



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

## SUPER SATURDAY DENVER, CO 8.21.10

Super Saturdays are the newest addition to Young Living Essential Oils' educational opportunities. Another don't miss event, Super Saturdays are packed full of influential speakers, educators, and professionals to help you achieve greater wellness, purpose, and abundance.

### *Teri Secrest, YL Leader talks about business*

- ✿ Young Living offers more than 400 exquisite products!
- ✿ Essential Oils balance the five elements of health: physical, emotional, mental, social and spiritual.
- ✿ Told to Teri by Mary Young. "If we focus on helping our business partners make money, we will be successful."

### *Marcella Vonn Harting, YL Leader talks about health*

- ✿ Every 300-500 days our liver cells completely renew and rebuild. Within two years, 98% of every cell is rejuvenated and every seven years you have a new body!
- ✿ Each person eats 70 tons of food in their lifetime. The purpose of digestion is to "juice your food". Chew each mouthful 35 times - this will change your life!
- ✿ Mineral Essence has 60 key trace elements.
- ✿ One ounce of Ningxia Red is equivalent to \$30 of organic food: 59 broccoli heads, or 22,814 almonds, or 130 tomatoes, or 73 strawberries, or 34 onions, or 814 blueberries!
- ✿ Increase your Ningxia Red intake: 4-5 oz./day may reduce vision problems.
- ✿ *Love your Liver Club*: Drink 5-6 oz. Ningxia Red a day for 180 days to cycle through your liver rebuilding. Drink 1-2 oz at a time throughout the day - spread it out! Cost: Drink 2-4 oz. day x 180 days = costs \$150 month.

### *Dr. Dan Purser talks about Progessence Plus®*

- ✿ Dr. Purser discussed the important role progesterone, the "feel good hormone", plays in women's health.
- ✿ Benefits of Progesterone in women: Cools arteries, prevents 98% of hot flashes, prevents 98% of menopausal night or day sweats, prevents 98% of PMS, prevents 98% of migraines/ headaches (women only), improves post partum depression, aids in weight loss, helps regain hair in women, decreases acne in younger women, mood elevator, increases quality of life, stops 95% of TMJ inflammation, reduces breast cancer risk, aids somnolence, heals nerves, reduces/ eliminates endometriosis, improves bone density and improves libido.



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**YOUNG LIVING U.S. CONVENTION**  
**SEPTEMBER 22-24, 2011**  
**ORLANDO, FLORIDA**

## SUPPORT YOUR KIDNEYS

High blood pressure can be a cause and a result of chronic kidney failure, since kidneys are central to blood regulation. (In the EODR, 4th Edition, pages 413-415 for KIDNEY DISORDERS)

**Diuretic** (to increase Urine Flow)

**First Recommendations:** Juniper berry, Geranium, Grapefruit, Lemon.

### EO APPLICATION METHODS:

**Ingestion:** Capsule, 0 size, 3 times daily.

**Topical:** Dilute 50:50, massage 6-8 drops over kidney area on back, 1-2 times daily. Compress, warm, 1-2 times daily.

**Dietary Supplementation:** K & B Tincture, Digest & Cleanse Softgels.

**Kidney Inflammation/Infection** (Nephritis)

**First Recommendations:** Geranium, Thyme, Mineral Essence, Thieves, Inner Defense softgels.

**Other Single Oils:** Cumin, Lemon-grass, Rosemary, Anise.

**Blends:** Melrose, Purification, Longevity.

## A SIMPLE WAY TO STRENGTHEN THE KIDNEYS

◆ Take 3 droppers K & B Tincture in 4 oz. distilled water, 3 times daily.

◆ Drink 8 oz. water with about 10 percent unsweetened cranberry juice and the fresh juice of 1/2 lemon.

◆ Drink plenty of other liquids, preferably distilled water.

## DETOXIFYING THE KIDNEYS

The Chinese Wolfberry has been used in China for centuries as a kidney tonic and detoxifier. Essential Oils can also assist in the detoxification due to their unique lipid-soluble properties.

