



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Scarcity Strikes Twice

by Carl Janicek

In the last few weeks I have lost two long time friends to illness. The first to the physical degeneration and unbearable pain brought on from cancer, and my other friend's demise was brought on by difficult life experiences and severe mental and emotional struggles.

As I feel these losses, I search my own soul for answers. I noticed that sadly, neither of these wonderful guys believed that they could afford to take proper care of themselves. The first of these fellows had paid into an insurance program for many years and felt that the insurance company was obligated to give him the best of care at the least cost. He had been a smoker most his life and had been very frugal regarding his nutritional needs. He often ate TV-type dinners for ease of preparation, and took vitamins occasionally – keeping the costs down to the penny. Even though he was an IT engineer and a very good one, and was well compensated by his company, he felt that his health was something that his insurer was primarily responsible for.

Becoming aware of his declining situation, he found it overwhelming and confusing that he was not able to see a clear path to recovery. He resented the idea that he might have to find help outside his insurer or have to pay for holistic alternative care himself. He resigned to receive the care only his insurer would provide. One day he said, "What I am really worried about is living so long that I can't afford to make my house payments. I really like living here and the doctor can't tell me how long I might have to live." It seemed that he felt he wasn't worth the expense involved to take on a holistic program. And if it worked and extended his life, then how long could he afford to live?

My other friend, who rode to the funeral of the first with me, was also in a state of feeling that he was not valuable in the world. He mourned the loss of our mutual long time pal, along with the many other losses in this last year. He was having a hard time coping. He had lost almost all his money in the stock market, had a heart problem that required hospitalization and he had no insurance. This left him with huge bills, and he was in fear of losing his long-time humble home in the mountains. At 60 years old, he couldn't see making a living doing something for \$10 an hour, nor would it pay his bills. He had also lost his long-time girl friend and life partner in the previous months and was feeling like nothing was working out for him. Even though he lived on a frugal budget, he simply could not make ends meet. The idea of seeking care or assistance from anyone seemed impossible. He did what seemed to him to be his only way out – he ended his own life.

I am very troubled after these experiences. In hindsight, I feel that I should have been more aggressive in presenting the tools Young Living has to offer in these situations. The real or imagined boundaries of my friendships didn't allow me to fully express how valuable the use of essential oils and good nutrition can be, even the most hopeless of circumstances.

For my own healing after the events unfolded, I found the following oils to be of great value: **Three Wise Men** applied on my diaphragm for despair; **Joy** on my solar plexus for feelings of judgment; **Abundance** to remind me that all of life is a universal flow; **Valor** on my feet and behind my ears before bed to help me sleep; and last but not least, **Gratitude** whenever I needed a reminder of how fortunate I was to have these friends in my life for roughly 45 years.



Compliments of James Niederland, LCSW
Psychotherapist & Wellness Consultant

201.906.2994
www.essentialoiltherapies.com
oilman@essentialoiltherapies.com

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Published by Carl Janicek
Produced by Ruby Gibson
© 2009 Medicine Wheel Consultants, Inc.
303-670-7300
messagescent@earthlink.net

Build Your Immune System with Young Living Products

During periods of colds and flu, protect yourself and your family by building your immune system. Young Living Thieves blend can be your greatest ally in this goal. Topically apply **Thieves** on your feet or apply on your children while getting dressed in the morning, and then again when preparing for bed.

Rub three to four drops of **Thieves** on the bottom of each foot for adults; one drop on 1 year olds; two drops on 2 year olds; three drops on 3 year olds up to the age of 10, or for the elderly and those with liver conditions.

At the first sign of a throat infection or sore throat, take Young Living's **Inner Defense**, a powerful oil-based softgel. These liquid softgels dissolve quickly for maximum results, and reinforce systemic defenses, promoting healthy respiratory function. **Inner Defense** supports well-being when the body is stressed. It may strengthen the immune system, protect your bioterrain, and energize your systemic defenses.

