



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Alternative Medicine Soars as Pharmaceuticals Sour by Ethan Huff, citizen journalist

(NaturalNews) For those not familiar with the term, integrative medicine signifies the joining of conventional medical practice with alternative methods utilizing a complementary approach. Due to rapidly growing interest among the general population in treatments other than conventional drugs and surgery, many in mainstream medicine are adopting this dual modus operandi when it comes to prescribing treatment options to their patients. In other words, with alternative medicine on the rise, conventional medicine is quickly becoming an outmoded remnant of the past.

According to the National Center for Complementary and Alternative Medicine (NCCAM), roughly 38 percent of adults and 12 percent of children utilize some form of alternative medicine or treatment. According to a 2007 survey conducted by NCCAM, adults in the U.S. spent nearly \$34 billion in out-of-pocket expenses in order to obtain alternative treatments. This figure does not take into account alternative services covered by insurance reimbursement, signifying an even greater unknown amount expended for alternative treatments.

Of the roughly \$34 billion spent, 65 percent was for "self-care" treatment in the form of natural products and supplements, homeopathic medicine, and various exercise and physical fitness classes. The other 35 percent comprised general alternative practitioner costs.

Despite a ruinous economy, dietary supplement sales in particular have seen continued growth over the past several

years. According to research conducted by Nutrition Business Journal, dietary supplement sales increased 6 percent to \$25.2 billion in 2008. The year prior also saw a 6 percent increase, despite slowing growth in most other product sectors.

Meanwhile, growth in prescription drug sales has been rapidly declining for the past eight years, slowing by 52 percent in 2007 over 2006 figures, and plunging a whopping 65 percent in 2008. Overall, growth in pharmaceutical drug sales has been dwindling since 2001, a sign that the tides may definitively be turning in favor of alternative and natural remedies.

Many insurance companies are also now covering alternative therapies including chiropractic care, acupuncture, massages, biofeedback, and herbal remedies. Some even offer discounted memberships to health clubs and other wellness incentive programs to encourage disease prevention and healthy living. After all, prevention is the best medicine as far as insurance companies are concerned as it saves them money in the long run.

Integrating medicine is proving to serve as an amiable catalyst for educating the public about the legitimacy and superiority of a natural, preventive approach to health care. It is guiding public thought away from the reactional symptom management paradigm toward natural disease remediation and prevention. As a result, what was once considered alternative is quickly becoming the new conventional.

Editors note: *This timely article validates the Young Living community's commitment to natural products that enhance health, and offer research and strategy for longevity, health and wellness. Join us today and everyday by sharing the vision!*



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ALERT UPDATE OF THE MONTH

Whole Foods Market Bows to OCA Pressure—Promises to Sell Significantly More Organics in 2010
From Organic Bytes, 8.12.09

The emperor of natural foods, Whole Foods Market (WFM), has no clothes. Throughout the 2009 summer months, Organic Consumer Association (OCA) has been alerting organic consumers to the troubling fact that the overwhelming majority of grocery items (approximately 2/3) sold by WFM, even their private label “365” brand, are not certified organic, but rather so-called “natural” products that are typically just conventional products in disguise. After being defensive and unresponsive at first (basically saying “we sell more” organic food than any other retailer), and after putting pressure on OCA’s advertisers to stop supporting us, WFM seems to finally be “seeing the light.”

After thousands of emails from OCA members demanding that the company stop selling so many bogus “natural products” and embrace its stated mission to sell healthy organic foods, WFM’s executives apparently realized last week that OCA will not shut up, and that they have a major problem on their hands. You can’t just simply proclaim that you are a leader in selling organic foods, you must actually walk your talk.

Last week, WFM announced it was launching a new “healthy eating” initiative with a greater emphasis on organics. In a highly publicized speech in the UK, John Mackey confessed the company’s product selection had veered off course. The OCA will be monitoring WFM’s practices closely to make sure that the giant retailer’s actions match its rhetoric. Instead of 2/3 of its sales being so-called “natural” products”, (with only 1/3 certified organic), OCA wants to see 2/3 of WFM’s sales be organic by the end of 2010.