**BLEND:** 2 drops German Chamomile, 2 drops Juniper berry, 1 drop Fennel.

Dilute the above oils with 5 drops V6 and place in a gelatin capsule. Take twice daily. Also apply neat as a compress over kidneys.

**Supplements:** K & B Tincture, Multi-Greens, Sulfurzyme, Digest + Cleanse, Super C Chewable, Life 5.

Infections and inflammation of the urinary tract are caused by bacteria that travel up the urethra. This disorder is more common in women than men because of the woman's shorter urethra. If the infection travels up the ureters and reaches the kidneys, kidney infection can result.

**Symptoms:** Frequent urge to urinate with only a small amount of urine coming out. Strong smelling urine, blood in urine, burning / stinging with urination.

**Bladder infection** (known as cystitis) is marked by the following symptoms:

◆ Tenderness or chronic pain in bladder and pelvic area.

◆ Frequent urge to urinate.

◆ Pain intensity fluctuates as bladder fills or empties.

◆ Symptoms worsen during menstruation.

**First Recommendations:** Tea tree, Juniper berry, Oregano.

**Other Single Oils:** Mountain Savory, Thyme, Cistus, Rosemary, Clove.

**Other Blends:** Di-Gize, EndoFlex, R.C., Melrose, Purification, Inspiration, Thieves.

### EO Application Methods:

**Ingestion:** Capsule, 0 size, 1 capsule 3 times daily.

**Topical:** Compress, warm, over bladder, 1-2 times daily.

**Dietary Supplementation:** K & B Tincture, ImmuPro, AlkaLime.

◆ Use K&B tincture (2-3 droppers in distilled water) 3-6 times daily.

◆ K & B helps strengthen and tone weak bladder, kidneys, and urinary tract.

◆ Take 1 tsp. of AlkaLime daily, in water only, 1 hour before or after meal.

## Clove Oil Treatment for Itchy Rash

A new study from the Queensland Institute of Medical Research (QIMR) has found that the major component of clove oil may be a promising lead as a new topical treatment for scabies.

Dr. Cielo Pasay said that plant essential oils have long been studied for their effects against mites, ticks, lice and mosquitoes. "Essential oils and their active chemical components have long been proven to be effective against animal parasites such as cattle ticks, sheep ticks, and rabbit mites. Our research is applying this theory to the human scabies mite," said Dr. Pasay from QIMR's Clinical Tropical Medicine Laboratory.

Scabies (also called sarcoptic mange) is an itchy rash caused by the scabies mite (*Sarcoptes scabiei*), which burrows under the skin to lay its eggs.

Researchers tested the clove oil, nutmeg oil and ylang ylang oil on two different types of mites in the laboratory to see how many died from contact with the oils. "We tested the oils on the mites, and found that clove oil killed all the mites within 15 minutes."

Clove oil is commonly used as an aromatherapy oil and was used as an anaesthetic for dental procedures.

"We also tested eugenol, which makes up 80% of clove oil, and its related compounds for their effects on the mites and found they were comparable to an existing treatment for scabies, and could assist the development of new treatments for this irritating and disfiguring disease.

"The importance of this research is that the scabies mite has become increasingly resistant to current treatments, especially in Northern Australia where scabies is common. Our research aims to identify naturally occurring compounds that can combat scabies and prevent resistance from occurring."

The study was conducted in collaboration with Griffith University and Wright State University, Ohio, USA.

The paper was published in Public Library of Science ONE and is available online. (<http://dx.doi.org/10.1371/journal.pone.0012079>)

Queensland Institute of Medical Research 08 September 2010

## GETTING RID OF BED BUGS WITH ESSENTIAL OILS

Good morning oilers, I just saw a report on *Good Morning America* about how bed bugs are becoming an epidemic everywhere. Does anyone have a testimonial specifically about bed bugs that I can pass along to others? I'm thinking **Purification** but maybe someone out there has experience with other oils. *Thanks, Darby*



Janet McBride has a web page, <http://essentialnews.com/bedbugbusters.htm> on bedbugs along with the following recipes:

**Bed Bug Spray Recipe:** 10 drops of **Palo Santo**, 6 drops of **Eucalyptus Blue** and 5 drops of **Cedarwood**. Combine with 4 ounces distilled water in a dark glass spritzer bottle.

