



Hello Everyone,

For those of you who couldn't make it to convention this year, and for those who did and want a refresher, here is the first installment of information coming from Young Living distributors who are generously and freely sharing their notes, recorded interviews and conference calls with everyone. There's a lot of information here

A few words about convention... I must say that this year's was quite a spectacle. From the opening ceremony, when Gary Young rode into the convention hall on a horse (his two children made their entrance on camels), to the Middle Eastern Gala on Saturday night where we were entertained throughout the evening by belly dancers and dined on delicious ethnic-inspired finger foods and an open NingXia Red bar, it was a fun and celebratory atmosphere.

Convention was big (between 4000 and 5000 people), educational (research reports, frankincense documentary, panel discussions, educational and business breakout sessions, new products, and more), fun (meeting old and new friends, sharing oils and stories), and overall scent-sational (it's the one place you can whip out your oils at any time with no fear of anyone complaining!).

The product expo was set up like an Arabian bazaar where one could sample all of Young Living's oils and most products. Free wolfberries were there for munching on, free oil samples for recharging, clearing the brain and chilling out, free frankincense resin for everyone, and a fabulous NingXia Red bar where you could get NR cocktails supercharged with potent oils. Since I've been home I've been adding one drop each of frankincense, clove and orange oil to my morning NingXia Red; it's a great way to start the day!

With the focus on frankincense, and the extra miles that Young Living goes to ensure that we have the best, I don't think there was a person at convention who doubted that Young Living's commitment to purity, quality, research and education is unsurpassed in the industry. In that regard, Young Living is proud to announce that we now have an official presence in Oman, where we collect and distill (in our new Young Living distillery) the world's rarest frankincense. It is now available to you, called Sacred Frankincense and costs \$50 for a 5 ml bottle. It is sweet smelling, and along with traditional medicinal uses, is said to be especially powerful for enhancing our spiritual connection.

We are indeed fortunate to have Gary Young's expansive vision of healing combined with his unrelenting drive spearheading this company's ever-expanding mission of health and service to humanity through growing, sourcing, distilling and distributing the highest quality oils on the planet. In addition, through tax-deductible donations, the D. Gary Young Foundation is serving people who are desperately in need, through education and healing services in several countries. www.dgaryyoungfoundation.org

I would like to end by recounting a short interaction I had after convention was effectively over, on Saturday evening at the Gala. This brief meeting made a bigger impression on me than all the research and information from the previous four days, as it exemplifies the great potential for healing that we hold in our hands.

A YL distributor I was chatting with called someone over to share with me her oil story. I was very moved as I listened to this woman's account of her experience with cancer, its recurrence and how frankincense oil literally saved her life.

She told me that she'd been previously diagnosed with breast cancer, used frankincense oil and the cancer went into remission. The cancer came back with a vengeance after seven years. This time it was affecting many areas of her body. I can't remember exactly, but I think she mentioned the brain as well as other areas. After receiving chemotherapy and radiation treatments, the doctors told her that there was nothing else they could do and that she had six months to live. She started using frankincense oil aggressively. She "rubbed it all over" the body and took six capsules a day. She said that she owed it to her family, and especially her children, to fight for her life, and that since she'd succeeded in beating the cancer before, she could do it again. I think it's very significant that this woman was empowered with a strong belief in healing herself and didn't collapse under the death sentence of the doctors. I don't remember the exact length of time that she marinated in and ingested frankincense oil, but I think she said that in 1.5 months she was cancer free.

I will try to reconnect with this woman and get a more complete report. If I can do that, I'll pass along what I find out to you. Of course, everyone is different, and one person's life path and healing will not necessarily be the same as another's, but what a great inspiration to know that we have such precious healing substances right at our fingertips and can freely share with others whose health and lives could potentially be transformed just by receiving this information.

*Fragrantly yours,
Barbara*

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2010 Young Living Convention Notes - Day 1

These notes were taken by YL distributor and leader, Alan Zerr, and passed along through the Young Living grapevine via Facebook and other means.

