



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Dear Young Living Family,  
As you have undoubtedly heard, Japan is currently suffering from the effects of a massive earthquake, which in turn created a devastating tsunami. Our thoughts and prayers are with our distributors and employees in Japan as they cope with this catastrophe. While all Young Living employees are accounted for, we have not yet been able to make contact with all of our distributors. My team and I are making every effort to get in touch with these YL family members to check on their safety.

Beyond the immediate impact of this disaster, several nuclear reactors on the eastern coast of Japan have been compromised. Radiation exposure can have devastating health consequences, a fact I learned during my extensive research on the Chernobyl disaster in the 1980s. As with Chernobyl, there are concerns that leaked radiation from Japanese nuclear reactors may be carried by air currents across large portions of the globe. Knowing this, we can take prudent precautionary steps to protect ourselves and loved ones from potential radioactive effects.

Use the following Young Living products to protect your home and environment (based upon their availability):

- \* **Longevity: 1–2 capsules twice daily**
- \* **Melrose: 6–20 drops per capsule or in yogurt 1–3 times a day**
- \* **Super C\*: 1–2 tablets daily**
- \* **Thyromin\*: 1 capsule three times a day**
- \* **ICP: 1 to 2 teaspoons in the morning**
- \* **JuvaPower: 1–2 teaspoons at night**
- \* **Endoflex & Digize: 1–2 capsules day**
- \* **NingXia Red: 4–6 oz. daily**
- \* **Detoxyme: 3–5 capsules at night**
- \* **Allerzyme: 1–2 capsules 3 times a day**
- \* **Essentialzyme: 1 capsule 3 times a day**
- \* **Drink three liters of water daily**

Mary and I will be taking several steps to safeguard our home with the powerful air-purifying and DNA-protecting properties of Young Living essential oils, and we recommend that you do the same.

\* Use a Young Living diffuser, coupled with the following oils, in the rooms of your home over the coming days and weeks: **Melrose, Sacred Frankincense, and Purification**. Combine the oils in pairs when diffusing. **Melrose** is a particularly powerful blend. It contains two melaleuca oils that protect cells from radiation damage, according to Dr. Daniel Penoel in *l'aromathérapie Exactement*.

\* Another sensible precaution is to wear an inexpensive dust mask saturated with oils while you are outside or traveling.

\* A further step Mary and I are taking to protect our environment is burning **frankincense** resin—an ancient method of purifying the air—in our house. While science has not yet made a demonstrable link between diminished radiation effects and essential oils or resin burning, I believe in doing everything possible to protect my family using natural means.

In addition to the above recommendations, I have created a new kit called **QuadShield (#4559)**. **QuadShield** combines four potent Young Living products: **Super C, Melrose, Longevity, and Thyromin**. These products may have a synergistic, protective effect on your hormonal and immune systems, and I recommend sending this kit to friends and family in Japan, as well as using them personally in your home. I strongly believe in being proactive and using readily available resources at our disposal to safeguard our health. I also feel that this recent disaster could be viewed as a wake-up call to all of us about the radiation that surrounds us all the time and the methods that we can use to protect us from it. *Sincerely, D. Gary Young*



**Compliments of James Niederland, LCSW  
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## In This Issue

**Protection from Radiation**  
by D. Gary Young

**Can Oils & Drugs Be Used Safely at the Same Time?**  
by David Stewart, PhD, DNM

**M-Grain for Headaches**

**2011 Balsam Fir Reforestation Project**  
**Homeopathy and Aromatic Medicine**  
by Carl Janicek

**Essential Oil Constituents**

**Lavender Oil is a Powerful Antifungal That Fights Skin Conditions, Candida**

**Young Living Liver Cleanse**

**Why Almost Everything You Hear About Medicine Is Wrong**

**Young Living's New Prostate Health**

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## Can Oils & Drugs be Used Safely at the Same Time?

by David Stewart, PhD, DNM

Raindrop Messenger

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A common question that I receive is whether or not essential oils can interfere or have adverse reactions with a prescription drug. In other words, if you are taking pharmaceuticals on the advice of a doctor, is it safe to use essential oils by any means (topically, orally, or by inhalation), at the same time as the drugs or not?