**Mattress Sachets:** To go after nesting eggs, combine cornstarch or baking soda in cotton tea bags with **Palo Santo**, **Eucalyptus Blue** and **Cedarwood**. Place bags on underside of mattress.

**Washing Bed Linens:** **Thieves Cleaner** and **Purification** Oil Blend.

**Bug Bites:** **Lavender** and **Purification** Oils.

**Diffuse:** **Purification**, **Palo Santo**, and **Eucalyptus Blue**.

**Spray on bed between linen changes:** **Thieves Spray**.

### BED BUG TESTIMONIALS

I remember Dr. Young recommending **Eucalyptus** for bedbugs. - *Elaine*

My daughter has an egg crate on her bed to make it more cozy. She was waking up with little bites on her legs. I put **Oregano** in a diffuser and slowly ran it up and down her bed. That was over five months ago and I haven't had a problem since. *Hope this helps, Carol*

Throw out the bed literally if it's over ten years old, clean linens a minimum of once a week and replace the pillows if they are over three years old. Use **Purification** in diffuser in bedroom and also **Lemongrass**. Make sure everyone bathes and showers with Young Living **Thieves** soap. - *Frank*

Put a couple of drops of **Lemongrass** oil in a spray bottle with some water and spray air, sheets and blankets between changes (remembering to shake bottle often). It helps with dust mites or bedbugs. It feels great. I also spray sofa cushions, area rugs, etc. - *Monica*

A well known hotel lost a lot of business and was shut down due a bedbug problem. They were introduced to **Lemongrass**. It's part of their regular everyday maintenance and they are very happy. *Keep smiling, Peggy*

I had a horrible cough for three months and finally defined it as my mattress. So I eliminated bedbugs (or something in my mattress) by spraying **Thieves Cleaner**, **Eucalyptus** and **Purification**. Took the same process and used it in my laundry for my bedclothes and PJ's. - *Vivian in Kentucky*

### Magic Relief Formula Recipe

Great for muscle, tissue bone regeneration and pain!

#### Number of Drops of Each Oil

- ❖ 10 Spruce
  - ❖ 8 Sandalwood
  - ❖ 7 Idaho Balsam Fir
  - ❖ 5 Hyssop
  - ❖ 4 Lemongrass
  - ❖ 5 Helichrysum
  - ❖ 4 Wintergreen
  - ❖ 2 German Chamomile
  - ❖ 1 Blue Tansy
- (get from Creer Labs 801-418-8873)
- ❖ 1 oz. YL V-6 (carrier oil)

#### Important:

Put the essential oils in the carrier oil in the order they are listed or it will change the action of the oil blend.

"I made this for myself when I was told many years ago that my hip joint was wearing out and I would have to have surgery. That I did not want as my grandmother suffered from a lot of pain with her surgery plus it didn't help. Also my arm was pulled out of the socket and I did not go to a doctor thinking it would get better. After 6 months of still not being able to use it and in pain a chiropractor told me that it was out of place and the muscles had healed in the position. After putting it back in I used this **Magic Relief** and no more pain and I can use my arm and lift it over my head. Before I could not even do that let alone carry anything.

This formula I made for myself but several people have used it on their loved ones when they went to Heaven. And everyone said that their pain left and they had the most peaceful cross over they ever seen. Some even had a smile on their face. I hope this helps. - *Nancy Sanderson*

#### A Walk in the Woods

*Tranquility overtakes my soul as green sunlight filters through the canopy. Its soft patterns move in the wind. My spirit becomes still as I reach down and pick up a small stone covered with moss. It is cool and damp and smells of the forest. It is the fragrance of creation. -Russ Erganbright*

## If You Want to Age Gracefully ..

By Dr. Mercola August 17 2010

You can slow down your aging process and help stave off heart disease, cancer, and diabetes. U.S. News & World Report offers some tips on how to do it:

