



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Join the entire Young Living community in Lake Buena Vista, Florida, September 22-24, 2011 at Disney World's Coronado Springs Resort for Young Living Convention!

Convention this year will be a spectacular event to learn from your leaders and find the answers to many of your questions. It is exciting to feel the power of the mission and to be a part of what drives us to spread the message of health, vitality, and financial success to others who are seeking a better way of life. Convention is destined to be a motivating and inspiring time for all who attend.

This is a new convention format that will be held every other year. This year we will be focusing on education and specific activities and needs within each country and collectively for the countries of Europe and England. Distributors are continually asking for more information about products and how to build a successful business.

Bring those newly sponsored members, up-and-coming leaders, family, and friends to share in the excitement and discoveries in our essential oil world. This is your convention where it is all happening, so register today!

## HIGHLIGHTS

The 2011 Convention Theme **VITALITY : LIVE FOR TODAY!** perfectly captures our mission to bring wellness, purpose, and abundance to everyone, everywhere!

◆Keynotes: D. Gary Young, Marc Schreuder, Dr. HK Lin, Dr. Mahmoud Suhail, Doug Cloward

◆Learn from D. Gary Young, founder and president of Young Living, who will present the latest in essential oil research, product knowledge, and the excitement of our global growth.

◆Hormones and Women's Health by Dan Purser, MD

◆Natural Alternatives to Childhood Health Care by Karen Moody, MD, MS

◆Finding Emotional and Physical Health with Essential Oils by Ed Dailey, RN

◆Attend educational workshops on a variety of subjects of interest to you.

◆Visit the Product Expo for fun in tasting, seeing, and taking home new and favorite products.

◆Get half-off shipping on product orders of 225-299 PV, or ship your products home for free when your order is more than 300 PV.

◆Catch up with old friends and meet new members of your organizations.

◆Enjoy hors d'oeuvres, dancing, and live entertainment at the closing extravaganza.

◆Create a lasting purpose and future of financial independence.



**Compliments of James Niederland, LCSW Psychotherapist & Wellness Consultant 201.906.2994**

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## In This Issue

- Orlando Convention 2011
- Secrets to a Good Night's Sleep
- YL Good Sleep Products
- Tourette Syndrome
- Supplements for Neurological Disease
- Parkinson's Testimonial
- Toxic Substance Control Act
- Taking Care of Your Hair
- Holistic Pet Tips for Ear Mites
- Galvanic Skin Response Scan offered at the YL Convention!

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# Secrets to a Good Night's Sleep

by Nancy Sanderson

## Can Herbal Remedies Help Insomnia?

Valerian is one of the most commonly used sleep remedies for insomnia. Studies have found that valerian improves:

- ✓ Deep sleep
- ✓ Speed of falling asleep
- ✓ Overall quality of sleep

Bear in mind however, that herbs can affect people differently, and about 10 percent of people who take valerian tend to actually feel energized by it, which may keep them awake.

In the featured study above, 30 percent of the post-menopausal women participating in this randomized, triple-blind, controlled trial showed an improvement in the quality of their sleep after taking 530 mg of valerian twice a day for four weeks. The authors concluded that:

**“Valerian improves the quality of sleep in women with menopause who are experiencing insomnia. Findings from this study add support to the reported effectiveness of valerian in the clinical management of insomnia.”**

## Another Helpful Option

Dr. Mercola personally believes that melatonin is one of the best options available, as far as supplemental sleep aids are concerned. Melatonin is a hormone produced by a pea-sized gland in the middle of your brain called the pineal gland, which is affected by light and dark. At night, when it gets dark, your pineal gland switches “on” and begins producing melatonin to be released into your blood, which makes you feel sleepy. When functioning normally, your melatonin levels will stay elevated for about 12 hours (usually between 9 PM and 9 AM). Then, as the sun rises, your pineal gland turns “off” and the melatonin levels in your blood decrease.