I researched essential oil/drug interactions thoroughly when I was writing my Chemistry Book and was unable to find a single citation or publication that indicated any adverse reactions between drugs and essential oils anywhere. If there is a problem between oils and pharmaceuticals, it must not be a serious one since no medical reference I checked referred to the topic. There were some precautions about over-using essential oils by themselves, but I found no publication, by a health care authority who uses both oils and prescriptions drugs, that mentioned any such problems.

I have heard verbal statements by uninformed doctors that there may be some adverse reactions between drugs and oils, but they cite no studies or evidence for their opinions. From my research I have not come across any problems between prescriptions and essential oils anywhere in print. This is not to say that adverse interactions between oils and drugs don't

exist. It could be that, at this time, such occurrences may have just gone unreported. All I can say is that after a thorough search I could not find any reports of such reactions.

A review of the medical literature pertinent to this topic is found in Chapter Eleven of my Chemistry Book. Twenty-nine references were reviewed including works by medical doctors, pharmacists, registered nurses, and others. These included the following: “Medical Aromatherapy” by Kurt Schnaubelt, PhD; “The Merck Manual of Diagnosis and Therapy” edited by Mark Beers, MD, and Robert Berkow, MD; “L’Aromatherapie Exactement” by Pierre Franchomme, PhD, & Daniel Penoel, MD; “The Practice of Aromatherapy” by Jean Valnet, MD; “Clinical Aromatherapy: Essential Oils in Practice” by Jane Buckle, RN, PhD; “Freedom Through Health” by Terry Friedmann, MD; “Pharmacognosy and Pharmacobiotechnology” by James Robbers, PhD, Marilyn Speedie, PhD, and Varro Tyler, PhD, Sc.D.; “Clinical Aromatherapy for Pregnancy and Childbirth” by Denise Tiran, RN; “Physicians Desk Reference (PDR) for Herbal Medicine,” edited by Thomas Fleming, PharmD, Joerg Gruenwald, PhD, and Christof Jaenicke, MD; and many others.

Editor’s Note: David Stewart’s book, “The Chemistry of Essential Oils Made Simple” subtitled, “God’s Love Manifest in Molecules,” 848 pages, hardcover, \$49.95 plus s&h, is available at the CARE Website, www.RaindropTraining.com.

## M-Grain For Headaches

We all know how miserable it is to have that pounding, throbbing head pain when all you want to do is lay down and close your eyes. Sometimes it’s nearly impossible to function in your daily life with your head aching around the clock.

It is estimated that approximately 45 million Americans suffer from chronic headaches, and of them, 28 million suffer from migraines. Researchers have found that tension headaches are the most common type of headache. Up to 90% of adults have had or will have tension headaches. If you feel like you have tried everything to achieve relief from your headaches and you still can’t find that much sought after relief, now is the time to give essential oils a shot.

**M-Grain** is an essential oil blend that relieves pain from both headaches and severe migraine headaches. It is anti-inflammatory and antispasmodic. This blend includes oils that have powerful pain-blocking properties, oils that help with tension, reduce muscle spasms, and help you to relax. Peppermint oil is a part of this blend which has been found to have a significant analgesic effect, which effectively blocks headache pain. A great way to apply **M-Grain** is to dilute 1 part of the oil blend to 1 part vegetable oil.

Apply on the brain stem, forehead, temples, shoulders, and back. For even deeper penetration, use warm packs after applying the oil. Dip a cloth in warm water and place it on the location. Then cover the cloth loosely with a dry towel to seal in the heat. Allow the cloth to stand for 15-30 minutes. Remove the cloth immediately if there is any discomfort. The heat will allow the oils to penetrate deeper and will also give you some much needed relaxation.

In the preface of the *Essential Oils Desk Reference* it states, “Sometimes the effects of administering essential oils are so dramatic that the patients themselves call it “miraculous”.

To Your Health and Success,  
Troie Battles

**The Young Living 2011 Balsam  
Fir Reforestation Project**  
**Join Us for This  
History-making Event!**

This year's balsam fir harvest in Northern Idaho was a huge success, and distributors are still talking about all the excitement they felt being part of Young Living's oil production. Some even expressed that it was a greater experience than being at convention. But the excitement doesn't end with the harvest; that was only the beginning, as our reforestation project now goes into action.