**1. Free radicals.** Free radicals are chemically unstable molecules that attack your cells and damage your DNA. You can limit your exposure to them by avoiding cigarettes, trans fats, charred meats, and other sources. Organic fruits and vegetables will also limit exposure to pesticides and herbicides, which contain the harmful molecules. YL Support: **Ningxia Red, Longevity, Multi-Greens, JuvaPower.**

**2. Inflammation.** Inflammation is a major player in many diseases of aging, including cancer, diabetes, heart disease, and Alzheimer's. One way to avoid it is to follow a Mediterranean-style diet. Other great anti-inflammatory foods include turmeric, dark chocolate, and the anti-aging chemical resveratrol. Exercise is another great way to lower inflammation.

**3. Glycation.** Glycation is what happens when sugar mixes with proteins and fats to form molecules that promote aging. Advanced glycation end products, or AGEs, are thought to accelerate your aging process by churning out free radicals and promoting inflammation. One way to avoid ingesting AGEs is to turn down the heat when you cook. The browning effect of high-heat cooking causes these molecules to form. Limiting your intake of sugar-filled foods in general will also help.

**4. Stress.** Stress initiates the release of a variety of hormones that make your pulse race and cause your blood pressure to rise. The hormone cortisol, released to lessen these effects, also creates problems when it remains chronically elevated. Try practicing relaxation techniques to help manage stress, and get enough sleep every night.

## Scar-B-Gone Recipe

Mix the following with 1 oz. YL V-6 oil or carrier oil and apply 1-4 times a day:

10 drops Helichrysum

6 drops Lavender

8 drops Lemongrass

4 drops Patchouli

5 drops Myrrh

### Helichrysum's Medical Properties:

Anti-coagulant, anesthetic, anti-spasmodic, anti-viral, liver protectant, detoxifier, stimulant, chelates chemicals and toxins, regenerates nerves.

Uses: Herpes virus, arteriosclerosis, hypertension, blood clots, liver disorders, circulatory disorders, skin conditions, scar tissue, varicose veins.

### Lavender Medical Properties:

Antiseptic, anti-fungal, analgesic, anti-tumoral, anti-convulsant, vasodilating, relaxant, anti-inflammatory, reduces blood fat/cholesterol, combats excess sebum.

Uses: Respiratory infections, high blood pressure, menstrual problems/PMS, skin conditions, burns, hair loss, insomnia.

### Lemongrass Medical Properties:

Anti-fungal, anti-bacterial, anti-parasitic, anti-inflammatory, regenerates connective tissue/ligaments, dilates blood vessels, circulation, promotes lymph flow.

Uses: Bladder infection, respiratory/sinus infection, digestive problems, parasites, torn ligaments/muscles, fluid retention, varicose veins, Salmonella.

### Patchouli Medical Properties:

Relaxant, digestive aid that combats nausea, anti-inflammatory, anti-microbial, prevents wrinkles/chapped skin, relieves itching.

Uses: Hypertension, skin conditions (eczema), fluid retention, Listeria infection

### Myrrh Medical Properties:

Powerful anti-oxidant, anti-tumoral, anti-inflammatory, anti-viral, anti-parasitic, analgesic/anesthetic.

Uses: Diabetes, cancer, hepatitis, fungal infections, Candida, ringworm, eczema, tooth/gum infections, skin conditions.

## ESSENTIAL OIL RESEARCH

*National Center for Biotechnology Information (NCBI) at the U.S. National Library of Medicine (NLM). June 15, 2010*

Comparative study of the chemical composition and antioxidant activity of six essential oils and their components.

Yang SA, Jeon SK, Lee EJ, Shim CH, Lee IS. The Center for Traditional Microorganism Resources, Keimyung University, Daegu 704-701, Korea.

The antioxidant activities and the determined major components of six popular and commercially available herb essential oils, including lavender (*Lavendular angustifolia*), peppermint (*Mentha piperita*), rosemary (*Rosmarius officinalis*), lemon (*Citrus limon*), grapefruit (*Citrus paradise*), and frankincense (*Boswellia carteri*), were compared.

