



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

## TOXIC MOLD

SEMINAR OVERVIEW BY CARL JANICEK

I attended a GREEN LIVING with Young Living seminar given by Edward Close PhD, and his wife Jacquelyn. The main focus was to raise awareness of the dangers of toxic mold, its associated health problems, and the use of YL Thieves oil.

Exposure to various forms of mold may cause health concerns including: allergies, asthma, chronic sinusitis, chronic cough or colds, ear infection, dermatitis, nosebleed, fatigue or malaise, headache, dizziness, learning disabilities, Sudden Infant Death, dandruff, hives, kidney failure, tremors, vertigo, seizures, and fevers. Research has shown that extended exposures to molds and their toxic spores can lead to cancer! Many cancers are fungal in nature. The risks are far higher than people imagine.

Dr. Close does a great job presenting his growing library of research in an easy to understand format. His new book, *Nature's Mold Rx, The Non-Toxic Solution to Toxic Mold* is a good place to get more detailed information. I strongly encourage you to get this book if you think mold is an issue in your environment. It could save thousands of dollars, and offers factual science regarding safe and effective methods for remediation.

How does mold form in a household, vehicle or office? It simply needs a friendly habitat composed of nutrients such as cellulose fibers (wood/paper), sugar or carbohydrates and moisture. Typically, humid conditions from a water leak or flooding trigger outbreaks of mold. Carpets that children crawl around on can host vast colonies of mold spores, and pets can bring in unlimited and diverse groupings of mold spores. It only takes ONE spore in the proper environment to create a massive colony! Not all molds are toxic to everyone, but like other forms of toxic exposure, sensitivity and toxicity depend on an individual's constitution and immune system health.

How can toxic mold be mitigated? Commercial methods include ozone, chlorine and other equally hazardous, carcinogenic, and toxic methods. It is common to tear out walls, floors, carpets, and furnishings until the air test samples show a statistical drop—a very expensive “*if in doubt tear it out*” type of thinking. The humidity needs to be kept lower than 50% or the new structure will end up with similar problems. At that point the place becomes an uninsurable money pit. Fortunately there are natural methods that prove to be more effective than the toxic, expensive solutions that are commonly used.

Research reveals that one of the most effective treatments for mold is the diffusion of *Thieves* oil at the rate of 15 ml per 1,000 square feet during a 24 hour period with humidity below 50%. Keep the space being treated closed to air circulation during the diffusion process. Some types of mold may require the additional use of other YL oils such as *Purification, Oregano* or *Thyme*. Air conditioners and swamp coolers are prime areas for fungal growth so treat them with direct application. This protocol will make a huge, long lasting reduction in airborne spores—the most dangerous kind.

For direct application use *Thieves Household Cleaner* fortified by adding a full bottle of *Thieves* oil. Spray with an airless paint sprayer or a hand sprayer for smaller areas. This method tested best in situations where mold needed to be controlled on a surface such as a basement wall or floor. *Note:* The old style air pump diffuser is the proper diffuser to use for anti fungal application since the new one, which in many ways is better, adds too much humidity to a space where mold is a problem.

Toxic mold cannot be seen or smelled in many cases. It is only detectable by proper air sampling methods. Testing and air sampling for spores prior to your remediation are critical to the effectiveness of your treatment. All in all, you can save lots of \$\$ and mess if you know of natural, proven methods using YL essential oils.



Compliments of  
James Niederland, LCSW  
Psychotherapist &  
Wellness Consultant  
office 201-567-8119  
cell 201-906-2994

www.essentialoiltherapies.com  
ningxiaredman@gmail.com

## In This Issue

Toxic Mold & Thieves Oil

Treating Traumatic Brain  
Injuries with Essential Oils

Seizures and Essential Oils

Twelve Questions to Ask Those Who  
Invite You to Join Another Company

Peppermint, Cinnamon Pep Up Drivers

Another Way to Use Roll-Ons!

Yummy Essential Oil Recipes

Smell Your Way to Happiness

My Body Evolution (Part 1)

by Ruby Gibson

101 Uses for YL's Essential 7

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Consultants, Inc.  
1-800-332-3969  
messagescent@earthlink.net

## Treating Traumatic Brain Injuries with Essential Oils by Ruby Gibson

### What is Traumatic Brain Injury (TBI)?

A TBI is a concussion that is caused by a sudden blow to the head or to the body. The blow shakes the brain inside the skull, which temporarily prevents the brain from working normally. Some people have obvious symptoms of a concussion (such as passing out or feeling lightheaded), while others do not. With rest, most people fully recover from concussions within a few hours to a few weeks. Repeated concussions or a severe trauma, either as a closed head or penetrating brain injury, may lead to long-lasting problems with movement, learning, or speaking.

