

YOUNG LIVING TRAINING TAPE #1

OCTOBER 1998 NEWARK SEMINAR

The following lecture was given by Dr. Gary Young in Newark, New Jersey in October of 1998. Dr. Young will be followed by an amazing testimony given by Kanti Selig of Seattle, Washington at the October Teleconference. So now let's join Dr. Young in this exciting lecture on Human Growth Hormone.

Dr. D. Gary Young - Oils Used Anciently

National Geographic tells us that during the time of Christ more than 3,000 tons of oil were being distilled and used throughout the country, and they used it (exported annually) to consecrate temples, prepare cremations, make cosmetics, and (this is the one I really like) to treat every conceivable ill from gout to a broken head. Can you tell me a more serious condition than a broken head! I have had a broken head, so I can relate to that..I know what that is all about!

That is very exciting, but we have to ask ourselves: First, "Why did they bring *Frankincense* to the Christ Child?" and second, "Why is *Frankincense* recognized as the holy anointing oil by the Roman Catholic Church as well as mentioned in the Bible and other religious beliefs, such as the Moslem people?" They all believe *Frankincense* is the holy anointing oil.

Properties of *Frankincense*

Why is it referred to as treating every conceivable ill from gout to a broken head? Is it possible that maybe it is because it does something for the immune system? Let's look at the Medical Text Book and see what that tells us: Here we see *Frankincense* and up here on the top are the active chemical constituents or chemical compounds that science believes are responsible for the action in the physical body. Down here where it says 'Properties,' these are things they have identified that *Frankincense* absolutely (without question) has an effect on the human body.

It is **anti-catarrhal**. What is anti-catarrhal? Arteriosclerosis..hardening of the arteries. What is the number one killer in America today? 820,000 people in 1997 died with heart disease.

Expectorant..do you know what that means? Spew it out of the body. What is the point of breaking it up and then leaving it in the body! We don't want that, do we? **Cicatrison**..to prevent scar tissue. Isn't that interesting? **Anti-tumoral**. Is there anyone in this room who has never heard of a tumor? How many women in the United States in 1997 had a mastectomy? Too many!

I will tell you what happened in the state of California in 1985..how about 86,000 in one year in the state of California alone! That is pretty scary, isn't it?

Immuno-stimulant..does that mean anything to anybody? When we flew in here this afternoon and I looked out the window and saw the color of your sky! You folks need all the immune stimulant you can get! That is kind of exciting, is it not?

Anti-depressant..look at this: What is the number one prescription drug sold today in the United States? Prozac! Has anyone in here ever experienced depression? This is exciting to me. I know what it's like to be depressed. This is where the doctors get involved. They prescribe it for treating bronchitis and catarrh, for asthma, ulcers, cancer, immune deficiency, nervous depression. Does that help us understand perhaps why *Frankincense* was so valuable? You are getting rid of depression. You are getting rid of tumors. You are getting rid of cancer, and you build the immune system. What else is there? That is kind of exciting, isn't it?

Concerned about Health?

Tonight I see a lot of folks here who might be close to my age. We have a few who are younger than that who may be thriving on French fries and Pepsi and hot dogs. Now how many of you folks are really concerned about your health? You all are..right?

How many of you, truly..if you could turn the clock back ten years, would want to do it? How many would do it? We all would! If I tell you something tonight that absolutely can teach you how to do that, would you be interested? Would it be worth your coming here? Okay..I am going to tell you something I think you might find a little bit exciting.

What do you Know about HGH?

How many of you have ever heard of human growth hormones (HGH)? Has anyone here been doing any reading about it? Is there something there that excites you? This I am going to share with you because, folks, you are a habit..you just don't know.

Now I am going to tell you why.

There are several very popular books. This one Human growth hormone..the amazing medically proven plan to lose fat, build muscle, reverse the effects of aging, strengthen the immune system, improve sexual performance, lower blood pressure and cholesterol. Folks, this is incidental to what it really does. That is just part of it.

The Amazing Human Growth Hormone

Let me tell you a little bit about human growth hormone so maybe it will help you to understand where I am going and want to share with you. The human growth hormone is responsible for sustaining immune function. Human growth hormone is responsible for hair growth, nails, skin, collagen, heart function, liver function, kidney function, lung function, pancreas function..basically all functions. It is the master hormone in the human body. We secrete it when we are born until we reach a certain point of growth, and then we are told that our pituitary starts to shut down the production of human growth hormone..is this true? That is right..that is what we have been told.

