



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

The Urban Zen Foundation By Allyn Breech

Young Living recently entered into a partnership with Donna Karan, the famous fashion designer and her Foundation, Urban Zen.

Urban Zen was founded after Donna's husband was being treated for cancer. It became clear to Donna that western medicine treats only the disease symptoms and not the patient.

Ms. Karan became frustrated that there was no way to integrate and obtain information on alternative therapies, as well as traditional ones being prescribed by the doctors.

She decided to do something about this problem. She brought a group of like-minded people and organizations together who desired to create change as well as make a difference. A few of these people include Deepak Chopra, The Dalai Lama, Marianne Williamson, Tony Robbins and Rodney Yee. Urban Zen was born.

The mission statement is threefold. One: to raise awareness and inspire change in areas of well-being, as well as change the current healthcare paradigm to include integrative medicine and to promote patient advocacy. Two: to empower children's well-being by giving them the tools to face obstacles and opportunities with love, compassion, and strength. Urban Zen is collaborating with existing children's organizations as well as creating new programs that enhance spiritual, physical, and emotional growth. Three: to preserve cultures facing destruction in the face of globalization. Their goal is to help to maintain the natural essence and identity by celebrating their creativity and facilitating their sustainability.

This organization is training therapists to use yoga therapy, aromatherapy, therapeutic touch, and nutrition in healthcare settings such as hospitals and hospices. The basic training is 50 hours and the yoga teacher course is 200 hours.

There are many misconceptions about using alternative methods with any kind of treatment for cancer, such as chemother-

apy or radiation. My sister was treated for breast cancer a few years ago and, being a Reiki Master, I wanted to do some Reiki on her after surgery. One of her friends told her that energy work would intensify the cancer so she was scared to receive it. I knew that wasn't true. She would not believe me.

Typically doctors will tell you that herbs or vitamins may interfere with treatments more out of ignorance and fear than a real knowing. They are taught about facts and data in medical school. They need to realize people are stories, not symptoms. Urban Zen wants to give doctors and patients alike the tools to take responsibility for their own health. Wouldn't it be nice to have someone be an advocate for you when you are ill, someone to help navigate and sort out the information so you can make an informed decision about your treatment? Hopefully in the near future everyone will be able to enjoy that privilege.

I saw Emme, a plus size model, at the Young Living Convention this summer who had been treated for breast cancer. She used Young Living oils while she was being treated with chemotherapy. Her doctor was astounded at her progress. He actually asked what she was doing. I don't remember what oils she used but I have a regimen I do myself every morning that includes applying the oils of grapefruit, cypress and frankincense to my breasts in equal parts mixed with aloe vera or jojoba oil. Take an empty 15 ml bottle and add 20 drops of each of the oils above and fill with jojoba oil or aloe.

**BE THE CHANGE YOU WISH TO
SEE IN THE WORLD. -Gandhi**

It is possible to create shifts in our own environments so we can all help spread Donna Karan's dream by sharing YL oils and our knowledge which will in turn create a positive change—helping our friends and family take charge of their own health. We can each write our own mission statement and be the calm in the chaos. You can find out more about Urban Zen, their philosophy, and the teacher trainings on their website www.urbanzen.org.



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AGENT ORANGE EXPOSURE and ESSENTIAL OILS

Agent Orange exposure can happen to farmers as well as military servicemen, especially those deployed in Vietnam during the late 60's and early 70's. Agent Orange is a defoliant, and is used to kill vegetation. It was widely used in the jungles of Vietnam, and affected many local civilians in this country as well.

Our family has had first hand experience with Agent Orange. My husband was exposed to AO while serving in Vietnam, and we believe it caused his early death from a ruptured aortic aneurysm. Although we did a lot of cleansing routines with herbs and foods, I did not have the knowledge of essential oils back then like I do today. I would recommend to anyone seeking to rid their body of this chemical and its long term toxic effects, that along with using Young Living oils like **GLF** and the Juva products for liver cleansing—**JuvaCleanse** (very important as a heavy metal chelator), **Juva Tone**, and **JuvaFlex**—it is important to do lots of cleansing for your whole body, including colon, kidneys, blood, etc.

The biggest damage AO causes is to the vascular system—namely an aneurysm. Agent Orange weakens the arteries and blood vessels. Pay special attention to the cardiovascular system with topical application of **Aroma Life** from the neck to the navel covering the aorta. They can not drink enough **NingXia Red** (3 to 6 oz daily for life). **NingXia Red** naturally contains L-Arginine, known to support blood vessel elasticity. —Debra Raybern

Here is additional information that you can use to help build the body after Agent Orange exposure. —Nancy Sanderson

SINGLE OILS:

Ledum, **German Chamomile**, Carrot Seed (you can get that from YL's sister company, Creer Labs 1-801-418-8870)

BLENDS:

JuvaFlex, **JuvaCleanse**, **EndoFlex**

ESSENTIAL OIL APPLICATIONS

TOPICAL:

NEAT, 4-6 drops **JuvaFlex** or **JuvaCleanse** over liver area and 2-4 drops of **Endoflex** over the adrenal gland area (which is on the right foot just in the middle of the arch along the spine reflex point), also on top of the kidneys as the adrenal glands sit on top of the kidneys, twice daily. Apply a warm compress over the liver area 1-2 times daily. Use **Juniper** or **Goldenrod** topically over the kidneys if they begin to hurt or ache.

