

From: James Niederland [mailto:oilman@essentialoiltherapies.com]

Sent: Tuesday, April 28, 2009 9:14 AM

To: 'yleo@lists.essentialoiltherapies.com'

Subject: FW: SWINE FLU? Do Not Panic - Be prepared!

Hi EveryOne,

Despite my reluctance to feed into the current frenzy, I am forwarding this series of emails (thanks to Annette and Barbara for their excellent work) because of the number of inquiries I have received in regards to the swine flu "epidemic."

Why am I reluctant, you may ask, to forward information that can help support one's immune system in times when the immune system needs extra support? I believe that it is our focus that creates what we experience in life. If we focus on well-being, we experience well-being. If we focus on dis-ease, we experience dis-ease. It is my concern that world wide attention given to the swine flu can create more of it. With that said, my intention for sending this email is to help empower you to believe in your own health and well-being.

There was a time, years ago, that I did not have a solid, unshakeable belief that I was well and healthy, and, because of that, I wasn't. Being introduced to Young Living essential oils and products, in a short period of time, changed my belief. Today, I have a knowing that I am well, healthy and, in truth, at age 56, am healthier than I have ever been in my life. Know that whatever challenges arise, there are Young Living oils and products that can help support you physically, emotionally, and spiritually.

There is a solution!!! Read on . . .

With Love,
James

Annette Chaffee
Young Living Essential Oils

ESSENTIAL OILS vs INFECTIOUS DISEASES

Swine Influenza Information from the CDC:

http://www.cdc.gov/swineflu/?s_cid=swineFlu_outbreak_001

Human cases of swine influenza A (H1N1) virus infection have been identified in the United States. Human cases of swine influenza A (H1N1) virus infection also have been identified internationally.

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses

that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Are there human infections with swine flu in the U.S.?

In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. Other U.S. states have reported cases of swine flu infection in humans and cases have been reported internationally as well. An updated case count of confirmed swine flu infections in the United States is kept at <http://www.cdc.gov/swineflu/investigation.htm> CDC and local and state health agencies are working together to investigate this situation.

Is this swine flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Can I get swine influenza from eating or preparing pork?

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- **Wash your hands often with soap and water**, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

PREVENTION - Keeping Your Body Healthy Naturally with Young Living Essential Oils

Our health and wellness is OUR responsibility. These superbugs are not going to go away, and the vaccines that are being created cannot keep up with the mutations. God's medicine from the blood of His Plants may be our answer.

VIRUSES CANNOT BUILD A RESISTANCE TO PURE, THERAPEUTIC GRADE ESSENTIAL OILS.

An antibiotic or vaccine made in mass production in the laboratory is identically the same and the viruses are getting smart enough to mutate and get stronger against them. This is a fact, and we are watching it happen in our lifetime. Young Living Essential Oils can help us to keep ourselves and our families healthy every day of our lives because of our commitment to the purity of our oils. Each seasonal crop of plants grown with different environmental conditions produces a unique and complex mosaic of compounds within the essential oil. Nothing is duplicated, and each crop that produces oils is chemically different. This is how the power of essential oils can effectively protect us against these powerful viruses.

We know that this influenza goes deeply into the lungs. Gary Young teaches us that we can take our blend RC (respiratory & congestion) and drive it deeper into the lower lobes of the lungs by adding Spruce. To drive the oils to the upper lobes, use Pine. Respiratory oils - any of the Eucalyptus oils, RC, Raven, Peppermint, Ravensara, Lavender, Lemon, Spruce, Pine, Idaho Balsam Fir, Frankincense, Believe or our newest Ecuadorian oil, Eucalyptus Blue are all effective in respiratory support.

If you are in an area where this flu virus is active and need further protection, the N95 face mask may be a good option as it comes in 3 sizes - smallest will fit children. There are several masks at this link:

http://www.amazon.com/s/?ie=UTF8&keywords=n95+mask&tag=googhydr-20&index=aps&hvadid=1099908941&ref=pd_sl_4742xaymyj_b

If I end up needing a mask, I will drop several drops of an essential oil into the mask for direct inhalation. Oils recommended include Thieves, Purification, Lemon, RC, Exodus II, Hyssop, or Egyptian Gold "***THIS IS YOUR BLEND FOR THE BIRD FLU***" * ~ Gary Young, N.D. At the 2004 YL Convention, Gary Young recommended Egyptian Gold for the Bird Flu and other Super Bugs."

Airborne microbes enter our bodies through our eyes, nose, EARS and mouths. Putting a drop of essential oil such as Melaleuca (tea tree) on a cotton ball in the ears can give you an added level of protection. Caution - NEVER put an essential oil directly into the ear!

ESSENTIAL OILS THAT KILL SUPER GERMS - Cinnamon Bark, Clove, Tea Tree, Thyme, Geranium, Oregano, Mountain Savory, Basil, Lemongrass, Lavender, Peppermint, Spearmint, Eucalyptus. I cannot think of one essential oil or blend that Young Living offers that is not beneficial to our health and wellness, so whatever you have on hand - USE. This is simply a guide to help you to use the most effective oils for this super-flu.

RAINDROP - The oils in Young Living's Raindrop Technique kit are highly effective against viruses. Giving and receiving Raindrop Technique would be extremely beneficial. If you do not have anyone to facilitate a Raindrop for you, simply apply the oils to the bottoms of your feet. Another option, take an empty YL bottle (if you are like me, you have plenty of empty bottles!) and add 10-20 drops of each of the oils in the kit, add a bit of carrier oil such as Young Living's V6 or a pure vegetable oil, and shake to blend. This can be applied to the feet morning and night and inhaled straight from the bottle throughout the day. These are powerful oils; please use caution when applying and if the oils heat up on your skin, simply add some carrier oil to dilute and slow the entrance of the oil into your tissues. Essential Oils rubbed on the bottoms of your feet will enter every cell in your body within 22 seconds!

THIEVES

The use of essential oils for medicinal purposes dates back thousands of years and more recently, through scientific study, we know the power of essential oils on airborne pathogens.

During the 14th century, the plague spread across Europe. It was estimated to have killed a third of Europe's population while spreading to Asia and the Middle East. It was also known as the "Black Death" because one of the symptoms, acral necrosis, caused skin to blacken from sub dermal hemorrhages. So terrorizing was the disease that it killed within a week, usually 3-4 days, wiping out entire families. "The pestilence was so contagious that those who touched the dead or the sick were immediately affected themselves and died".

During this time, there was a group of four thieves who were able to not only go near the dying and dead, but were able to touch them. The thieves robbed the bodies of the inflicted and did not become ill, themselves. They were caught in 1413 in Marseilles, France. When they were tried, the magistrate offered leniency if they exposed their secret to resisting the infection.

The thieves disclosed a concoction of aromatic herbs, including cloves and rosemary, which they rubbed on their hands, ears, and temples in order to avoid contracting the plague.

This recipe was recreated in Young Living's blend, **Thieves®**, which contains the oils of clove, lemon, cinnamon bark, eucalyptus, and rosemary. It is highly antimicrobial. ***When tested at Weber State University, it was found to have a 99.96% kill rate against airborne bacteria.***

We have an entire arsenal of Thieves essential oil-based products to keep ourselves and our environment healthy such as Thieves Essential Oil, Thieves Cough Drops, Thieves Mouthwash, Thieves Spray, Thieves Hand Soap, Thieves Hand Sanitizer, Thieves Hand Wipes, and Thieves Household Cleaner. In addition, our new supplement, INNER DEFENSE contains the essential oils used in our Thieves blend plus Thyme and Citronella. This is a very powerful supplement for health and wellness support.

Use Thieves in your washing machine, dishwasher, wash down counters and bathrooms, diffuse in your environment, put on cotton balls and stick them in your air ducts at home or in your car. Add lemon essential oil to increase your protection against airborne pathogens.