The pineal gland's sensitivity to light and dark explains why the use of light emitting electronic gadgets should be avoided before going to bed, and why something as simple as turning on a light in the middle of the night to go to the bathroom can interfere with your sleep for the rest of the night. Interestingly enough, studies have shown that when you're taking melatonin as a supplement, lower doses are more effective, so do not make the mistake of thinking that more is better. The amount of melatonin you create and release every night varies depending on your age. Children usually have much higher levels of melatonin than adults, and your levels typically decrease with advancing age. Researchers believe this may explain why many older adults occasionally experience

disrupted sleep patterns. Still, even melatonin is only a short-term solution. The best option if you regularly have trouble sleeping is to try to find out the root cause of your insomnia.

## Understanding Why & How Insomnia Occurs

As explained by sleep expert Dr. Rubin Naiman, insomnia is the most commonly reported sleep disorder. To understand why insomnia occurs, you need to understand that sleep is the outcome of an interaction between two variables: sleepiness, and what Dr. Naiman refers to as “noise.” Ideally and under normal conditions, your sleepiness should gradually increase throughout the day, peaking just before you go to bed at night. In order to get a good night's sleep, you want your sleepiness level to be high and the noise level to be low. If “noise” is conceptually greater than your level of sleepiness, you will not fall asleep. Noise” can be any kind of stimulation that inhibits or disrupts sleep, and is generally classified into three zones:

**Mind**—The most common type is referred to as “cognitive popcorn;” unstoppable thoughts running through your mind at night.

**Body**—Such as physical pain, discomfort, indigestion, side effects from prescription drugs, or residual caffeine from drinking coffee too late in the day.

**Environmental**—Environmental noise is usually obvious, such as noises in your room or house, a snoring partner, music, lights, or a bedroom that's too warm.

More often than not, the reason why people can't fall asleep is not because of lack of sleepiness, but rather because of excessive noise. Therefore, the questions you need to ask yourself when you can't sleep is, “Where or what is the noise? Does it originate in my mind, my body, or my environment?”

Typically, there is more than one form of noise disturbing your sleep and keeping you awake, so carefully evaluate your environment and inner/outer state to determine ALL the contributing factors, and make sure to address them all.

## Two of the Most Common Problems that Contribute to Poor Sleep

As mentioned in the melatonin section above, even minute amounts of light can affect your ability to fall asleep and remain asleep, by interfering with your pineal gland's production of melatonin. In my experience, addressing these two factors is usually a great place to start for most people. Two factors that frequently prevent sound sleep are:

### Light and Temperature

Ideally, you'll want to turn off your TV, computer, iPad and any other light emitting technologies at least an hour prior to bed time. Next, make sure

your bedroom is shrouded in pitch darkness by covering your windows with blackout shades or heavy drapes. Also close your bedroom door, get rid of night-lights, and refrain from turning on any light during the night, even when getting up to go to the bathroom. If you have to use a light, install so-called “low blue” light bulbs in your bedroom and bathroom. These emit an amber light that will not suppress melatonin production.

The ideal temperature to promote sound sleep is actually quite cool—between 60 to 68 degrees F (15.5 to 20 C), according to studies. Keeping your room cooler or hotter can lead to restless sleep. This is because when you sleep, your body's internal temperature drops to its lowest level, generally about four to six hours after you fall asleep. Scientists believe a cooler bedroom may therefore be most conducive to sleep, since it mimics your body's natural temperature drop.

## Electromagnetic Fields Can Also Disrupt Your Sleep

Additionally, I recommend checking your bedroom for electro-magnetic fields (EMFs) as these too can disrupt your pineal gland's production of melatonin, and may have other negative effects as well. To do this, you need a gauss meter. You can find various models online, starting around \$50 to \$200. Some experts even recommend pulling your circuit breaker before bed to kill all power in your house. At bare minimum, move alarm clocks and other electrical devices away from your head. If these devices must be used, keep them as far away from your bed as possible, preferably at least three feet. Also avoid keeping cell phones and portable phone bases on your night stand. Cell phone chargers should be kept at least four feet away from your bed, while portable phone bases and wireless routers should be kept as far away from your bedroom as possible. Avoid running electrical cords underneath your bed.

Unfortunately, none but a few communities in the US require that wiring in the walls be placed in metal-clad conduit. This is primarily done for fire prevention, but it also essentially eliminates the electric fields.

