energy, one must have a baseline of spiritual principles that take into consideration the good of all. It is an enormous responsibility.

Humans are the inventors, philosophers, pioneers and dreamers of life, as well as the builders and destroyers. They are ingenious and deliberate, having been created in the unique position to formulate ideas and reason cognitively. Although they thrive on problem solving, care must be taken to seek solutions that are not based on greed, superiority or domination. Technological advances, and complicated social and environmental concerns, test the responsibility of being a determiner of energy. Creative and inspired conflict resolution removes the limitations of historical racism, bigotry, and hate-based interactions.

The four races of man exist in order to balance each other and measure compatibility. Social and cultural interaction fuels the fire of progress and competition, aiding in the evolution of our species. Arts, music, sports, literature and fashion have become the backdrop for getting to know ourselves. Learning happens initially through modeling and secondly through practicing what we have learned. Active demonstration of creativity is how maturity is achieved.

The east defines power and the transformation of energy. Religious models, healing techniques, altruism, and collaborative social ventures define the vast compassion at the heart of the human world. Love is that which transforms fear and suffering, the ultimate adventure of human dynamics. Engaging in sympathetic community service offers passages for reflection and personal mastery, and establishes gentle power – power that comes from awareness of the whole, and not from the need for control.

Humans sit in balance when they determine from spirit. Determinations made from emotional, physical or mental aspects of self can lead to lusts, cravings, fear based action and repetitious cycles of behavior. Although spiritual principles and values may differ, there are sacred laws of creation that supersede man-made laws. Spiritual devotion, contemplation, prayer, meditation and ritual bring us into alignment with sacred law and common truths. You are invited to walk with consciousness. Every person has a valuable gift to contribute to the circle of life.

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