Keep the air you bring into your lungs as clean as possible by using Young Living Essential Oils all day, every day! Simply removing and smelling the cap of your essential oils throughout the day provides health benefits.

Airplane Travel:

One of the ways the Swine flu is being carried from country to country is via air travel. If you must travel by airplane, please take precautions.

- My son had to get on an airplane yesterday so I made a blend for him that contained Thyme, Oregano, Thieves, Melrose, Lemongrass, Lemon, Peppermint, Basil, RC and Believe. I have a little aromizer (aroma inhaler) that I put these oils on a Q-tip and put that into the inhaler for him to smell before, during and after the flight and I applied these oils on the bottoms of his feet for his protection.
- When traveling I always take a couple Kleenex and saturate them with drops of oils such as listed above. I then put the Kleenex into a baggie and put it right in my purse. Throughout the flight I can pull out my baggie and INHALE.
- Mix a mild essential oil such as Lavender into a small amount of Animal Scents Ointment and rub a bit on the insides of your nostrils.
- Bring along Thieves cough drops and share them with your airplane neighbors.
- Use your Thieves hand sanitizer before, during and after your flight.

Some additional tips:

Inhale - Put a few drops on the palm of your hand, rub your hands together, cup your hands over your nose/mouth and inhale deeply three times. Inhaling essential oils throughout the day can greatly benefit your wellness goals.

Gargle - Use Thieves Mouthwash and gargle morning and night. You can also gargle with a small amount of hydrogen peroxide and water.

Use ONLY Young Living Essential Oils Internally - I trust Young Living to provide me with the most pure and therapeutic grade essential oils in the world. Because of this, I do not hesitate to take these oils internally. I put them in gelatin capsules, take a drop and rub it on the insides of my cheeks or under my tongue, or drink it in my water throughout the day. I have never had an adverse reaction and only received benefits. We are also fortunate to have essential oils already in capsules such as Inner Defense, specially formulated by Gary Young.

Diffuse, Diffuse, Diffuse! You are your best diffuser. Put your oils on your body, rub them on your upper chest/thymus area, or put some on your hands and rub them together and gently run your hands over your clothes. When I am driving to and from work I take some oils on my hands and rub my car seats, the interior hood, and my steering wheel.

Young Living has several outstanding aromatic diffusers to help clean your environment by diffusing and spraying the oil molecules into the air. When using a diffuser, diffuse for 15 minutes, and then run a fan if possible. You can do this every hour, or every 2-3 hours throughout the day. Inexpensive timers (think Christmas light timers) can be purchased to help you conserve your oils while diffusing.

Use your oils at night - Anoint your body and drop oils on the four corners of your bed. Lavender is very soothing; add Eucalyptus for a heavenly night's sleep.

Make a Spray - Spray bottles are inexpensive and can be purchased at www.abundanthealth.us. Add 10-20 drops of your favorite oil(s) and fill with distilled water, shake and spray.

Add Essential Oils to Your Bath - Soothe your soul with a relaxing essential oil bath. Mix several drops of your favorite oil in a quarter to half cup of Epsom salts and add to running water. Eucalyptus, RC, Raven, Lavender, Gentle Baby, Joy, Geranium - any of these oils are wonderful to bathe in. I would not suggest using the more caustic essential oils (clove, cinnamon, oregano); stick with the gentle oils such as listed above.

Topical - Put your oils on your feet, rub them on your arms and hands, and rub them on the back of your neck or on your thymus area. Put your oils on the back of your hand, reach around and you can easily rub them up your spine (neat little trick!).

Apply the Oils to Your Energy Centers and Energy Field - I consider the chakras our "spiritual organs" and believe that it is as important to take care of them as it is to look after the physical body.

Supplements - So important! Alkalime to keep your body in an alkaline condition, which can keep your body's immunity in check. ComforTone, a gentle colon cleanse to help move the toxins out of your body, ImmuPro, Inner Defense, Super C , MultiGreens.

PRO-biotics - Life 5 - Young Living's powerful pro-biotic which contains 8 billion active cultures. It is important for our immunity to keep a balance of good bacteria in our gut. ANTI-biotics kill off the good bacteria along with the bad, so using PRO-biotics after a course of antibiotics can help balance our systems and may help our immunity.

Thump Your Thymus! - Stimulating the thymus gland can help increase the body's immunity. Add some oils to your fingertips and follow along with the video:

<http://video.google.com/videoplay?docid=-4358460109695312938&ei=B2b2SY66O43CrQKBmp3BBQ&q=location+of+thymus%2C+tap+the+thymus&hl=en>

NingXia Red - Very supportive to the immune system. From website

<http://www.ningxiared.com/science.html> **Enhance Immunity** - In a landmark preclinical study published in the peer-reviewed Journal of the American Nutraceutical Association, researchers determined that wolfberry juice and NingXia Red provides immune-boosting benefits.* In an animal study done at a hospital in Beijing in 2002, the wolfberry was found to stimulate interleukin-2 and gamma interferon, two anti-inflammatory substances important in supporting a healthy immune system.*

Water - Increase your water intake to help move toxins out of your system.

These oils are very powerful. If you experience sensitivity to the oils, please use a carrier oil to dilute and drink plenty of water and the sensitivity should pass within moments. When in doubt, use caution and go slowly.

If you have essential oils - PLEASE USE THEM. If you have **Inner Defense**, USE IT. Put your oils such as lemon, orange, tangerine and peppermint into the water you drink.

I hope this information has been helpful to you. I would like to express my heartfelt thanks to Gary Young, Mary Young and the staff at Young Living Essential Oils for giving us these wonderful products which I believe WILL protect me and my family during this health crisis. Gary's tireless quest for the purest oils for our health and well being will benefit mankind and help us to remain healthy in our future.

***Disclaimer** (unfortunate, but necessary): This material is for educational purposes only and is not meant to diagnose, prescribe or treat any condition or illness. If you are ill, and especially if you have come in contact with the Swine Virus, seek immediate medical intervention.

Annette Chaffee
Young Living Essential Oils

From: Barbara Rozen
Sent: Tuesday, April 28, 2009 11:56 AM
To: Living Scents Announcements
Subject: Young Living: Swine Flu...and what you can do.

Subject: Swine Flu...and what you can do.

Contents:

- 1) [Influenza Info from the Essential Oils Desk Reference](#)
- 2) [Recommendations from YL Distributors](#)
- 3) [Testimonials on Flu](#)
- 4) [Testimonials on Thieves and Thieves Spray](#)
- 5) [Promo: Get a FREE Essential 7 Kit](#)

Hello Everyone,

If you haven't been hiding under a rock in the last several days, you're undoubtedly aware of the recent Swine Flu outbreak in Mexico. And with 50 confirmed cases in five states, the U.S. government has declared a national health emergency. In fact, cases have now been reported in 7 countries as the virus jumps borders via air travel. The whole world is on alert and taking this very seriously.

Here are just a few of today's headlines from Google News:

- WHO Raises Global Threat Level As Reports of Swine Flu Increase
 - Americans told to wear masks as swine flu spreads
 - British health authorities concerned about human swine flu
 - Hong Kong steps up surveillance amid swine-flu fear
 - US State Department Issues Mexico Travel Alert
- and finally...
- Swine flu: has the world over-reacted?

While I am not an advocate of buying into the scare rhetoric of conspiracy theorists who use paranoia-inducing language to get people fired up, an ounce of prevention is certainly worth a pound of cure. And I'm reasonably certain that being scared and stressed out doesn't help in any way. Whatever the truth is about the roots of the health threats that are confronting us today, it is prudent to be proactive by taking steps to naturally boost our immune systems and ameliorate stress.