If you or someone you know comes down with flu-like symptoms, the first consideration with a viral infection is to realize the rapid rate at which it multiplies and takes over the body. The best treatment will be what I call the "French Intensive" method of applying essential oils as recommended by Dr. Pennoel. Apply essential oils frequently and intensively until you see results.

This particular flu season seems to be targeting the lungs and may cause death through a specific kind of pneumonia.

At the first indication of the flu begin diffusing Young Living essential oils where you live and sleep:

10 drops **Ravensara**

5 drops **Lemon**

5 drops **Lavender**

Mix these oils together in a heat-free diffuser and diffuse until gone, or for at least 15 minutes. Repeat this 3-4 times a day.

Ravensara is specific for pneumonia, **Lemon** excels at killing germs, and **Lavender** helps to heal lung tissue.

Ravensara can also be applied to the soles of your feet. Use three to six drops on each foot for adults. Reapply every hour until you see results, then four times a day until symptoms are gone.

Apply one drop on children 1 year or less (**Ravensara** is safe at this application amount for newborns); two drops for 2 year olds; and three drops for children 3 to 10 years old. For children, apply three to four times a day.

Ravensara is very effective and has an affinity for pneumonia type conditions and has been very effective with application through the feet. For children under 3 years, use one drop of **Ravensara** and one drop of **Eucalyptus Radiata** to one tablespoon of grapeseed and apply.

Apply **Thieves** to the soles of the feet to boost your immune response. For acute situations in adults, apply three to four drops on the sole of each foot every hour during the time you are awake for up to 8 to 10 applications when you first begin to come down with the flu. You may use this application directly after the **Ravensara** foot application.

Peppermint oil can be added to water and used as a sponge bath to help control fever. Add ten to twelve drops of **Peppermint** to a quart jar of warm room temperature distilled water, shake well and pour into a bowl. Soak a wash cloth and wipe down the body of the person with the fever to reduce their temperature. Make sure to monitor the person closely as **Peppermint** can cool a person very quickly and make them chill.

If you are in serious condition or not responding quickly enough, you may need to take essential oils internally. Adults can make capsules of essential oils diluted in olive oil, and children can dilute essential oils and then add them to applesauce.

The following essential oils are on the **GRAS List** (Generally Regarded As Safe for human consumption by the FDA). Keep in mind that phenols found in essential oils can irritate mucus membranes. Do not swallow oils without containing them inside a capsule to protect the tissue of the esophagus.

For adults who do not have a history of liver problems (phenols are hard on the liver), you may take the medium 00 gelatin capsules sold at health food stores, remove the top and fill the large bottom section 3/4 full of olive oil. Next add one drop of **Thyme**, one drop of **Cinnamon** and one drop of **Clove**. Replace the upper part of the cap and ingest one

to two capsules 3 times a day. If you do not experience stomach irritation, increase to two drops of each recommended essential oil. If you experience stomach irritation, dilute essential oils (one drop of each) into one teaspoon of olive oil and then fill your capsules with the more-diluted oil. Do not make more capsules than you can use in 2 to 3 days as they may deteriorate or dissolve.

For children 3 years and older, you may mix one drop of **Tea Tree**, one drop of **Ravensara** and one drop of **Eucalyptus Radiata** into one teaspoon of olive oil. From this diluted mixture, you can add one drop of oil mix to a tablespoon of applesauce and give to the child three times a day. It is recommended to not use essential oils internally for children under three years, but we are encouraged to use them on their feet.

Along with the above protocol, you may need to address depression and anxiety caused when people experience severe traumatic situations and loss.

To help sleep and physical relaxation you can apply **Peace & Calming** to a tissue and slip it inside your pillow case when you are in bed. It can also be diffused in your bedroom.

Geranium is a good balancing and anti-depressive essential oil and could also be diffused or applied to the tissue. The same with **Lavender**; which is known to be a natural relaxer.