MESSAGE SCENT NEWS

TRAVEL TIPS BEFORE FLYING

for the respiratory tract
by Linda Penkala on her way to the Young Living Convention 9.16.09

Embarking on a trip to our annual Young Living convention in Minnesota, I thought it wise to use essential oils before taking to the skies—at the mercy of the cabin air and the passengers.

While dressing and before socks, I place 3-4 drops of **Thieves** blend on the inside of my feet from the big toe to the inside of the heel, then rub my two feet together. Exact placement here enables the oils to enter the entire body through the corresponding spinal column Vitaflex points. Many moms apply **Thieves** to their kids’ feet when they are in school as an immune system booster and for protection from others germs.

Next I support my lymphatic system and respiratory system by placing in my hands a few drops of **Thieves** and **Lavender** and apply them around my neck (front, back and sides), throat, lungs and upper chest. These oils both support the lungs and immune system, and truly smell great together. This is my perfume for the day. **Thieves** blend has **clove, lemon, cinnamon bark, Eucalyptus radiata**, and rosemary, and is our most potent ally for this flu season to keep our immune systems strong.

As my dad always said, “The greatest offense is a good defense.” I like to use that saying now, as many people are resorting to flu shots, when we really need to be conversing about and attending to our precious im-

mune systems. Nature’s medicines, not synthetic man-made products, hold the answers to our health care in the form of powerful supportive oils from Young Living.

Next, I take that same **Thieves / Lavender** blend in my hand (3 drops of each) and absorb it with a cotton ball. I take the cotton ball and place it in my bra and I leave it there for the whole trip, so that it is available if I need to smell it or rub it on my throat or neck. Wearing an open neck shirt allows me to smell this scent for hours. As for the men, you can put this cotton ball in the pocket of your shirt or your pants, as long as there is nothing else in there.

Lastly, before walking out the door to the airport, I take a drop each of **Thieves** and **Lavender** in my hand and deeply inhale for a few minutes, then I touch my pinkie to my nose and place a bit of oil there so that it acts as a protective barrier. The remaining oil goes on the back of my neck because the nerves to my sinus area are in the cervical vertebrae of my spinal cord.

So, happy flying! I leave you with this cute oil story I have heard over the years. An essential oil person was traveling on a plane and there was a very unhappy little child nearby making much fuss and noise, to the distaste of other passengers. Knowing that **Peace & Calming** can effect others by simply wearing it, she put it on, and proceeded to walk past this child very slowly and then eventually back again. Alas! A quiet plane and probably a happy mom!

Aromatherapy Reduces the Need for Bipolar Drugs

by Dianne Hansen 11.11.08

In Europe, the use of aromatherapy in hospitals, nursing homes, and medical facilities of all types is commonplace. In the United States, little by little, we are waking up to the beneficial and therapeutic uses for essential oils in the health care industry. In fact, there are now more than a few nursing homes employing Young Living Essential Oils in the private rooms, the public sitting rooms, and the dining areas. I want you to know that brand-X aromatherapy oils don't have these powerful effects. Please be aware of that!

One specific nursing home is using 14 diffusers throughout the building, and I will quote their results here. **Lavender** for behavior control is common; and **Lavender** oil for the promotion of sleep is also common. **Peppermint**, on the other hand, is used for improved alertness. **Peace & Calming** is used for behavior control. **Lemon** (which kills e-coli) is diffused also for infection control; **Purification** and **Thieves** are powerful and used alternately with **Lemon** for intense infection control.

For residents with difficult behavioral issues, **Lavender** or **Peace & Calming** are diffused in their independent rooms. **Peppermint** (10-15 drops) is diffused in the recreation room while residents are having an activity. **Lavender** (10-15 drops) is diffused in lunch areas or TV room in the afternoon between 2-4 p.m.

Simple therapeutic aromatherapy enables all people, including bipolar people, to come down off anti-depressants, anti-psychotic meds, anti-anxiety meds, anti-hypnotic drugs. The nursing home in the spotlight here kept records of the number of residents able to decrease their meds or discontinue them altogether. Between January and March 2008, 7 residents decreased their

anti-psychotic drugs, 9 came off altogether; 3 reduced their anti-anxiety meds, 4 came off altogether; 4 reduced the dosage of their anti-depressants; 3 discontinued their anti-depressants.