This is the area where Young Living really shines. What could be more effective or more pleasant than using Young Living's therapeutic grade essential oils?!

Young Living offers so many oil-based immune system and stress reduction support products, that it's not difficult to find something that works and that you are also attuned to.

Some basics that come to mind are:

*** The whole line of Thieves products, and in particular:**

- Thieves Spray and Thieves Waterless Hand Cleaner – Don't leave home without it...really! Frequent hand-washing is one of the most highly recommended preventive measures for keeping the flu at bay and nothing does it better than Thieves. You can also use the spray on door knobs and other surfaces.
- Thieves Oil – Use on feet before bed and when leaving the house.
- Thieves Household Cleaner – For countertops, floors, laundry and more.

* **NingXia Red** – Great immune system booster.

* **Internal Oil Use** -- Longevity Capsules, Inner Defense Capsules, Thieves in capsules, make your own formulas.

* **Oregano Oil** and other potent and proven anti-viral singles, plus great blends like Immunpower, Exodus II, Egyptian Gold and Raven.

* **Essential 7 Kit** – For stress reduction, immune support and basic first aid. Get one FREE this month with a \$195 PV order! [Click here](#) for details.

Check out [distributor recommendations](#) and [testimonials](#) below for ideas and inspiration.

And remember, if your oils are sitting on a shelf, they are not working for you. It's so important to use the oils consistently for prevention and aggressively for acute situations. May the oils be with you!

With many blessings for your health and well-being,
Barbara

* * *

1) From The Essential Oil Desk Reference, 4th Edition, page 246

INFLUENZA

FIRST RECOMMENDATIONS:

Ravansara, ImmuPro

Single Oils:

Blue cypress, mountain savory, oregano, Eucalyptus radiate, peppermint, clove, tea tree

Blends:

ImmuPower, Di-Gize, Exodus II, Thieves, Inner Defense ParaFree, Essentialzyme, Polyzyme

EO APPLICATION METHODS:

Ingestion:

IN RICE MILK, 2-4 times a day

IN CAPSULES 00 size, 1 cap, 3 times a day

Inhalation:

DIRECT: 2-4 times a day

Topical:

DILUTE 50-50, 2-4 drops on chest, stomach or lower back, as needed, 2 times daily.

RAINDROP Technique, 1-2 times weekly

COMPRESS: warm, over lower abdomen 1-2 times daily.

INFLUENZA RECIPE FOR BATH:

2 drops Eucalyptus radiate

6 drops frankincense

3 drops blue cypress

6 drops spruce

15 drops ravensara

1 drop wintergreen

Stir above essential oils thoroughly into quarter cup Epsom salts or baking soda, and then add salt/oil mixture to hot bath water while tub is filling. Soak in hot bath until the water cools.

DIETARY SUPPLEMENTATION:

Essentialzyme, Polyzyme, ParaFree, Digest & Cleanse Softgels, Exodus

* * *

2) Recommendations from Young Living Distributors:

How to Protect Yourself Naturally From the Swine Flu

By Young Living Distributor, Chalyce Macoskey

http://www.ehow.com/how_4933950_protect-yourself-naturally-swine-flu.html

* * *

Hasso's Recommendations

YL Distributor Hasso Wittboldt-Mueller, a naturopath trained in Germany, is well-versed in many natural healing modalities. Here are his recommendations:

...Taking preventive health care measures is empowering and creative. Why not use yourself as God's best laboratory and take your health back in your own hands right now?

My recommendation is as follows:

1. Inner Defense - one in the morning, one at night
2. Longevity capsules - one in the morning, one at night
3. Thieves Blend - four drop on the bottom of each foot before going to sleep
4. Use Lemon oil in your drinking water (only in glass or stainless steel bottles - NOT in plastic bottles!) - 5 drops to a quart, shake each time before drinking, rotate the citrus oils: Alternate between Grapefruit, Tangerine, Orange and Lemon.
5. Or make your own "OO" caps (also available at YL) by putting your favorite oils into them like: Frankincense 2 drops, Thieves 3 drops, Lemon 5 drops, Peppermint 1 and then rotate Frankincense on a weekly basis and replace it with either of the following oils: Oregano, Balsam Fir, Myrrh, Ledum, Thyme, Bay Laurel and others. Then start again with Frankincense. Rotate the Citrus Oils as well.
6. Also use the Thieves Waterless Hand Purifier when you are at public rest rooms or before you eat
7. Use Thieves Foaming Hand Soap at home
8. And for convenience purpose have a bottle of Thieves Spray or Thieves Wipes around...

Find out what you resonate with and then stick with a regular program and see what happens. Six days on, one day off will be another good idea. I don't believe in obsessing about anything but putting these suggestions to work might give you good healing leverage too.

* * *

Beat The Flu, Cough & Cold

By YL Distributor Debra Raybern, N.D., M.H., C.N.C.

It is time once again to get our bodies and homes in shape for the coming cold and flu season. Revving up our immune system and keeping our homes germ free is the order of the day.

Our family follows these simple, yet extremely effective steps to strengthen the immune system and protect ourselves not just from the flu, but coughs, sore throats and the common cold.

FOOD Cold weather puts an added strain on the body by depleting necessary nutrients. To give yourself an added boost, make the foundation of every meal a healthy choice. Now, yes, I know that almost all of us will make some exceptions to healthy eating, especially during the holidays cookies, pies, and an assortment of holiday treats, but since sugar will slow down the bodies overall metabolism and immune system response, you should keep the sweets to a minimum and the healthy fresh fruits and vegetables high. A large fresh salad makes a great addition to any meal. Winter fruits like apples, citrus and pears are in season and make great snacks and are naturally sweet.

A favorite all natural sweetener at our house is the Blue Agave Nectar from Young Living (all agave's are not created equal). This golden liquid from the cactus is just as sweet as sugar in taste, but with a glycemic index of 11 beats even honey and maple syrup as a healthy alternative to sugar.

Add a clove or two of raw garlic to your salad for added protection against germs. Garlic is a well-known anti-viral and anti-bacterial herb. Are you into skipping meals? Well you shouldn't. When you need a meal on the go, try a green drink that you can make yourself with a juicer and fresh vegetables or add 1 heaping tablespoon of a nutritional green drink like Juva Power to your favorite juice. For capsule green foods take Vita Green. We even carry a NingXia Red sample packs in our purse for a quick pick-me-up on the go. And now there is Balance Complete a great tasting power mix with 11 grams of fiber per serving and packed with essential goodness.

ELIMINATION To help your body defend itself, it is important to be able to get rid of accumulated waste and toxins. This is done primarily through the intestinal tract. The colon often becomes over burdened during the cooler months as we gravitate to the warming soups and stews that are void of digestive enzymes and good fiber. Make it a habit to consume plenty of raw high fiber foods daily, even with your hot meals. For maintaining good bowel movements, add a capsule of Comfortone formula to heal and restore proper bowel movement not a habit forming laxative, but rather all natural herbs, enzymes and oils that clean and heal the intestinal tract. A little DiGize on the belly does wonders for diarrhea and constipation. Balance Complete's high fiber content helps you ³go² with ease I have pregnant mom's drinking a Balance Complete shake to keep them from being constipated.

WATER Not much does a body better than fresh pure water. If you are still drinking tap water STOP. Tests from municipal water supplies around the country show toxins such as fecal matter, bacteria, prescription drug residue, chemicals and much more are increasing at an alarming rate. At least get a sink or pitcher style filter for your drinking, cooking and teeth brushing water. Recent research has revealed that brushing your teeth with an unsanitary toothbrush lengthens the time a person stays sick. Studies also show a link between tooth and gum health and heart disease. All the more reason to use a toothpaste with added essential oils, Dentarome Plus or Ultra, or drop a bit of Thieves oil directly onto your tooth brush for an exhilarating experience. Plus be sure to add Young Living essential oils to your water either by the drop or with one of their H2oil Packets in assorted flavors.