### What happens to your brain?

Your brain is a soft organ that is surrounded by spinal fluid and protected by your hard skull. Normally, the fluid around your brain acts like a cushion that keeps your brain from banging into your skull. However, if your head or your body is hit unexpectedly hard, your brain can suddenly crash into your skull and temporarily stop working normally. Becoming active again before the brain returns to normal functioning increases a person's risk of having a more serious brain injury.

### What are the symptoms of TBI?

Some symptoms are evident immediately, while others do not surface until several days, weeks, or even years after an injury. Worsening symptoms indicate a more severe injury called post-concussive syndrome. Symptoms can include:

- ✓ Headache, dizziness, lightheadedness
- ✓ Short-term memory loss
- ✓ Mental confusion, inability to concentrate
- ✓ Double vision, blurred vision, tired eyes
- ✓ Ringing in the ears
- ✓ Somatic disorientation; coordination & balance problems, vertigo, tilting sensation
- ✓ Feeling nauseous or throwing up
- ✓ A change in sleep patterns
- ✓ Fatigue or lethargy
- ✓ Behavior, personality or mood changes
- ✓ Bad or metallic taste in mouth
- ✓ Restlessness or agitation
- ✓ Anger or anxiety for no clear reason
- ✓ Sensory process changes; loss of sense of taste or smell

### TBI's in War Zones

TBI is a frequent cause of major long-term disability in individuals surviving head injuries sustained in war zones. This is an issue of growing concern in modern warfare, as TBI has been identified as the "signature injury" among wounded soldiers of the current military

engagement in Afghanistan and Iraq. Repeated deployments and undiagnosed TBI's create fertile ground for severe long-term consequences. Outcome parameters for TBI's and soldiers depends heavily on the cause and contributing factors of stress and PTSD.

*TBI has been identified as the "signature injury" among wounded soldiers of the current military engagement in Afghanistan and Iraq.*

### Traditional TBI treatments

- ✓ Control inflammation. Use cold packs to reduce the swelling.
- ✓ Pain reduction. Prescription pain medicine or pain medicine that you can buy without a prescription.
- ✓ Rest. Get plenty of sleep at night and take it easy during the day.
- ✓ Precautions. Prevent a second brain injury, avoid alcohol, illegal drugs, and any activities that could lead to another head injury for a few days or even a few weeks.
- ✓ Time. Some people feel normal again in a few hours while others have symptoms for months or years. It is very important to allow time to get better and to slowly return to your regular activities.

### Treating TBI with Essential Oils

In his studies to define the connection between mind and body, Sigmund Freud showed how experiences that are banished to the subconscious mind—i.e., repressed—could later emerge in the form of mental and physical ailments, thus establishing the influence of forgotten or suppressed emotional events on our physical well-being. Essential oils combined with specific breathing techniques can help to both stimulate the amygdala to release the repressed experience, as well as harmonizing the body through neurological reorganization, reducing inflammation, calming the mind, mitigating stress, modulating mood, cleansing the blood through oxygenation, and establishing grounding or a sense of safety.

### Aromatherapy and the Brain

When a fragrance is inhaled, the odor molecules travel up the nose where they are trapped by olfactory membranes well protected by the lining inside the nose. When stimulated by odor molecules, this lining of nerve cells triggers electrical impulses to the olfactory bulb in the brain, which then transmits the impulses to the gustatory center (where the sensation of taste is perceived), the amygdala (where emotional

memories are stored), and other parts of the limbic system of the brain. Because the limbic system is directly connected to those parts of the brain that store and release emotional trauma, breathing patterns, memory, and stress levels, essential oils can have profound physiological and psychological effects.