Human growth hormone is also very important in helping to regulate blood sugar, so we can say that it can prevent diabetes. Human growth hormone is responsible for the anti-tumoral activity in the human body, so we can say that it can prevent cancer.

If We Don't Have HGH..

Human growth hormone deficiency is now being recognized as perhaps the number one leading cause of arteriosclerosis and heart disease. Why would that be the case if when we reach the age of 19 or 20 we stop producing it anyway? If that is true, then we are all doomed..right? That is NOT true. You produce all the human growth hormone that the human body needs from now until you die..unless you have an injury that does damage to the pituitary, or if you have surgery, or if you have been born with hypopituitary dwarfism. If you were, you would know it, because you would not have grown past the age of six or thereabouts.

So, if we know the facts and we understand the science a little bit, then we start saying, "Well, what really is the truth here? Why is it that I did reach full growth..or some of us like me may think, "Well, I was stunted..I should have been 6'6"!" The bottom line is, how many of you wind up with premature wrinkles, falling of the hair, greying of the hair, sickness, disease? **Recognize the Symptoms**

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is sold through *Young Living*. It is called *Growing Young With Human Growth Hormone*. Has anyone ordered it through *Young Living*?

All of these things are absolutely related now to human growth hormone deficiency. Elevated LDL cholesterol, decreased HDL cholesterol (which is your good cholesterol). This often contributes to arterio-sclerosis and build-up of plaque and catarrh throughout the body. Lowered sex drive, libido, impotence..all of that is associated with it. Lowered energy..how many of you have a decrease of energy? How many of you know that your immune system is compromised? How many of you recognize that your hair and nails are not growing quite as well as they should? How many of you have gray hair that you don't want to have, and premature aging?

There are multiple things. How many of you have noticed that your skin is getting thinner? When it starts to wrinkle, it gets thinner. Aging is thinning of the skin, and folks, let me tell you something..aging is not a requirement. We are programmed to believe that we have to get old and shrivel up like a prune and die! We can't even do that gracefully..we have to put a disease in with it..isn't that true?

You could be Like Noah!

If the endocrine system in the human body were to work the way it is supposed to, you would live to be like Noah..out paddling your boat at 400 years of age..or 600, or 700 or 800! Or maybe you would be like Moses and decide to be a Scoutmaster and take three million happy campers for a hike across the desert! I invite any-one of you (no matter what age you are) who would be interested in taking 100 happy campers out in the desert. You talk about having an emotional stability! Do you know what is one of the biggest symptoms of growth hormone deficiency? Depression. How many have heard that one before. Yes..depression and mood swings.

How HGH Functions in the Body

Now that we know what the deficiencies are, let's look at how this function works in the human body. I want you to understand this..I want you to be able to go home and tell your children. The anterior pituitary secretes human growth hormones; the hypothalamus is responsible for the secretagogues.

Now what is a secretagogue? Let's make it really simple: The hypothalamus is responsible for stimulating the anterior pituitary to secrete human growth hormones. That is a secretagogue.

Role of Receptors

Now, on the anterior pituitary (around the outside) there are what you would refer to as receptors. The receptors are responsible for picking up the human growth hormone and taking it to the liver. In the liver, the human growth hormone is converted to IGF-1 (insulin-like growth factors). The insulin-like growth factors then go from the liver to the pancreas, and the pancreas (along with other enzymes) put it into the blood to go into the cell, so it goes through that whole process.

Nutritional Aspects

Let's look at the nutritional aspects of how this happens: The hypothalamus (the big endocrine gland underneath the cerebrum) sends the secretagogue through the anterior pituitary to secrete human growth hormones. For the hypothalamus to work, it has to have oxygen. When there is an oxygen deficiency the hypothalamus will compromise in its function. How much it will compromise has not been totally identified yet that I know of, but let's say it is compromised 20 percent. With oxygen deficiency it doesn't secrete the secretagogues adequately to stimulate the anterior pituitary.

After the anterior pituitary is stimulated and the human growth hormone is secreted, the receptor sites have to pick it up. If the receptor sites do not pick it up, it's a lost cause. (This is what maybe causes you to go home and call a real estate agent tomorrow and list your home for sale..and look at moving to the Utah desert!) Industrial pollution and toxins block the receptor sites from picking up the human growth hormone..and we wonder why diseases are increasing at the same rate as the pollution. Interesting, isn't it?