RAINDROP THERAPY: Once a week for 12 weeks. Be sure to stay hydrated with extra water before and after the Raindrop sessions.

DIETARY SUPPLEMENTATION:

ImmuPro, **ImmuneTune**, **JuvaTone**, **Thryomin**, **Cleansing Trio**, **Life-5**, and **NingXia Red**. Also use **Balance Complete** and **Digest & Cleanse** for deeper cleanse.

OTHER:

The following is a regimen for liver cleansing support to aid in relieving effects of toxic exposure.

- ✓ **Essentialzyme**: three servings daily
- ✓ **Comfortone**, **ICP**, and **JuvaTone**: three servings daily
- ✓ **ImmuneTune** or **Inner Defense**: four servings daily
- ✓ Rub three drops of **Endoflex** on the thyroid and kidneys: three times daily.
- ✓ **K & B**: Take recommended amounts of bottle label.
- ✓ After 90 days on the program, gradually reduce the above amounts but stay on the program a full year.
- ✓ Add one cup Epsom salts and 4 oz of 35% food-grade hydrogen peroxide to bath water once daily.
- ✓ Then later on in the day, take a 30-minute bath with six cups of Epsom salts per tub of water.
- ✓ Drink three glasses of Master Cleanse Lemonade and 1 oz of **NingXia Red** while bathing.
- ✓ Drink **NingXia Red** through the day.

*Affordable Holiday Gift Idea
by Deborah Lynne Carlton*

HOME MADE FOAMING SOAPS with Young Living Essential Oils

Give the gift of anti-microbial, aromatic essential oils for the Holiday and preserve your budget too! For those who have used Thieves Foaming Hand Soap or ART Gentle Foaming Cleanser, and love it, here's a way to re-use those bottles and create signature scents of your own.

1. You will want to use YL Bath and Shower Gel Base (#3751- 8 oz - \$11.75 Wholesale/ \$15.46 Retail). One bottle yields approximately six batches of foaming hand soap.
2. Clean out the empty foaming dispenser, remove label. Fill with about 1/2" of the YL Gel Base.
3. Add your favorite YL Essential Oils.
4. Fill the remaining volume with distilled water.

Homemade Anti-Microbial Foaming Soap

Add 10 dr. Lemon, 30 dr. Thieves, 10 dr. Orange

Homemade Eucalyptus-Rosemary Foaming Soap

Add 20 dr. Eucalyptus, 5 dr. Rosemary

For making other soap blends, check out the EO Desk Reference for oil properties, follow your heart's intuition, and of course, your nose. Have fun! Develop your own signature scent to use at your place of business, spa, etc. Here are a few ideas for your soap blends:

- ✓ YL Blends of Abundance, Gratitude, Believe, Joy, Citrus Fresh, or Evergreen Essence would make wonderful foaming soap aromas.
- ✓ Lavender / Peppermint
- ✓ Lavender / Geranium
- ✓ Melaleuca / Geranium
- ✓ Lemon / Sandalwood
- ✓ Lemon / Lavender
- ✓ Lemon / Peppermint
- ✓ Lemon / Rosemary
- ✓ Lemon / Spruce
- ✓ Juniper / Peppermint
- ✓ Lavender / Ylang Ylang

* Therapeutic grade essential oils from Young Living are suitable and appropriate for the above applications. They may be used topically, diffused, or inhaled and are approved by the FDA as "GRAS" and for use as a dietary supplement. These oils contain beneficial chemistry against bacteria and undesirable viral strains. EO's from bath shops and natural foods stores are often perfume grade, thus may not yield therapeutic results. Perfume grade oils have been rendered toxic by the distillation method, fillers, chemical extractants, etc. and may cause adverse reactions in the above recipes.

Nature, where life is reproduced and exists, has the right to exist, persist, maintain, and regenerate its vital cycles, structure, functions, and its processes in evolution. Every person, people, community, or nationality will be able to demand the recognition of rights for nature before the public bodies.

- Quote From Constitution of Ecuador

Did you know that D. Gary Young, Young Living Founder, now has a Blog? Here is one of his recent Blogs sent from Ecuador. For further reading, please visit www.dgaryyoung.com/blog/

Disease and Emotion: Part I

"I feel impressed to talk about feelings and their connection to disease. Whether you're working with cancer, arthritis, lupus, AIDS, or any other problem, all of those are associated with emotion.