AIR & ENVIRONMENT Our houses stay closed much of the cold season with the heat or fireplace warming the home. Keeping things so tightly closed, keeps the old stale air in for breathing and re-breathing. If someone is even a little under the weather, the air they exhale will be full of germs, now out there for everyone else to breath. An essential oil diffuser with oils such as lemon, eucalyptus, lime, orange, grapefruit, or blends like Purification, Citrus Fresh, Christmas Spirit, RC and Thieves, will help to kill airborne germs and keep the house smelling fresh.

*** We now have proof you can share The brochure 12 Essential Oils that WIPE OUT Disease-Causing Bacteria, Molds and Viruses is available from ESP in packs of ten for \$ 12.95. What a wonderful way to share, loaded with scientific documentation and a chart which identifies the most powerful of the oils. Call 1-800-336-6308 and order today.....

Be sure to take advantage of the not so cold days when the doors and windows can be opened and swap the old air for some fresh air. How about the countertops in the kitchen and bathroom a virtual breeding and spreading ground for germs! Not with Thieves Household cleaner, wipes and spray. Carry the wipes or spray with you in your purse for door knobs, handles, grocery cart handles, toilet sets and any surface hundreds of others may touch with who knows what. Don't leave home without your Thieves Spray!

EXERCISE Get moving, just 20 to 30 minutes per day for at least three days

per week will get the blood moving, which helps carry away toxins and brings proper nutrients to the cells. It also keeps the lymphatic vessels moving out waste. Where there is good blood flow there will be no stagnation. A stagnant pond breeds bacteria, algae and starves the water of oxygen with an ultimate end of death. Don't let your blood become a stagnant swamp. A brisk walk in the afternoon sun, work in the garden or yard - pulling, planting, chopping, or if you prefer to stay indoors, put in an exercise video and get moving!

SUPPLEMENTATION - Target your supplementation program to kill the germs and support your immune system. Our family takes the following approach to staying well.

1. We take a broad spectrum all natural multiple vitamin mineral supplement with added enzymes and essential oils for greater absorption -Master Hers/His. We also take Vita-Green an essential oil packed green food supplement high protein, high energy chlorophyll formula to invigorate the cell. Sticky cells can't receive nutrition or dump toxins. We start our day with a Balance Complete shake. We also take Omega Blue - the world's best omega 3 supplement and Longevity capsules.

2. We drink the world's best antioxidant, NingXia Red to crush free radicals in their tracts, and to boost the immune system. My office is getting several testimonies daily about the incredible results people are getting with this product. Tests by Brunswick Labs confirm there is NO other juice or supplement on the market today that is better!!! We have committed to drinking 4-6 ounces of NingXia Red per day for 6 months, then we figure we can "top off the tank" with an ounce or two daily. What a difference the next 6 months will bring.

3. We daily take a variety of essential oils internally*. Thieves, Oregano, Mt. Savory, Lemon and Frankincense are routinely part of our regimen, with others added depending on the need. For viral conditions use Melissa, and Ravensara. *Only use Young Living Essential Oils internally, no other brand!

4. We boost our immune system specifically from Thanksgiving to Valentines day with a little extra help. Here are some choices:

ImmuneTune a super antioxidant complex is especially helpful at the first sign of illness. Curcuminoids, essential oils, herbals, nutritionals, all designed to stop the spread of illness within the body.

Exodus supercharged with essential oils, this botanical and nutritional blend provides important immune system support.

ImmuPro chewable, power-packed immune stimulant with wolfberry, medicinal mushrooms, essential oils.

5. We make sure we have Ledum for swollen glands and RC for chest complaints.

For added protection against illness, apply a few drops of essential oil to the bottom of the feet - ImmuPower, Oregano, Thieves, Peace & Calming, are good choices.

While you do not need to take everything listed above, if you will equip yourself now with some of these powerful illness fighters and start taking the immune system boosters now then if the flu, the cough, cold or sore throat comes into your house you can kick him out fast!!!!

SO the choice is yours optimal health and wellness with a little prevention or sickness and fatigue just taking a chance. Make good health a

priority as this year comes to an end, and on into the new year. As the old saying goes An ounce of prevention is worth a pound of cure.

Have a great day!

Debra Raybern, ND, MH, CNC

* * *

By Unknown YL Distributor

Focus on Building your Immune Systems

YOUNG LIVING'S POWERFUL OIL CHOICES FOR PANDEMIC OUTBREAKS:

OREGANO TESTED AT GEORGETOWN - In 2001, Georgetown University tested therapeutic grade Oregano against all know viral bacteria and found nothing to withstand the oregano. <http://www.lewrockwell.com/orig/sardi6.html>

ABSTRACT STUDY REFERENCE:

Effect of a Diffused Essential Oil Blend on Bacterial Bioaerosols S.C. Chao, D.G. Young, and C.J. Oberg, Weber State University, Ogden, UT. Journal of Essential Oil Research 10, 517-523 (Sept/Oct 1998).

Abstract: A proprietary blend of oils containing cinnamon, rosemary, clove, eucalyptus, and lemon was tested for its antibacterial activity against airborne *Micrococcus luteus*, *Pseudomonas aeruginosa*, and *Staphylococcus aureus*. The bacteria cultures were sprayed in an enclosed area and the essential oil blend was diffused for a given amount of time. There was an 82 percent reduction in *M. luteus* bioaerosol, a 96 percent reduction in the *P. aeruginosa* bioaerosol, and a 44 percent reduction in the *S. aureus* bioaerosol following 10 minutes of exposure. (Price listed at end of News)

On page 129 & 130 of the (4th Edition) Essential Oils Desk Reference, it says:

"Studies conducted at Weber State University (Ogden, UT) during 1997 demonstrated its [the essential oil blend of clove, lemon, cinnamon bark, eucalyptus radiata and rosemary] killing power against airborne microorganisms. One analysis showed a 90 percent reduction in the number of gram positive *Micrococcus luteus* organisms after diffusing for 12 minutes. After 20 minutes of diffusing, the kill-rate jumped to 99.3 percent. Another study against the gram negative *Pseudomonas aeruginosa* showed a kill rate of 99.6 percent after just 12 minutes of diffusion." *

"THIS IS YOUR BLEND FOR THE BIRD FLU" * ~ Gary Young, N.D. At the 2004 YL Convention, Gary Young recommended Egyptian Gold for the Bird Flu and other Super Bugs."

"A DROP OF MELISSA UNDER THE TONGUE" * ~ Gary Young, N.D. "For Viral Attacks"

Dr. Terry Friedmann, M.D. Anti-Microbial Blend..."Regarding my anti-microbial formula [see below], my strong belief is that this formula should be reserved for chronic bacterial, fungal, or viral infection, or for acute viral and bacterial infections, which could "slow you down" or lead to more serious complications. In other words, use this formula only in specific serious situations rather than preventive or maintenance, because we are dealing with a "powerful battleship" here! This formula should not be given to children 10 years or younger. I believe we are facing in the near future some deadly serious infections of epidemic proportions, which may threaten millions of people. We are certainly seeing an abundance of more widespread diseases right now. Examples are the West Nile virus and the gastrointestinal diseases of the commercial cruises (e.g. Norovirus)" * ~ Dr. Terry Friedmann, M.D. is the author of "Freedom Through Health" (Prices listed at end of News)

COMBINE IN A GEL CAP THE FOLLOWING AND INGEST (take with rice milk and or Multi-Green capsule for ease in ingesting):

12 drops Thieves
6 drops of Oregano
2 drops Frankincense OR .