Young Living Essential Oils can play an important part in reducing the use of psychotropic drugs for bipolar people of all ages, and others involved with antidepressants and related medications.

SUCCESS! BIPOLAR MANAGEMENT IN LESS THAN A YEAR

Bipolar illness/manic depression can be directed, manipulated, managed without the use of drugs. The protocol below was developed and found effective with my husband Dave. Here is his testimonial:

"I'm Dave Hansen and I approve what Dianne has told you. I remember periods of aches and pains, inflamed joints, lethargy and brain fog so bad, I'd miss two-three weeks of work at a time. I was often too tired to stay awake and too sore to sleep. I had several small episodes of manic highs followed by weeks of deep depression. Sports, which I love, were out. I was able to mask the pain while working or having fun, but I could only "grin and bear it" for so long; and then I'd fall into a terribly painful period of recovery.

7 WAYS TO MANAGE BIPOLAR WITHOUT DRUGS

1. Change your diet. You won't have great success in changing your body unless you change what you eat. Drugs, food and drink affect your body chemistry. So, be brave! Try something new...Begin to move away from processed foods and white flour, white sugar, substitute sugars and fats. Emphasize fresh vegetables and fruits. Eat meat before 2 p.m., not later. Eat moderately. Drink a minimum of two quarts of water a day. No sodas, no store-bought juices, less and less caffeine. Drink alkaline water only.

2. Balance your pH. Don't allow your body to be acidic. It makes you uptight. You can affect your pH by eating more vegetables, especially greens. It's practically impossible to make long lasting changes in your pH balance if you don't completely revamp your diet. With almost every meal, eat a side of fresh greens. Be picky and use organic whenever possible. Change the percentage of alkaline foods in your diet to 80%! Use Young Living AlkaLime daily.

3. Build up your antioxidant levels with NingXia Red.

4. Lessen your exposure to all power sources, including the terrifically harmful microwave. Don't microwave your food. We actually protect ourselves from EMF (electromagnetic frequency) with special circuitry from Earthcalm (online), and highly recommend this protection, especially in big cities.

5. Balance your hormones by alkalinizing your body and taking supplementation. After much research and experimenting, we choose to use YL Endogize. It helps men and women to bring testosterone into balance.

6. Use therapeutic quality essential oils as medicine, pain relief, preventative medicine, emotional help, sleep aid, healing of bones and ligaments and nerves, plus food and drink flavorings. You can ease away from drugs by slowly adding in Young Living essential oils with guidance from your health care provider.

7. Cleanse your body of toxins and mercury in your teeth. This has to be done carefully with support. Dave had constant infections around his teeth and on the roof of his mouth. Infections will drain your strength and most people harbor infections without knowing it. When your body is acidic, as all bipolar people's bodies are, the heavy metals are picked up and stored in fat cells.

These things worked for us, and with the help of YL products, we hope they will work for you too!

NEW PRODUCTS & UPDATES YOUNG LIVING CONVENTION 2009

With gratitude to the Young Living Distributors who attended and transcribed their Convention experience! Please note that this information comes from notes about lectures and break-out sessions and may contain errors.

With almost 4,000 oilers in attendance, Gary Young began general session mentioning the new oil he found in the Equadorian jungle:

OCOTEA: a disinfectant, anti-diarrhea, and reducer of glucose levels. It is also an anti-inflammatory and the alpha humulene - 9% reduces swelling. Ocotea works as a blood glucose regulator, as a food stimulant, as an anti diaphoretic, and a disinfectant. Three drops under the tongue reduces the glucose level immediately, and works for any kind of blood sugar imbalance. After the blood sugar is balanced, weight will begin to drop off. It will eliminate Candida and parasites. Use it for athletes foot or any foot fungus. Gary said that Juvenile Diabetes, which was previously thought to be untreatable in youngsters, can be treated with Ocotea. It requires balancing their blood sugar level, which this oil can do.