Odor triggers the limbic system to release brain-affecting chemicals known as neurochemicals. Enkephalin reduces pain and creates a feeling of well being. Endorphins also reduce pain and induce heightened sensation. Serotonin helps relax and calm. The sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain—*anxiety, depression, fear, anger, gratitude, and happiness all emanate from this region.*

### Essential Oil Application For Recent Trauma or Shock

**BRAIN POWER™**—gives your brain a boost with an oil blend high in sesquiterpenes. Use to clarify thought, develop greater focus, remedy apathy and brain fog. Increases mental potential & clarity, helps channel physical energy into mental energy. Apply on temples or neck.

**CEDARWOOD**—stimulates the limbic region of the brain. It has been studied as a successful support oil for ADD and ADHD in children. It is noted for its calming and purifying properties. Apply on temples, base of brain and tailbone.

**GATHERING™**—helps overcome chaotic energy that clouds our focus, and to gather emotional and spiritual forces. Good for the person who lacks the ability to clearly see stored emotions. Apply to crown of head and forehead.

**GROUNDING™**—for memories so horrific that one is unable to endure it and decides that he/she wants to leave this life physically or mentally. Use to create a stabilizing influence, and to help cope with reality in a positive manner. Apply to back of neck, sternum & bottoms of feet.

**LAVENDER**—is the most versatile of all essential oils, always soothing and refreshing, assisting the body when adapting to stress or imbalances. Great aid for relaxing and winding down, yet has balancing properties that can also boost stamina and energy. Apply over heart, on wrists, and on back of neck before sleep.

**PEPPERMINT**—is purifying and stimulating to the conscious mind. Has a strong, fresh aroma, highly regarded for soothing digestion. Has been studied for its role in improving taste and smell. Apply to back of neck or temples for headaches; topically on areas that are red, swollen, or inflamed for quick relief; on belly for nausea. Keep away from eyes/mucous membranes.

(Continued from Page 2)

**RUTA VALA**—promotes relaxation of the body and mind, while helping to ease tension and relieve stress through the parasympathetic nervous system. Use to overcome negative feelings while encouraging a positive attitude and comfort. Good for insomnia. Apply topically to back of neck, on spine, or on bottoms of feet.

**SACRED MOUNTAIN™**—evokes feelings of sanctity that are typically found in the mountains. Promotes a sense of strength, empowerment, grounding, and protection that are a result of being close to nature. Apply on solar plexus or over your heart.

**TRAUMA LIFE™**—is formulated to help release buried emotional trauma resulting from accidents, neglect, death of a loved one, assault, or abuse. Purges stress and restlessness, and is excellent for shock. Apply where needed, or on base of skull for head injuries.

**VALOR®**—works with both the physical and spiritual aspects of the body to foster feelings of courage, and self-esteem. Renowned for its strengthening qualities, it enhances an individual's internal resources and helps align energy in the body. Beneficial for those who feel unable to cope with life or current day-to-day stress. Apply liberally to feet, neck and shoulder blades.

### **Somatic Breathing Exercise for TBI's:**

Begin by applying essential oils of choice and inhale deeply three times. Then breath into the injured or painful area, fully expanding your breath into your brain and skull. Exhale forward through your forehead or 6th chakra, imaging a door opening in the front of your head, and releasing any pain or sensations of congestion forward in a counter-clockwise motion. Visualize a deliberate spiral flow and keep it going all day by encouraging it with your breath at hour intervals. This may initially increase discomfort in some cases, but will quickly eliminate stagnant pain if you stay with it. Use a blue/purple color to aid in movement and to soothe brain tissues. You may want to extend your expansion in-breath all the way down into your neck and shoulders, exhaling upward and out from there. Tension in the neck and shoulders can be a result of a TBI. Continue to encourage relaxation and softening of your tissues, and visualize the cells and neurons in your brain flowing together in harmony. Do this when laying down to rest or to aid in a good night's sleep.

Additional Somatic Exercises can be found in ***My Body, My Earth: The Practice of Somatic Archaeology*** by Ruby Gibson [mybodymyearth.com](http://mybodymyearth.com) OR 1-800-332-3969

### **What are Seizures?**

Seizures—abnormal movement or behavior due to unusual electrical activity in the brain—are a symptom of epilepsy. But not all people who appear to have seizures have epilepsy. In contrast, epilepsy is a group of related disorders characterized by a tendency for recurrent seizures.

Non-epileptic seizures (called pseudoseizures) are not accompanied by abnormal electrical activity in the brain and may be caused by psychological issues or stress. This type of seizure may be treated with psychiatric intervention and essential oils.