The essential oils were analysed by GC-MS and their antioxidant activities were determined by testing free radical-scavenging capacity and lipid peroxidation in the linoleic acid system. The major components of the essential oils of lavender, peppermint, rosemary, lemon, grapefruit, and frankincense were linalyl acetate (28.2%), menthol (33.4%), 1,8-cineole (46.1%), limonene (64.5 and 94.2%), and p-menth-2-en-ol (34.5%), respectively.

The highest DPPH radical-scavenging activity was obtained by the lavender essential oil and limonene, with RC50 values of 2.1 +/- 0.23% and 2.1 +/- 0.04%, respectively. Radical-scavenging activity against the ABTS radical was highest in peppermint essential oil (1.6 +/- 0.09). Lavender oil was most effective for inhibiting linoleic acid peroxidation after 10 days.

## Do Antibiotics Make You Fat?

by Dana Ullman, MPH

The obesity epidemic is rampant, and there are many reasons for this big fat problem. Although asking if antibiotics make us fat may initially sound like some type of joke, recent articles in *Scientific American* and *Science* magazine shows that some researchers are taking it seriously.

Actually, evidence suggesting that antibiotics may make people fat is old (but forgotten and ignored) knowledge. As far back as 1955, research published in a leading nutrition journal showed that weight gain may be linked to prolonged antibiotic usage.(1)

It is well-known that farmers supply livestock with frequent doses of antibiotics in the guise of "preventing disease," but it is also widely known that prolonged antibiotic usage causes such disruption in the digestive tracts of these animals that the food that they eat is not properly assimilated, leading to significant weight gain. Normal bacteria in the gut help animals (and humans) metabolize fat, but the deficiency of these normal bacteria, caused by antibiotic usage, disrupts proper fat metabolism, leading to weight gain. The farmers benefit from being able to sell fatter and heavier meat, even though meat quality is significantly compromised.

An article in the December 16, 2009, issue of *Scientific American* expresses serious concern that antibiotics kill off many important microbes essential for human life.(2) The *Scientific American* has even chosen the word "extinction" to refer to the disappearance of certain important bacteria that are killed off by antibiotics.

This article reports some impacts from antibiotic usage are short term, but other impacts are much more long-lasting and deleterious. Martin Blaser, a professor of microbiology and chair of the Department of Medicine at New York University Langone Medical Center in New York City, notes, "the [antibiotic resistance] selection can persist for years and possibly permanently." The gastric *Helicobacter pylori* bacteria (commonly referred to as "H. pylori"), for example, have been facing eradication in the U.S. and other developed countries in large part as a result of widespread antibiotic use. Although the demise of these bacteria has some medical benefits, including a decrease in the incidence of ulcers and gastric cancer, its reduced population can also increase the risk for various reflux diseases by upsetting the regulation of hormones and pH levels.

However, even more serious problems result

from killing off of the H. pylori. Blaser and Stanley Falkow, of the Department of Microbiology and Immunology at Stanford School of Medicine, note, "H. pylori-positive individuals have lower risks of childhood asthma, allergic rhinitis and skin allergies than those without H. pylori." These scientists also posited that the bacteria's role in mediating the hormone ghrelin, which helps regulate fat development and hunger, might also "be contributing to the current epidemics of early-life obesity, type 2 diabetes and related metabolic syndromes."

Blaser wonders, "If [H. pylori is] disappearing...might there be other things that are disappearing?" He worries that many other, less well-known or understood microbial species and even certain metabolic pathways might also be on their way out due to antibiotic use.

*Science* magazine has just published on March 4, 2010, other important research that observed similar phenomena as Blaser.(3) Researchers at Cornell, Emory, and the University of Colorado have found that gut microbiota determines how food is digested and fat is stored in the body. They too noted that antibiotics disrupt certain bacteria in the gut that can lead to obesity as well as to increased inflammatory processes that can cause metabolic syndrome, a serious condition that can lead to high blood pressure, high cholesterol levels, and a higher risk for developing diabetes and heart disease.