COPIABA: use mainly for inflammation and swelling or edema, has been used by South American countries in various forms of creams, lotions, etc. We saw this first hand as they videoed natural pharmacists in many countries and asked about this oil. Gary mentioned the diversity of Copaiba as an anti-anxiety, anti-melanoma, and an extreme amplifier of any other oil. Therefore, if you wanted extreme Peace & Calming, you would add Copiaba to it and receive more intense peace.

STRESS AWAY ROLL ON: Copiaba (an anti-inflammatory and anti-spasmodic), Vanilla (a mood modulator and appetite suppressant), Cedarwood (calming), Lime (restorative and anti-stress) Ocotea (anti-inflammatory) and Lavandula (relaxant and stress reducer). Gary said, "I have not met one person who has smelled this and has not liked it, as the lime/vanilla tones are light, and refreshing, not overwhelming." Use as an anti-inflammatory for achy joints, for tension, anxiety, and for mood-modulating.

RUTAVALA ROLL ON: Ruta (increases drowsiness), Valerian (promotes sleepiness) Lavender (reduces cortisol and balances hormones). Rolling on the rim of your ear or brain stem is always a great choice before bed. Excellent anti-depressant, brain and hormone balancer.

SLEEP ESSENCE: this new sleep aid pill with Vetiver, Valerian and melatonin, among others. The first night I took one, as I need help with sleep, and it definitely mellowed me out. It is simpler than applying many oils that you may need to promote sleep.

TIP: Always shake the Roll-On's first before dispensing them. Gary also mentioned that you can roll RutaVala on your tongue.

ISH PINGO and OCOTEA: Ish Pingo is made from the flower of the same tree that the new Ocotea Oil comes from. Gary showed a home video of what it was like to go in the Andes Mountains to locate this tree. One variety of the tree had a sweeter oil, that one being the Angilique tree, (which they seemed to be looking for.) The tree is cut up into 75 pound bundles and hauled by human back to a bush plane. The plane then takes the oil to a road (a far distance away, as the road systems in the Andes are quite sparse) where it is picked up and driven back by truck to be distilled. The tree grows to 80 feet in height and can have a diameter of up to 36 feet.

Gary called this oil "Helichrysum on Steroids", stating that this oil is the ultimate amplifier to other oils, and will intensify the action of all oils. Natives call this the *Tree of Virtue*, and animals rub up against it to get the properties from the tree. The flower is harvested in September and Mary brought a suitcase full of the first crop of Ish Pingo with her, (which was selling for almost \$150 a bottle at the Convention.) It is not listed in the inventory of YL new products yet. The flower has a sweet cinnamon flavor and is good for anti-bacterial and parasitical reasons. One drop in pure water can be digested by mouth. Gary took this oil and used it to flavor chocolate bars, which was another item introduced at the Convention.

ANTI-OXIDANT ORGANIC CHOCOLATE: Of course Gary Young asked the audience a broad question, "How many people are still drinking coffee and eating chocolate?" You can imagine that many raised their hands, much to his chagrin. He shared that he has been working on making a healthy chocolate bar for us for three years. After two years and five unsuccessful attempts to make pure chocolate not using the process of fermenting and baking the cacao beans, which is very toxic to the liver, he finally found Elissa MacDonald. This fellow researcher was also looking for a way to make healthy chocolate with a cooler temperature, thus saving the integrity and nutritional value of the chocolate. It is then sweetened with raw panela (sugar cane) and raw vanilla, and is very low on the glycemic index. Even diabetics can eat this chocolate, and I can testify that it did not give me a migraine headache as every other type of "natural" chocolate does. Flavors are Peppermint, Ocotea and Tangerine. All three are delicious, they are not too strong with bitterness or sweetness, and the oil really adds to the flavor.

CASE STUDY WORKSHOP: I attended the case study workshop by Dr. Larry Padgett

and Dr. Jamie Naughton. Dr. Padgett is a team surgeon for football teams and does orthopaedic surgery on shoulders, knees, etc. Jamie had torn every attachment in her knee from a skiing accident. Larry showed some compelling surgery slides to reveal the damage and reconstruction needed. The bottom line I heard from them both was the beautiful western and eastern integration of healing from yoga, oils, and allopathic rehabilitation. Using **Pan Away**, **Frankincense**, **Valor** and **Peppermint** on her knee, the inflammation period was cut short, so the surgery could move forward. I did learn the value of layering many oils over a site for maximum benefit.