There is plenty of work just waiting for all distributors who would like to join Gary Young as he returns to our Idaho tree farm to replant 17 acres with 10,000 balsam fir trees. "We want to see these new trees grow for 10 years before being harvested and distilled into one of most prized oils that is not available anywhere else in the world. Because of its tremendous therapeutic qualities, we want to ensure that we always have the balsam fir oil for our distributors," he said.

If you are interested in being part of this exciting and gratifying experience, please send an e-mail to [balsamplanting@youngliving.com](mailto:balsamplanting@youngliving.com), and a Young Living staff member will contact you with complete details.

**Event information**  
**April 11-29, 2011**  
**Wilderness Camping**  
**in "Luxury" Style**

• For this event we are building a new camp with a dormitory and mess hall made of military hospital tents. Private and semi-private sleeping quarters will be available, but you must register early so that we have enough time to make the arrangements.

• Hot and cold running water for showers, carpeted floors, and a laundry facility will be provided.

• Please let us know if you would like to camp with us at the site, which will require you to bring your own sleeping bag, or if you prefer to stay in a hotel.

• You will be responsible for your own airfare to and from Spokane, Washington. Young Living will provide three meals daily at the camp and all needed amenities for camping out at the farm.

• If you choose to not camp out, you will be responsible for paying for your hotel room.

• Please consider that this project demands physical labor in the outdoors. We need strong backs and arms for digging holes and planting the trees by hand. You must be in good physical condition to be productive and able to enjoy the event.

• We need two to three cooks for each week, as all three meals will be prepared at the site. We need one chauffeur at all times for transporting distributors to and from the airport and transporting those who choose to stay in the hotel to and from the farm. The chauffeur will also be asked to help as a "Go for" when small things are needed to be picked up. When no driving is needed, the chauffeur could help in the kitchen or outside with the planting.

• Transportation will be provided from the airport and back, but only on Sundays, so schedule your flights accordingly. You can always rent your own car if you choose.

• One more tip: Gary will not be hauling chips to the St. Maries farm, which means he will be in the camp at night and available for Q & A and other "interesting" discussions.

So, you might like to take advantage of this rare opportunity! With more than 10,000 trees for us to plant, this event will be a great opportunity to "dig in" and become part of a new chapter in the Young Living story. We hope you join us for this new Young Living adventure with Gary Young!

**Homeopathy and  
Aromatic Medicine**  
**by Carl Janicek, DHT, RMT**

In general the common food or kitchen oils, like lemon, orange, grapefruit, etc., do not antidote a well-chosen homeopathic remedy. If the remedy is working, then it must be a good remedy. Antidoting is often specific to the remedy given. Some remedies antidote each other and some do not, and some are complimentary. It is quite specific to each case.

It is actually very difficult to antidote the proper remedy once given. But, it can make a case more complicated for the homeopath to decipher. If homeopathy were so fragile as a treatment it wouldn't have lasted hundreds of years! So, yes, in general you can use oils and smell the roses, too.

However, that said, some oils have higher levels of camphor in them, and as such, can be at least potential antidotes for some remedies - as are many aromatic compounds including gasoline, coffee, home air fresheners, soaps, moth balls, etc.

I typically don't have someone use essential oils for suppressive purposes, however if an oil brings out expression then it is probably a good thing, and I don't have someone use an oil right on top of taking a homeopathic remedy... just like waiting to brush teeth or eat strong tasting foods. Blessings, Carl Janicek

## ESSENTIAL OIL CONSTITUENTS

**Aldehydes** are various organic compounds which are highly-reactive, typical of acetaldehydes and characterized by the group C-H-O (Carbon, Hydrogen Oxygen). They are calming, anti-infectious, and sedative. Oils with aldehydes are lavender, eucalyptus citradora, grapefruit, fennel, cistus, black pepper, bergamot, citronella, lemongrass, and cinnamon bark.

**Azulene** prevents discharge of histamine (amino acid) from the tissues by activating the pituitary-adrenal system causing the release of cortisone. It may be useful for asthmatic conditions. Azulene causes the histamine to release activating cellular resistance and speeds up the process of healing. It contains trace elements of blue mineral and copper. Azulene is an anti-inflammatory, stimulates liver regeneration, asthmatic conditions, skin disease, infectious disease. Oils in that category are yarrow, German Chamomile, blue tansy and tarragon.