In conclusion, here are a couple more recommendations I have for combating the flu. First and foremost, eliminate fast foods, sugar and highly processed foods from your diet as they deplete your immune system and your body. Secondly, supplement your diet with all the essential 90 nutrients that your body requires to function properly. There are also two other Young Living products that I recommend: **K & B** for its ability to help regulate the build up of water in the body and the **ImmuneTune**, which can help to build immune system function.

Disclaimer: This material is for educational purposes only, to create awareness of the threat of the Swine Flu. It does not constitute a medical recommendation. If you believe you are sick you should consult a professional health care provider, preferably one who is familiar with nutrition and aromatherapy.

"One of the most reliable indicators of essential oil quality is the AFNOR (Association French Normalization Organization Regulation) or ISO (International Standards Organization) certification. ISO has set standards for therapeutic-grade essential oils adopted from AFNOR. This standard is more stringent and differentiates true therapeutic-grade essential oils from similar oils with inferior chemistry.

The AFNOR standard was written by a team headed up by the government-certified botanical chemist, Herve Casabianca, PhD, while working with several analytical laboratories throughout France. Dr. Casabianca introduced these standards into North America when he collaborated with me at Young Living Essential Oils in 2000. During that collaboration, the Young Living chemistry laboratory and GSI chromatograph were calibrated to recognized European standards.

Dr. Casabianca recognized that the primary constituents within an essential oil had to occur in certain percentages in order for the oil to be considered therapeutic. He combined his studies with research conducted by other scientists and doctors, including the Central Service Analysis Laboratory certified by the French government for essential oil analysis.

As a result, many oils that are listed as therapeutic-grade such as frankincense or lavender can be checked to see if they do indeed meet AFNOR standards. If some constituents are too high or too low, the oils cannot be certified.

As a general rule, if two or more marker compounds in an essential oil fall outside the prescribed percentages, the oil does not meet the AFNOR standard. It cannot be recognized as therapeutic-grade essential oil, even though it is still of relatively high quality.

Currently, there is no agency responsible for certifying that an essential oil is therapeutic grade. The only indication for a therapeutic-grade oil is if it meets AFNOR or ISO standards. The thera-

peutic effects discussed in this book can only be achieved using essential oils which meet the AFNOR standards.

To my knowledge, Young Living is one of the few essential oil producers in North America that has been collaborating with government-certified analytical chemists in Europe to ensure that their essential oils meet AFNOR standards.

In the United States, few companies use the proper analytical equipment and methods to properly analyze essential oils. Most labs use equipment best-suited for synthetic chemicals, not for natural essential oil analysis. Young Living Essential Oils uses the proper machinery and has made serious efforts to adopt the European testing standards, widely regarded as the "gold standard" for testing essential oils. In addition to operating its analytical equipment on the same standard as the European-certified laboratories, Young Living is continually expanding its analytical chemical library in order to perform more thorough chemical analysis.

Properly analyzing an essential oil by gas chromatography is a complex undertaking. The injection mixture, column diameter and length, and oven temperature must fall within certain parameters. Unless someone has gone to France and Turkey as I have and been trained in the analytical procedures of a gas chromatograph, they will not understand how to accurately test essential oils.

The column length should be at least 50 or 60 meters. However, almost all labs in the United States use a 30-meter column that is not long enough to achieve proper separation of all the essential oil constituents. While 30-meter columns are adequate for analyzing synthetic chemicals and marker compounds in vitamins, minerals and herbal extracts, they are far too short to properly analyze the complex mosaic of natural chemicals found in an essential oil. A longer column also enables double-phased ramping, which makes

it possible to identify constituents that occur in very small percentages by increasing the separation of compounds. Without a longer column, it would be extremely difficult to identify these molecules, especially if they are chemically similar to each other or a marker compound.