The uniquely American obsession with eradicating germs is also creating other problems, not just obesity. A study published in the December 9, 2009, issue of the journal *Proceedings of the Royal Society B: Biological Sciences*, is the first to investigate whether microbial exposures early in life affect inflammatory processes related to diseases in adulthood.(4) Remarkably, the Northwestern study suggests exposure to infectious microbes in childhood may actually protect youngsters from developing serious illnesses, including cardiovascular diseases, when they grow into adults.

"Contrary to assumptions related to earlier studies, our research suggests that ultra-clean, ultra-hygienic environments early in life may contribute to higher levels of inflammation as an adult, which in turn increases risks for a wide range of diseases," Thomas McDade, lead author of the study.

"Medication-related weight gain has become far more important over the past decade as obesity increases in prevalence and more people are taking medications for chronic illnesses,"(5) says

Lawrence Cheskin, M.D., Director of the Johns Hopkins Weight Management Center.

Ultimately, microbial flora in the digestive tract plays a role in converting nutrients into calories. Reduced variations in microbiota composition are found in obese humans and mice.

Didier Raoult, MD, PhD, full professor at Marseille School of Medicine, has found that the microbiota from an obese mouse confers an obese trait when transferred to a mouse.(6) Dr. Raoult further asserts that there is a large body of experimental evidence and empirical data in the food industry showing that both antibiotics, which modify the gut microbiota, can act as growth promoters, increasing the size and weight of animals. He therefore concludes that the current obesity pandemic in human may be caused, in part, by antibiotic treatments.

This review of the literature on antibiotics and weight gain does not necessarily mean that a single round of antibiotics will make someone fat. However, it is increasingly common for people to take multiple rounds of antibiotics for recurrent infections and long-term usage of antibiotics to treat acne and various other diseases, such as Lyme Disease. It may be to question what short-term and long-term problems result from repeated antibiotic usage.

While repeated courses of antibiotics may sometimes lead to weight gain, there is also a case that can be made that some people experience deleterious weight loss as a result of diarrhea caused by antibiotics. This type of weight loss is rarely considered beneficial to the person's health because many important nutrients are excreted with the diarrhea, and this weight loss may be just as deleterious to the person's health as weight gain can.

In any case, antibiotics kill off the pathogenic bacteria as well as many of the important and beneficial bacteria in our bodies. Because health depends upon a complex web of life, pharmaceutical agents such as antibiotics that simplify this inner ecosystem weaken the web, thereby creating a wide variety of possible acute and chronic diseases. Even many serious diseases, such as breast cancer, have been found to have significantly increased incidence based on the degrees of higher usage of these drugs. (7) It is indeed important and even vital for health that people respect inner microbial life and reduce antibiotic usage.

Published by *The Huffington Post*, 9.16. 2010. For full article: [http://www.huffingtonpost.com/dana-ullman/do-antibiotics-make-peopl\\_b\\_491808.html](http://www.huffingtonpost.com/dana-ullman/do-antibiotics-make-peopl_b_491808.html)

**Fall is just around the corner! Be ready with Young Living Products and Essential Oils!**

Here's a list of those that have an anti-biotic effect without destroying your valuable intestinal bacteria:

**Nutritional Support: Life 5, Core Supplements, Digest & Cleanse, Inner Defense, Longevity Essential Oils: Oregano, Thyme, ImmuPower, Thieves**

## Lou Gehrig's Disease Testimonials

Lou Gehrig's Disease is another name for Amyotrophic Lateral Sclerosis (ALS), a degenerative nerve disorder. ALS affects the nerve fibers in the spinal cord which control voluntary movement. Muscles require continuous stimulation by their associated nerves to maintain their tone. Removal or deadening of these nerves results in muscular atrophy. The lack of control forces the muscles to spasm, resulting in twitching and cramps. The sensory pathways are unaffected so feeling is never lost in the afflicted muscles.

**Supplements:** JuvaTone, Chelex, Power Meal, MultiGreens, Ultra Young and water create a better firing of the synapse. Rehemogen, Chelex, Super Cal, Super C and Super B are also good. Sulfur deficiency is very prevalent in these neurological diseases. Sulfur requires calcium and Vitamin C for the body to metabolize. Super B and Sulfurzyme work well together to help repair nerve damage and the myelin sheath.