**Bisabolol** is the strongest of the sesquiterpene alcohols and they are anti-inflammatory, anti-bacterial, and anti-mycotic. They also have four different chemotype, oxicide A&B. These oils are German Chamomile and Roman Chamomile.

**Carvacrol** is antiseptic, anti-tumoral, and energizing. These oils are oregano, thyme, and Mountain Savory.

**Cineole** is anesthetic, antiseptic, and expectorant. Oils are Cinnamon bark, hyssop, helichrysum, basil, eucalyptus, oregano, rosemary, laurel, melaleuca.

**Citral** is part of the aldehyde family; it works as a sedative, is anti-infectious, and has an anti-viral application as with Melissa oil. It can also be applied topically on herpes complex, along with lemongrass, bergamot, citronella.

**Esters** are sedating and calming. The oils are lavender, mountain savory, clary sage, roman chamomile, petitgrain, bergamot, juniper, and cinnamon bark.

**Eugenol** comes from the phenyl-group and is very antiseptic, stimulating / numbing like clove, cinnamon bark, and basil.

**Flavonoids** are shown for the benefit they have on the capillaries. Flavonoids in chamomile inhibit methyl transferase, epinephrine effects which are prolonged, and the pituitary axis is stimulated. These oils are high in pycongenol. Citrus oils such as lemon, grapefruit, mandarin, and orange are very high in flavonoids. The orange oil is high in acids and the lemon is lower in acids and great for detoxing.

**Farnesol** are anti-inflammatory, anti-bacterial, dermatophile (Latin: having an affinity for skin), good for mucous membranes, and prevents bacterial growth from perspiration. It reduces anti-inflammatory action. Take frankincense with black cumin, or Ylang Ylang with German chamomile (which contain aldehydes and it lowers the anti-inflammatory action).

**Farnesene** is part of the terpene family and is antiviral in action. These oils are ylang ylang and German Chamomile.

**Ketones** are sometimes mucolytic. They stimulate cell regeneration, promote the formation of tissue and liquify mucous. They are helpful with conditions such as dry asthma, colds, flu and dry cough. These oils are yarrow, cistus, myrrh, fir, lavender, Roman Chamomile, eucalyptus polybractea, frankincense. Keytones are responsible for the fragrance of the essential oils.

**Limonene** has strong anti-viral and anti-cancer properties. It stimulates the production of leukocytes. These oils are lemon, grapefruit and lime.

**Linalol** is anti-bacterial, relieves discomfort, tones without irritating, stimulates the immune system and works as a sedative and a diuretic. Some of these oils are lavender, clary sage, basil, Roman Chamomile, sage, thyme and oregano.

**Monoterpenes** are in the majority of all oils. It is predominate in rosewood, coriander, petitgrain, fir, yarrow, Neroli, clary sage, angelica, thyme, lavender, German Chamomile, rose, spruce, cypress, nutmeg, palmarosa, marjoram, orange, juniper berry, pine, lemon, and mountain savory. The monoterpene family includes pinene, camphene, sabinene and limonene.

**Phenols** are high in levels of oxygenating molecules and have high anti-oxidant properties when dealing with any type of bacteria, fungus or virus. These oils are oregano (72% phenol), thyme, mountain savory, clove, basil, tarragon, anise seed, fennel, nutmeg, cinnamon bark, cypress, and eucalyptus polybractea.

**Sesquiterpenes** are antiseptic and anti-inflammatory. They work as a liver and gland stimulant and contain caryophyllene and valencene. Research from the Universities of Berlin and Vienna show they increase oxygen around the pineal and pituitary glands. This is what is called having the ability to go beyond the Blood Brain Barrier. These oils are sandalwood, frankincense, yarrow, ylang ylang, cedarwood, myrrh, cypress, hyssop, eucalyptus dives, eucalyptus globulus, helichrysum.

**Terpenes** inhibit accumulation of toxins as well as discharging the toxins in certain organs, especially the liver and kidneys. Liver problems shows up as bad skin problems. Oils that work to pull toxins out of the liver are black pepper, pine, angelica, ravinsara, melaleuca alternifolia, geranium, oregano, thyme, spruce, fir, and helichrysum.

**Terpene Alcohols** are antibacterial, stimulate the immune system and work as a diuretic and general tonic. Dr. Gattefossé considered terpineols to be decongestant. This family includes borneol, citronellol, nerol, geraniol and terpineol, found in oregano, pine, coriander, helichrysum, clary sage, anise seed.