Therefore, more than likely, you are exposed to electric fields that radiate from the wires in the wall at the head of your bed when you are sleeping. The solutions are to move your bed three feet away from the wall, or turn off the power circuit to your bedroom. To check for the presence of electric fields in the walls, you can purchase an inexpensive low voltage e-field detector. They are commonly available at most local electrical, electronic and hardware stores. A widely used e-field tester is the Non-contact Adjustable Voltage Detector, AC 5-1000V, available from All-Spec

Industries and ToolUp.com, as well as other on-line sources. This device will also allow you to check for the presence of electric field exposure throughout your home and workplace.

Last but not least, beware of what's on the other side of your bedroom wall, and under the floor. Avoid sleeping with your head against a wall that has electric meters, circuit breaker panels, televisions or stereos, for example on the other side. All of these are source of magnetic fields that you should sleep at least four feet away from to limit dangerous exposure.

### Avoid Sleeping Pills

In 2008, Americans filled more than 56 million prescriptions for sleeping pills and spent more than \$600 million on over-the-counter sleep aids. However, according to a 2007 analysis of sleeping pill studies financed by the National Institutes of Health, sleeping pills like Ambien, Lunesta, and Sonata reduced the average time to go to sleep by less than 13 minutes compared to a placebo, which can hardly be considered a worthwhile improvement.

Aside from being pathetically ineffective, sleeping pills also come with a slew of detrimental and potentially dangerous side effects. For starters, they're notorious for being addictive, which means that once you want to stop taking them, you'll likely suffer withdrawal symptoms that could be worse than your initial insomnia. Some sleeping pills may also become less effective when taken for longer than two weeks, which means you may find yourself needing ever higher dosages.

Other common side effects include weight gain, sleep walking, and eating in your sleep. You're also more apt to get into a traffic accident when using sleeping pills. (Ambien ranks among the top 10 drugs found in the bloodstreams of impaired drivers, according to some state toxicology labs.)

Most people do not realize that certain sleeping pills—those containing Benadryl—can have a half life of about 18 hours. So, if you take them every night, you're basically sedated for a large portion of the day as well! Not surprisingly, they're associated with cognitive deficits in the morning.

Many sleeping pills are also a potent anti-cholinergics, which suppress REM sleep and dreaming. These drugs are also known to increase dementia risk in seniors. All in all, there are far better, safer and more effective ways to get a good night's sleep than resorting to potentially dangerous drugs.

Which is why we choose Young Living Essential Oils and Products to help relieve stress daily - allowing us a more restful night's sleep!

## Young Living Good Sleep Products



### RutaVala Roll-on

#4471 Whsl. \$29.75

### RutaVala Essential Oil Blend

#3419 Whsl. \$29.75

A proprietary blend of Ruta graveolens (rue), lavender, and Valerian essential oils, Young Living's RutaVala Essential Oil Roll-On promotes relaxation of the body and mind and is an integral part of Gary Young's auricular therapy technique.

### Benefits:

- ✓ Acts as a relaxant for the body and mind and counters stressed nerves.
- ✓ Re-balances energy to improve vigor during daily activities. Reduces inhibitions and minimizes stressful situations. Induces quality sleep.
- ✓ Valerian promotes a sense of sleepiness.
- ✓ Lavender soothes and relaxes.
- ✓ Rue increases drowsiness.

### Product Story:

Unique to Young Living, the RutaVala Roll-On is a proprietary blend of Ruta Graveolens (Rue), lavender, and valerian essential oils. Although lavender and valerian are well known for their sedative properties, this blend introduces the less-known yet effective rue essential oil. The Ruta graveolens herb is farmed, harvested, and distilled at Finca Botanica Aromatica Young Living's farm in Ecuador. Use of the rue herb dates back many centuries and is referenced in the Bible as an herb to be tithed. When combined with lavender and valerian, this trio of essential oils is formulated to relax the body and mind, counter stressed nerves and revitalize passion.

### Did You Know:

Rue is one of the ingredients used in the Vinegar of the Four Thieves. The Four Thieves were a family of perfumers who robbed the dead during the Black Plague and were protected by a natural remedy that included Rue (Ruta).

**How to Use:** Apply generously and topically to desired area as needed. Excellent on back of neck, forehead, wrists and bottom of feet.