**Single Oils:** Frankincense, Helichrysum, Oregano, Sage, Juniper, Rosemary CT cineol, Clove, Cardamom and Vitex. Juniper promotes nerve function. Frankincense helps clear the emotions of fear and anger, which is common with people who have neurological diseases.

**Blends:** Acceptance, Joy, Gathering, Brain Power, Clarity and Forgiveness. When these diseases are contracted, people often become suicidal. Hope, Joy, Gathering and Forgiveness will help work through the psychological and emotional aspects of the disease. Vitex has been shown to reduce the symptoms of Parkinson's disease by 89% in animal studies. These diseases are mainly caused by metallics in the brain, causing misfiring of neurons. NOTE: Never use hot packs on neurological problems. Always use packs to reduce pain and inflammation. In other words, reduce temperature of the damaged site.

**Recipe:** 1 drop Rosemary, 1 drop Helichrysum, 1 drop Ylang Ylang and 1 drop Clove (Clove must always be diluted

in a vegetable oil). Put the oils on as directly as is practical. It is most important to apply on the brain reflex points on the head, forehead, temples and mastoids (the bone just behind the ear). Use direct pressure application to the brainstem (along the center of the backbone on the neck at the skull) and down the spine. Put the oils on a loofah brush and rub along the spine vigorously. NOTE: Use a natural bristle brush, since the oils dissolve some plastics. Apply oils using Raindrop Technique application on the spine.

According to Louise Hay, emotions that coincide with this particular health challenge include Lack of Self Worth and Denial of Success. You may want to see if this fits and look at the oils to accept and build worthiness.

Always have a person inhale the oil you are applying. Smell is the quickest way to the emotional centers of the brain. Do a couple drops of each oil, waiting 5-10 minutes inbetween, 3 times a day. Use your intuition to determine how much and how often to apply.

Power Meal can be blended or stirred into a protein shake with juice, crushed ice, and a banana for thickness and fullness. This is a meal replacement and is so good for you! Be Fit and Essentialzyme are swallowed. ImmuGel is a syrupy gel that you may add to a shake. For people who can't or don't like to swallow, open up supplement capsules and pour the powdered ingredients into a shake. The harder vitamins can also be crushed up inside the shake. Pineapple juice makes it sweet!

*Dr. Gary Young's farm manager, Monte, of St. Mary's farm came down with Lou Gehrig's disease and given two months to live. It affected his breathing, swallowing food, and finally he even had trouble swallowing water. Dr. Young rubbed the oils of Frankincense, Sandalwood and Brain Power on him 5-7 times a day. Eventually he was able to have Power Meal, Be Fit, Megazyme and ImmuGel crushed through a straw. He was back at work within a week.*

## The Heart

*The human heart is only the size of a fist, but it is the strongest muscle in the human body. The heart starts to beat in the uterus long before birth, usually by 21 to 28 days after conception. The average heart beats about 100,000 times daily or about two and a half billion times over a 70 year lifetime. With every heartbeat, the heart pumps blood around the body. It beats about 70 times a minute, although this rate can double during exercise or at times of extreme emotion.*

(World Health Organization)



**HARMONY** is an excellent blend of oils, because it is able to do so much for the kidneys and bladder, "and may help to establish Spiritual and Emotional Harmony within us." Lavender, Sandalwood, Ylang Ylang, Frankincense, Orange, Angelica, Geranium, Hyssop, Spruce, Sage Lavender, Rosewood, Lemon, Jasmine, Roman Chamomile, Bergamot, Palmarosa, and Rose are in this blend. It is effective for dealing with various problems related to Emotional Balance." (Reference Guide for Essential Oils by Connie and Alan Higley)

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## Plants can ‘think and remember’ by Victoria Gill, Science reporter, BBC News

Plants are able to “remember” and “react” to information contained in light, according to researchers.

Plants, scientists say, transmit information about light intensity and quality from leaf to leaf in a very similar way to our own nervous systems.

These “electro-chemical signals” are carried by cells that act as “nerves” of the plants.