Amino Acids in the Brain are Necessary

Here is the other thing that happens: In order for there to be proper receptivity: There has to be nutrition there. We have to have amino acids in the brain..(1) L-arginine, (2) L-glutamine, (3) L-ornithine. Those are the three primary, but there are others. They all have to be there, but the three majors are arginine, ornithine, and glutamine. Some other nutrient factors have to be present here: B-6, zinc, potassium, magnesium. Let's say we have all those nutrients present, but when it goes to the liver (if you have a toxic liver) it will not convert to IGF. If you have a blood-sugar imbalance in the pancreas (if your insulin is too high and your glucose is too low) it will not convert it in the pancreas. It will not take it into the blood, into the cells to do its job. So, do you see some of the things we are dealing with?

When we have people eating sugar, drinking pop, eating pretzels, candies, sucking on lollipops, chewing gum..whatever, there is so much sugar in our diet that the majority of the people are hypoglycemic.

One other thing that has to be in place is the thyroid. If the thyroid isn't functioning properly, then the hypothalamus, pineal, pituitary are all 'out to lunch.' Now we start to see why we have problems, why we have a lack of energy, why we have diseases, why we age prematurely.

Sesquiterpenes in *Frankincense* Increase Oxygen

Who can answer this question: What was the number one thing that stimulated hypothalamus? Oxygen! Let's go back to *Frankincense*. I am going to show you something that might just excite you..if this excites you, you have my permission to yell and scream. Do you see this agent, Sesquiterpenes? This agent (this chemical compound, sesquiterpenes) is responsible for increasing the oxygen in your limbic system (the hypo-thalamus) 28 percent!

What did I say about tumor growth when you have a human growth hormone deficiency? It causes the immune to compromise. Immune stimulant..anyone getting the picture! Anyone excited! What did I say was the number one symptom of human growth hormone deficiency? Anti-depressant! Are we real excited yet? What are you going to do about this? You are going to use a bottle a day! So those of you who are on Prozac, tomorrow you put it in the garbage can and you snort *Frankincense!* There it is!

Multi-faceted *Lavender*

Now let's go to *Lavender* and let me show you something else, and just maybe we are going to start to understand why our ancient people had longevity. Look at what is in *Lavender*. Sesquiterpenes! What do sesquiterpenes do? What is the number one killer in America? Heart disease. Look at *Lavender*..it is a cardiatic. What does that mean? It means to tone the heart. Anti-coagulant, but they use it to treat tachy-cardia, phlebitis, paraplebitis. What happens when there is a human growth deficiency? Arteriosclerosis! Anyone getting the picture?

When immune systems are comprised, do we have infections? Absolutely! Inflammation? Absolutely! So there is *Lavender*, just very simple. There is one other thing that is very interesting here with *Lavender*. It has coumarins. Coumadin—we know what that is for—it's for thinning the blood.

Coumarins are made from coumadins. Coumadin is the pharmaceutical compound that they duplicated from coumarins.

How many of you have smelled fresh-cut clover hay? Fresh-mown lawn? And you lay in your bed at night and open your window and just inhale! That fragrance comes from coumarins. So there it is. Has our Father in heaven not given us the tools? I think so.

Old is an Option..

Do you know what I see? I see people who, until they are motivated, don't do it. They don't commit; they don't discipline themselves to do it. Is that not true? What I want to do tonight more than anything else is just motivate you to realize that you can have life, and you don't have to compromise your life because of a disease. You don't have to compromise doing things in your life because you are getting old. Old is an option..not a requirement.

Obesity Indicates HGH Deficiency

Now, let's look at a few more things I haven't brought up yet..this may interest you also. One of the biggest deficiencies that we can recognize early in life with human growth hormone is obesity..abdominal and visceral fat. When there is adequate human growth hormone, it facilitates the body in decomposing fat. Isn't that interesting! How many of you have worked and worked and worked trying to get rid of fat and just can't succeed?

You see, after my accident I had a little bit of an excuse because I had my skull split open in three places and scar tissue on the brain and the pituitary and the whole limbic system damaged from the concussion that left me in a coma for three weeks. So when people say to my wife, "Why does your husband act that way?" She says, "You'll have to forgive him. He's been hit in the head!" So I have an excuse for my behavior!