Provoked seizures are single seizures that may occur as the result of trauma, low blood sugar (hypoglycemia), low blood sodium, high fever or alcohol/drug abuse.

Many seizures can be treated by removing all forms of sugar, artificial colors and flavors from diet. Avoid using personal care products with ammonia-based compounds, such as quaterniums and polyquaterniums.

The fragrance of many essential oils exert a powerful stimulus on the limbic system of the brain including the amygdala, hippocampus, and hypophysis which interact directly with the thalamus and hypothalamus. Acting together, these glands and brain components are the seat of memory, emotions, trauma, and sexual arousal. They also govern aggressive behavior.

### **ESSENTIAL OIL PROTOCOL**

**Young Living Single Oils:** *Frankincense, Sandalwood, Melissa, Jasmine, Basil*

**Young Living Blends:** *Valor, Aroma Siez, Exodus II, Peace & Calming, Joy, Ruta VaLa*

### **EO Application Topical:**

✓ DILUTE 50/50: essential oil with quality carrier oil. Massage 10 drops into scalp 3 times daily to help reduce risk of seizures.

### **Direct Inhalation:**

✓ Sit in front of a diffuser 3-5 times daily

### **Seizure regimen (do all):**

✓ Massage 4-6 drops **Valor** into bottom of feet daily

✓ Diffuse **Peace & Calming** for 30 minutes 3-4 times daily

✓ Massage 4-6 drops of **Joy** over heart daily

✓ Do **Raindrop Technique** on spine weekly

**YL Dietary Supplements:** *Blue Agave Nectar and Stevia, Mineral Essence, TruSource Multivitamins, MultiGreens, Super B, Longevity Softgels, Power Meal, Omega Blue, Sulfurzyme, and Balance Complete*

## **Seizures & Essential Oils**

### **Testimonials**

My 18 month old daughter ate hidden MSG in cheese pizza which resulted in a seizure. Within two minutes after the seizure ended I applied **Frankincense** and **Sandalwood** to my daughter's lifeless body. I put one drop of **Frankincense** on the crown of her head and on each big toe. Then I put a drop of **Sandalwood** on each big toe and performed Reflexology on the big toes. It took less than one minute for my daughter to perk back up to her normal self. She was screaming at her siblings (who hovered over her with concern) to go away, and she was able to look around the room normally, and she didn't sleep for 24 hours like some parents report. She was back to playing and loving like she normally does as if nothing had happened. For the next week I continued to put **Di-Gize** on her belly button because I didn't want the MSG remnants to further spill from her intestines into the blood stream. I continue with **Sandalwood** on her big toes as well. - Tiffany Rowan

My 22 year old granddaughter Gabrielle started having major seizures a year ago, about the time she went in for medical training. When she started, they gave her a series of shots (mercury/heavy metal?) and we think it is probably connected. A month ago she had a major seizure. It lasted several hours; we thought we were going to lose her. She was hospitalized and put on medication, but it wasn't helping much. She lost the last two years of memory. Her head was on her shoulder, her right arm trembled, and she had to drag her right leg. Her intellect was like that of a six year old and her speech was slurred and broken. I referred to the EDR and sent oils to her, such as: **Lemon, Brain Power, Lavender, Frankincense, Chexel, and JuvaCleanse**. Within 24 hours of applying oils her head was off her shoulder, her arm stopped trembling and she was walking straight. She had three more small seizures during the next week, which we were able to control with oils. She hasn't had a seizure for two and a half weeks. Her speech has returned to normal, and she is thinking like a 22 year old again. Her memories are almost all back. She went for a check-up and the doctor was amazed. He gave her permission to go back to work three days a week! The oils are most definitely a God-send and a miracle. - Valerie Hobbs

We are finding ourselves more frequently approached by competing essential oil companies to sell and promote their brand. They always claim to have "pure therapeutic grade" oils "as good or better than those of Young Living." Maybe they do and maybe they don't. Here are some

questions to ask when approached by another essential oil company.

1. Does their company own any farms on which to raise herbs for oils? And if they do, are they new farms on land formerly polluted with herbicides, pesticides, and chemicals that contain residuals from the past, or are they farming land that is clean, which has never been cultivated or has been untilled for at least the last 50 years?
2. Does their company have their own fully equipped testing laboratory to verify an oil's composition?
3. Do they have anyone on staff with a trained nose who can analyze oils by their smell? (There are less than 200 people in the world with noses sufficiently trained to discern the chemistry of a fragrance.)
4. If their company purchases oils from outside suppliers, do they visit the distilleries and farms of those suppliers periodically to observe if the herbs are grown organically, without pesticides, herbicides, or chemical fertilizers?
5. Do they know if the grower has a testing laboratory on the farm to determine when the crop is at its peak for oil harvesting?