INNER DEFENSE POWER SOFT GEL - Young Living's Inner DefenseT reinforces systemic defenses, creates unfriendly terrain for yeast/fungus, promotes healthy respiratory function, and contains potent essential oils like oregano, thyme, and ThievesR which are rich in thymol, carvacrol, and eugenol for immune support. The liquid softgels dissolve quickly for maximum results.

For optimal results, take Inner Defense in Morning and at Noon, followed by LIFE 5 High-Powered Probiotic at bedtime. This quickly moves the bacteria and virus from the body.

DIFFUSE and CLEAN WITH THIEVES and EGYPTIAN GOLD - For Bacterial and Viral Purposes, Use this type Glass Nebulizer Diffuser. (See Research and Instruction on Diffusing Therapeutic Grade Oils attached in WORD document)

* * *

3) Flu Testimonials:

The media is assisting the drug companies sell more flu vaccine by telling the public to make sure they get their flu shots. Seems like most people have given their power and authority away to the ads on TV.

We are thrilled that over the last 11 years we have found a better way and we need not fear 'dis-ease' because of the knowledge we have gained about Therapeutic Essential Oils and supplements from Young Living.

This is what we are doing daily to protect ourselves:

1. Diffusing daily (Thieves and Lemon) About 15 minutes morning, noon, and night.
2. We use Immupower each morning on our feet.
3. We always carry with us Thieves and Peppermint...use when ever in crowds (mouth)
4. We drink lots of pure water with lemon oil
5. We stay on a maintenance cleanse for both colon and liver
6. We build our immune system by using supplements of ImmuneTune and ImmuPro
7. We build our pH by using Alkalime and VitaGreen
8. If we feel run down....we beef up on using oils in capsules internally.
9. We have NingXia Red at least twice a day.

These are just a few of the things we do daily plus we use no chemicals on or in our bodies. All of the skin, hair, toothpastes, mouth wash come from Young Living are chemical free.

Have no fear and take care of yourselves.

Let others know there is a better way to stay well!

Rich and Shauna

* * *

I absolutely second Teresa on the Oregano suggestion. If I only had one oil... well, it would be a toss up between Thieves and Oregano! I especially love Oregano because of its versatility. It demolishes

viruses and is great on lungs. Yes, its not really what you want to go out smelling like, so go with Thieves in the daytime.

At night, you can rub Oregano on your feet (try it neat, but keep V6 or olive oil on hand!), or diffuse. With bronchitis or colds, you can diffuse it (I haven't done it straight, just added a few drops to peppermint or RC.), or dilute it and rub it onto the back and chest. I've given my 2 year old full body massages with it before- ALWAYS diluted. She smells like pizza, but wow, does it work! In sick season, I'll rub Oregano on their feet at night and Thieves in the morning. Abundant Health has some great roller bottles and I keep some Thieves in one and just roll it on the kid's feet. My daughter will come ask for some "hee hee hee" as she calls it!

For the stomach upset stuff, you can rub Di-Gize on their tummys and /or peppermint. If they can take capsules, I would put those oils in a capsule and have them take them internally. If they can't, maybe try peppermint in a drink if they'll take it. (mine won't)

Melrose, grapefruit, Idaho Baslam Fir and more are good for ear infections. rub around the outside of the ear, and/or put a drop on a cotton ball and put that in the ear.

I've used all these on my now 7 month old. I used well-diluted Oregano on her when she was a few weeks old and all the other kids were getting sick. I would dilute the Oregano and Thieves, and anything else you are not sure about, but I can't think of any oil I would not use on my baby.

Good luck and I hope you are all well soon!
Rebecca in NC

* * *

Wanted to let you know something that I discovered by surprise. We always think of Melrose for skin issues, but the other night, my daughter was struggling with her illness induced cough and asthma.

A bottle of Melrose was almost calling to me when I got up to help her. I thought ... hmmm ... that doesn't make a lot of sense, but I went with it.

I rubbed just a bit on her back, her chest and then cupped my hand over her face with the oils. It was almost instantaneous and unbelievable how quickly her lungs settled down. She slept soundly for the rest of the night. This was after about 4 days with broken sleep where nothing seemed to be helping.

I haven't taken the time yet to look at the desk reference to see what the respiratory factors are in the blend, but I really don't have to - the proof was in using it.

Just thought I'd share, and restate what has been said so many times with the oils - "use what you have!"

Mary Lou

* * *

OREGANO TAKEN INTERNALLY

Gary's antibiotic formula that is taken internally includes oregano. I had a

very bad immune system all my life until 2 ½ years ago after I had started on the NingXia Red and a drop or 2 of Oregano oil in a capsule every hour or so if I felt a cold or flu trying to get me. It always works. I also include Lemon oil when I think of it, which is part of Gary's formula, but have never gotten around to ordering the other ingredient, Mt. Savory. The oregano by itself does the trick every time and never has made me feel bad.

A COLD OR FLU IN FULL BLOOM

My grown son who lives far away, was taking an oregano supplement other than Young Living which was apparently fairly pure and he thought helped somewhat if he fell prey to a bad flu. He acquired a bottle of Young Living oregano oil and when he recently got a bad case of the flu in full bloom I suggested he try it. He told me the next day he couldn't believe the transformation. In just a few hours after taking the oregano every hour he was out running errands, feeling much better. You have to take a larger dose to get rid of a flu in full bloom, but in my experience it definitely shortens the length of the sickness.

NEW PEOPLE, START EASY WITH THE STRONGER OILS However, it is always a good idea for anyone who has never taken a stronger oil to start by diluting it in the capsule with vegetable oil like V-6 or extra virgin olive oil. Use the same common sense you would if you were trying a fruit you never ate before, or a Chinese vegetable you never ate before. And also take the oregano oil with a meal food at first, as well.

Everyone's body and emotional makeup is so different and people who are very toxic or confused or seriously damaged from too many drugs could have reactions that really have nothing to do with the oils. But, unlike drugs, pure, organic oregano (if not processed and with no chemicals added) is as safe as cayenne or onions, or any strong spice. Next thing we'll know, we'll have to have a prescription to buy ginger or carrots.

BRITISH TESTED ON DOGS MUCH MORE SENSITIVE THAN HUMANS The British tested essential oils on dogs who, I've heard, are 1000 times more sensitive to the oils than humans. Duh!!! 98% of the oils used in this country are not as God created them because they have either been distilled at too hot a temperature and/or too high a pressure (to make the processing cheaper), or processed in impure water, and/or have had fillers or other chemicals added to them, etc. etc. So, YES, THOSE OILS should not be taken internally. But many of us who have been to the Young Living farm can see how carefully Young Living watches every step the oils go through before they reach our bodies. The Young Living oils marked safe-for-internal use ARE safe and are FDA approved. That includes oregano oil. And the proof is in the pudding. Young Living so far as I know, is the only essential oil company in the US that sends batch samples to AFNOR in France to test the levels of compounds in the oils.

PLANTS ARE GOD'S GIFT TO US

God gave us plants to maintain health and the brains to know how to use the leaves and juices of those plants. For thousands of years the heads of households knew how to go in the fields and pick what was needed for common ailments. Now there are lawmakers who want to take even that basic right away.

Didi

* * *

How To Stay Healthy and Alive When Infections Strike and Measures You Can Take to Prevent Catching the Flu.

Flu is a highly contagious disease, usually more prevalent in the Winter and

Spring. It is spread from discharges from the mouth and nose from infected persons. The influenza virus has great genetic variation, which accounts for the frequent epidemics, caused by different strains of the virus. The main target of the virus is the respiratory system. Flu can be highly dangerous for children, the elderly, or people with a weak immune system.

Symptoms of flu include sudden onset, fever, chills, muscle aches and pain, headache, weakness, and physical and mental exhaustion. Sneezing, coughing, and other symptoms of the common cold are usually present, and intestinal complaints are also very common.