What I want to share with you is that when I was in the hospital I ballooned up to 198 pounds. When you spend almost a year on your back staring at the ceiling, it doesn't do a whole lot for your physical fitness and well-being. And when you spend another year in a wheelchair—and basically off and on for three years—and for 13 years having very little activity because you are not physically able to, it is very difficult to lose weight because it takes activity; it takes exercise, it takes momentum for the body to burn fat.

But when you have an imbalanced chemistry, it

is impossible, folks. That is why you can go on all these fad diets and fasts and starvation programs or whatever and you will lose 10 or 15 pounds or 20 pounds on a crash program and it will come back the next morning! And you finally get to the point where you say, "It just isn't worth it anymore!"

Does anyone ever feel that way? Me too. And after 25 years of having an inner tube right here—I didn't even have to put on a life tube to go on the ocean—I got out there and I looked like a buoy. I just floated from the waist up! I couldn't get rid of it. I could fast, I could jog, I could work out in the gym and I would lose weight in my legs. I would lose weight in my upper body. Through my accident I lost 5" off my chest, I lost 2" off my arms. I had total body wasting..and it never came back except right there!

It Finally Happened for Me!

But folks, I have lost 5" off my waist since December! I have gained 4" back on my chest since January, I have gained an inch back on my arms since January. I'll tell you how..and it's dealing with human growth hormones being back in operation. I am going to show you that in a moment, but I want to take you through a few more reels first.

Lemon and Sesquiterpenes

Let's go to *Lemon* oil. Look at it..sesquiterpenes! Anti-infectious. Let's jump up here to what the doctor is prescribing it for: respiratory infections, insomnia, insufficiency in the veins, phlebitis, thrombosis..there we go again! Cardiovascular system.

It gives tremendous support to the immune system. Why? It is because it increases the vitamin-B-like action for microcirculation and it also helps promote lymphocytes. But look at this right here: Anti-diabetic..kind of interesting. That is *Lemon* oil. You can take a lemon and peel it and squeeze the juice out of the rind and get your lemon oil. How many of you have taken a pair of pliers and squeezed the rind and popped those oil sacks? That's where the oil comes from.

Peppermint and Sesquiterpenes

Peppermint..look at what is here. Sesquiterpenes! And we come down here, and there are coumarins again. We look at what the doctor prescribes it for..liver and pancreas insufficiencies. What happens if you have a human growth hormone deficiency? What two organs have to be in play? Liver and pancreas!

Look at this: *Peppermint* for insufficiencies in liver and pancreas. Isn't that exciting! It is real science, folks. We are not talking about folklore medicine here..we are talking about real science and that is what gets exciting..seeing what really has been documented.

Eradicating the 'Itis' Brothers..

Then there are some other things that may be important to you: the stomach, intestinal, gastro-intestinal, dyspepsia , vomiting..all kinds of things. There is colitis, hepatitis, cystitis, rhinitis, sinusitis, laryngitis. *Peppermint* absolutely gets rid of all the 'itis' brothers! They are like the Dalton gang, and *Pepper-mint* just takes them out! Why? Because it is building your immune system. It is possibly promoting your HGH to go through the conversion processes that support your entire body and do what it is supposed to do naturally. It also improves visual acuity, sciatic problems, viruses of the nerves. *Peppermint* is really great for stimulating the nerves..just simple *Peppermint* oil

Three Basic Oils - Don't be Without Them!

There three oils I have just shared with you: *Lemon*, *Lavender*, and *Peppermint* are in your **Essential Seven kit**. Do you understand why I call it the 'Essential Seven?' Yes! You cannot be without them. You have *Lavender* in one pocket and *Peppermint* in the other pocket..and you have *Lemon* in your purse or your wallet. And don't go anywhere without it!

Diffuse it in your home. Now, we can't go out and change the air pollution in our world today—we know that—but what we can do is change the type of air that we are breathing in our homes and in our offices and work places, can we not? Absolutely! You put that diffuser in your home; you put it in your work place, and you diffuse oils every day because you don't to be breathing those compounds of the toxic environment that are blocking your receptor sites.

People have said to me, "Gary, how is it that you never get sick?" (I think it's because disease can't find us!) But why am I alive? Why am I going? How do I have the energy to do what I do? My wife and I, in the last 48 hours, have had 2½ hours sleep..and that's almost normal!