Now, the big question may never be answered: Do emotions cause disease or does disease cause emotion? If you were to talk to Dr. Bernard Jensen, he would definitely say that disease comes from having a dirty colon—clean your colon and disease will go away. Let me just share Dr. Norman Walker's theory. He was the man who started raw vegetable juice cleansing. It was a blessing to know him and he certainly was a man who walked his talk and said, "If you drink raw vegetable juices, you will live to a ripe old age!" He was 121 when he passed away.

I also had the opportunity to study under Dr. Paul Brag, his daughter Patricia Brag, Dr. Brauss in Innsbruck, Austria, and Dr. Hazel Purcells. I feel that I have had the opportunity to study with the best of the best. We shared a tremendous amount of time together and a great deal of learning regarding the connections between emotion and disease and the importance of cleansing the liver.

In my working and studying with all of these people, a common denominator among all of them was that they also believed that disease originated from emotion. And even though this is not something that we can scientifically pin down and identify without question, everyone feels that way based on their studies.

Let's look, for example, at what happens when we do have an emotional problem that takes away the zest for life. Take a moment and go into your own feelings of an experience you had of losing a loved one. Whether it be a spouse, child, parent, grandparent—just pay attention to that feeling and close your eyes and get a hold

of that feeling. As you get a hold of the feeling, follow it. Follow it to where it connects in your body.

For most everyone it grabs you right in the heart. And then it makes your stomach upset. And then come back to the mind—what does it do to the mind? The feeling of despair, absolute despair, puts you in a space to where you just say, "I don't care anymore." And for those who haven't lost a loved one, maybe you've been through a terrible divorce that you didn't want.

Now, as you identify with the feeling, pay attention to the mechanics of what happens. First, it grabs the heart; it paralyzes the mind. When it paralyzes the mind, pregnenolone secretion shuts down. When pregnenolone secretion shuts down, so does DHEA, testosterone, progesterone, and estrogen. Now, if you say, "Gary, I don't believe that," then go back to your feeling and ask yourself, "Did I feel sexy at that time?" Absolutely not because those hormones shut down. Now when those hormones shut down, the immune system shuts down; the digestive system shuts down. So now we can truly go to what Dr. Bernard Jensen said about how disease originates from having a dirty colon.

Continue to follow that feeling. Your insides start to burn. You feel nauseated. You might have even run to the bathroom and vomited because of the sickness that it created in your gut. I know these feelings because I have been through all three: death, divorce, and despair. My baby daughter died in my arms, my father died in my arms, and I've been divorced. I've experienced the worst feelings that could be experienced and I know what it's like to shut down inside. I also know what it's like to be told that you'll never walk again and the paralyzing feeling that you feel when you're already paralyzed, and only if you've been there can you understand it.

So when any kind of emotion, any kind of an intense feeling that causes your heart to ache, your brain to paralyze to where you can't think, and your intestines to burn until you feel like vomiting—this is when you have set up the stage for disease."

Disease and Emotion: Part II will be posted the first week of December.

SOOTHING OILS FOR BALANCED HOLIDAYS

By Linda Penkala, LMT

As we celebrate the Holiday Season there is no doubt that busyness and chaos is all around us. Whether it's impolite driving or general impatience, we know that our **Young Living Essential Oils** can always provide a shift to a state of balance and harmony, helping us to stay centered and grounded.

I have recently been through an intensely stressful period in my personal journey, and I am sharing with you what worked and resonated with me. Until we are challenged we may never understand how profound these Godly gifts from the plant world can gently carry us through chaos.

May the suggestions below offer insights to realize the healing light our bottles of YL oils hold, and the essence of peace and love they can empower us with.

Sleep = Tranquill Roll-On to my heart, neck, lower back, feet, making concentric circles around my abdomen. There were times when I woke at 3 am, applied the oils, then fell asleep holding the Roll-On nestled on my chest.

Physical pain = Deep Relief Roll-On is second to none for emotional roller coaster feelings. **Peppermint** and **Lavender** work well together for soothing my nerves. I ground with **Gathering** on my neck, heart, lower back, feet, and forehead, and inhale it deeply while praying.

Sadness = Joy, Peace & Calming, Grapefruit with **Lavender** and **Peppermint**.

Grief = Abundance with **Rose** on my heart, head, forehead, throat and thymus. **Accepting Change = Present Time** on my nostrils, heart and navel, and **Surrender** on my heart with prayer. **Peace & Calming** during difficult moments helped.

Letting Go = Release with **Frankincense** or **Palo Santo** on wrist pulse points, throat, neck (carotid arteries to get to my brain), and then to feet and abdomen.

Centering = Inner Child to my navel and or **Valor** on my feet and spine.

Receiving Healing = Three Wise Men in **Lavender** lotion after showering.

For Strength = Evergreen Essence with **Valor, Rose, Humility** or **Abundance**. There is something powerful and mighty about the tree oil of Evergreen.