WOMEN'S HEALTH CONCERNS: Dr. Dan Puser spoke of the 7 Top Women's Health concerns; mostly about the Pituitary (master hormone gland) loop in the brain. He explained the Progesterone/Estrogen shift as we enter Menopause and the need for Progesterone. Our **Progressence** has **Clary Sage**, **Fennel**, etc. that can help with hot flashes, migraines, sleep initiation, and decrease the risk of breast cancer. His website is www.aespmi.com to learn more.

ANIMALS AND OILS: The most eye opening workshop I took was the one on animals and oils with Nancy Weber, RN. She gently reminded us that our pets are like a canary in a coal mine - if our pets are sick we should check our homes and environments. To offer them and ourselves a green, chemical free house is best for the health of all. Nancy shared that the auto-immune diseases and cancer we see in animals is from vaccines and antibiotics, and that oils and natural products are best for our furry friends, as pharmaceuticals should NOT be the front line defense, but used ONLY in an emergency. Cats are much more sensitive to essential oils, so do not use the hot ones, such as **Cinnamon**, **Lemongrass**, **Oregano** or **Thyme**. **Peppermint** on dogs lowers their temperature, so be careful. Oils to diffuse to support their immune systems are: **Peace & Calming**, **Lavender**, **Idaho Balsam Fir** and **Purification**. The size, weight and age all determine the application amount. Nancy has an Animal Scent Newsletter; go to www.nancysentme.info to see more. I know that I will incorporate what I learned to reach out to more horses, dogs, and cats so they can equally benefit from these gifts.

SOCIAL MEDIA WORKSHOP: As more folks are learning and purchasing natural products on line, our presence can be made simple through websites and Facebook, Twitter, Linked In, etc. Here is the educational poster site should you wish to check out www.livingAnointed.com as it is a free on-line resource available for all.

Happy Oiling!

I must say that I am truly glad I made the trip to convention! It wasn't easy, but I took 3 days to get there. My husband wasn't going to go with me and then at the last minute his work trip was canceled. His work let him take off and go with me. Let me tell you, he wasn't ready for this as he was deeply disappointed with not getting the training he so desired at work. He has been all wrapped up for about 4-5 years now, holding all of his feelings in. After having been around all the oils at convention, it has changed him!!! He is back to being his old self again and talking with me everyday, I mean really talking! WOW! I never imagined how great this convention would be for me, let alone him.

- Cinda Reeves, LMT



2009

Young Living's Grand Convention was an essential oil celebration for over 4,000 smiling visionaries. People from all over the world experienced sharing the "One" world of "Wellness, Purpose, and Abundance." Coming together in great harmony, those of us who were fortunate enough to attend found ourselves fully immersed in the high energy of our gathering, expressing our highest potentials and taking in knowledge in our own unique and individual ways.

Remember to make the highest choices for yourself and those who you share this short life on earth with. **Remember** that the gifts of nature and the knowledge that Young Living provides to us allow for growth and inspiration in ways that are beyond the understanding of those who have yet to experience what it is to be truly and enthusiastically **ALIVE** in this wonderful world. And yes, Young Living provides health and wealth for people who know what planet they are living on. **Remember** to share the potential of our valuable life on this earth with those who are able to listen. Gratitude, Carl Janicek

Have you heard the latest from convention? As announced at our Leadership Luncheon by Steve Bentley, Young Living is now offering direct deposit for all Executives and above. The service will begin January of 2010, so sign up now and Young Living will begin depositing your checks directly into the account of your choice!

Mark the date!

**GRAND CONVENTION 2010
SALT LAKE CITY, UT**

June 16-19, 2010

Join Young Living as it transports you to the Middle-Eastern deserts of the Empty Quarter, in search of frankincense at Grand Convention 2010.