Are You Sleeping Too Much?

I think that people sleep too much. When I had my clinical practice and was into all the studies and statistics and all that jazz, I read an article that said the average teenager in America sleeps 52%!

The average adult sleeps 48% of their life. Think about it, if that's true, you have to be 65 before you have been awake for 30 years! Talk about missing out on life! The statistics are in the United States that 82% of the people die in bed. That's why I don't spend very much time there! It's hazardous to your health!

Rejuvenate during 4th Phase of Sleep

If you are doing the things that are right—and I will share something else with you, and you all know this—there are four stages of sleep, and in the fourth stage of sleep your body will totally regenerate in two hours. You can absolutely, totally rejuvenate in two hours! But there are very, very many humans on the planet who never get past the second stage of sleep or even get to the second stage of sleep. Some of the Tibetan Lamas and the Monks who live in the high country, they practice. They'll snooze for 20 minutes and they are good for another 15 hours! These are some things to think about.

How About Living for 120 Years?

Now, let's go look at something else that is very exciting. I want to share with you the greatest breakthrough in nutritional history. How many of you believe that you are designed to live 120 years and beyond? I have had people say to me, "Well, I don't want to live that long! I have suffered enough in my life."

Well, it's time to quit suffering and get on with life. Here is the thing that is important to us: Nobody wants to live a life of suffering, but just think, if you could have maximum health, optimal health, wouldn't you love to live another 200 years? That's my belief.

I have had people say, "Well, Gary..what's going to happen to *Young Living* if something happens to you?" And I have said, "Don't worry about it!" Everyone of us when we were put on this earth, were given a certain amount of things to do and I am so far behind, it will take another 100 years to catch up! So it's job security. And here is what is exciting..when we look throughout the world, there are people who do live well beyond 100 years.

Four Groups with Great Longevity

Let's look at four different groups of people I have studied: The Tarahumari Indians in Durango, Mexico have a life expectancy of 105 years, and many live to be 120-140, but average is 105.

The Georgianian people in the former Republic

of Soviet Georgia..their average life is 120. Many live to 160, but the average is 120.

How about the Hunzacutt people? They have an average life expectancy of 130 years, but many have been recorded to be 170.

How about the Inner Mongolian people on the West Elbow Plateau in China who have a life expectancy of 120 years with many of them living to 140 or 150. So you see, folks..it really does happen today.

How many of you have read about Dr. Lei in China who passed away not too many years ago. He lived to be 253 or 256 years old! He was an herbalist and one of the first ones to use essential oils. This doctor also was documented to have grown three sets of teeth during that time! He also had 24 wives! If he had one wife..he would still be alive!

Ingredients for Producing HGH

Folks, remember what I said earlier. There are certain ingredients that are required nutritionally for the body to produce HGH. Number one is oxygen to the limbic system, the endocrine system, and the brain; number two arginine, L-glutamine, ornithine, tryptophane, lysine, B-6, zinc, potassium, magnesium.

Some Secrets of Chinese Wolfberry

Well here is Chinese Wolfberry..now what in the world is Chinese Wolfberry for? Let's look at it for a second. This comes from the *National Science Institute*: "The people discovered a region on the West Elbow Plateau of the Yellow River in Inner Mongolia where people lived to be 120 years old, 20 to 40 years longer than the average person in the same region. It happens where there are walking specimens of health with little incidence of cancer, arthritis, AIDS, or lupus."

At this point they said, 'little incidence,' but the truth of the fact is they never found someone with a history of ever being sick, but science won't accept that..so they say, 'little incidence.' What is the little incident? The quote continues: "These villagers share one common trait that distinguishes them from all others. They consume Wolfberries daily and are predominantly vegetarians. For years, the native Chinese have traditionally attributed many benefits to Wolfberry, claiming it protects liver function..."

(What organ is effective for growth hormone.? The Liver!) "It replenishes vital essences, improves visual acuity, lowers blood pressure and cholesterol.." (and what happens when there is a deficiency of human growth hormone, HGH? Elevated cholesterol and high blood pressure.)

More Attributes of Wolfberry

Quoting again: "The Wolfberry was also said to strengthen muscles and bones, stimulate the heart, and work as an aid to treat diabetes.." (Now another thing I didn't mention with HGH deficiency is muscle wasting and bone density decrease. Osteoporosis.) "The big question was, 'Could these attributes be substantiated in controlled studies?'"