Daily Perfume = Lady Sclareol is so refreshing and uplifting, that I drop her on any part of my body and inhale for a sense of alluring beauty, love, and calm.

Daily Preparation = after showering I spray **Rose** water all over, covering me with the highest frequency to encourage love and joy all day. Many times I reach for the **Rose** bottle, and simply hold it to my heart while praying.

Cancer Points!

by Dr. Robert Young

Last week the sponsors and television networks of "Stand Up for Cancer" raised over 500 million dollars for cancer research in one night. This money will be used to find a cure for cancer. The fact is, there is no cure for cancer because cancer is not a disease—it is a consequence of lifestyle and dietary choice. We need no cure for cancer. What we need is education. Unfortunately, I perceive the majority of this money will be wasted trying to find a cure rather than empowering people to make healthier lifestyle and dietary choices.

I have been asked if I was given 500 million dollars to put an end to the cancer epidemic how would I use the money? The following is my list of twenty things I would do to begin to cure and eliminate all cancerous conditions from the planet:

1) Educate not medicate. I would empower people with the knowledge that health and vitality is a choice. That cancer is not a disease of the cells but a consequence of an acidic lifestyle and diet. That through changing lifestyle and dietary choices we can prevent ALL cancerous conditions. This message would be communicated through newsprint, radio, television, and internet, worldwide.

2) I would lobby to have laws passed to place warning signs on all acidic food and drink. It would be a requirement to declare the pH and the ORP or energy component of the food or drink. All acidic food and drink would have warning signs stating that this food may cause cancer just like the label warnings on tobacco and alcohol. Warning signs would be on all animal meats, dairy, fermented foods like soy sauce, sugars like sucrose, dextrose, glucose, lactose, maltose, fructose, honey, and artificial sugars.

3) I would eliminate all vending machines from schools and public places that sell carbonated water, soda pops, sport drinks, weight loss drinks and energy drinks that contain any one ingredient—phosphoric acid, carbonic acid, caffeine, citric acid and any form of artificial or natural sugar.

4) I would have health warning signs placed on all soft drinks, cola drinks, carbonated water, caffeinated drinks (including coffee and tea), sport drinks, exotic fruit drinks and energy drinks that have a pH of 3.5 or less and a positive ORP. The warning on the label would state that these beverages are hazardous to health and may lead to many cancerous conditions.

5) I would put water ionizers in every school, government building and public place, like parks throughout the United States and then the world in order to provide purified alkaline water at 9.5 pH and -250 mV to prevent all cancerous conditions.

6) I would teach the world that the cure for cancer IS FOUND in its prevention not ITS TREATMENT.

7) I would contract with major Universities to study the impact of acidic food and drink on the quality of the blood leading to heart disease, diabetes and cancer. Not one cent would go to cancer research directed at the tissue, cell or DNA. All research funds would be directed at how the internal environment impacts the health of the tissue, cell and DNA. Just as researchers are studying the impact of carbonic acid and carbon dioxide on the external environment (external acid rain), our research team would be studying the effects of dietary and metabolic acids on the human cell and tissues (internal acid rain).

8) Research would be conducted on the long term effects of antibiotic use and vaccines.

9) Research would be conducted on the acidic effects of electro-magnetic fields coming from cell phones and electric cars and their association with the cause of cancer, including brain cancer.

10) Research would be conducted on women in Ireland and Norway to understand why they have the highest incidence of breast cancer. Is there a correlation between breast cancer and the consumption of dairy products? The same research would be conducted for men and the correlation of prostate cancer and the lactic acid of dairy products.

11) A research study, waiting to be started at the University of Miami on reversing diabetes with alkaline water and chlorophyll would begin immediately. The current trial study needs only \$500,000 to be funded.

12) The programming of software for a central data base of blood patterns for all health conditions, including heart disease, diabetes and cancer would be created by a major computer company already to go. Hardware with live and dried blood software would be created for clinics around the world to send to our central data base. This information would then be used to document patient health and sickness profiles without the use of harmful radiation from scans. The information gathered from these blood tests would pre-screen patients years in advance of any diagnosis thus preventing disease. This information with other medical tests would be submitted

to Harvard Medical and their alternative/complimentary medical school for further evidence that the alkaline approach is working to prevent and/or reverse cancer.

13) I would lobby to have laws passed giving small and large business tax breaks for implementing exercise and wellness programs, eliminating acidic foods and drinks out of their cafeterias and lunch rooms (This would include coffee, tea and soda pops). Employees could be rewarded with cash bonuses for staying healthy.

14) All prisons throughout the country would no longer be fed acidic food or drink. All prisoners would be required to go on an alkaline lifestyle and diet, including an exercise program. This would increase prisoner health and wellness and reduce prison violence.

15) Studies would begin using the alkaline compound of sodium bicarbonate to prevent and reverse cancers of all kinds.