**Terpene Hydrocarbons** are antiviral and contains constituents such as limonene, pinene and sebanine. These oils are the same as in Terpene Alcohols.

**Thujone** may be inhaled to relieve respiratory distress and stimulate the immune system. Thujone fights and kills candida overgrowth.

**Thymol** is strongly antiseptic but not as caustic as phenols. Essential oil of thyme contains thymol.

One of the factors that determines the purity of an oil is its chemical constituents or properties. These constituents can be affected by a vast number of variables, including: the part(s) of the plant from which the oils was produced, soil condition, fertilizer (organic or chemical), geographical region, climate, altitude, harvesting methods, and distillation processes. For example, common thyme (*Thymus Vulgaris*) produces several different chemo types (biochemically unique variants within one species), depending on the conditions of its growth, climate, and altitude. One chemo type of thyme will yield an essential oil with high levels of thymol, depending on the time of year it is distilled. The later it is distilled in the growing season (mid-summer or fall), the more thymol the oil will contain. The action Thymol has is that it is highly antimicrobial, anti-fungal, anti-viral, uterine tonic, cardio-tonic.

**Phenols** increase velocity in the blood by increasing oxygen and moving it along. Esters and aldehydes have a stimulating and sedating effect on nerve endings. You may want to use 3 drops of basil with 1 drop of black pepper as a raindrop up the spine for an anti-viral effect. Use less drops of the one with the highest Phenols, because the less you use, it pushes the effect you want.

**Phenols** are antiseptic, anti-bacteria, anti-oxidant which increases the oxygen into the tissue to relieve muscles spasms. By using 1 drop of basil and 3 drops of Eucalyptus and applying it to the chest, it may help to relax the lungs and increase oxygen. Eucalyptus has the same percentage of monoterpenols as basil. So when using these two oils you wouldn't use the same amount of drops. You would use 2 drops basil and 3-4 drops Eucalyptus to relax the muscles and increase oxygen into the lungs.

If essential oils are distilled at a high temperature you'll lose the Esters. Basil will relax the muscles because it contains 70-75% Metha Chavicol which works great on spasmodic muscles. If the muscle doesn't relax when you are applying Basil or Aroma Siez, then the nerve may be affected. So look for an oil that has Esters which are calming and relaxing to the nerves.

People with high acid need to use oils that are high in Sesquiterpenes. People with light hair will burn more from oils that are high in Phenols. If you are attracted to Phenols than you may have a virus in your body. If your body is building mucous then use Lavender to balance the parasympathetic system which produces mucus.

Wintergreen's main property is the Esters which have a natural cortisone-like action that works great for bone problems.

The key to producing a therapeutic-grade essential oil is to preserve as many of the delicate aromatic compounds within the essential oil as possible. Fragile aromatic chemicals are easily destroyed by high temperature and pressure as well as contact with chemically reactive metals, such as copper or aluminum. This is why all therapeutic-grade essential oil should be distilled in stainless steel cooking chambers at a low pressure and low temperature.

Lets take a look at Lavender (*Lavandula Angustifolia*) which has more than 187 constituents known while synthetic lavender only has 4 constituents. How can you get any benefit from using over-the-counter lavender? Adulterated and mislabeled essential oils present dangers for consumers. One woman who had heard of the ability of lavender oil to soothe burns used lavender oil from a local health food store after she spilled boiling water on her arm. But the pain intensified and the burn worsened, so she later complained that lavender oil was worthless for soothing burns. When her "lavender" oil was analyzed, it was found to be lavandin, a hybrid lavender that is chemically very different from pure *Lavandula Angustifolia*. Lavandin contains high levels of camphor (12-18%) and can itself burn the skin which intensified her burn.

*Lavandula Angustifolia* contains virtually no camphor and has a burn soothing agent which is not found in lavandin.

Distilling essential oils is an art and science. The operator of the distiller must have a full understanding of the value of the oil in order to produce the highest quality of oil.

Oils that are subjected to high heat and pressure have a distinctly simpler and inferior profile of chemical constituents, since excessive heat and temperature fractures and breaks down many of the delicate aromatic compounds within the oil. Some delicate compounds are responsible for its therapeutic action and their destruction can make it useless and even harmful. When that happens then you no longer have therapeutic-grade essential oil. Also the length of time in distilling is very crucial.