6. Do they know if the crops were actually harvested at their peak time and, if so, was there an inordinate delay in taking them to the still and into the cookers?

7. Do they know if their distillery personnel understand the art and science of

distilling, exactly how to pack the cookers, how to administer the steam, how to maintain minimum temperatures and pressures throughout the cooker, and how to continuously monitor the process throughout distillation to make sure the oil produced contains all of its components in the proper proportions?

8. If their supplier makes a mistake in the distillation or harvesting processes that results in an inferior grade of oil, does that supplier sell the oil anyway or do they discard it?

9. Do they know if the cookers in the distilleries of their suppliers have domed lids or cone shaped lids? Most stills use dome-shaped lids. Cone topped cookers deliver a better grade of oil.

10. Do they know if their suppliers supplement the distillation process with solvents to extract additional oil from the plant matter?

11. Do they know if their suppliers bottle their oils directly from the distillery without modifying the composition of the natural oil by adding anything or taking anything away?

12. Do they know if their company has tested their company's oils side by side with Young Living

oils in the same lab to make a fair comparison? And if so, where is the data?

This is not a comprehensive list of questions you could ask, but if their answer to any or

## TWELVE QUESTIONS TO ASK THOSE WHO INVITE YOU TO JOIN ANOTHER COMPANY BY DR. DAVID STEWART

most of the above is "no," or "I don't know," then how do they know their oils are "pure therapeutic grade" and that they are "as good or better than those of Young Living?" Without such knowledge, how can they make any verifiable claims that compare Young Living Oils with their brand?

With Young Living, we know that the answer to all of these questions is "Yes."

Young Living owns and operates four large farms in Utah, Idaho, France, and Ecuador, all of which were clean and free of chemicals for at least 50 years before Young Living agreed to buy the land. In fact, the land in Idaho had never been farmed before Young Living, and the Ecuador farm is being cleared from primitive jungle, free from human contamination for thousands of years.

Young Living also has an expertly staffed, fully equipped laboratory for testing oils including a gas chromatograph, a mass spectrometer, and other equipment whose value adds up to hundreds of thousands of dollars.

Young Living also has small labs on their farms to test the plants right from the field as they mature to determine the exact season and time of day to harvest the

crop for the best oil. This is necessary because plants change their chemistry throughout the season and throughout the day, varying from week to week and hour to hour.

Gary Young is one of the few people in the world who can smell an oil and tell you what compounds are present, which are missing, and in what quantities. An essential oil company needs a person like that to check every batch of oil to make sure it is up to therapeutic standards. Such people can discern certain aspects of oil chemistry that a laboratory cannot measure.

Young Living markets more than 100 species of oils and cannot possibly raise them all on their own farms. When they purchase from other growers and suppliers, they not only may initial site visits to verify that the oils are being produced and packaged properly, but they have a program of making repeated visits from time to time to make sure the standards are being upheld.

Gary Young has personally trained his distillers in the art of distilling. Besides the science to know exactly how to pack the cookers, the still operator must also learn the art of how to listen to the sounds of the steam inside the cooker and to be able to feel the outside of the cooker and diagnose how things are going inside to determine what adjustments need to be made.

Young Living distills oils at minimum pressures and temperatures to gently coax the oil and all of its compounds into the finished

product, even though significant money, time, and labor can be saved by distilling at high pressures and high temperatures, like many companies do. High pressure/high temperature distillation may produce an oil with the fragrance compounds of an oil, but not with the therapeutic compounds. Young Living never uses solvents to finish off the distilling process as many companies do.

By climbing inside of an actual cooker and visually noting the patterns of steam flow, Gary

**“I’d rather have a single drop of genuine essential oil than a 55-gallon drum of junk product.”  
Dr. Daniel Penoel**

Young was able to determine that a dome-shaped lid caused the oil-bearing steam to curl and back flow into the plant mass, thus altering the chemistry and losing some constituents, while a cone-shaped lid allowed the steam to spiral directly up, out, and into the condenser without turbulence.