16) I would begin to research how to clean up our polluted streams, rivers, lakes and oceans from all the acidic waste products from humans and business. Clean alkaline water is critical in preventing and reversing cancer.

17) I would develop education programs to teach people how to grow their own organic food and begin live off the land rather than processed foods.

18) I would lobby to have laws passed to require all fast food restaurants to have warning signs on their doors and in conspicuous places that their food may cause bowel congestion, liver disease and/or cancer.

19) All animal products, including chicken and pork would have warning labels stating that eating these meats may lead to bowel/colon cancer.

20) All dairy products would have warning labels stating that eating dairy products may cause breast, prostate or other reproductive cancers.

Of course my list is not all inclusive but it would be a beginning to the end of an epidemic we call cancer—or should I say, **"I eat too much acidic food disease."**

Young Living's AlkaLime is a fabulous product for balancing your pH! Get some today for combating acidity from Holidays treats! Product #3199 AlkaLime® is a precisely-balanced alkaline mineral and essential oil powder formulated to safely balance the acidity of the digestive system. This formula helps counteract overconsumption of processed sugars and foods that may turn to sugar in the body.

Oceans Passing Critical CO₂ Threshold by Stephen Leahy

Published on Tuesday, November 25, 2008 by Inter Press Service

UXBRIDGE, Canada—An apparent rapid upswing in ocean acidity in recent years is wiping out coastal species like mussels, a new study has found.

Coral at the Great Barrier Reef. Rising carbon dioxide levels in the world's oceans due to climate change, combined with rising sea temperatures, could accelerate coral bleaching, destroying some reefs before 2050, said an Australian study in January 2002. (Reuters)

"We're seeing dramatic changes," said Timothy Wootton of the Department of Ecology and Evolution at the University of Chicago, lead author of the study published Monday in the Proceedings of the National Academy of Sciences. The study shows increases in ocean acidity that are more than 10 times faster than any prediction.

"It appears that we've crossed a threshold where the ocean can no longer buffer the effects of CO₂ in the atmosphere," Wootton told IPS.

For millions of years, the levels of carbon dioxide in the atmosphere and the ocean were in balance, but the burning of fossil fuels and deforestation has put more CO₂ into the atmosphere over the last 150 years. The oceans have absorbed one-third—about 130 billion tons—of those human emissions and have become 30 percent more acidic as the extra CO₂ combines with carbonate ions in seawater, forming carbonic acid.

Each day, the oceans absorb 30 million tons of CO₂, gradually and inevitably increasing their acidity. There is no controversy about this basic chemistry; however, there is disagreement about the rate at which the oceans are becoming acidic and the potential impact.

The ocean's pH—the measure of acidity or alkalinity—has been declining, or becoming more acidic, at a rate of about 0.02 per decade since 1980, said Ulf Riebesell, a biological oceanographer at the Leibniz Institute of Marine Sciences in Kiel, Germany.

"We're just starting to realise the far-reaching impacts of ocean acidification," Riebesell told IPS, noting that the term ocean acidification was coined just four years ago. Wootton and colleagues measured a massive pH decline of 0.4 units in just eight years off the northwest tip of Washington State in the U.S. And that abrupt increase has had a major impact on marine species in the tide pool on Tatoosh Island where the study was conducted.

"Large shell species like mussels and goose



barnacles were dying at a faster rate and being replaced by other species," he said.

Increased seawater acidity means there is less calcium carbonate in the water for corals and shell-forming species like mussels and phytoplankton to grow or maintain their skeletons. The once verdant mussel beds in the study area were being replaced by algae, Wootton said. "We are not exactly certain why the mussels declined but preliminary evidence has shown some thinning of shells on snails in the area," he said.

Wootton also cautions that the results are just from one area, but said there have been other regions where large increases in the rate of ocean acidity have been measured along the entire west coast of North America. However, none have been as large or consistent as those at Tatoosh Island.

"We measured even greater increases in acidity this summer," he said. "I'm really getting worried now."

Riebesell and other ocean acidification experts contacted by IPS say atmospheric CO₂ could not be responsible for the large increase Wootton measured. Either their methodology is flawed or there is some local anomaly that is skewing the results, they said.

"If the pH change is real...a likely explanation would be that also other factors related to seawater pH have changed over the eight-year period in the tidal pool," said Riebesell.

Wootton told IPS they looked for other causes of both the declines in mussels and other species and the high acidity levels. They could find no other explanation.

Ocean acidification is a very new field of science and the best ways to do research are still being investigated. In fact, the Leibniz Institute of Marine Sciences was host to an international workshop on that very topic last week, said Riebesell. A draft outline of a guide for Best Practices in Ocean Acidification Research and Data Reporting will be forthcoming.