## Sleep Essence Capsules

#4760 30 ct. Whsl. \$23.75

**SleepEssence** contains four powerful Young Living Therapeutic Grade™ essential oils that have unique sleep-enhancing properties in a softgel vegetarian capsule for easy ingestion. Combining lavender, vetiver, valerian and Ruta graveolens essential oils with the hormone melatonin—a well-known sleep aid—SleepEssence is a natural way to enable a full night's rest. Plus it has tangerine, an anticoagulant and it helps decongest the lymphatic system.

It also contains melatonin, a natural constituent, and its primary function is to induce sleep. SleepEssence contains 1.5 mg of melatonin. And Soy Lecithin a food for the brain, excellent for liver disorders, and helps to balance cholesterol. It is beneficial for many health conditions such as elevated cholesterol levels including anxiety, dementia, and biopolar disorders. Every living cell in the human body needs it.

As an all-natural sleep aid, it is ideal for countering stressed nerves and enhancing relaxation. This is great, I have tried it and it works!!! Take 1 or 2 capsules ½ hour to an hour before bedtime. My advise is even though you think you will need 2 capsules right off the bat, try one first, that did the trick for me very nicely.

### Companion Products:

**ImmuPro Chewable Tablets** #3213 \$34.75

**ImmuPro** contains Melatonin which helps with insomnia and is one of the most powerful immune stimulants known. It contains Ningxia wolfberry which is known for its highest antioxidant nutrients and other ingredients.

### Peace & Calming, Lavender, Citrus Fresh

I like to take 6 drops of Peace & Calming in the palm of the hand and add 6 drops of Lavender or Citrus Fresh. Mix together and then apply to the big toe for the Brain Vital Flex points and then rub the whole foot with the rest. Do that with both feet. Then mix again and apply around the navel and back of neck. A person is usually asleep before I can put the lids back on the bottles!

## What is Tourette Syndrome?

Tourette syndrome (TS) is a chronic, neurological disorder. It is characterized by motor and vocal tics. Both motor and vocal tics must be present, though not necessarily at the same time.

With Tourette Syndrome, which usually starts in childhood, individuals feel an irresistible urge to make sounds and body movements that are beyond their control. These uncontrollable movements and sounds are called tics.

For people with Tourette Syndrome, tics can be extremely distressing, only bringing relief once they have been expressed. In some cases, they might blurt out obscenities - an element of Tourette Syndrome that is rare, and one that has been unfairly exaggerated in movies and television shows.

Tics often increase with tension, and decrease with relaxation or when focusing on an absorbing task. Although it is a newly recognized condition, Dr. Georges Gilles de la Tourette (who named the condition) described nine cases in 1885.

Tourette Syndrome is classified as an anxiety disorder characterized by tics. Individuals with this disorder feel the urge to make involuntary, rapid, sudden movements or vocalizations that occur repeatedly in the same way. Few of the common tics are coughing, throat clearing, sniffing and facial movements, etc. to release a build up of tension. The actions they carry out worsen when in stress and also when they are self-conscious of their problems and forcefully try to put a stop to them.

Research is ongoing, but it is believed that an abnormal metabolism of the neurotransmitters are involved with the disorder. It is genetically transmitted; parents having a 50% chance of passing the gene on to their children. Girls with the gene

have a 70% chance of displaying symptoms, boys with the gene have a 99% chance of displaying symptoms. Causes, in most cases, TS is inherited through a gene (or genes). However, some expressions of the gene(s) may be milder tic disorders or obsessive-compulsive symptoms with no tics. Sometimes there are no symptoms.

One of the most complicated questions involves a condition known as "pediatric autoimmune psychiatric disorders" or PANDAS. TS is one of the conditions grouped in PANDAS, and there is much evidence to suggest that, in at least some children, PANDAS (including TS) is associated with Group A streptococcal or "strep" infection of the throat. We do not know yet whether rapid treatment of strep infections or prevention of strep recurrence would reduce the risk of PANDAS. We also do not know yet whether all children are equally at risk of getting PANDAS or whether only children with certain genetic make-up are at risk. In any case strep infections are very common, and if PANDAS is sometimes caused by strep it is likely a very rare consequence.