Many of the techniques and skills applied in growing and distilling Young Living oils are trade secrets, known only to Gary Young and his trusted employees.

Young Living oils are bottled as they emerge from the still in their complete natural state without adulteration (adding compounds) or refinement (removing compounds).

In a few instances when mistakes were made and a batch of oil grown and distilled by Young Living did not measure up to Gary Young’s standards, the oil was discarded, poured out on the

ground. Some companies would have sold such oil anyhow, if not to their customers, then to another retailer. Young Living will never do that. They would rather be in short supply of a given species than to market an inferior product.

While you are asking questions to another company representative, you might also ask how long they have been in business? Young Living was founded in 1991. Gary bought its first farm in 1992 near St. Maries, Idaho, and its second farm in 1995 near Mona, Utah. Gary Young and the company are committed to ensuring a current and future supply of top grade essential oils indefinitely into the future.

If you ever get the opportunity, visit a Young Living farm and distillery and you will begin to see for yourself the care and dedication it takes to produce the finest essential oils in the world.

The factors that make Young Living unique and outstanding in the world of essential oil companies are so numerous they cannot all be presented in an article like this. When your life and your health are depending on it, you cannot afford to use oils whose chemistry and origins are uncertain. I have complete trust in the quality and integrity of Young Living oils. That is why I will neither use nor consider any other brand.

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## Peppermint, Cinnamon Pep Up Drivers by Megan Rauscher

NEW YORK (Reuters Health) - To stay alert behind the wheel on long road trips, skip the coffee and try sniffing peppermint or cinnamon. Researchers from West Virginia have found that getting a whiff of pleasant odors periodically while driving increases alertness, reduces fatigue, and even lowers drivers' anxiety and frustration.

Increased driver alertness could lead to fewer accidents on the highway and decreased frustration could translate into fewer instances of "road rage," Dr. Bryan Raudenbush from Wheeling Jesuit University told Reuters Health.

The current study builds on previous work by Raudenbush and his colleagues, which suggested that, by stimulating the nervous system, peppermint and cinnamon odors enhance motivation and performance, increase alertness, and decrease fatigue among athletes and clerical office workers.

To test the effects of these odors on drivers, Raudenbush's group had 25 college undergrads sniff peppermint, cinnamon, or a non-odor control for 30 seconds every 15 minutes during simulated driving conditions. In general, prolonged driving led to increased anger and fatigue, and decreased vigor, they report. However, with the peppermint scent, fatigue, anxiety, and driver frustration ratings fell significantly, while driver alertness ratings rose impressively.

Smelling cinnamon also made drivers more alert and lowered their levels of frustration. Ratings of "workload" associated with driving also fell with periodic whiffs of cinnamon.

Given these results, Raudenbush said, it is reasonable to expect that periodic sniffs of peppermint or cinnamon may produce a more alert and conscientious driver and minimize fatigue associated with long road trips.

## Another Way to Use the Roll-Ons

I burned my bottom lip and applied ice to it. The ice cooled it off, but didn't heal the burn. So I took **Deep Relief** roll-on and put some on my lips. It was great and refreshing as well! The burn healed, and I now enjoy using **Deep Relief** on my lips. You can roll it on your finger, then apply to the lip area. I told someone about it and she asked if she could put some on her finger and try it that way. She was so pleased with how it made her lips feel, that she went and purchased a couple of roll-ons. Did you see all the great oils in **Deep Relief**? Besides **Peppermint**, there is **Helichrysum**, **Palo Santo** and **Copal**. **Deep Relief** is magic in a bottle. Good health! - Judy

## Did you know . . .

You can SAVE MONEY by being on Young Living's Essential Rewards Program? Be sure to take part in this amazing opportunity for free product credits, discounted shipping, special promotions, free training CDs, and special "members only" announcements! Many people are ordering Young Living products every month but are not taking advantage of this wonderful program. DON'T MISS THIS BENEFIT! Log into your Virtual Office and sign up today!

Are you Redeeming your Autoship Points? If you are on autoship, you are accumulating dollars toward Young Living Products. Depending on how many months you have been on Autoship, you should be accumulating anywhere between 10% and 20% of your order PV in your Rewards Points Account. PLEASE don't forget to redeem your points. To redeem the points, you must call Young Living at 1-800-371-3515. You can't redeem your points online. If you go off autoship, you need to redeem the points before you cancel your autoship. If you don't, you will lose all the points.