For instance: Cypress takes 2000 lbs. to get 1 lb. of oil, distilled at 0 pressure and 220 degrees, when finished it contains 280 aromatic constituents. If it is distilled for 20 hours you only get 20 of the 280 properties. If distilled for 26 hours you get 0 properties. The correct length of time for distilling cypress is 24 hours, which gives you the full 280 aromatic constituents. Most distillers distill cypress for only 3 1/2 hours.

Most viruses, fungi and bacteria cannot live in the presence of many essential oils, especially those high in phenols, carvacrol, thymol and terpenes. This offers a modern explanation why prophet Moses used aromatic substances in the Old Testament to protect the Israelites from plagues that decimated the ancient Egyptians. A vast body of testimonials suggest that those who use essential oils are less likely to contract infectious disease. Moreover, oil users who do contract an infectious illness tend to recover faster than those using antibiotics.

Essential oils are aromatic, volatile liquids distilled from shrubs, flowers, trees, roots, bushes, and seeds. Vegetable oils can become oxidized and rancid over time and are not antibacterial. Essential oils, on the other hand, cannot go rancid and are powerful antimicrobials. They are chemically very complex, consisting of hundreds of different chemical compounds. Moreover, they are highly concentrated and far more potent than dried herbs.

*Have a Great Day, Nancy Sanderson*

Excerpts from the

**Essential Oil Desk Reference**

<http://www.lifesciencepublishers.com/>

**Lavender Oil: a Powerful Antifungal that Fights Skin Conditions, Candida**  
by Ethan A. Huff, staff writer

(NaturalNews) New research out of Portugal has found that **lavender** oil is a powerful antifungal agent that fights and prevents skin and nail infections, including *Candida albicans*. Published in the *Journal of Medical Microbiology*, the study found that **lavender** essential oil exhibits amazing protection against a wide range of pathogenic fungi -- and it works better than all known antifungal drugs at doing so.

"In the last few years there has been an increase in the incidence of fungal diseases, particularly among immunocompromised patients," said professors Ligia Salgueiro and Eugenia Pinto from the University of Coimbra, authors of the study. "Unfortunately there is also increasing resistance to antifungal drugs. Research by our group and others has shown that *essential oils may be cheap, efficient alternatives that have minimal side effects.*"

The team observed in tests that **lavender** oil effectively killed fungi that cause a wide range of infections on skin, hair, and nails, including those categorized as Athlete's foot, ringworm, and *Candida albicans*. Not only was **lavender** oil more effective than antifungal drugs, many of which no longer work on mutated fungi that have grown resistance to them, but **lavender** oil use does not cause negative side effects.

"**Lavandula** oil shows wide-spectrum antifungal activity and is highly potent," added the researchers. "This is a good starting point for developing this oil for clinical use to manage fungal infections."

The research adds to the growing body of evidence concerning the many medicinal benefits of **lavender** oil. Previous research has identified lavender oil as a powerful antimicrobial, and studies have shown it also works well as an antispasmodic treatment. As part of various herbal blends, **lavender** oil can also be used to treat coughs and colds, influenza, headaches, fatigue, and stress.

Sources include: [www.eurekalert.org/pub\\_relea...](http://www.eurekalert.org/pub_relea...)

**Spring is here! Who needs cleansing? Everyone needs a good Young Living cleanse!**

As the human body ages, we find ourselves at a high risk of chemical contamination that has built up in our tissues. This is why cleansing the body is so important. When the body is purged of internal pollution, it relieves enormous stress on our organs and tissues. Immune function is enhanced and particularly the stress on the liver is reduced. According to a large 1990 survey by the Environmental Protection Agency, every single person tested showed some evidence of petro-chemical pollution in their tissues and fats. Cleansing allows the body to free itself from the accumulation of toxins, mucous, and parasites that have built up over the years.

The liver is one of the most important organs in the body. It is pivotal for purifying the blood and plays a key role in converting carbohydrates to energy, as well as storing energy in the form of glycogen and fat. An overburdened liver can affect our energy, digestion, skin, and blood.

Young Living has two oil blends available that contain several key nutrients that are essential for cleansing the liver. The first is GLF oil blend. The initials GLF stand for Gall bladder/Liver Flush. This blend is formulated with oils that help to cleanse and restore liver and gall bladder function. If you take two capsules daily it will help support the detoxification and cleansing of your liver and gall bladder.