Many thanks to Alan for taking such good notes and sharing them freely with everyone.

Today at 2:21pm

2010 Young Living Convention Notes - Salt Lake City (Thanks Alan Zerr)

Wednesday June 15, 2010 - 9am

Frankincense, Myrrh and Balsam (gold) were the 1st 3 oils dating back 10,000 years.

Palo santo (*Bursera graveolens*, a tree species native to South America (it occurs in the Gran Chaco and it is found also in the Galapagos Islands and coastal Ecuador as well) forms tear drops of resin on the bark similar to Frankincense and has similar properties and similar effect.

Copal is very similar to Frankincense and Copal (derived from the Nahuatl language word *copalli*, meaning "incense") and is found in Mexico and Central America.

Boswellia sacra from Oman is Gary's favorite therapeutic Frankincense since he first began using it in 1996. *Boswellia carterii* is also very therapeutic. *Boswellia frereana* is very fragrant and is usually used for burning and fragrances and has little or no therapeutic value.

Frankincense distilleries are located in Spain (George Fernando), Nairobi, Kenya (Sadqa Haq) and recently a distilling operation was established in Oman. The first cut of the Frankincense tree produces the white resin called "hojari" and was until recently reserved for the royal families of the Middle East.

Frankincense, Myrrh and Balsam are known to have DNA repair properties. They also have cancer prevention properties because of the presence of alpha-pinenes, boswellic acid, and Incensol which is considered very powerful for helping those with chronic degenerative diseases.

Only Young Living produces essential oils from both *Boswellia carterii* and *Boswellia sacra* (Sacred Frankincense). They have recently established an office and distillery in Oman on the Arabian peninsula.

Did you know that cancer, arthritis and periodontal disease are relatively unknown in Oman and Yemen because the population has access to luban (frankincense) which is chewed like gum or soaked in water overnight and drank upon arising. Frankincense resin has a high percentage of polysaccharides, boswellic acid and incensol which are both curatives and preventives in the human body.

HPGC - High Precision Gas Chromatograph

The longer the column the higher the resolution. YL now has a lab on the farm in Ecuador equipped with a Gas Chromatograph calibrated by Dr. Herve Casabianca from France, the leading botanical chemist in the world.

DNA Repair and Regeneration

DNA repair - Frankincense, Hyssop and Idaho Balsam Fir.

Regeneration of Disc, Cartilage and Bone - Frankincense.

In 2009 Gary had osteophytes (spurs) growing from his previously injured (logging accident) disks. The osteophytes were pushing on his spinal cord producing intense pain. The doctors told him he would be in a wheelchair within 6 months and recommended surgery. Gary was given a solution after waking up at 2am on morning. He mixed Frankincense with his own blood serum (after separation from the red blood cells) and did 17 injections into his spine and neck. He healed himself in 5 weeks and was able to travel to the YL convention in Japan. He has been pain free since.

Boswellic acid which is found in Frankincense resin and oil has shown much promise in the treatment Rheumatoid arthritis, leukemia and bladder cancer. It was also effective in reducing serum cholesterol and had strong anti-inflammatory properties.

New Products

Sacred Frankincense (Boswellia sacra) exclusively from Oman is now available in 5ml bottles (100 drops) for \$50.00.

Frankincense Burner - [NOTE: not yet available for purchase.]

burning frankincense stimulates immune system and emotions. Ancients draped clothes over the burner (placed under a 1 meter tripod) to purify and deodorize the garments. During the day the bed sheets would be draped over the burners to purify. The burner comes with a sack of frankincense resin for \$29.95.

Common Sense (new blend) - main ingredient is Frankincense for it's grounding properties.