## Yummy Essential Oil Recipes

### Peanut Butter Cookies

1 cup of whole grain flour  
1 cup smooth, organic peanut butter  
½ cup Blue Agave natural sweetener  
1 egg  
1 teaspoon baking soda  
Pinch of sea salt  
1 teaspoon vanilla  
Combine all ingredients and whip with wooden spoon and drop onto greased cookie sheet. Flatten diagonally two ways with a fork dusted in flour. Bake at 350 for 10 minutes or until golden brown.

### Homemade Pickles

2 cucumbers, cut up  
½ cup vinegar  
Salt to taste  
2 teaspoons minced garlic  
Fill a mason jar with water & add 3 drops of YL Dill essential oil. Add above ingredients. Leave overnight in refrigerator. Enjoy!

## Smell Your Way to Happiness

by Anne Casselman, Discover Magazine 9/08

A team of Israeli and U.S. scientists recently isolated a compound from Boswellia tree resin (best known as **frankincense**) and injected it into mice. The chemical soothed mice that were placed in anxiety-inducing situations - such as having to tread water for prolonged periods. "It seems to have similar effects as an antidepressant and anti-anxiety drug," says Arieh Moussaieff, a pharmacologist from the Hebrew University of Jerusalem, who led the study. Further investigation revealed that the compound, incensole acetate, can regulate the flow of ions in and out of neurons in a manner similar to the way antidepressant drugs work. This chemical may shed light on the molecular workings of the brain and emotion.

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## MY BODY EVOLUTION™ (PART 1) BY RUBY GIBSON

My body is evolving. Is yours? There is a movement (a trend dare I say?), a self-driven desire to love my body, to own my body, to respect my body, to be mindful of what I put in my body.

Far too long have I given my body to science, to cosmetic and pharmaceutical companies as a guinea pig. My body was once a pawn in the corporate chess game of power and greed. No more. My body is evolving,

It is cleaning out old toxins. It is lightening its load. It is demanding real, live food. Its cycles are authentically moving to the rhythms of the Earth. It is happily responding to the ebb and flow of the environment with grace and acceptance. My body is at peace.

My body is my constant companion, my mentor, my guru in drag. My body is my lover, my dreamer, my locomotion, my pride. It protects me, inspires me, and is my greatest teacher in every way. Don't know what I would do without it.

My body is evolving because I choose to, not because I have to. My body has made this choice because it treasures life over death, health over disease, love over fear. For many years I would have to remind my body every day what was best for it, because it had gotten hypnotized by the ads of food corporations telling me to eat pre-cooked, bleached, boxed, canned, packaged, homogenized, hydrogenated, colored, artificially sweetened foods as if somehow I had lost my tastebuds or the capacity to cook, and they had somehow improved on the fruits of Mother Nature.

My body had gotten swayed by cosmetic companies encouraging

me to wear masks, gels, cover-ups, dyes, perfumes, deodorants, and superficial beauty products as if I would somehow be more appealing to others if I faked my appearance and joined a conspiracy of falsehood in order to impress. Who am I under the goop?

My body had gotten corrupted by the socialization of image over the truth of reality. Clothing companies have injected me with fear that I will be unlovable and lack sexuality unless I skim it, squish it, conform it, don it, or label it. Will I appear more intelligent and capable in a pair of designer jeans? Plastic surgeons have insulted me with claims of fame, telling me that if I lipo-it, lift-it, peel-it, enhance-it, mammoplasty-it, or dissolve it, I will be adorned, accepted, accentuated, and relieved of my life woes. Am I from a bumper crop of humans that lacks individuality? Am I to believe that we should all look alike?

Alas, common sense has returned. I am now naturally modern. Organically chic. An ultra sensitive, pesticide-free, lavishly blemished, biologically vital, terra firma female in the full light of day. Hallelujah!

For all the deception and constant pushing of marketing ploys, my body has persevered. It has fought the lies and won the good fight. My body has no pain. No disease. No face-lifts, boob jobs or eyebrow tints. My body wears no make-up, eats no preservatives, rejects all artificial sweeteners, and pops no pills. My body is alive and awake and vulnerable, and perfectly imperfect. My body holds my spirit with tender consideration of all that I have endured. My body is real and sweet and tender. My body has evolved.