The second oil blend that is so beneficial in cleansing the liver is called Juva Cleanse. This oil blend contains ledum, celery seed, and helichrysum which have long been known for their liver cleansing properties. Ledum has been used with many liver dysfunctions and has been shown to protect the liver and increase bile flow. Celery seed is a powerful liver cleanser and protectorant. Helichrysum stimulates liver cell function and removes plaque from the veins and arteries. You can take this as a dietary supplement, or apply directly over your liver or on your foot Vita Flex points. Make sure you order both of these products from Young Living today.

For more information on liver cleansing and a detailed daily protocol, consult "Re-JUVA-nate Your Health" by D. Gary Young.

**Why Almost Everything You Hear About Medicine Is Wrong**

Newsweek Jan 31, 2010

If you follow the news about health research, you risk whiplash. First garlic lowers bad cholesterol, then—after more study—it doesn't. Hormone replacement reduces the risk of heart disease in postmenopausal women, until a huge study finds that it doesn't (and that it raises the risk of breast cancer to boot). Eating a big breakfast cuts your total daily calories, or not—as a study released last week finds. Yet even if biomedical research can be a fickle guide, we rely on it. But what if wrong answers aren't the exception but the rule?

More and more scholars who scrutinize health research are now making that claim. It isn't just an individual study here and there that's flawed, they charge. Instead, the very framework of medical investigation may be off-kilter, leading time and again to findings that are at best unproved and at worst dangerously wrong.

The result is a system that leads patients and physicians astray—spurring often costly regimens that won't help and may even harm you. It's a disturbing view, with huge implications for doctors, policymakers, and health-conscious consumers. And one of its foremost advocates, Dr. John P.A. Ioannidis, has just ascended to a new, prominent platform after years of crusading against the baseless health and medical claims. As the new chief of Stanford University's Prevention Research Center, Ioannidis is cementing his role as one of medicine's top myth-busters. "People are being hurt and even dying" because of false medical claims, he

**Young Living Essential Numbers**

**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

Sunday 3pm to 11pm, MST

**YL Wisdom**

[www.ylwisdom.com](http://www.ylwisdom.com)

1-800-336-6308

[www.youngliving.us](http://www.youngliving.us)

[www.youngliving.org](http://www.youngliving.org)

says: not quackery, but errors in medical research.

This is Ioannidis's moment. As medical costs hamper the economy and impede deficit-reduction efforts, policymakers and businesses are desperate to cut them without sacrificing sick people. One no-brainer solution is to use and pay for only treatments that work. But if Ioannidis is right, most biomedical studies are wrong.

In just the last two months, two pillars of preventive medicine fell. A major study concluded there's no good evidence that statins (drugs like Lipitor and Crestor) help people with no history of heart disease. The study, by the Cochrane Collaboration, a global consortium of biomedical experts, was based on an evaluation of 14 individual trials with 34,272 patients. Cost of statins: more than \$20 billion per year, of which half may be unnecessary. (Pfizer, which makes Lipitor, responds in part that "managing cardiovascular disease risk factors is complicated").

In November a panel of the Institute of Medicine concluded that having a blood test for vitamin D is pointless: almost everyone has enough D for bone health (20 nanograms per milliliter) without taking supplements or calcium pills. Cost of vitamin D: \$425 million per year.

Ioannidis, 45, didn't set out to slay medical myths. A child prodigy (he was calculating decimals at age 3 and wrote a book of poetry at 8), he graduated first in his class from the University of Athens Medical School, did a residency at Harvard, oversaw AIDS clinical trials at the National Institutes of Health in the mid-1990s, and chaired the department of epidemiology at Greece's University of Ioannina School of Medicine. But at NIH Ioannidis had an epiphany. "Positive" drug trials, which find that a treatment is effective, and "negative" trials, in which a drug fails, take the same amount of time to conduct. "But negative trials took an extra two to four years to be published," he noticed. "Negative results sit in a file drawer, or the trial keeps going in hopes the results turn positive."

With billions of dollars on the line, companies are loath to declare a new drug ineffective. As a result of the lag in publishing negative studies, patients receive a treatment that is actually ineffective. That made Ioannidis wonder, how many biomedical studies are wrong?