While gas chromatography (GC) is an excellent tool for dissecting the anatomy of an essential oil, it does have limitations. Dr. Brian Lawrence, one of the foremost experts on essential oil chemistry, has commented that sometimes it can be difficult to distinguish between natural and synthetic compounds using GC analysis. If synthetic linalyl acetate is added to pure lavender, a GC analysis cannot really tell whether that compound is synthetic or natural, only that it is linalyl acetate. Adding a chiral column can help, however, in distinguishing between synthetic and natural oils. This addition allows the chemist to identify structural varieties of the same compound.

This is why oils must be analyzed by a chemist specially trained on the interpretation of a gas chromatograph chart. The chemist examines the entire chemical fingerprint of the oil to determine its purity and potency, measuring how various compounds in the oil occur in relation to each other. If some chemicals occur in higher quantities than others, these provide important clues to determine if the oil is adulterated or pure.

I have demanded the highest quality oils, insisting that each batch coming to Young Living be tested at either Central Service Laboratory or the Albert Vieille Laboratory, both AFNOR-certified laboratories, by chemists licensed to test therapeutic-grade essential oils.

Adulteration of essential oils will become more and more common as the supply of top-quality essential oils dwindles and demand explodes. These adulterated essential oils will jeopardize the integrity of aromatherapy in the United States and may put many people at risk."

Essential Oil First Aid Kit for Animals and Caregivers

These Young Living therapeutic essential oil products are must-haves for animals and their caregivers! (referenced from the Essential Oil Desk Reference 4th Edition)

SMALL KIT

- ◆ **ANIMAL SCENTS Ointment:** Seals and disinfects open wounds.
- ◆ **EXODUS II:** For infection, inflammation; to promote tissue regeneration.
- ◆ **MOUNTAIN SAVORY:** Reduces inflammation.
- ◆ **MELROSE:** Disinfects open wounds.
- ◆ **ORTHO-EASE:** To dilute essential oils and as a pain-reliever/anti-inflammatory.
- ◆ **PANAWAY:** If the pain originates from a broken bone rather than an open wound, use PanAway. Do not apply PanAway to open, raw wounds because it will sting and traumatize the animal. Instead use Helichrysum and Balsam Fir to reduce bleeding and pain.
- ◆ **PURIFICATION:** More effective than using iodine or hydrogen peroxide for washing and cleansing wounds. It repels ticks, flies and mites.
- ◆ **THIEVES:** For inflammation, infection and bacteria; use for proud flesh (where new tissue continues to rebuild itself causing excessive granulation) to promote tissue regeneration.

EXPANDED KIT

- ◆ **IDAHO BALSAM FIR:** Anticoagulant and anti-inflammatory. Use for throat/lung/sinus infections, fatigue, arthritis/rheumatism, urinary tract infections, scholiosis/lumbago/sciatica. Grounding and centering oil, relaxing to the body.
- ◆ **BASIL:** Powerful antispasmodic, antiviral, antibacterial, anti-inflammatory and muscle relaxant. Use for migraines, throat/lung infections, cramps, insect bites. Helps mental fatigue.
- ◆ **BERGAMOT:** Calming, hormonal support, antibacterial, antidepressant. Use for agitation, anxiety, intestinal parasites, insomnia, viral infections (Herpes).
- ◆ **EUCALYPTUS:** Expectorant, mucolytic, antimicrobial, antibacterial, antifungal, antiviral. Use for respiratory/sinus infections, decongestant, rheumatism/ar-

thritis. Many varieties all promote health, wellbeing, purification and healing.