Am I lucky? No, simply attentive. Am I blessed? No, just willing. Am I bragging? Yes, because it has taken me 50 years to get here!

Cinderella provides the backdrop for this body evolution story, compliments of Brothers Grimm. Thoroughly woven into the recesses of my personality and ego, this cultural myth has thousands of adaptations known throughout the world. It is a story about a young, beautiful woman living in unfortunate circumstances that suddenly change to remarkable fortune—but not by her own doing!

Threads of helplessness and victimization, colored with anger, loss of pride, loss of father and body shame, permeate the story. The regal rescue from fate by the handsome prince who adores her because her feet are dainty, is the underlying premise for a story that fuels abandonment of feminine authenticity and body acceptance.

How long did I try to fit into those little slippers? My feet, a size 9, are slim and perfectly balanced for my body, but while maturing seemed awkward and not at all like the mythical feet of my masquerading mirror, i.e., Cinderella. How was I to know at the unguarded age of 10 that squeezing my feet into shoes too small would ultimately make my toes crooked? Who was I trying to please?

My Body Evolution is a movement of ownership. It contains four main components:

**Awareness** of influences and choices.

**Awakening** of dignity and authenticity.

**Attunement** to inner wisdom and balanced living.

**Action** based on knowledge and personal power.

**Look for *My Body Evolution™ (Part 2)* by Ruby in our next issue!**

**WELCOME TO THE WONDERFUL WORLD OF ESSENTIAL OILS!**  
**101 USES FOR THE YOUNG LIVING ESSENTIAL 7 KIT (FOURTH INSTALLMENT)**

**PEPPERMINT:** (*Mentha piperita*) is one of the oldest & most highly regarded herbs for soothing digestion. Grown & distilled at the YL farms.

40. Rub 4-6 drops in palm and rub over stomach and around the navel to help relieve occasional indigestion, flatulence, and diarrhea.

41. Add a drop of Peppermint oil to herbal tea to help aid digestion and heartburn.

42. Massage several drops of Peppermint oil on an area of injury to help to reduce tenderness.

43. Apply Peppermint oil immediately to an injured area to soothe.

44. Rub several drops of Peppermint oil on bottoms of feet to help lower high temperature.

45. Apply a drop of Peppermint oil topically on unbroken skin to help to stop itching.

46. For poison ivy or poison oak, apply Peppermint oil on location to help with irritation.

47. Inhale Peppermint oil before and during workout to boost mood and reduce fatigue.

48. Massage several drops of Peppermint oil on abdomen to help relieve nausea.

49. A drop of Peppermint oil on temples, forehead, over sinuses (stay away from eyes) and on back of the neck can help soothe headaches.

50. Apply a drop of Peppermint oil on each side of the fifth cervical vertebra to stop hiccups.

51. Place two drops of Peppermint oil on tongue

and rub another drop under nose to help improve alertness and concentration.

52. Diffuse Peppermint oil while studying helps to improve concentration, accuracy, improve recall.

53. Rub 4 drops of Peppermint oil on chest and stomach to help to relieve travel sickness.

54. Place a drop of Peppermint oil on tongue and inhale into nose and sinuses to help stuffiness.

55. Add Peppermint oil to food as a flavoring.

56. To deter rats, mice, ants or cockroaches, place two drops of Peppermint oil on a cotton ball and place along the path or point of entry of pest.

57. Mix one 15 ml bottle of Peppermint oil into a five gallon can of paint to dispel fumes.

58. Place a couple of drops of Peppermint oil in a cup of hot water and enjoy in place of coffee.

59. Add 4-5 drops of Peppermint oil to 4 oz of water and spray on plants to help get rid of aphids.

60. Drink a drop of Peppermint oil mixed in a glass of cold water to help cool off on a hot day.

61. Rub Peppermint oil on joints for soothing.

62. Use Peppermint oil on tongue for bad breath.

63. Inhale Peppermint oil to help curb the appetite and lessen the impulse to overeat.

64. Apply Peppermint oil to a cotton swab and touch tick for removal.

65. Mix Peppermint oil in footbath for sore feet. (Apply on top of other oils for inflammation.)

Medicine Wheel Consultants, Inc.  
306 S. Lookout Mtn. Rd., Suite C  
Golden, CO 80401



*Shared with love for all Mankind  
and Mother Earth.*