~ Learn as secrets from the ancient world are revealed

~ Witness the unveiling of new products never experienced by the western world

~ Enter to win an autographed copy of Gary's new book

~ Visit Young Living's lavender farm in Mona, Utah



GARY YOUNG'S CONFERENCE CALL FROM WARSAW, POLAND

April 2009 written by Joy Linsley

Gary Young's latest venture consisted of taking a team to the Arabian Peninsula—Oman, Saudi Arabia, Yemen, Jordan and Israel. He had a multiple-item agenda: (1) To locate the very finest, most effective species of Frankincense; (2) To make arrangements with the locals to export it to Young Living; (3) To determine if anyone else is buying and exporting this Frankincense (they are not); (4) To gather film, records, and materials to make a movie about this historical area and the sacred trails; and (5) to write a book on the subject.

The journey was rigorous, climbing rugged mountains in intense heat, getting little sleep as they traveled from place to place, and even having some real adventures, such as having their camera equipment taken. It felt like I was listening to a real Indiana Jones adventure! Gary's team included Marc Schreuder, Karen Boren, Mary Lou Jacobson, Jeff Osler, and John Witten. (I am guessing at the spelling of a couple of those last names). They all were deeply moved by the experience.

Mary Lou said they were in Oman for the third harvest, and filled gunnysacks with resin and filmed the harvest. On the border of Oman and Yemen, they saw frankincense trees in bloom. A rare sight! They have already shipped and received the resin in the Young Living warehouse and are distilling it. They got contracts to ship once a month, and they learned no one else is getting Frankincense out of Oman. [Note—this is contrary to the claims of some other oil companies.]

Jeff shared that they spoke with professors, doctors, commercial people, and anyone available in order to research the facts about the area and the Frankincense. John said when they lost their cameras in Yemen, their focus shifted. Instead of doing the pre-planned things, they did raw research, which turned out to be a blessing. He said the Bedouins in Jordan were very helpful, and set up a caravan for filming.

Speaking of Bedouins, Gary mentioned later that they drink water with drops of Frankincense resin in it each morning for their stomachs. The natives also chew the resin for their gums. They have a tradition of burning the resin to fumigate. Also, because they have little water for washing clothes, they put their clothes on a rack with frankincense incense burning underneath to “clean and freshen” the clothing. Gary flew from there to Budapest, and then to Warsaw, Poland where he gave a couple of talks just a few hours after arriving. He was actually speaking to us at 4 AM his time!

He mentioned that his favorite oil is Frankincense; next was a toss-up between Lavender and Dorado Azul, followed closely by hundreds of others. There are between 17 and 21 difference species of Frankincense grown around the world. Seven are grown on the Yemeni island of Sokotra. The terrain there was made up of steep mountains, very rugged and rough. Gary climbed them and said that this area made him feel like he was back to 3000 BC.

Each team member carried a Koran and a Bible, read about the areas where they traveled and about the Frankincense and Myrrh trade. At some point we will have access to the filming of the trip and the documentation/research. Gary said he wants to know that when he puts his name on an oil, it is the REAL thing!

He addressed the issue again of “organically grown” oils. He said some of our oils are marked Certified Organic. The others are definitely grown organically, without chemicals, as has visited the farms to be certain as often they are grown in countries where certification is unknown.

We are blessed to have a founder/leader who stays 100% committed to providing us with the best possible oils from around the world, and goes to unbelievable lengths to do so! This is the reason that Young Living is truly the world leader in therapeutic-grade essential oils. So important when the cost of health insurance, hospital care, and prescriptions are out of reach, and alternatives for self-health maintenance are so needed.

Is Your Sense of Smell an Indicator of Your Health?

Excerpted from Prevention Magazine's article: Your Body's 10 Weirdest Health Clues By Danielle Kosecki

“Sense of smell: Older adults who couldn't identify the scent of bananas, lemons, cinnamon, or other items were five times more likely to develop Parkinson's disease within 4 years, according to a 2008 study in the Annals of Neurology. The researchers believe that the area of the brain responsible for olfactory function may be one of the first impacted by Parkinson's disease—somewhere between 2 and 7 years prior to diagnosis.”