- ◆ **FRANKINCENSE:** Antitumoral, immuno-stimulant, antidepressant and muscle relaxant. Use for cancer, respiratory infections, inflammation and immune-stimulation. Increase spiritual awareness, improves attitude and uplifts spirits.
- ◆ **HELICHRYSUM:** Anticoagulant, anesthetic, antispasmodic, antiviral, liver protectant/detoxifier, chelates chemicals and toxins, and regenerates nerves. Use for herpes virus, arteriosclerosis, atherosclerosis, hypertension, blood clots, liver disorders, circulatory disorders, skin conditions (eczema, psoriasis, scar tissue).
- ◆ **LAVENDER:** Antiseptic, antifungal, analgesic, antitumoral, anticonvulsant, vasodilating, relaxant, anti-inflammatory, reduces blood fat/cholesterol. Use for respiratory infections, high blood pressure, arteriosclerosis, skin conditions, quick healing of burns, hair loss, insomnia and nervous tension. Calming, relaxing and balancing physically and emotionally.
- ◆ **LEMONGRASS:** Antifungal, antibacterial, aniparasitic, anti-inflammatory, regenerates connective tissue and ligaments, dilates blood vessels, improves circulation, promotes proper lymph flow. For bladder infection, respiratory/sinus infection, digestive problems, parasites, torn ligaments/muscles, fluid retention.
- ◆ **MARJORAM:** Antibacterial, antifungal, vasodilator, lowers blood pressure, promotes intestinal peristalsis, expectorant and mucolytic. Use for arthritis/rheumatism, headaches, muscle/nerve pain, circulatory disorders, respiratory infections, fungal infections (ringworm, shingles) sores, spasms, fluid retention.
- ◆ **TEA TREE OIL** (Melaleuca Alternifolia): Powerful antibacterial, antifungal, antiviral, antiparasitic, anti-inflammatory. Use for fungal infections, tooth/gum disease, hypertension, skin conditions.
- ◆ **VALERIAN:** Sedative and tranquilizing to the central nervous system. Use for insomnia and anxiety.

Blow Flies and Horses by Artemis

Blow flies drive my horse and pet sheep mad in summer! The good news is that we have essential oils which deter insects from both humans and animals. The best blend to use is Young Living **Purification** oil, which contains **Citronella**. You can use **Palo Santo** oil instead and it works just as well as a mosquito deterrent when rubbed on skin.

My horse had a severe sinus infection and swollen eyes. I rubbed a few drops of **Purification** neat (undiluted) around his eyes, and the flies stayed away. (Be very careful not to get in their eyes.) The challenge is to keep the essential oil on, since it is absorbed easily through the skin, and the effect gradually diminishes after time.

It's a good idea to find a way to make the oil stick to the coat longer. My sister is an equestrian instructor, and has been successful treating Queensland Itch (and flies) on her horses using a blend of Young Living essential oils. Here are her suggestions:

- ✓ Rub the essential oil on neat (this is fine if you are addressing a small area, like a wound or around the eyes, but it's impractical on a large animal).
- ✓ Mix the essential oil with water and spray on coat. The problem is that it doesn't stay on the coat long enough.
- ✓ Mix the essential oil with vegetable oil like V-6, and spray on the coat using a trigger spray container. The thick vegetable oil comes out of the trigger device in blobs, so to get even coverage, smooth it over their coat with your hands. The other disadvantage using a carrier oil is that dirt sticks to it and their coat. The upside is that you only need to reapply every 2 to 3 days.
- ✓ Add oils to aloe vera gel and rub it onto the horse's coat. This is very successful, although needs reapplying once a day. The aloe vera gel doesn't attract dirt. Use a light weight rug for rugging the horses over summer, and then apply aloe vera and oil to exposed areas.
- ✓ A good blend: 3 drops each of the following essential oils into about 250ml of Aloe Vera gel. Play with the concentration until you find what works best:
 - Purification ● Eucalyptus Radiata
 - Peppermint ● Pine
 - Lavender ● Roman Chamomile

Stress: *The Stealth Disease*

The disturbing fact about stress is that we are not conscious of what it is doing to us – until physical symptoms occur. The stress response is sometimes referred to as the “*fight-or-flight*” response. It is the way your body switches into high gear to prepare for a physical threat. It causes enormous changes in the body to make available more energy, speed, concentration and agility, in preparation for battle.