The One Gift - documentary and book by Gary Young - \$29.95. The book is an excellent fictional account of the caravans traveling the Frankincense Trail. It has many excellent inspirational passages, many very good life lessons and of course numerous holistic remedies for a wide variety of maladies. The documentary may be available on DVD in the near future. All proceeds from the sale of The One Gift go to the D. Gary Young Foundation and will be used to build schools and hospitals in various locations around the world.

The Gift (5 ml. blend) - a blend of Cistus, Spikenard and Frankincense.

Progressence Plus - dissolves progesterone (from wild yam) directly into Frankincense (*Boswellia sacra*). The product is 95% essential oil.

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Transdermal Therapy - Marc Schreuder - 1:30pm

How many things really work? Myth of magic?

Skin permeability is a constant; water at 25C will penetrate the skin at the rate of 0.2 mg/cm/hr. Phenols will penetrate at the rate 22 times higher and salicylic acid (such as wintergreen) 114 times higher.

PubMed says:

much candida (yeast) overgrowth and periodontal disease is caused by hormonal drugs taken orally.

Transdermal therapy eliminates fluctuating hormone levels.

Transdermal drugs need promoters such as phenol and salicylic acid.

Menthol and limonene enhance skin penetration.

Alpha-pinene, cineole, terpenes and limonene double and quadruple skin penetration.

Linalool from Rosewood leaves (leaves are harvested rather than cutting down the whole tree in Brazil) is important to the delivery of progesterone.

Alpha-pinene enhances the skin penetration of estrogen by four to ten times.

Dr. Dan Purser

Progressence Plus features "super micronized" progesterone dissolved into Sacred Frankincense essential oil.

Dr. Purser has written 4 books including Real Fibromyalgia RX, Program 120 (for practitioners) and Top 7 Solutions for Womens Health Problems.

Most common cause of low hormones in younger women is pituitary damage which may be caused by gymnastic and/or cheerleading falls, Motor Vehicle accidents, surgery, trauma/shock, tumors, drug inhalation (cocaine, meth.) and intense stress.

Lowered progesterone levels cause: Post menopausal syndrome, migraines, hot flashes, night sweats, TMJ, insomnia, neuropathies, low libido, hair loss, increased acne.

5 B's of Estrogen Dominance

- . Backache
- . Bleeding
- . Bloating
- . ??? (can't write fast enough) [Breast tenderness]
- . Bitchiness

Benefits of Progessence (human P4 made from wild yam)

- . Cools arteries
- . Prevents 98% of hot flashes, day/night sweats, post menopausal symptoms, migraines [in females].
- . Improves post-partum depression
- . Aids in weight loss
- . Re-grow hair
- . Mood elevator
- . Reduce acne
- . Helps 95% of TMJ inflammation
- . Reduces risk cancer risk
- . Good for insomnia
- . Heals nerves
- . Decreases endometriosis symptoms
- . Improves bone density
- . Improves libido
- . Makes breasts light and fluffy [and bigger] (his words, not mine) . assuming he means reduces breast tissue density
- . Aids in weight loss

P4 is a natural progesterone [molecularly] identical to human progesterone made from wild yams. It is an end product and is super micronized.

Synthetic progesterone raises the risk of breast cancer as the ingredient MPA is a known carcinogen.

Normal progesterone serum levels are > 2.0 ng/ml.

Deficient serum levels are < 1.0 ng/ml.

1 ml. applied on the neck raised progesterone levels by 1900% in 2 hours.

Dosage now is 1/30 ml. = 1drop.

3 ways to apply: on the neck over the carotid arteries; any time you have symptoms; on the temples for migraines.

Cycling is not necessary; there is no medical reason to cycle progesterone.

Progesterone is also safe for young girls 12 to 14 years and up.

Men will suffer lower libido if taking progesterone.

Progesterone - Ultimate Women's Feel Good Hormone - Dr. Dan Purser's latest book.

Also wrote "Male B" book.