This dispute aside, marine scientists are very worried about ocean acidification and the potential to decimate corals and a large number of other species. Some have sug-

gested that little will be left in the oceans except bacteria, jellyfish and algae without major reductions in emissions of fossil fuels and an end to deforestation.

"CO₂ is making the oceans very sick," said Jackie Savitz, senior campaign director for Oceana's Pollution Campaigns. Oceana is an international ocean conservation group.

"There is a strong likelihood of a massive extinction of corals by mid-century," Savitz said in an interview. To prevent this, atmospheric CO₂ concentrations need to return to 350 parts per million, the pre-industrial level, she said. Currently CO₂ is 385 ppm and growing at 2 to 3 ppm annually. The Intergovernmental Panel on Climate Change, European Union and others have called for a climate stabilisation of 450 ppm to ward off the worst affects of climate change.

"Four hundred and fifty ppm is not going to save corals," she said, because the acidification of the ocean would kill and weaken corals and other species that make up the reef ecosystems. "We need to stop using fossil fuels period. Carbon that's in the ground now should stay there."

Some leading climate scientists agree. In a study published last week, 10 prominent scientists said that the level of globe-warming carbon dioxide in the air has probably already reached a point where world climate will change disastrously unless the level can be reduced to 350 ppm. The study is a departure from recent estimates that truly dangerous levels would be reached only later in this century.

Climate feedbacks have already begun, particularly at the poles, accelerating the warming of the planet, said lead author James E. Hansen, director of the Goddard Institute for Space Studies, part of Columbia University's Earth Institute.

Ocean acidification is scary, acknowledges Riebesell. Acidification cannot be fixed quickly. It might take a thousand years for the oceans to regain their buffering capacity to prevent continuing acidification. Many species will not be able to adapt and there will be no place to hide, he said. "The oceans will be very different in 20 years," he warned.

How do you use your Young Living Essential Oils?

HEADACHE PAIN

Ease headache pain by rubbing a drop of Rosemary/Lavender oil onto the back of your neck. One drop Peppermint oil diluted in 1 teaspoon vegetable oil rubbed on the back of the neck helps to relieve headaches also.

LAUNDRY

For scent-sational smelling towels, sheets, clothes, etc. place a few drops of your favorite essential oil onto a small piece of terry cloth and toss into the clothes dryer while drying. Add five drops essential oil to 1/4 cup fabric softener or water and place in the center cup of the washer.

FLEAS

Drop about four drops of Peppermint oil along dog's spine, and sit back to watch. The fleas come tumbling out of the coat, either anesthetized or dead. Just comb them off. This is for Dalmatian size dog. Use less Peppermint oil for smaller dogs, and dilute for cats. Bugs despise Peppermint oil! Orange oil is also wonderful. Orange oil breaks down the wax in their exoskeletons almost right away and they die FAST.

FLEA COLLAR

To make a natural flea collar, saturate a piece of cord or soft rope with Pennyroyal or Tea Tree oil (*Melaleuca Alternifolia*), roll up in a handkerchief and tie loosely around the animal's neck. CAUTION: Tea Tree Oil can be deadly for cats.

ALERTNESS

Rosemary or Peppermint promote alertness and stimulate memory. Inhale occasionally during long car trips and while reading or studying.

COOKING ODORS

To dispel household cooking odors, add a few drops of Clove, Cinnamon Bark or any of the Citrus oils to a simmering pan.

BUG BITE

Got a bug bite? Use one drop of Purification or Thieves directly on the spot.

SORE THROAT

Mix one drop Lemon or Thieves in half glass of warm water. Mix well then gargle and swallow the water.

DISINFECTING

Use a drop of Lemon or Thieves Waterless Hand Purifier to disinfect your hands after using public restrooms. Add several drops of Lemon oil to your water bucket before mopping, to your dust rag, to your dishwasher, and several drops to your laundry. Mix a drop in a teaspoon of water and wipe the kitchen counter to kill bacteria (makes the kitchen smell fresh, too). Put a couple drops in drinking water to purify.

REMOVING GUM

Lemon works well in removing gum, glue, oil and grease spots. Apply undiluted.

AIR FRESHENER

Add a few drops of your favorite essential oil to water in a spray bottle and use as an air freshener, or add 4-7

drops of the oil to a cotton ball and put in vents. Use Peace & Calming, Lavender, or Inspiration for helping to sleep or rest. Use Peppermint, Spearmint, or En-R-Gee when exercising to increase your energy and alertness. Use any citrus oil for a refreshing, germ-killing aroma, such as Orange, Lemon, Tangerine, Grapefruit, or Citrus Fresh.

BAD DREAMS

Use Dreamcatcher and Peace & Calming every night and never put them on in the same place. Dreams can become very calming, and by far, less disturbing. For children: diffuse oils in bedroom, directly inhale, add 2-4 drops to bath water, or put 4-8 drops on cotton ball and place in vents or by bedside (out of reach).