(Are you ready..) "According to a report by the *State Scientific and Technological Commission of China*, the Wolfberry contains compounds known as lisium polysacharrides."

(Now let me share something else that might excite you a little bit..) "The number one compound found to be the dominant secretagogues from the hypothalamus to anterior pituitary is polysacharrides which have been researched for their effects on immune function."

More Than a Complete Food

"In one study involving a group of cancer patients, the Wolfberry triggered an increase in both lymphocytes, transformation rate, and white blood cell count, measures of immune function. In another study of a group of 50 people with low white blood cell counts the Wolfberry increased phytocytosis, another index of immune function. Chinese Wolfberry, known as *Lycium barbarum*, by botanists, and as the Goji Berry by the native Chinese, is more than just a complete food."

(Look at this, folks..) "It is a vitamin and mineral- filled antioxidant that contains over 13% protein by weight. According to the *Natural Science Institute* in Beijing, the Wolfberry has more beta carotene than carrots and nearly as much protein as bee pollen and as much vitamin C as oranges. It also contains 21 trace minerals, vitamin-B1, vitamin-B2.." (and what was the vitamin I said was necessary for HGH?) ".B-6. In the mineral profile is zinc, potassium, magnesium, and vitamin-E. The Wolfberry also has a high concentration of the branched-chain amino acids.."

PowerMeal, Power-packed with Wolfberry

Now I haven't told you about this one yet, have I? Folks, this is what started me studying in March. Remember, I said I lost the 5" and gained inches here. Well, at the end of January when the holidays were over, I said to my sweetheart.."I am going to start doing the *PowerMeal* and see if I notice anything."

My body is fairly sensitive and if something is

going to go on, I will notice it. So I started drinking the *PowerMeal* morning and night. Not every night..I would miss sometimes, but two to three nights a week I would do it twice a day. I took it every morning religiously. When I went to the university to go to school in Turkey in March I drank it three times a day because I was cramming. I logged 121 study hours at the university in 2½ weeks.

Changes Occurred with Wolfberry Diet

I didn't have time to eat, so I drank the *Power-Meal* everyday, ate the *Wolfberry Bars*, and drank my *Goji Berry Tea*. I had some fruit and some vegetables I would get at the market, and that's how I lived while I was there. That is when I started to notice the weight changes and the structural changes in my body. In the second week I got up one morning and put a shirt on that I hadn't worn for a few months..and I couldn't button it! I had to change the shirt. I thought, "Golly, I wore this shirt a few months ago and it wasn't tight." Then I put my britches on and I pulled my belt up a few notches. I thought, "Wow, this is interesting!"

I called my sweetheart because I knew this: I knew that there is an amino acid called leucine, and leucine converts to beta-hydroxy beta-methylbutyrate, and those compounds burn fat and build lean muscle. So I called my sweetheart and said, "Honey, could you get hold of Sue.."

(For those who don't know Sue, I will tell you quickly how this all came about:) Sue taught at the University of Utah in Salt Lake City, Utah where the first heart transplant took place in 1962. It is a fabulous university. She was teaching Biochemistry there. Her father, Professor Chao, was the man who originated the research on Wolfberry at the *Natural Science Institute* in Beijing, China. He was there on a special teaching assignment five years, heard about the work I was doing on essential oils, and came out to visit me. After we talked, he said, "Gary, you need to know about Wolfberry. You need to incorporate it. It is a fabulous food."

Quest for Wolfberry..

I started my quest then working on Wolfberry. But China put a ban on all research on Wolfberry leaving there, so we didn't know a whole lot about it. We couldn't get a whole lot of information, but I knew my amino acids, so I called and said, "Get Sue because Gary wants to know about leucine in Wolfberry. Is there very much of it in there?"

I called back the next day and was told there are 530 milligrams of leucine in Wolfberry per serving! The other amino acids that were similar in quantity

are arginine, L-glutamine, and guess what was the third one..ornithine. Isn't that exciting!

More Weight Loss and Muscle Gain

Do you know what else? Not only did I lose some inches here—and I am still losing—I am gaining inches back. I am gaining muscle mass back that I have not had for 25 years..and I am not pumping iron! That's the best part! I have also lost 22 pounds. That is kind of fun!

My wife said, "Honey..another 20 pounds and you'll be able to turn sideways and stick your tongue out and look like a zipper!" But it is fun because when you get a little more streamlined, you are faster!