Website: www.DanPurserMD.com

Paul Sheele - Learning Strategies

www.learningstrategies.com

Sacred Frankincense and Memory Enhancement - A Brainwave Study

We retain 11% of what we learn and within 3 days 40% of that will be incorrect.

Genius Learning:

- . Note to self
- . Listen actively - notice what your hands are doing while listening
- . Maintain Brain/Body Balance - take a bounce break (simple exercise of bouncing and exercising the wrists)
- . Your Ideal State - why are you here?

Sacred Frankincense Study

A short term study of the effects of Sacred Frankincense before, during and after 30 days of use involving 12 subjects:

- . Learning blockages improved in 67%
- . Reading difficulties improved in 63%
- . Memory problems improved in 80%
- . Motivation issues improved in 33%

Asked if "uses of Sacred Frankincense lead to significant changes in your life?", 80% said "yes".

Subjects said:

- . Before use brain felt full
- . After 1st use felt alive
- . At end of study - easier to remember.

Sacred Frankincense can heal trauma, induce inner calm, reduce inner noise, ensure brain's gifts and talents are more available.

2% of brain activity is neuron firing; 98% is neuro-peptide release.

Outcome Focus:

- . What is your perfect future?
- . Where are you now on a scale of 1 to 10?
- . What small step could you take now to move 1 step up the scale?

End of Day 1 notes.

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More notes on Progessence Plus Serum

(including testimonials), taken by Debra Raybern, Young Living Platinum.

[Note: These notes are unedited and some info is may be different or repeated from previous post, as these notes were taken by different people.]

The Magic Bullet for Women??

For many women this new Young Living EXCLUSIVE product just might well prove to be the magic bullet for their health concerns. **Progessence Plus Serum** is much more than just a progesterone supplement.

First of all what can progesterone (P4 - the exact kind the body produces naturally) do for you and who can use it?

If you are over the age of twelve, or younger but already having a menstrual cycle and suffer from:

Migraine headaches,
Endometriosis
Fibroids
Post Partum Depression
Mood swings
Insomnia
Metabolic Syndrome X - insulin resistance
Hot flashes
Night sweats
PMS
PCOS [Polycystic Ovary Syndrome]
Endometriosis
TMJ
Hair loss
Lowered libido
Muscle wasting
Weight gain
Day sweats
Fibromyalgia
Bone health issues (osteoarthritis)
Nerve damage
Low energy levels
Pituitary problems or damage (***)Most common cause of low progesterone)
Low thyroid (caused from damaged pituitary)
Interstitial Cystitis
and probably other things not mentioned

and if you want to:

reduce your risk of breast cancer
kill breast cancer cells
reduce the risk of heart attacks

then Progessence Plus Serum may be your magic bullet. OK, I hear you. "I've tried progesterone creams before and they did not seem to help; or they did for a while and then stopped". Progessence Plus Serum is different. This USP grade wild yam (P4) progesterone

is super-micronized to less than 5 microns, then melted into the essential oil infused serum containing vitamin E, and essential oils frankincense (*boswellia sacara*), copaiba, bergamot and peppermint that absorbs into the skin and levels out progesterone levels like never before.

Oral hormones have an undesired side effect; according to the International Journal of Pharmaceuticals. That side effect is increased estradiol. They suggest topical applications over oral troches or sub-linguals.

Dr. Dan Purser has spent his professional life researching and educating both physicians and women on the dangers of regular hormone therapy, and the preferred safe alternative of progesterone. His research concludes that 98% of all women, ages 12 and up would benefit from the use of progesterone cream if they have any of the symptoms listed above. Girls as young as 12, he says, with heavy periods, cramping, PMS will benefit. Even women with complete hysterectomies and nursing moms. Women using Progessence Plus Serum can safely use through the tenth week of pregnancy, and by then the body should be making sufficient amounts on its own.

Dr. Purser said: "Taking just ONE birth control pill increases your risk for breast cancer for the next TEN YEARS". This should never be an option when Progessence Plus Serum will help you overcome the symptoms the birth control pill is often prescribed for. In his quest to bring his patients the very best, his lab partnered with Young Living to create Progessence Plus Serum, sold exclusively through Young Living.