Other than this possible relationship with streptococcal infection in some children, the cause of the tics has not yet been determined. However, studies show that several brain chemicals, called neurotransmitters, are involved. Dopamine and serotonin are the most likely. In addition, stress and tension often increase tics. So with that in mind what can we do to support the body?

## BRAIN DISORDERS

The fragrance of many essential oils exerts a powerful stimulus on the limbic system--a part of the brain located on the margin of the cerebral cortex, including the amygdala, hippocampus, and hypophy-

sis which interact directly with the thalamus and hypothalamus. Acting together, these glands and brain components combined are the seat of memory, emotions, and sexual arousal. That also govern aggressive behavior.

Essential oils are not simple substances. They are mosaics of hundreds--or even thousands--of different chemicals. Any given essential oil many contain anywhere from 80 to 300 or more different chemical constituents. An essential oil like lavender is very complex with many of its constituents occurring in minute quantities--but all contributing to the oil's therapeutic effects to some degree.

Diffuse oils alter the structure of molecules that create odors, rather than just masking them. They also increase oxygen availability, produce negative ions, and release natural ozone.

*Essential oils such as lemongrass, grapefruit, lavender, tea tree, eucalyptus globulus, frankincense and lemon, along with blends Purification and Thieves, are extremely effective for eliminating and destroying airborne germs and bacteria.*

Diffuse oils that are relaxing and calming to relieve tension and clear the mind. Therefore they:

- ✓ Stimulate the neurotransmitters
- ✓ Stimulate endorphin secretion
- ✓ Improve concentration, alertness, and mental clarity

Essential oils play an important role in assisting people to move beyond emotional barriers. The aldehydes and esters of certain essential oils are very calming and sedating to the central nervous system (including both the sympathetic and parasympathetic systems). These substances allow us to relax instead of letting anxiety build up in our body.

The aromatic molecules will absorb into the bloodstream from the nasal cavity to the limbic system. They will activate the amygdala (the memory center for fear and trauma) and sedate and relax the sympathetic/parasympathetic system. The oils help support the body in minimizing the acid that is created so that it does not initiate a reaction with transcript enzyme.

## YL SUPPLEMENTS FOR NEUROLOGICAL DISEASE

*MegaCal with Omega Blue Softgels* helps provide calcium, magnesium and natural lipids necessary to maintain nerve signal transmissions along neurological pathways.

Sulfur deficiency is often present in nerve problems. Sulfur requires calcium and vitamins B and C for the body to metabolize. *Super B, Super C, and Sulfurzyme* work well together to help repair nerve damage and the myelin sheath.

## SINGLE OILS

*Lavender, orange, tangerine, bergamot, vetiver, cedarwood, frankincense, and peppermint*

## OIL BLENDS

*Brain Power, Clarity, Peace & Calming, Cirtus Fresh, Tramua Life, Joy, Valor, and Stress Away*

## SUPPLEMENTATION

*Mineral Essence, Power Meal, Omega Blue Softgel, Balance Complete, MegaCal, Sulfurzyme, Super B (1 after meal), Super C*

**Diffusion: 15 min. 4-8 times day**

**Direct application: 4-8 times day**

***Did you know that the oils are the catalyst of the delivery system within the supplements?***

## PARKINSON'S TESTIMONIAL

I've been diagnosed as having Parkinson's Disease. This is a very scary thing to happen when one has always been extremely healthy and independent. I began looking for alternative health methods to augment western medicine. I tried many things - too numerous to recite! Then along came Young Living Essential Oils, and they have made a tremendous difference to me. I say, "Young Living allows me to live again!"

In May of 1999, my two sisters came from northern Maine to central Massachusetts. They did **Raindrop Technique** on me for four days. They started me on the following supplements: **The Cleansing Trio (Comfortone, I.C.P., Mega-zyme), Sulfurzyme, and Thyromin**, then more slowly we added **MultiGreens, Master Hers, Chelex, and Be Fit**. I also used **Power Meal and Body Balance**.

The initial oils I used were: **Valor, Vitex, Frankincense, Lavender**, along with the **Raindrop** oils. Since then I've added: **Helichrysm, Brain Power, Geranium, M-Grain, Roman Chamomile, 3 Wise Men, Magnify Your Purpose, Release, Idaho Tansy, Joy, Harmony, Clarity, Bergamot, Tangerine, Orange, Lemon** - whatever I think may help with my liver, nerve regeneration, etc.