Remember that essential oils are antiviral and extremely effective. Your doctor cannot make that claim with his/her drugs.

For building the immune system and preventing viral infection, we recommend:

PREVENTION CONSIDERATIONS:

Essential Oils:

Oil of Oregano - Powerful Anti-Infectious/Viral Agent (Georgetown Univ Medical Center Report, Oct 2001) (YL Product Code # 3605)

Oil of Thyme - Nerve Bacterial and Spinal Bacterial Infections (Dr. Jean Valnet, M.D. Research Studies) (#3650)

ImmuPower, a blend ---Immune Support. Building,Strengthening and Protecting the Body (#3363)

Thieves Oil Blend - Kills 99.96% Airborne Bacteria/Viruses (Weber State Univ Laboratory Studies) (#3423)

Oil of Lavender - Soothing for Blister Agents on the Skin (Rene Gattefosse, French Scientific Experiments) (#3575)

Exodus II Blend - Immune Stimulating, Anti-viral Compounds (Biblical Oils Used in Ancient Cultures) (#3338)

DiGize (formerly DiTone) ---Valuable Soothing Digestive aid. (#3324)

RESPIRATORY CONSIDERATIONS:

Idaho Balsam Fir - Combats Respiratory Infections; Soothing for muscles and body aches. Anti-fungal (#3654)

R.C. Blend - Antiseptic Respiratory Support (#3405)

Raven Blend - Powerful Support to the Lung/Bronchial Tissues (#3402)

Cold-Air Diffuser-Diffuses Powerful Oil Constituents into the air (#3830 blue, #3831 bronze, #3828 green, #3829 pink), each \$98.50 wholesale.

Supplements:

VitaGreen Capsules - Fortifies Immune System to Optimal Levels (Green Food Antioxidant w/essential oils) (#3248)

Exodus Capsules --- A Super Charged Antioxidant /immune support with Echinacea and essential oils (#3205)

Mineral Essence --- Ionic Mineral complex enhanced with essential oils (#3222)

Cleansers:

Thieves Soap-Soothing, Antibacterial all-natural Cleanser (#3679)

Melaleuca/Geranium Soap (#3678)

Antibacterial Thieves Household Cleaner (#3743) for EVERYTHING including Laundry and dishwasher. You can even dilute and use as a hand cleaner.

Dentarome PLUS Oral Hygiene-Anti-Germicidal Toothpaste (Contains Thymol and Thieves Blend) (#3738)

Thieves Fresh Essence PLUS Mouthwash (#3683)

Thieves Hard Logenzes (#3282) and Soft (#3229)

Thieves Kit (with all of the above Thieves products, #3173) plus Thieves Wipes and Thieves Spray \$54.50 wholesale

You can use the essential oils topically or internally. For topical application, apply to the bottoms of the feet, the pulse points of the wrist, or to the back, neck, and chest. Since these oils are considered "hot" oils, be sure to dilute the essential oils with a carrier if you have sensitive skin.

For internal use, put 3-5 drops into a vegetable capsule (gel cap) and swallow. Do this three times per day, for at least a week. You can usually purchase gel/veggie caps at any health food store. Young Living now sells them, Code # 3193 Capsules 250 CT, \$7.50 wholesale.

If you don't have any gel/veggie caps, you can put 3-5 drops in a tablespoon of honey and let it trickle down your throat

In Europe and England doctors have been prescribing essential oils and herbs as treatment for Infections, Colds and Flu. Some of the essential oils recommended are Idaho tansy, Cypress, Tea Tree (melaleuca alternifolia), Lavender, Thyme, Oregano, Rosemary, Peppermint and Fir, Idaho Balsam.

Idaho Balsam Fir is a conifer oil distilled in northern Idaho. It has been used for treating muscle aches and pains, sinusitis, bronchitis, and other respiratory disorders.

If you use a combination of different essential oils and supplements, recovery is more assured than if using just one essential oil or herb.

Patients with the flu require bed rest, a well-balanced diet, and lots of liquids, such as water, homemade Lemonade, vegetable juices, soups and herbal teas. Use the diffuser with Lemon, Eucalyptus or Lavender to disinfect the room air and keep the nasal passages clear. If you have a sore throat, place one drop Melrose (blend) essential oil on your tongue and swallow. Do this every half hour until the pain is gone. The Thieves blend is also an excellent choice. Add one drop of Thieves to 1/4 cup of warm water, gargle and swallow. Do as often as needed. Or choose ImmuPower with the same directions.

It is important when you come down with an illness to use essential oils correctly. Be aware of any safety precautions, as some essential oils can sting or burn so they need to be diluted. Cold-pressed extra virgin olive oil may be used as a carrier oil. Young Living sells V-6 oil in 2 sizes, Code # 3775, 3.85 fl. oz, \$7 and Code # 3772, 15.5 fl. oz., \$18, both wholesale prices.

Diffusing Oils:

When oils are diffused in a home, office or classroom, they purify the air itself by removing toxins, metallic particles and other harmful microscopic debris. They also increase the atmospheric oxygen of the air, and boost levels of beneficial ozone and negative ions which dramatically inhibit the growth and reproduction of airborne pathogens.

Further, as the odorous molecules drift to the various surfaces of each

room they rapidly kill virtually all pathogenic bacteria, viruses, rife, molds and fungi they come into contact with. And lastly, they completely destroy odors from mold, cigarettes, household pets, bathrooms and more. Fill a 2 ounce glass spray bottle with distilled water, add 6-8 drops of your oil of choice and place one on each toilet (Purification recommended) and other select places.

Perhaps the most popular and effective method of diffusing oils is to buy a Product called a (cold) "Diffuser," which sprays an ultra-fine mist of the essential oil of your choice into the air. The millions of misted particles sprayed from a diffuser are so fine they can hang in the air of your house, vehicle, office or classroom literally for hours, spreading from room to room via the normal air circulation that occurs as you walk through the area. For economy and efficiency, it is recommended to attach a simple timer to the diffuser. You can program the timer to be on, for example, for 15 minutes and off for 30 minutes, conserving oils and money.

So diffusing puts the oils into the atmosphere in your space. You're getting increased oxygen because it releases the oxygenating molecules, you're getting increased ozone and negative ions because that's where it comes from in nature, from the plant oils.

*** VERY IMPORTANT POINT ABOUT DIFFUSING OILS:

Whatever you do, DO NOT HEAT YOUR OILS. Keep them around room temperature. Heating the essential oils will not only ruin the therapeutic value of the oil, but it can also harm you. Research shows that high temperatures will change the chemistry. This changed chemistry can be toxic to the human body.

This is simply basic organic chemistry 101. If you want to fragrance a room and obtain health benefits, use a cold diffuser. Do not use a light bulb called an Aromalamp or burn oils with fire from a candle. Young Living has one very good diffuser (choice of 4 colors).

Other good ones may be purchased at www.abundant-health4u.com Abundant Health has a dandy timer that is highly recommended for more effective use of diffusing the oils, saving money, too.

Quality:

I went to a well known body care store and found the oils that were labeled "Pure Essential Oils." In very small print, on an attached card, was this statement, "Lavender essential oil diluted to a 2% solution." That 15ml bottle contained 6 drops of lavender oil and the rest grape seed oil. That is a 2% solution!!! The bottle sold for \$10.00.

A 15ml bottle of Young Living lavender essential oil contains about 300 therapeutic* drops and usually costs between \$15 to \$20. My experiences further cement my faith in Young Living Essential Oils as being an honest, dependable source of quality oils.

*Please see another message talking about the differences between therapeutic and other grades of essential oils. That's a whole nother story for another day. Please be aware of the difference.