How to use:

It is not necessary to use according to your female cycle, daily use is fine, but you can use according to your cycle.

Apply to clean dry skin, such as after a bath or shower. As oils build up on the skin during the day, better absorption will occur if the skin is clean and warm.

Use as often as desired, generally one to two drops on the neck over the carotid arteries, temples, jaw, forearm, spine, etc. every hour or until symptoms are gone.

Once you are feeling better, then you can adjust the amount used.

Do not use with medically prescribed progestins or birth control pills.

Symptoms of nausea may occur within the first couple hours as the body gets used to the progesterone, apply more and they will dissipate.

Testimonies:

Weight control - Tracy Rushton

A quick testimony from me about Progessence Plus Serum: As you know I struggle with losing weight unless I eat 6 to 7 small meals a day, measuring out each portion, recording it and keeping a journal to track the protein, carbohydrate, fat grams as well as, calorie counting. While at the convention we ate nutritiously but the portions were large and I am sure the calorie count was extremely high and I ate only two actual meals a day and a PowerMeal for breakfast. I used two to four drops of Progessence Plus Serum each day

since its release at the convention. This morning I weighed myself and was pleasantly surprised to have the scale show 4 pounds less in one weeks time. Dr. Purser stated that the use of Progessence Plus could reverse Metabolic Syndrome X - insulin resistance. I believe this new product will be life changing for me and for every woman who uses it.

TMJ - Teresa Gingles

For years I have suffered with TMJ. Everything I ate had to be cut up as I could not open wide enough for a sandwich. After one application of Progessence Plus Serum over the jaw area, within minutes I could open my mouth fully.

Painful periods, menstrual migraine - 20 year old female

Pain, headaches, nausea, heavy flow were all a part of this young lady's life during her cycle. Hit hard while attending convention, she was in bed waiting for things to get better. She applied Progessence Plus Serum to her temples and arms. The headache began to subside, but the nausea was intense. Then out of desperation we applied 20 drops of Progessence Plus Serum (Dr. Purser said we just needed to use more to get her over the hump) to her spine and feet. Within 15 minutes she was completely out of pain, no symptoms. She continues to use Progessence Plus Serum three times daily, one to two drops on the neck.

Migraine - 21 year old female

Intense migraines left this young lady in bed, wearing sunglasses and very nauseated. Progessence Plus Serum was applied to the temples, repeatedly every hour until her hormone levels came up to normal and the headache broke.

Whole demeanor changes - Christin Pivero

I never knew how great I could feel until I tried Progessence Plus Serum. Now if I start to feel a little out of sorts, I apply Progessence Plus Serum and within minutes I feel great again. My husband is going to love this new product!

Hot flashes gone - Dana Hartstein

I have suffered with hot flashes off and on and found many products from Young Living that helped; but nothing like Progessence Plus Serum. I applied some of the samples available at the convention expo and no more hot flashes.

Sleep - Debra Raybern

Always a light sleeper, alert to every cricket or bug outside my window, using Progessence Plus Serum I have a terrific night's sleep, wake refreshed and as a side note no more night sweats.

Sleep - Sera Johnson

With four young children I have been a light sleeper for years. Using Progessence Plus Serum from the very first night my sleep has been sound and no waking in the middle of the night. I wake refreshed.

Progessence Plus Serum, exclusive to Young Living.

Code # 4620

Distributor Wholesale price \$35.00, 15ml clear bottle

The other new products that Young Living has are the following:

3091 Common Sense Essential Oil - 5 ml \$30.00 (Distributor Price)

3550 Sacred Frankincense Essential Oil - 5 ml \$50.00 (Distributor Price)

4524 Aria Ultrasonic Diffuser \$225.00 (Distributor Price)

4495 TheraPro Premium Diffuser \$150.00 (Distributor Price)

Don't suffer any longer, order a bottle or two today. Share with your lady friends. This one is going to change lives; why not start with yours today! Send in your testimonies for all to enjoy.