Here's how it works:

- In response to a real or perceived threat, the hypothalamus, a tiny region of the brain located near the top of the sinus cavity and part of the limbic system, sets off a complex alarm system throughout the body, using nerve and hormone signals.
- These signals first stimulate the adrenal glands, located on top of the kidneys, to rapidly increase the release of several stress hormones, particularly adrenaline and cortisol.
- In response to these hormones, the heart rate, blood pressure, and blood sugar all increase.
- Very complex reactions occur within multiple areas of the limbic system which control and effects mood, motivation and fear.

This cycle usually works to our advantage as long as the perceived threat is dealt with and eliminated (or run from) within a reasonable period of time. The body's mechanisms automatically self-regulate and turn off the alarm system when the threat passes. Stress becomes a pernicious problem, however, if the threat never leaves. And that's the kind of stress our modern society is now creating. For too many of us, the stress alarm system NEVER shuts off!

When the body stays in this “full-alert” status for long periods of time, dangerous things begin to happen:

- Overexposure to cortisol and overproduction of adrenalin, leave the adrenal glands exhausted and no longer able to support normal body functions.
- The suppressed systems – digestive, immune, reproductive, growth – can't perform their jobs properly and the eventual result is stomach disorders, frequent bouts with disease, infertility/lack of libido, and poor muscle/organ health.
- Chronic stress is known to intensify inflammation, and can trigger or worsen diabetes.
- This disruption creates serious risk for a variety of other problems – obesity, insomnia, digestive upset, heart disease, depression, cancer, memory loss, and other physical diseases.



SYMPTOMS OF STRESS

- Insomnia
- Weight gain
- Skin breakouts
- Stiff muscles
- Nausea and dizziness
- Chest and heart pains
 - Frequent colds
 - Loss of sex drive
- Weakened immune function
- Headaches, neckaches, backaches
- Frequent diarrhea or constipation

10 ESSENTIAL OILS

For Stress Relief

Roman Chamomile: Restful sleep aid and central nervous system calmant. Place a drop or two on your temples or back of your neck just prior to sleep or facing a stressful situation. Helpful for children and adults that are cranky, irritable or impatient.

Cedarwood: Stress-relieving oil that stimulates the limbic system of the brain, specifically the pineal gland which releases melatonin (anti-cancer hormone that establishes sleep cycles and brings stability).

Lavender: A calmant, Lavender is the classic adaptogen oil that can soothe and balance almost any personality. Apply before bedtime on pillow, or breathe deeply to significantly decrease anxiety.

Neroli: An absolute distilled from the blossoms of the bitter orange tree. Strengthens/stabilizes emotions, encourages confidence, hopefulness & peace. Helpful for frigidty. Found in Present Time & Inner Child.

Valerian: One of the most commonly researched of all stress-relieving essential oils. producing positive results in studies on sleep enhancement.

Jasmine: An absolute oil that can alleviate depression, Jasmine is the aroma of a delicate flower, distilled from enormous amounts of blossoms that are picked at night to maximize aroma. May help to quiet mental stress and release headache tension.

Sandalwood: Used as an aid for meditation and spiritual growth, it has a profound influence on the brain through the limbic system. It is balancing in many ways. Apply on temples, forehead and back of neck.

Orange: Researchers found that orange oil “markedly reduced the amount of antidepressants necessary” to treat depression, and it restored endocrine and immune function to normal levels. Diffuse daily.

Frankincense: Long known for its spiritual qualities, it is rich in sesquiterpene molecules which stimulate many of the centers of the limbic system – hypothalamus, pineal and pituitary glands. Apply on solar plexus.

Ylang Ylang: A “spiritual oil” which empowers one to reach an internal spiritual unity, filtering out negative energy and focusing thought on confidence and peace. It is considered to have aphrodisiac properties.

The information in this article is gratefully excerpted from
10 Essential Oils: Natural Solutions for Stress Relief
without Prescription Drugs • An Essential Science Brochure
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ADHD TESTIMONIAL

Our 2-year-old son, James, has recently been diagnosed by professionals as having early signs of ADHD. He is too young to be truly diagnosed, as he is not in school and the diagnosis is usually made closer to six years of age.