* * *

Hello to all -- to all these wonderful personal stories I thought I would add my fall /winter regime. Yes I still do get the occasional cold/flu but I am usually able to knock it out quite fast. As you will see/read there are several approaches. So here goes Lotte's approach:

Daily during the "threat" season:

* I take one Longevity Cap each day- this is my antibiotic

- * -2 Tbls NingXia Red whole food drink in water - Excellent Antioxidant and much more
- * Lemon (1-2 drops) in every glass of water!!!! Excellent for your immune system
- * Thieves Blend on hands and feet & around my mouth - I don't want to spew germs to others
- * Often use Peppermint & Eucalyptus &/or Lavender for any stuffiness (allergies)
- * Vit C 1-2 grams/day

If I start getting symptoms:

- * Take 1-3 Longevity Caps
- * Suck slowly on Thieves lozenges - stops the chills and fever rapidly
- * Increase Vit. C up to 2 grams every few hours to bowel tolerance
- * ImmuPower Blend applied to my neck, upper respiratory tract, bottoms of my feet & rubbed in the outer portion of my ears -apply a warm moist pack over the ears.
- * Hot foot bath with a few drops of ImmuPower and Eucalyptus - soak for at least 20 min.
- * Peppermint and Eucalyptus under my nose and around the bones surrounding the eyes
--Always be careful with Peppermint - it will make your eyes water & sting.
- * Keep yourself WARM and avoid drafts.
- * DRINK Warm Water with a few drops of essential oils: I often use 1 drop Peppermint + 1-2 drops Eucalyptus + 1-2 ImmuPower. I breathe the vapors and slowly drink the tea. Repeat as needed.

Additional Info:

IF - headache: Lavender around eyes and base of skull +/- Peppermint.

IF - Nausea: rub Di-Gize blend (absolute magic) inside mouth; rub on abdomen + add to tea.

IF - Severe Sore Throat: direct application of Exodus II blend (neat) to back of throat - it stops the pain asap and greatly reduces the infection, often taking only 1-2 apps.

Charlotte Bowen

* * *

4) TESTIMONIALS ON THIEVES & THIEVES SPRAY

For 50 more testimonials, go to <http://www.oil-testimonials.com/aromatherapy.php?t=1&q=thieves>.

I have been taking Thieves for a year now and have not been sick so far. I work in a Junior High School teaching computers, so my hands are on keyboards of numerous students each day. I have total faith in the daily use of Thieves as a preventative and have several other teachers on board as well.

Sharon Forbes

* * *

My husband is serving in Iraq and uses Thieves in sleeping bags, sleeping quarters, etc. It has supported him with very few respiratory problems, unlike other men in his unit. Thieves has supported him for his sore throats, using the spray with one spray into his mouth. Thieves, I diffuse in my day care, the colds are over in half the time, with less discomfort.

Joanne Matthews

* * *

Whenever I feel a sore throat coming on, I usually spray some Thieves spray into my mouth and within a couple of hours, the sore throat that may have been coming on is gone. Works everytime without fail

Tammy Knobel

* * *

I've had only 4 or 5 colds since I began the oils over six years ago, which I think is a pretty good record. What I use is: oregano on my feet, followed by Thieves. One of the things oregano does is clean receptor sites, so I like to use it before the Thieves to make the Thieves more effective. If I feel soreness in my throat I spray a squirt of two of Thieves spray on the scratchy area. The relief is miraculous! Also, I keep a diffuser filled with Thieves at all times, so that if a client comes in complaining of a cold I can immediately plug it in, doing both them and me a world of good. I know there are other oils that can be helpful for colds, but Oregano and Thieves are certainly a great place to start. Raven on the chest is another favorite of mine.
Eleanor Rosenthal

* * *

We just love the Thieves oil blend. For colds and flu, go for Thieves. Sore throat? A drop of thieves in water, gargle and swallow. Or try Thieves spray - one spray does the trick. Thieves lozenges are great, too, especially for the little ones. Thieves cleaner is 'my' cleaner for everything, from cabinets and high chairs, to all bathroom fixtures, doorknobs and dishes. Thieves toothpaste is a must, and safe for the whole family.
Virginia Chavey

* * *

I've been sharing my Thieves oil with some of my friends and a couple family members. While many around us are SUFFERING with colds, flu and strep throat, we are protected. Not one of us has caught anything from them. Usually, we would have been passing it around in our house. We are all amazed at the protective power of Thieves oil blend. Thank you, Gary Young and Young Living.
Elizabeth Head

* * *

My husband has had to use antifungal spray for years for athletes feet. About 6 months ago he started using Thieves spray on his feet. No more athletes feet! No more chemically based antifungal sprays. And he smells great!!!
Marilyn Kinma

* * *

I used to get a ticklish or dry throat, and didn't want the sugar of candy mints, or the bad ingredients of the paper thin strips for breath fresheners, so I put the Fresh Essence Plus mouthwash with Thieves oil from Young Living into a convenient small spray bottle and I just use 2 or 3 spray mists to freshen my breath, moisten my throat and get rid of the tickle all at the same time. It works great, and it's all good ingredients that are great at killing germs, so I stay healthier!! (99.95% as per the studies at Weber State University)
Jackie Berggren

* * *

I combine lemon and Purification in a small spray bottle and use it as a cologne, air freshener, a disinfectant, I also do this with Thieves oil. I run a daycare and it is better in my opinion to use this instead of Clorox or Lysol, on my tables or toys. I diffuse Thieves (for coughing and gunky noses) and Purification if it is running but clear, I use peppermint or RC if they are congested, grapefruit if we have ear infections, lavender if their anxious, and before nap time.

I hope this will help a few of you out there, I will start a journal to keep track. Best to all you oilers.
Lynn Shapuris

* * *

I continue to be amazed at how quickly the oil blend Thieves relieves sore throats. And it doesn't just cover up the pain, you can actually feel your throat slowly getting better and better. For a simple sore throat I put a drop of Thieves on my tongue about every 30 minutes until it's gone. For more serious sore throats, I put 5 drops in a glass of water and gargle it at least 3 times ... while allowing some to go all the way down my throat.
Jim Batteiger

* * *

I have made it a practice to apply Thieves oil to the soles of my feet daily and to carry it with me when flying or going into crowds. I spent this past holiday season away from home where my schedule was hectic and I attended many social gatherings packed with people who were red-eyed and coughing but protesting that they were 'not contagious' because they had had several relapses and were being treated with antibiotics.

I ran out of Thieves early in my stay and didn't order a replacement and, surprise, I got sick with the same symptoms including a fever etc. I borrowed a bottle of Thieves and began taking 2 drops of Oregano and 6 drops of Thieves in a gel cap 4 times per day. In two days all symptoms were gone and I stopped. Two days later I was sick again. I upped the dose to 3 drops of Oregano and 9 drops of Thieves and continued for 6 days, 4 days past the time when I felt well again. A month later I have had no recurrent symptoms. Several of my friends, however, are in their second month of suffering from this illness. My big mistake was to stop the doses at the first sign of wellness and I should have known better. Perhaps, just as with the mainstream remedies, it is wise to continue dosing a few days beyond the time when one feels well again.
Joanne Nivison

* * *

Oh my YES I use it as a throat spray!!! It will "cure" a toothache or cough in seconds. I was at a convention, and the commentator of the fashion show started coughing so badly she couldn't talk. I walked over and offered her the Thieves spray I had (for my own cough!) and asked if she was willing to try something different. She took it and sprayed twice into her mouth, made a funny/bad face, but could IMMEDIATELY start her commentary, and continued to the end of the show!!!!

A friend is having oral surgery prior to dentures, and his mouth really hurt...and he sprayed some Thieves on that side of his mouth and seconds later was drooling, but pain free. We visited for two hours and the pain didn't return----and I had to leave the bottle of Thieves there!