Debra Raybern

Platinum

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Audio interviews with Convention presenters and others

From Vicki Opfer:

Whether you are able to attend the Young Living convention, or not, the following information will help you learn more about what is being shared at this year's event. Each speaker was interviewed by Diamond Cherie Ross, not just about their break out session, but about their favorite products, and their businesses.

I was told that this year, the talks will probably not be available after the convention, because so much editing is required, and Young Living does not have the man-power to do it. So take the time to listen to these interviews, and you will gain valuable insights.

Once again, thank you for helping our organization reach Crown Diamond in May! It's such an honor to work with you!

Love,

Vicki

From Cherie Ross:

I have had the privileged of interviewing a few of the extremely knowledgeable and dynamic Speakers presenting at our 2010 Young Living Convention.

These recordings are packed with valuable information for all our Members - whether they are able to attend Convention or not!

Listen & learn from experts on your educational journey .. here are some of our presenters ..

01 - Vicki Opfer - Young Living's newest Crown Diamond teaches us her extremely successful "Heart Centered Sharing" methods that are providing results in creating Wellness, Purposes and Abundance in lives of many worldwide. <http://tinyurl.com/2eyhn2p>

02 - Julie Chertow - Julie shares some of her secrets of 20 plus years of experience as one of the most sought after Massage Therapists, Body Workers and Healers from Los Angeles to New York using Young Living Essential Oils.

04 - Pat Brown - Upon retiring from Corporate America, Pat became fascinated with Energy Medicine which led her to using Young Living Essential Oils in her Polarity Therapy practice. If any aspect of your life could use improvement .. listen to this interview .. Pat has solutions!

05 - Lee Schlakat - Lee shares how she incorporates Young Living Essential Oils in her Cranial Sacral practice producing profound results with every aspect of our life; from allergies and sinus to memory, depression and emotional concerns, insomnia, headaches & so much more..... Lee offers real answers.

06 - Adam Green DipKin - As one of Young Livings youngest Silver leaders (early 20's), Adam shares how he uses Young Living Essential Oils in his life and clients as a Personal Trainer and Athlete. Additionally, Adam explains how he paid off his college tuition in full and purchased his own 4 bedroom house at the age of 20, all by sharing Young Living and the desire to help others. Youth of our world - listen up!
.. and a few others:

- Dr. Peter Minke - Dr. Mom / Dad
- Dr. Melissa Shelton - Animal Care Naturally / Oils
- Jennifer Crippen Springer - Weight Management
- Dr. Ed Close - Thieves research producing results
- Paul Scheele - Frankincense and brain function

click here for workshop details <http://tinyurl.com/23qqvl7>

Forward this on to all who may be interested in improving their lives or the lives of others ... Naturally and Abundantly!

See you soon.

In Gratitude,
-Cherie Ross
Young Living Diamond

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Convention Wrap-up Conference Call

Date: Sunday, June 27, 2010
Time: 5pm Pacific, 6pm Mountain, 7pm Central, 8pm Eastern
Location: Your Telephone

To get on the call, dial this number:

712-432-2900 Code: 3360#

Featured Speakers:

Vicki Hutson Opfer, Crown Diamond - Topic: Heart-Centered Sharing
Jeffrey Lewis, Diamond - Topic: Egypt Trip w/Gary Young
April Travis, Gold - Host
Annette Chaffee, Silver - Topic: Frankincense
Debbie Hurley, Executive - Topic: New Products

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Reformulated Skin Care Products

Reformulated and improved, with the addition of shea butter, these Young Living skin care products are now back in stock:

5145 Wolfberry Eye Cream
5141 Boswellia Wrinkle Cream
5148 Sandalwood Moisture Cream