NICOTINE FIT

If you're trying to quit and craving that cigarette, put a drop of Exodus II on your hand and lick it (Exodus II has Clove in it, and it tastes really good—a little hot, but also sweet). Then, put a drop of Peppermint on your hand and lick it. Then run your tongue all around the inside of your mouth and the nicotine fit pain is gone.

SMELLY FEET OR SHOES

Place a few drops of Geranium directly into the shoes or placing a cotton ball dabbed with a few drops of Lemon oil into shoes. Athlete's foot? Tea tree is great!

MICE

Place several drops of Peppermint oil on cotton balls and place them at problem locations. Refresh every few days.

TEETHING PAIN

Use 1 drop of Chamomile on a washcloth-wrapped ice cube and chew or suck on it to relieve teething pain in children.

KITCHEN APPLIANCES

When washing out the fridge, freezer, or oven, add one drop of Lemon, Lime, Grapefruit, Bergamot, Mandarin, or Orange essential oil to the final rinse water.

HAIR GROWTH

Place 1-2 drops of Rosemary on your hair brush before brushing to promote growth and thickness.

FACIAL GLOW

Add 1 drop Geranium oil to your facial moisturizer to bring out a radiant glow in your skin.

COOL THE BODY

Place 6-8 drops of Eucalyptus oil in the bath to cool your body in summer and to protect it in winter.

FLU

When the flu is going around add a few drops of Thyme to your diffuser or simmer in a pan on the stove.

FEVER

To bring fever down, sponge the body with cool water to which one drop each of Eucalyptus, Peppermint, and Lavender oils have been added.

Some of these hints are taken from the Young Living Newsletter and some are from YL Distributors Mickey and Bree.

Add a Touch of Blue this Holiday with Eucalyptus Blue™!

Forget about red and green—this holiday season it's all about the blue! Introduced at 2008 Grand Convention, Eucalyptus Blue will be available starting December 1.

One of Gary Young's exclusive Ecuador discoveries, Eucalyptus Blue was found deep in the Guayaquil jungle and brought to you just in time for the holidays. The fresh, invigorating aroma of this Young Living Therapeutic Grade™ (YLTG) essential oil contains high levels of the powerful constituents eucalyptol and eugenol. Eucalyptus Blue is also a key ingredient in our new Breathe Again™ Roll-On.

Supportive of respiratory function when diffused, this versatile oil also helps soothe away muscle tension when applied topically, and relaxes the body after exercise. Eucalyptus Blue is sure to be popular this holiday season—so get yours early and add a touch of blue to your Christmas tradition!



Item No. 3597 5 ml

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The Five Skills Required for a Successful Young Living Business By Vicki Opfer

I want to acknowledge each and every one of you who are reading this—you've been my best teachers. You all have such creative ideas and have been so gracious to share them with me and with each other. Thank you for your kindness and compassion. . .

The Five Skills are: Sharing, Enrolling, Communicating, Teaching Sharing, and Leadership.

1. **Share with Others**—Tell people about the oils and products, share your stories and how using the products has become a natural part of your life. You can also share the business and how owning your life has opened up a whole new world for you.

2. **Enroll**—Show people how, or help them, to enroll and place an order.

3. **Communicate**—Stay in communication with them, share what you know and what you have learned, build relationships, and create a sense of community.

4. **Teach Sharing**—Show people how to share with their friends and family and help them get enrolled. (This is where the magic happens.)

5. **Leadership**—Identify, develop, and support leadership.

Let's go back and look at each of these steps more in detail.

1. **Share**—First, introduce people to the oils and products. This can simply be sharing a little **Peace & Calming** with the mother of a fretful child at the supermarket. People are usually receptive, although not always. Share with your neighbors, friends, those who go to your church, or those you do business with.

As the CEO of your own company, you decide how you want to let the world know about Young Living oils. You can share with people, become a teacher, run advertisements, throw aroma parties, get a website and tell everyone about it, or just talk and share over your kitchen table. You decide how you're going to build your business. Remember, the word business is really busy-ness. Staying busy is the key; you decide how to do it.

When I first got started with YL, I felt that to be successful I had to sign up thousands of people. The truth is that you only need to sign up a few, and teach them to do the same. Remember the value of the penny? Most people who are successful sign up one serious person a month for three years. From those 36 people, three to four will create wealth for that person.

Let's go back and look at the model—first we share the products with people and tell how we use them every single day.

2. **Enroll**—Next, show them how, or help them, to place an order. Why? When I first began to share the oils, and even to teach small classes, at the end of the class, I would say, "Your price sheet is in the back of your packet, in case you want to order something. Thanks for coming, bye!"