Also use it to spray on my doggy wounds if they are just surface cuts and whatever. Luckily haven't had any real severe deep wounds YET!!!!
Anna

* * *

Adding to public restrooms & Thieves spray, I squirt one spray on one of my hands, open the restroom door with the other, then rub my hands together to 'wash' my hands. I remember encountering someone who said they'd spray on the Thieves then wash their hands. Am I being silly or does this not make

sense to anyone else here? Why would I use the spray then wash with a soap that probably has a lot of toxic chemicals in it not to mention the sink handles afterwards? My own opinion is that I would want to absorb the Thieves Spray into my hands - not wash it off !!

Be well all
namaste
Annette

* * *

I use the [Thieves] spray in my mouth a lot. Freshens your breath, helps with the sore throat, canker sores. I keep it on hand at all times for things like this. It is really great stuff.
~Christy~

* * *

I use Thieves spray for everything...throat spray, to freshen my breath, clean my hands, the air, surfaces, everything. I keep a bottle in the garage for dirty hands and in my purse so it's always handy!

Nancy

* * *

As with all YL products, the thieves spray is very versatile. I tell folks when I show them the spray that is a air freshener, hand and surface cleanser-disinfectant, and sore throat spray. Most folks are kinda stunned when I say throat spray, yeah why not!!! I say. I use it this way, and so do some of my coworkers, one uses it after he has eaten smelly foods, so breath freshener it can be too. I also use it on any sort of cuts n scrapes to help cleanse n heal. It burns like (*&^%%) but it works great, just as all our products do.

I have been using it all this week to help with losing my voice this week. It helps me not to catch the bug going around at work.

Keep finds ways to use and pass it on to us.
Have fun with the oils,
Corey in New York City

* * *

This is definitely one of my favorite products. I use it whenever I feel I am fighting a bug, a few sprays in the mouth. I use it when I'm traveling and I need a little mouth freshener. I spray ONE SPRAY ONLY in my daughter's ears before and after she swims in a public pool. During the winter months, I use it in lieu of hand sanitizer. I spray suspicious-looking surfaces, like public restrooms, restaurants, doctor's exam rooms. I always have an opportunity to tell people what the product is and what it's used for. My daughter's pediatrician ordered a few bottles because he loved the way his exam room smelled. It is one of those products that seems to have universal appeal.
Enjoy!
Lisa

* * *

My daughter came down with Pink Eye on a Wednesday night. I took her to the doctor Thursday afternoon and he prescribed some ointment to put in her eye. I was on my way to get the prescription filled and realized that I had lost her insurance card. So I just decided to try Thieves for the evening and if it wasn't any better the next day I would call the insurance company to see about getting the prescription filled.

I defused the oil that evening twice for about 30 minutes each time, and then 3 times the next day. By late afternoon on Friday the Pink Eye was gone! I knew that Thieves could support the immune system, but I had no idea how effective it was. Anytime any of my 4 children come down with some illness (or are even exposed to one) I will start with the Thieves blend right away.

Fawn Perry

* * *

My husband came down with what he called a cold and I called the nasty virus. He was sick, coughing, sneezing, aches and pains - one of those really nasty headaches and plugged ears. You get the idea, well first of all I went for the Thieves oil, on my tooth brush, bottom of my feet, on tissues folded in a zip lock bag, for putting over your nose when near or around someone coughing or sneezing. I mixed thieves up 40 to 1 in a glass spray bottle with water. Shake and use as a spray on my tooth brush -spriz in my mouth, on door handles, telephone, TV remote etc. I have to say that I kept that nasty virus at bay and kept it from invading my body.

Mary Rynicki

* * *

Once a year or so, during the drier fall and winter months, I seem to be prone to pharyngitis, the kind that drains right into the chest, making for a lingering cough and restless nights. Being a vocalist, I cannot afford this! Last year I began to really pay attention to exactly what it feels like when this condition starts: the odd, scratchy place above the back of the soft palate, etc.

My personal response to this is Thieves, and I hit all the angles: Thieves cough drops, Thieves spray on the feet and Thieves in a gel-capsule with olive oil.

Sometimes I'll add Immupower to the capsule too. Last week this scratchy feeling hit me and I hit back with my regimen. In two hours, no scratchy throat, no pharyngitis. I cannot claim that this will work for you, because everyone is so different. I only know that I have found my own personal solution to better health. And I'm VERY happy staying healthy!

Susie Jennings

* * *

Here in the Rocky Mountains the weather changes constantly, I work outside in the elements. When I feel that my immune system is being compromised I squirt a 'shot' of Thieves spray into my throat & make sure it works to the back by my tonsils. Moments later I notice I haven't the symptoms of raspy throat & sniffles that I had moments ago. Make sure that you drink plenty of water. Sounds simple, however, it's true. Water is what keeps the body running well.

Phillip Bradbury

* * *

As a scuba instructor, I must teach my students to equalize the pressure in their ears and sinuses every time they go under water. With allergies, pollen, mold, and airborne irritants always a reality, I had to help my students find a holistic way to keep their airways clear. By applying Thieves spray, RC, and Raven, we have found that congestion is eliminated, airspaces are opened, and post nasal drip is history. I like to spray the Thieves on the front of the throat, put RC on the chest, and Raven over the sinus cavities. Even the most skeptical divers have tried this protocol and had nothing but great results. This means happy divers who can make all

their dives on their long anticipated diving vacations.
Saralynn Turner

* * *

For the past three years, I have been taking Thieves orally, 1 drop in a glass of water, every morning. In that entire time, I have not had a single cold, and that was not my normal experience prior to starting the Thieves. If I am exposed to someone with a cold, I will take the Thieves 2-3 times a day. Thieves is pretty 'hot' on my throat, so I whip it up good in the water, with a fork or something similar.
Joy Lesperance

* * *

I came down with a cold that turned into flu-like symptoms. This was the sickest I've been in years. The night that the fatigue started I applied the Thieves oil blend on my feet hoping I would get better.

The next morning I had a spurt of energy and thought I was going to work but then it hit me like a brick wall. I felt feverish, exhausted and my body was very achy. I put Thieves in a diffuser and just let it run during my morning and afternoon naps. I applied Thieves on my feet every two hours while I was awake. During the day I had a mild fever, around a 100.5, and it didn't break until that night.

The next morning I had enough energy to go to work. I was still congested but I felt MUCH better. Thieves can also be used as a preventive measure. I've heard some apply it to their feet, and their kid's feet (diluted) everyday to prevent colds, viruses, etc. I diffuse it in my office and at home for the same reason. Michelle O.
I get bronchitis regularly and it generally takes me 3-4 weeks to 'kick it'. This last time I used RC and Raven (Alternating them one on my chest the other on my back or feet) and inhaling Thieves and taking the antibiotic blend (12 drops Thieves, 6 drops oregano, 2 drops frankincense) in a capsule twice daily. I was over it in 4-5 days instead of 3-4 weeks! Beverly Carter

* * *

5) Get a FREE Essential 7 Kit, worth \$69.95, when you spend \$195 PV

Offer valid on orders placed from April 15, 2009, through May 31, 2009.

- Spend 195 PV or more on a single order and receive one Essential 7 kit.
- Limit one Essential 7 kit per order.
- Offer valid on all 195 PV orders. No limit on qualifying customer orders.
- Offer available to Young Living distributors, customers, and preferred customers in US and Canada only.
- Valid on phone, Essential Rewards, and web orders only.
- Offer does not apply to IVR orders.
- PV not earned for free product.

DISCLAIMER: The information provided here is for educational purposes only, and is not intended as diagnosis, treatment or prescription for any disease.

The decision to use, or not to use, any of this information is the sole responsibility of the reader.