A family friend who works with children noticed his behavior was "abnormal." We had just assumed that he was a "busy" boy as he is our oldest child and so we had nothing to compare to. Later, we found out that some of his behaviors are typical of the ADHD diagnosis, such as: constant inattention (even when playing), being unfocused when given tasks, and constantly moving around with an inability to sit still. These are just a few of the behaviors our friend noticed. We learned this is a neurological disorder, not a behavioral or psychological disorder.

The "busyness" caused a problem when it started affecting his sleep - or lack thereof. James found it hard to relax enough to fall asleep. His whole body would actually flop around on the bed - seeming to be uncomfortable and trying to find just the right position. Then, when he did fall asleep it would not be for long, waking up several times a night. Most times he would cry or be upset.

We attended an OT evaluation in which the therapist agreed he did have some signs and symptoms of ADHD. She gave us strategies on how to manage, especially at night. She suggested things we could physically do to help his body calm down, including sensory integration; using weights around his waist or ankles; swaddling him in his blanket on nights when he was inconsolable; and using squishy balls for him to squeeze when anxious. Those measures helped a bit but she warned us we would probably not see immediate results.

Then, my mother put me in contact with Nancy Sanderson. She is a wonderfully giving woman who shared with me the positive effects that Young Living Essential Oils have had for others with anxious children. I signed up that day and Nancy helped me place an order focusing on the specific oils that were shown to help anxious children: *Peace & Calming, Vetiver, Lavender, and Brain Power.*

I received my order and that evening after my son's bath I put *Vetiver* on his temples, his feet, and his upper back. I did a deep massage with the added benefit of the oil to relax him. That night I noticed an immediate difference. Before going to bed, he played with his cars and trucks for about 45 minutes - very unusual. When lying down to go to sleep he did not flip/flop like usual. We were able to talk about the day and things of interest to him before he fell asleep. He went to bed around 9:30 that night and slept until 9:00 the next morning - very unusual! He slept in the exact same position he fell asleep in, so I know he didn't toss and turn much during the night either. The next morning he seemed much more rested and was quite happy.

When the child development professional came for her usual meeting with James, she noticed a difference as James was able to focus on the tasks she asked him to do and wasn't running wild around us. James is still our lovable, carefree, busy boy, just a different kind of busy. He is able to focus on things for longer periods of time and can actually sit for several stories or games. I immediately ordered the diffuser so that I can diffuse oils in his bedroom at night, as well as putting the oils on him. I am truly impressed with Young Living oils so far and plan to continue using them in the future to help my son as well as our whole family. - *Rhonda Sielinsky*

Young Living's Recommendation for Putting Essential Oils in Water Bottles

It is safe to put the essential oils in water bottles that are either HDPE, PE, PETE, or PP. Any other container type such as wood, bone, horn, brass, silver, aluminum or other types of plastics should be avoided. Also the water bottles can be used over again.

Please be aware though that we do not recommend using great amounts of the oils in water bottles. When adding the oils to water bottles, a few drops or less will generally suffice. If you have any other questions or concerns, please feel free to contact us via e-mail at custserv@youngliving.com or one of our Customer Service representatives via phone at 1-800-371-3515.

Sincerely, Customer Service, Distributor Network Services, Young Living® Essential Oils



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
Saturday 10am to 5pm, MST
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Osmond Finds Health With Help of Local Clinic By Merrill Osmond

My name is Merrill Osmond. The story of my life is made up of many layers. One may see the glamour of being in the spotlight, out in front of thousands of screaming fans, but a closer look would reveal the heartaches and the illnesses that have accompanied and plagued me throughout life.

I am writing this article not to receive sympathy, but to create an awareness of what I have found and how it has helped me get through the times when my health has not been as good as it should be.

I would like to start out by telling you a little about my family and me. I have a beautiful, loving wife and six wonderful children. We have always been a close family, one that cares about each other dearly and is always looking out for one another. Recently, my health challenges have become more noticeable to those closest to me.