I intuitively use oil combinations. I topically apply the oils on the bottom of my feet, on my brainstem (back of neck), behind my ears, and on my temples.

I also inhale the oils from the bottle and diffuse them in my home with Young Living's diffuser. I spray our bed with floral waters and I add **Lemon/Grapefruit** to my drinking water. I love the smell and buy as many oils as I can each month. I also do weekly sessions of deep muscle massage and reflexology using Young Living oils. My massage therapist is now a firm believer in the power of these oils, which definitely complements her work.

A few changes that I have seen since last May when I began are: my energy level has improved so much (before I had none) and my arm tremors are a bit more quiet. I have hope again!

-Eleanor H. Becker

**The Health Case: Executive Summary**  
<http://healthreport.saferchemicals.org/>

There is growing agreement across the political spectrum that the Toxic Substances Control Act (TSCA) of 1976 does not adequately protect Americans from toxic chemicals. In the 34 years since TSCA was enacted, the EPA has been able to require testing on just 200 of the more than 80,000 chemicals produced and used in the U.S., and just five chemicals have been regulated under this law. Environmental Protection Agency (EPA) Administrator Lisa Jackson has asked Congress to provide her agency with better chemical management tools for safeguarding our nation's health.

Much has changed since TSCA became law more than 30 years ago. **Scientists have developed a more refined understanding of how some chemicals cause and contribute to serious illness, including cancer, reproductive and developmental disorders, neurologic diseases, and asthma.**

The Safer Chemicals, Healthy Families coalition believes that, by reforming TSCA, we can reduce our exposure to toxic chemicals, improve our nation's health, and lower the cost of health care. This report documents some of the scientific findings and economic analysis underlying our position.

More than 30 years of environmental health studies have led to a growing consensus that chemicals are playing a role in the incidence and prevalence of many chronic diseases and disorders in our country, including:

- ✓ Leukemia, brain cancer, and other childhood cancers, which have increased by more than 20% since 1975.
- ✓ Breast cancer, which went up by 40% between 1973 and 1998. While breast cancer rates have declined since 2003, a woman's lifetime risk of breast cancer is now one in eight, up from one in ten in 1973.
- ✓ Asthma, which approximately doubled in prevalence between 1980 and 1995 and has stayed at the elevated rate.
- ✓ Difficulty in conceiving and maintaining a pregnancy affected 40% more women in 2002 than in 1982. The incidence of reported difficulty has almost doubled in younger women, ages 18-25.
- ✓ The birth defect resulting in undescended testes, which has increased 200% between 1970 and 1993.
- ✓ Autism, the diagnosis of which has increased more than 10 times in the last 15 years.

**To find out more about the links between your health and toxic substances, you can read the entire report at the website listed above.**

## Taking Care of Your Hair with Young Living by Troie Battles

A good friend of mine is always giving me grief over the way I treat my hair. She freely shares her advice with me that includes “you shouldn’t wash your hair everyday”, “blowing drying and then using a straightener is ruining your hair”, “pulling it back all the time is causing your hair to break off”. I decided to do some research to find out how accurate my friend’s advice is.

Here are a few facts about your hair that you may not have known. We have about 100,000 hairs on our heads and each shaft includes three layers. Shiny hair is a sign of health because the layers of the cuticle lie flat and reflect light. When hair is damaged, though, the scales may separate and hair can become dry. Because the scales on dry hair don’t protect the inner two layers as well, hair can break and look dull.

If you’re washing your hair every day or more, it may be better to choose a mild shampoo instead of a shampoo designed for oily hair. If your hair is dry, it’s a good idea to wash it less frequently. Some people only need to wash their hair once a week — and that’s fine.

People with dry, curly hair have different hair care needs than people with straight, fine hair. But all hair needs to be treated gently, especially when it’s wet. Wet hair can stretch, making it more vulnerable to breakage or cuticle damage.

That’s why using a hot blow-dryer (or other heat styling products) on very wet hair can damage it.