One night, after I had taught an introduction to oils class, a friend of mine stayed afterward and asked me to help her decide what to order. Because she had asthma, and her children suffered from colds and respiratory problems, we decided the **Golden Touch I** kit would be perfect. Several weeks later, she called and said, "My daughter is sick, what can I do?" I asked her to remind me of what oils she had purchased. She said, "You know, Vicki, I came home that night, and laid the paperwork down on the kitchen counter, got the kids to bed, and got busy, and I never did get my order placed. I meant to order, I wanted to order, and I just never got it done." So now I always volunteer to place people's first time order.

3. **Communicate**—Let's look at the third part of the success plan: staying in contact with people in case they have questions. This past year some of the leaders in my organization did a survey. We called people who ordered once, and then quit ordering. You would be surprised to discover how many people do that and why. Many of them had received their products, and were too shy to ask questions like where do you put the oils? or how often do you take the supplements? So they put them on a shelf, and never even opened them.

Stay in contact with those whom you have sponsored. Call them a week after they ordered, and then a week or two later, and then once a month. You're not pushing them to buy. You're developing a relationship and a friendship. Ask them, "How are you, have you used your oils? What did you think? Do you have any questions?" If they ask a question you can't answer, tell them you'll check with your upline and call them back.

4. **Teach Sharing**—We've talked about introducing people, helping them order, and staying in contact with them; next is teaching them how to share with others. You could help them by meeting a few of their friends at their home and share refreshments and oil sto-

ries or explain the website model, and help them get their own website. Teach them about resources available to them—booklets, tapes, brochures, etc. Explain how you've built your business, and what you've seen other leaders do. Establish 3-way calls or meetings with their friends so they learn the language of sharing and enrolling. There's no better way to learn than from an upline leader showing them how it's done.

5. **Leadership**—Lastly, identify, develop, and support leadership. There's no way you can make a leader out of someone who wants to be a customer. Leaders rise up, and let you know they're interested and curious about how to build faster or more effectively. Sometimes you'll notice on a YL genealogy, that a group is developing volume without your help. How delightful! Please stay in contact with your leaders as much as possible. They're always glad to hear from us, and appreciate the fact that we appreciate them. Have local leadership meetings, conference calls, send emails, whatever you can do to let them know how precious they are. It's not about us doing it for them—they are the leaders of their own groups. Acknowledge them for their efforts, and being there for them when they're having a rough day. Our job, as leaders, is to acknowledge, love, train, and support the leaders in our groups.

The most effective way to build a hugely successful YL business is to learn, practice, and get REALLY good at all of these five skills, and then teach them to the leaders in your group. If you are missing any one of them, your efforts will be much less effective. The magic will begin to happen when you are able to teach sharing downline then the people who you are teaching can also teach sharing downline. It takes a lot of time to teach leaders in your group how to share, enroll, communicate, and teach sharing, but it is the best investment of your time that you can make.

In conclusion, most people join Young Living because they love the oils, and it's surprising to find many interested in building a business. They decide, "I'm going to buy these oils anyway, it would be wonderful to be able to create wealth while sharing with others."

Have fun, share as much as you can, dream big, and realize that even though you're only one person, you can make a major difference in the lives of our communities, and those in future generations, teaching them how to live longer, healthier, and happier lives.

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

PANAWAY: A blend of wintergreen (*Gaultheria procumbens*), which has an active constituent similar to cortisone; clove (*Syzygium aromaticum*), which contains eugenol, used by dentists to numb gums; peppermint (*Mentha piperita*), which is calming for nerves; and helichrysum (*Helichrysum italicum*), which is soothing for localized discomfort. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.

76. Apply PanAway topically on an injured area for soothing, anti-inflammatory support.

77. Apply PanAway topically to help soothe your sore muscles after exercising.

78. Rub a drop of PanAway on your temples, forehead, and back of your neck to help with head pressure.

79. Mix PanAway with massage oil and massage on location to help stop growing pains.

80. Rub 1-2 drops of PanAway on your joints to lessen pressure of arthritis.

81. Rub 2-3 drops of PanAway at the base of your spine to help soothe back pain.

82. Massage PanAway diluted with V-6 oil on location or a drop in their food may help the joints of your pets.

PEACE & CALMING: A gentle, fragrant blend of Tangerine (*Citrus nobilis*), orange (*Citrus sinensis*), ylang ylang (*Cananga odorata*), patchouly (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

83. Rub 1-2 drops of Peace & Calming on the bottom of your feet and on your shoulders before bedtime to help you get good quality sleep.

84. Diffuse Peace & Calming in the room to calm overactive or hard to manage children.

85. Mix Peace & Calming with massage oil for a relaxing massage.

86. Put Peace & Calming mixed with Bath Gel Base in warm water for a relaxing bath.

87. Diffuse Peace & Calming while sleeping to help stop nocturnal teeth grinding.

88. Rub Peace & Calming on your stomach to soothe when upset or under stress.

89. Apply Peace & Calming on your shoulders to help ease smoking addictions.

90. Rub Peace & Calming on the paws of animals to help them to remain calm when traveling.

Remember a little goes a long way! Enjoy!

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