My family grew very concerned and was determined to find a solution to my health issues. Many things were tried, and for a while, it seemed my symptoms were resolved. The disappointment and frustration soon returned, however, as the symptoms each time not only returned, but got progressively worse.

One day, one of my children approached me with a suggestion. He told me of Young Life Research Clinic - Institute of Natural Medicine located in Springville, Utah. He said they practiced natural medicine using essential oils. Upon hearing the words "natural medicine", I became doubtful and swept the suggestion quickly away. Over time, however, I became curious and started to do some research. I discovered that more than 45 percent of Americans today are seeking natural methods to recapture their health.

I finally could not withstand the urgings of my family any longer. I set a day with

Young Life Research Clinic that would be completely devoted to diagnosing and understanding my health.

When I arrived, I met with Dr. David K. Hill, the clinic's administrator. Dr. Hill explained the need to not only understand my symptoms, but more importantly, why they occurred. He expressed their interest for finding and treating the underlying causes of my illness.

My first understanding of this came while my blood was checked using high resolution dark field microscopy. Young Life Research Clinic uses this unique and effective assessment for hundreds of patients from around the world each year. I was provided with an immediate individual assessment of my blood from no more than a tiny pinprick. This tiny sample was viewed by the Physician and myself as the analysis was performed immediately. No waiting for days for blood work and tests to be returned.

My blood was reviewed for parasitic activity, yeast growth, bacterial growth, clumping of cells – anomalies that are not typically ordered in traditional blood testing. My blood was also evaluated for, among other things, nutritional deficiencies and signs of free radical damage.

Throughout the day, I was amazed at the thoroughness of all the therapies and diagnostics given me. I not only met with one Physician, but with a few. I was able to get more than one opinion. That is not where it ended. All the Physicians met together to discuss what each had discovered concerning my health. I felt that they truly cared and were determined to help me regain my health.

Educational classes were offered during my time at Young Life Research Clinic. These classes discussed the benefit of each therapy, how to receive proper nutrition, and how to prevent illness. I have learned that the best cure is prevention and have begun to change many areas of my life to reflect that principle.

After leaving the clinic that first day and having consulted with their Physicians about a plan of action, I felt something that I had not felt in a long time. Hope!

The Physicians at Young Life Research Clinic placed me on my own personalized protocol. I was able to return back to the clinic to continue the therapies and treatments I needed. I was monitored every step of the way. I was able to see the progress I was making, and it surprised me how little time it took for me to start making improvements.

I have learned that the worldwide vision of Young Life Research Clinic - Institute of Natural Medicine is to empower the body's innate ability to create and maintain optimal health. It encompasses a comprehensive innovative approach to physical, emotional and spiritual well being. My body is being cleansed and revitalized naturally.

I am starting to recapture my health. I am not at a full 100 percent, but I am much closer than I used to be. My family has seen the difference in me, and I feel like I have a second chance at life. I never could have done it without Young Life Research Clinic. We are blessed to have a clinic of this magnitude here in the Utah Valley. Their therapies truly have brought life back to me.

My personal invitation for you is to investigate Young Life Research Clinic for yourself. From personal experience, I know they are anxious and willing to help and can provide answers which previously have not been found. Young Life Research Clinic has the experience and the knowledge needed for serious health issues as well as general health concerns.

Yours in Health "Naturally",
Merrill Osmond

(Note: The Young Life Research Clinic in Utah is now closed, but the Nova Vita Clinic in Quayaquil, Ecuador is open. Contact: Email: novavita@gye.satnet.net or call (out of country): 011-593-4288-3480)

A man in a dark suit and white shirt is shown in profile, looking intently at a large, open book he is holding. The book's pages are illuminated from within, creating a bright, ethereal glow that casts a soft light on his face and the surrounding dark environment. The background is dark and textured, suggesting a night sky or a dimly lit interior. The overall mood is one of intellectual pursuit and enlightenment.

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