### 3 Young Living secrets to great hair:

1. Use the right product for the right hair type. The **Lavender Shampoo** adds volume and fullness to hair. The **Copaiba Vanilla Shampoo** is a plant-based, safe and environmentally responsible shampoo that is a rich hydrating cleanse for dry or damaged hair.
2. Use the right scalp washes and rinses. Use the Hair and Scalp Wash to open up the hair follicle and remove buildup, grease, and chemicals. Continue with the Nourishing Rinse which allows nutrients to penetrate into the hair.
3. Keep hair free of petrochemical residues. If you can, it is best to try to avoid synthetic hair treatments and styling aids because they do so much damage to hair over time.

As with the rest of our bodies, hair is healthiest when we eat right, exercise, protect it from too much sun and use Young Living products. For more information on hair products and ways to keep your hair healthy, please call Life Science Publishing at 800-336-6308 or visit us online at [www.lifesciencepublishers.com](http://www.lifesciencepublishers.com).

### New Essential Oils Join Young Living Product Family

Young Living’s product team is excited to announce the addition of 13 new essential oils this month! These oils have been available through Creer Labs and many of these oils have appeared in some of our most popular blends. Now they have become part of the Young Living inventory and will be available for purchase as single oils.

To learn more please visit: [youngliving.com/essential-and-massage-oils/essential-oils](http://youngliving.com/essential-and-massage-oils/essential-oils)

### The full list of new products:

Angelica essential oil  
Blue cypress essential oil  
Blue tansy essential oil  
Cardamom essential oil  
Carrot seed essential oil  
Celery seed essential oil  
Citronella essential oil  
German chamomile essential oil  
Lemon myrtle essential oil  
Melaleuca quinquenervia essential oil  
Neroli essential oil  
Palmarosa essential oil  
Petitgrain essential oil

### What do you do?

How do you explain when people ask, “What do you do?”

I tell them that as a Young Living member it is my mission to educate people how to live a healthier lifestyle with alternatives like essential oils by inspiring them to wellness, purpose and abundance. This allows them to make informed decisions for health and healing for themselves, their family members, and pets.

Or you can share the Young Living Mission Statement with them, which does catch people’s attention:

***“We honor our stewardship to champion nature’s living energy - essential oils - by fostering a community of healing and discovery while inspiring individuals to Wellness, Purpose and Abundance.”***

***At Young Living Essential Oils, we are committed to uniting ancient traditions and modern science to promote health and longevity. Through extensive research and commitment to quality, we are dedicated to growing, distilling, manufacturing, and marketing the highest-quality organic essential oils and oil-enhanced products in the world.***

### 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.medicinewheelconsultants.com](http://www.medicinewheelconsultants.com)

## Holistic Pet Tips for Ear Mites

We're willing to do almost anything for them - especially when it comes to health care. Here are some tips on using **Young Living Essential Oils** and essential oil based products to help treat and prevent ear infections, as well as ear mites, without the side effects of commercial synthetic pesticides or prescription drugs that may harm you or your pet. The recipes and techniques below are only recommended for use with medical grade essential oils. Young living oils are the only oils I feel comfortable recommending for use in people, pets and children. Use of other brands of oils may prove dangerous to your pet's health.

### What are Ear Mites?

Ear mites are very common crab-like parasites that infest both dogs and cats. These tiny mites usually live on the surface of the skin of the ear canals, head, neck and even the bodies of pets. They feed on the tissue debris and secretions caused by mite waste products and resemble coffee grounds. The mites cause your pet to itch profusely, so if you see him shaking his head or scratching his ears, he may be infested with ear mites. They are extremely contagious and frequently spread to other pets within the household. Ear mites are also often one of the primary causes of ear infections and inflammation. If left untreated, ear mites may result in serious complications such as a middle ear disorder for your dog or cat. They can affect pets of any age, but are most common in young pets.

### What Causes Ear Mites?

Ear mites are caused by a tiny mite called *Otodectes cynotis* that lives on the surface of the skin on the ear canal and on the debris of tissue and secretions from the ear canal. As these ear mites feed off and move about the ear canal, severe irritation and inflammation is caused. It can also affect the other areas of the body including the tail, neck and back. They are highly contagious and can easily spread to other pets within

the household - mother animals often transmit ear mites to their young. They seldom infest humans.