HMB Makes Breakthrough

Now, let's go on: "HMB (beta-hydroxy beta-methylbutyrate) makes a breakthrough on health maintenance.." according to noted researcher, Richard Passwater. HMB showed that it lowered total and LDL cholesterol levels in the blood. (What does HGH do to the cholesterol in the blood? Lowers it! Alright!)

"It helps strengthen the immune system while building muscles and burning body fat. This news is certainly of interest to body builders and other athletes, but it may also become of interest to cancer, AIDS and muscular dystrophy patients."

Human Clinical Studies Completed

To date, four human clinical studies have been completed, including a double-blind university study at the American College of Sports Medicine in Minnesota. Test subjects who used only three grams of HMB—now this is not talking about Wolfberry, this is talking about leucine, alright?—gained up to 300% more lean muscle mass and experienced 295% in strength gains." That is in your Wolfberry kit. Let's go to the next one:

Now I am going to show you the hard clinical research on Wolfberry as well. Another study: "Consumption of Wolfberry leads to a strengthening of immunoglobulin A levels (a part of our immunity). Because the decline of immunoglobulin A is one of the signs of aging, an increase in these levels suggests that the Wolfberry may enable older cells to regenerate."

Let's go on: "Powerful antioxidant. As we grow older, the levels of lipid peroxide.." (What is lipid peroxide: It is free radicals, oxidization of the blood, causing your blood to age from loss of oxygen.)

"Lipid peroxide in our blood increases (as we

grow older it increases) while the levels of health-protecting anti-oxidants, like superoxide dismutase (SOD) decrease. In a clinical study of people who consumed Wolfberry, the SOD in the blood increased 48% while hemoglobin increase 12%. Even better, lipid peroxide levels dropped 65%.”

Wolfberry and Tumor Growth

Look at this one: “Can Wolfberry inhibit tumor growth? From July 1982 to January 1984, registration number 870303.”

I got so excited in my discoveries with Wolfberry I sent Sue home in March while I was in Turkey. I said, “Sue, go get us some information..” and she brought this information back. “Registration number 870303.” The *Ningxia Institute of Drug Inspection* conducted a clinical experiment using multi-index screening. Their conclusion was..”that fruits and pedicels of Wolfberry were effective in increasing white blood cells, protecting the liver, and relieving hypertension. The extract of Wolfberry fruits inhibited tumor growth in mice by 58%, and the protein of Wolfberry displayed an insulin-like action (it’s called an insulinoid compound) that was effective in promoting fat decomposition and reducing blood sugar.”

Can Wolfberry reverse the aging? (Are you ready?) “A clinical experiment by the *Ningxia Institute* (Registration number 870306, from October 1982 to May 1985. Professor Chao was responsible for this)..

”studied the effects of Wolfberry on the blood of aged volunteers. The results were published by the State Scientific and Technological Commission of China, and the authors concluded that the Wolfberry caused the blood of older people to noticeably revert to a younger state.” That’s in your *PowerMeal*, folks. That’s in your *Sulfurzyme*. That’s in your *Children’s Chewables*, in your *Goji Berry Tea*. That’s in your *Power Bar*, that’s in your *Cardiacare* formula. It’s also in the new athlete sports formula called *Be-Fit*.

Dramatic Effects with Wolfberry Products

We will show you what happened to a young man who took *PowerMeal*, *Be-Fit* and *Wolfberry Bars* for three weeks. In that period of time he gained 1½" on his chest and an inch on each arm. This man is 79 years old! This picture is before he went on *PowerMeal*. This next picture was three weeks after the *PowerMeal*. Look at the muscle definition..in just three weeks! He was the co-director for the movie program called *Bay Watch*.

This girl right here is drinking *PowerMeal*. She

is 42 years old and the mother of three. Bob has got the entire Hollywood set turned on to *PowerMeal* and *Be-Fit* and *Wolfberry Bars*.

You Have all the Tools..Aging is an Option

The reason I share this with you is not only what it did for a man 79 years of age, but to show you that aging is an option, not a requirement. “*Young Living* has found the secrets of youthfulness.” And you have all the tools in your hands to have life, good health and longevity for as long as you desire to have it. And when you take the products and you use the oils and you diffuse them in your home, you keep those receptor sites clean of toxins. You keep them oxygenated so they can secrete the secretagogues for the anterior pituitary, and the receptor sites can be awakened to take it into the body, and you use *Juvatone* to keep your liver clean. The *PowerMeal* is going to help that liver to balance the pancreas, and the only other one you have to worry about is your thyroid gland, and *Thyromin* is the product that feeds your thyroid and protects your immune system as well.