In their experiment, the scientists showed that light shone on to one leaf caused the whole plant to respond.

And the response, which took the form of light-induced chemical reactions in the leaves, continued in the dark.

This showed, they said, that the plant “remembered” the information encoded in light.

“We shone the light only on the bottom of the plant and we observed changes in the upper part,” explained Professor Stanislaw Karpinski from the Warsaw University of Life Sciences in Poland, who led this research.

He presented the findings at the Society for Experimental Biology’s annual meeting in Prague, Czech Republic.

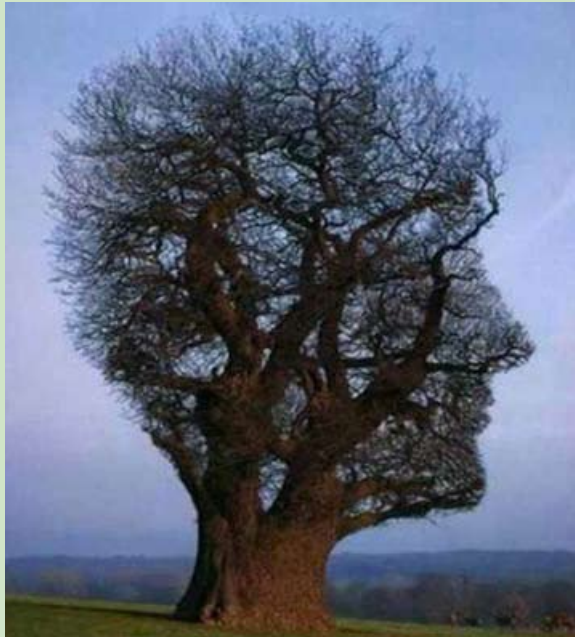
“And the changes proceeded when the light was off. . . This was a complete surprise.”

In previous work, Professor Karpinski found that chemical signals could be passed throughout whole plants - allowing them to respond to and survive changes and stresses in their environment.

But in this new study, he and his colleagues discovered that when light stimulated a chemical reaction in one leaf cell, this caused a “cascade” of events and that this was immediately signalled to the rest of the plant via a

specific type of cell called a “bundle sheath cell”.

The scientists measured the electrical signals from these cells, which are present in every leaf. They likened the discovery to finding the plants’ “nervous system”.



### Thinking Plants

What was even more peculiar, Professor Karpinski said, was that the plants’ responses changed depending on the colour of the light that was being shone on them.

“Plants perform a sort of biological light computation, using information contained in the light to immunise themselves against diseases.”

“There were characteristic [changes] for red, blue and white light,” he explained.

He suspected that the plants might use the information encoded in the light to stimulate protective chemical reactions. He and his colleagues examined this more closely by looking at the effect of different colours of light on the plants’ immunity to disease.

“When we shone the light for on the plant for one hour and then infected it [with a virus or with bacteria] 24 hours after that light exposure, it resisted the infection,” he explained.

“But when we infected the plant before shining the light, it could not build up resistance.

“[So the plant] has a specific memory for the light which builds its immunity against pathogens, and it can adjust to varying light conditions.”

He said that plants used information encrypted in the light to immunise themselves against seasonal pathogens.

“Every day or week of the season has... a characteristic light quality,” Professor Karpinski explained.

“So the plants perform a sort of biological light computation, using information contained in the light to immunise themselves against diseases that are prevalent during that season.”

Professor Christine Foyer, a plant scientist from the University of Leeds, said the study “took our thinking one step forward”.

“Plants have to survive stresses, such as drought or cold, and live through it and keep growing,” she told BBC News.

“This requires an appraisal of the situation and an appropriate response - that’s a form of intelligence.

“What this study has done is link two signalling pathways together... and the electrical signalling pathway is incredibly rapid, so the whole plant could respond immediately to high [levels of] light.”

Resource: <http://www.bbc.co.uk/news/10598926?print=true>



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Aniba roseaodora	Rosewood Leaf
Progesterone	5 micron
Syzygium aromaticum	Clove, natural antioxdiant

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