### Natural remedies

Natural and holistic treatments have proven to be highly effective in cleaning the ears and getting rid of ear mites. The following information will help soothe and condition ear passages to prevent itchy ears and maintain and support ear health. Treating your pet's case of ear mites is a three-step process:

#### First Step: Purification and Peppermint Oils for Ear Mites

If ear mites are an issue try 2 drops YL **Purification** essential oil and 1 drop YL **Peppermint** essential oil mixed with one teaspoon **V-6 Massage Oil**. This will help support healthy skin and discourages pests. Dip a cotton swab into the mixture and rub just inside the ear to eliminate ear mites in cats and dogs. If ear is inflamed you can also add 1-2 drops **Lavender** essential oil. Note: Do NOT go deep into the ear canal and do not pour mixture into ear canal!!! Apply 2-3 times a day until mite problem is resolved. Be patient and thorough. Treatments can take up to four weeks because you have to eliminate any eggs that might hatch.

#### Second Step:

Build up your pet's immune system with good nutrition. Depending on size of your pet add **Red Ningxia Juice** 1-2 times a day. Regular use of Young Living's **NingXia Red Juice**, **Multi-Greens** and NSP Alfalfa will help to ensure healthy liver and strong immune system function for both dogs and cats, protecting against parasites and a host of other diseases. Dosage to be determined.

#### Third Step:

Finally, you have to keep your pet from being re-infested with ear mites. A single ear mite can hide out deep in your pet's fur - only to crawl back in after all the excitement of treatment is over. Microscopic mite eggs can hatch days after a treatment, so it could take a few weeks

before you can safely assume your pet and home are mite-free.

### Additional Suggestions

Add **Palo Santo to Animal Scent Pet Shampoo**. It is not uncommon to see ear mites travel to other parts of your pet, including the head, outside of the ears, and the tip of the tail, as mites often reach the end of tails when they curl close to the head. When bathing your pet add several drops of **Palo Santo Essential Oil** to Young Living's **Animal Scent Shampoo**. Lather up pet for 10-20 minutes as this provides adequate time to kill any fleas and ticks as well. If you are bathing a small dog wrap in towel and then rinse off. Your pet will smell amazingly nice and keeps the bugs off at the same time.

### Pet Spray

Add 4 drops YL **Purification** essential oil 4 drops **Lavender** essential oil and 1 drop YL **Peppermint** essential oil mixed into a 2 oz spray bottle with distilled water. Mist pet's bedding and tail area to prevent mites from re-infecting your pet.

Don't expect the same results unless you are using Young Living Therapeutic Grade essential oils and supplements. Also each person and animal is different so they may not work as well for you as it does for others so try another oil or supplement that would work better for you. Essential oil testimonials are an effective way of learning and sharing. With this knowledge, we can take control of our own personal health. However we are required by law to state: "These statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any disease." Information provided here is in no way intended to replace proper medical help. Consult with the health authorities of your choice.

*Shared by Dennie Meroney, Young Living Executive*

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**Young Living Essential Oils** can be a powerful way to keep your immune system strong and effective. There are several natural ways to maintain your immune system. Here are a few:

Cleanse the intestinal tract with “**The Cleansing Trio**” which is a complete intestinal cleansing solution. Regularly use oils such as **chamomile, lavender, sage, and sandalwood** to negate stress factors that can undermine and compromise your immune system. Your body needs minerals, vitamins, and a balance of proteins and carbohydrates to function

properly. **NingXia Red** provides a great source of balance in providing your body with the nutrients it needs.

Another great resource to keep your immune system strong is to find out what your body needs through the use of the latest **galvanic skin response technology system**. This system reads your body’s digital signature and measures your physical stimuli to communicate to you what Young Living products your body may need or prefer. It is a great way to discover what your body may be lacking. Things such as a change in your diet, or the need to drink more water, or what supplements your body needs can all be learned through our galvanic skin response technology.

**Life Science Publishers** is excited to help you find out exactly what your body needs. Come visit us at the **Orlando Convention September 22nd - 24th** and receive a scan. The cost is \$20.00 cash or \$25.00 with a credit card. You will be amazed by the things you will learn about your body! You will be given a detailed report for your convenience.

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