Prevent it: Take fish oil supplements. Omega-3 fatty acids can boost your brain's resistance to MPTP, a toxic compound responsible for Parkinson's. [Young Living's Omega Blue™ is a clinically proven dose of omega-3 (EPA, DHA) fatty acid nutrients. Critical for heart, eye, brain, and joint health, Young Living's® Omega Blue™ pure fish oil is free of heavy metals, PCBs, and dioxins, and offers the benefits of our Omega Enhance™ essential oil blend to ensure freshness and stability.]



Product code 3190.

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Identifying the Right Body System with Essential Oils by David Stewart

An interesting and useful procedure learned from Gary Young for identifying the right body system or source underlying a problem when using essential oils for therapeutic purposes.

With your client lying face up about to receive a Raindrop session, do vitaflex with specific oils on the spinal points of the feet. While vitaflexing, ask the client to focus mentally on their chief complaint (pain, issue, disease).

After each oil has been applied, ask if the issue is perceived as “better?” “same?” or “worse?” If they perceive the problem as “better,” then the indicated system or cause has been identified. If perceived as the “same” or “worse,” then move on to the next oil until you find the right one. In some cases, instead of

the client feeling “better or worse,” they may just feel “right,” as in “that feels like the right oil and system.” Let the client be your guide in leading to the right answers.

A sequence is given below as a guide, but you can skip certain steps if you feel drawn to do so. Use the protocol and go with your intuition on the choice of oils. For the:

1. Structural System, use Wintergreen
2. Nervous System, use Helichrysum or Juniper
3. Muscular System, use Basil or Marjoram
4. Digestive System, use Peppermint, Ginger, or Di-Gize
5. Hormonal System, use Clary sage, Lavender, or Fennel
6. Viral Issue, use Oregano or Eucalyptus Globulus
7. Bacterial Issue, use Thyme or Eucalyptus Radiata
8. Fungal Issue, use Rosemary, Tea Tree, or Thieves
9. Parasites, use Hyssop, Tarragon, or Mountain Savory
10. Ligaments, use Lemongrass
11. Emotional Issues, use Release, Inner Child, or Palo Santo
12. Brain or Mental Issues, use Cedarwood, Cardamon, or Clarity
13. Cardiovascular System, use Cypress or Aroma Life
14. For the Immune System, use Cistus, Frankincense, or ImmuPower

Excerpted from: **CARE Newsletter: Center for Aromatherapy, Research and Education.**

12 Surprising Signs You'll Live to 100! by Sandra Gordon

MSNBC August 14, 2009 Copyright© 2009 Rodale Inc. All rights reserved. Source: <http://www.msnbc.msn.com/id/32272813/>

1. You're the life of the party! *Outgoing people are 50 percent less likely to develop dementia. Researchers speculate that their more resilient brains may be due to lower levels of cortisol—studies show that oversecretion of this “stress hormone” can inhibit brain cells’ communication.*

2. You run for 40 minutes a day! *Middle-aged people who run for a total of about 5 hours per week lived longer and functioned better physically and cognitively as they got older. They didn't just get less heart disease—they also developed fewer cases of cancer, neurological diseases, and infections.*

3. You like raspberries! *Dietary fiber helps reduce total and LDL (“bad”) cholesterol, improve insulin sensitivity, and boost weight loss. Raspberries are high in fiber.*

4. You feel 13 years younger than you are! *Feeling youthful is linked to better health and a longer life. It can improve optimism and motivation to overcome challenges, which helps reduce stress and boost your immune system and ultimately lowers your risk of disease.*

5. You embrace techie trends! *Learn to Twitter, Facebook, or Skype to help*

keep brain cells young and healthy. Stay connected to friends, family, and current events, and you feel vital and relevant.

6. You started menopause after age 52! *Studies show that naturally experiencing it later can mean an increased life span. Women who go through menopause late have a much lower risk of heart disease.*

7. You make every calorie count! *Men and women who limit their daily calories to 1,400 to 2,000 were literally young at heart—their hearts functioned like those of people 15 years younger.*

8. You had a baby later in life! *If you got pregnant naturally after age 44, you're about 15 percent less likely to die during any year after age 50. If your ovaries are healthy and you're capable of having children at that age, that's a marker that you have genes operating that will help you live longer.*