His answer, in a 2005 paper: "the majority." From clinical trials of new drugs to cutting-edge genetics, biomedical research is riddled

with incorrect findings, he argued. Ioannidis deployed an abstruse mathematical argument to prove this, which some critics have questioned. "I do agree that many claims are far more tenuous than is generally appreciated, but to 'prove' that most are false, in all areas of medicine, one needs a different statistical model and more empirical evidence than Ioannidis uses," says biostatistician Steven Goodman of Johns Hopkins, who worries that the most-research-is-wrong claim "could promote an unhealthy skepticism about medical research, which is being used to fuel anti-science fervor."

Even a cursory glance at medical journals shows that once heralded studies keep falling by the wayside. Two 1993 studies concluded that vitamin E prevents cardiovascular disease; that claim was overturned by more rigorous experiments, in 1996 and 2000. A 1996 study concluding that estrogen therapy reduces older women's risk of Alzheimer's was overturned in 2004.

Numerous studies concluding that popular antidepressants work by altering brain chemistry have now been contradicted (the drugs help with mild and moderate depression, when they work at all, through a placebo effect), as has research claiming that early cancer detection (through, say, PSA tests) invariably saves lives. The list goes on.

Despite the explosive nature of his charges, Ioannidis has collaborated with some 1,500 other scientists, and Stanford, epitome of the establishment, hired him in August to run the preventive-medicine center. "The core of medicine is getting evidence that guides decision making for patients and doctors," says Ralph Horwitz, chairman of the department of medicine at Stanford. "John has been the foremost innovative thinker about biomedical evidence, so he was a natural for us."

Ioannidis's first targets were shoddy statistics used in early genome studies. Scientists would test one or a few genes at a time for links to virtually every disease they could think of. That just about ensured they would get "hits" by chance alone. When he began marching through the genetics literature, it was like Sherman laying waste to Georgia: most of these candidate genes could not be verified. The claim that variants of the vitamin D-receptor gene explain three quarters of the risk of osteoporosis? Wrong, he and colleagues proved in 2006: the variants have no effect on osteoporosis. That scores of genes identified by the National Human Genome Research Institute can be used to pre-

dict cardiovascular disease? No (2009). That six gene variants raise the risk of Parkinson's disease? No (2010). Yet claims that gene X raises the risk of disease Y contaminate the scientific literature, affecting personal health decisions and sustaining the personal genome-testing industry.

Statistical flukes also plague epidemiology, in which researchers look for links between health and the environment, including how people behave and what they eat. A study might ask whether coffee raises the risk of joint pain, or headaches, or gallbladder disease, or hundreds of other ills. "When you do thousands of tests, statistics says you'll have some false winners," says Ioannidis. Drug companies make a mint on such dicey statistics.

By testing an approved drug for other uses, they get hits by chance, "and doctors use that as the basis to prescribe the drug for this new use. I think that's wrong." Even when a claim is disproved, it hangs around like a deadbeat renter you can't evict. Years after the claim that vitamin E prevents heart disease had been overturned, half the scientific papers mentioning it cast it as true, Ioannidis found in 2007.

The situation isn't hopeless. Geneticists have mostly mended their ways, tightening statistical criteria, but other fields still need to clean house, Ioannidis says. Surgical practices, for instance, have not been tested to nearly the extent that medications have. "I wouldn't be surprised if a large proportion of surgical practice is based on thin air, and [claims for effectiveness] would evaporate if we studied them closely," Ioannidis says. That would also save billions of dollars. George Lundberg, former editor of *The Journal of the American Medical Association*, estimates that strictly applying criteria like Ioannidis pushes would save \$700 billion to \$1 trillion a year in U.S. health-care spending.

Of course, not all conventional health wisdom is wrong. Smoking kills, being morbidly obese or severely underweight makes you more likely to die before your time, processed meat raises the risk of some cancers, and controlling blood pressure reduces the risk of stroke. The upshot for consumers: medical wisdom that has stood the test of time—and large, randomized, controlled trials—is more likely to be right than the latest news flash about a single food or drug.

Breakthroughs and Breakdown <[www.newsweek.com/photo/2010/05/19/medical-breakthroughs-the-good-and-bad.html](http://www.newsweek.com/photo/2010/05/19/medical-breakthroughs-the-good-and-bad.html)>

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