9. Your pulse beats 15 times in 15 seconds! *That equates to 60 beats per minute - or how many times a healthy heart beats at rest. Most people have resting rates between 60-100 bpm, and the closer to the lower end of the spectrum, the healthier. A slower pulse means your heart doesn't have to work as hard and could last longer.*

10. You don't snore! *Snoring is a major sign of obstructive sleep apnea, a disorder that causes you to stop breathing briefly - throat tissue collapses and blocks your airway. In severe cases, this can happen 60 to 70 times per hour. Sleep apnea can cause high blood pressure, memory problems, weight gain, and depression.*

11. You have a (relatively) flat belly after menopause! *Women who are too round in the middle are 20 percent more likely to die sooner, even if their body mass index is normal. At midlife, it takes more effort to keep waists trim because shifting hormones cause most extra weight to settle in the middle.*

12. You get your blood tested for vitamin D levels! *For optimal disease protection, we need at least 30 nanograms of vitamin D per milliliter of blood, reports a study in the Archives of Internal Medicine. Nearly 80 percent of Americans have less than that. Vitamin D not only helps bones ward off osteoporosis but may also reduce your risk of cancer, heart disease, and infection. If needed, you can take a daily supplement to get your numbers up. Doctors measure your levels with a simple blood test, but periodic monitoring may be necessary—vitamin D turns toxic at 100 to 150 ng/mL.*

TOP 20 USES FOR THE ESSENTIAL OIL OF LEMON submitted by Linda Penkala

According to the Essential Oils Integrative Medical Guide, it takes 3,000 lemons to produce a kilo of oil, which is cold pressed from the rind. The key constituent Limonene has been studied for its effects on the immune system and skin care to cleanse and reduce wrinkles. Here are simple ways to use this uplifting and joyful scent from Young Living.

1. Use 1-2 drops of Lemon oil to remove gum, crayon, oil, or grease spots.
2. Use 1 drop of Lemon oil to add flavor to baked goods or drinks.
3. For homemade lemonade: In a blender mix 2 drops of Lemon, 2 Tbl. of honey or blue agave, and 2 cups of pure water. Whiz thoroughly. Adjust flavor according to taste.
4. Rub a drop of Lemon oil on a corn, callous or bunion in the morning and evening.
5. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop the cleaned fruit into it and stir, making sure all surfaces of the fruit touches the lemon water.
6. Add 2-3 drops of Lemon oil to water and spray counter tops to sterilize.
7. Add a drop of Lemon oil to your dishwasher before the wash cycle.
8. Add 2-3 drops of Lemon oil into the washing machine's fabric softener dispenser to have fresh smelling clothes.
9. Rub a drop of Lemon oil into your hands after using a public bathroom, or drive through banking.
10. Use a paper towel soaked w/ several drops of Lemon oil to sanitize bathroom fixtures.
11. Place a drop of Lemon oil on cold sores, herpes, or other mouth ulcers to lessen pain, and quicken healing.
12. Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction.
13. Put a drop of Lemon oil on oily skin or acne to balance sebaceous glands (oil glands).
14. Rub several drops of Lemon oil on cellulite to improve circulation and help eliminate waste from the cells.
15. Rub a drop of Lemon oil topically to clear athlete's foot.
16. Rub a drop of Lemon oil on a wart in the morning and evening until it disappears.
17. Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins.
18. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces.
19. Add a few drops to to your skin care lotion for a fresh, uplifting start to the day.
20. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. It can also leave the room smelling fresh and clean.

Caution: Citrus oils should NOT be applied to the skin that will be in the sun or ultraviolet light within 72 hours.

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MESSAGE SCENT GOES GREEN

As we approach the anniversary of our 60th issue of *Message Scent News*, we reflect on our past goals and future needs. Our readership has grown and many of you have relied on us for essential oil education and information. For that we thank you. And now is the time for change. Due to the excessive costs and environmental impact of mailing and printing paper copies of *Message Scent*, we will now be solely producing a *full color, printable e-zine version that will be available only by email*. Hopefully in the near future we will provide a website that contains archives of past issues you can download . . . For future issues, please contact your Young Living organizational leader for your own emailed copy. Thank you for your support and patronage!

~ Carl & Ruby, Producers/Editors