Oils for the kidneys are *Juniper*, *Rosemary*, *Gera-nium*, *Lemongrass*. And there is a formula called *K&B*, it is an herbal tincture with the oils in it for the thymus and for the kidneys.

CardiaCare for Cardiac Problems

Here is the *Cardiacare* formula right here. We put *Rhododendron Caucasicum* in here with the *Wolfberry*.

Why? Because the people of the Republic of Georgia eat *Rhododendron* everyday and they do not have incidence of cardiac problems. *Rhododendron* has been found to reverse cardiac disease and deficiencies. Of course, you know about Hawthorne Berry and what it will do and how it has been used traditionally for many, many years. CoQ-10 is there for strengthening the individual cells in the heart tissue and Chinese *Wolfberry* for the protein, the amino acids and the cardiovascular support. Also included is Magnesium, vitamin-E, and the essential oils of *Helichrysum*, *Lemon*, *Ylang Ylang* (which has been used a lot for cardiac problems, such as tachycardia, arrhythmia, palpitations. It is a regulator.) *Marjoram* helps to regenerate smooth muscle tissue in the heart, *Lemon* dissolves cholesterol and fats. *Helichrysum*, because it is a natural hemostat and blood regulator, and it also promotes the building of platelets and hemoglobin. It is very powerful.

Children’s Chewables with Wolfberry

There is the *Children's Chewables* (or *Master Children's*), the only vitamin in the world right now today with Wolfberry in it. Can adults eat it? Absolutely! Wolfberry is such a profound product and I am so grateful that Professor Chao shared that little piece of information with me five years ago. It has been a five-year project in now only getting to know the people in Inner Mongolia who were related to Professor Chao and his daughter, Sue. They have given us an exclusivity on the Wolfberry crops and production and to be able to bring it here to the United States and to be able to formulate it and learn how to utilize it.

I have just developed a brand new product that will be available for order tomorrow.

Here is the *Goji Berry Tea* with the Wolfberry, Cat's Claw, Nopal, Ginseng and the essential oils of *Lemon, Peppermint, Spearmint*, all sesquiterpene activators. There's the *Power Bar* with Wolfberry, amaranth, and almonds. We have an almond bar that will be available by the first of November, an almond *Wolfberry Bar*, as well as the peanut *Wolfberry Bar* that is available now.

Foods for Super Fitness

Be-Fit. This is a formula that the sports fitness guru, Bob Delmonteque, used. He is also a naturopath and now is going on TV and radio to promote your *PowerMeal*, *Power Bar*, and *Be-Fit* formulas. He is so turned on!

I have to tell you something that was kind of amusing. When I was first introduced to him he wanted the oils. I was going to send him the *Essential Seven* and I thought, "No..that isn't what he's doing. I'm going to send him the *PowerMeal*, the *Power Bar*, and *Be-Fit*. When he received it in the mail he got mad and he called up Kevin, the gentleman who introduced him to me and said, "What is going on? I get protein in the mail everyday. I am so sick of this powdered protein garbage..it never works! Why did they send this to me!" So Kevin called the next day and I said, "Kevin, tell Bob to try it for just three days and if he doesn't like it he can throw it in the garbage and I will send him the *Essential Seven*. But tell him to use it for at least three days before I'll send him the oils."

Three-day Trial

In three days he called back and he said, "What is this stuff! I'm addicted to it! I can't believe what it is doing to my body!"

In three weeks he was on the phone again and he said, "Gary, I want to come to Utah and meet you."

Last week he flew to Dallas to talk to our distributors there. So not only is it a beautiful product, but it is also a whole food.

I am going on to make some more things that are going to be very exciting that you'll see coming out in December.

Have Allergies? Try *PowerMeal*

This is *PowerMeal* and we put a little rice protein and amino acids with it. This formula here gives you 18% protein per serving. It is absolutely milk-free and soy-free. For those who enjoy soy and milk products, you have the *Body Balance* and you can use them back and forth, or you can mix them if you desire.

Since so many people have soy allergies and milk allergies, I wanted to make a complete vegetable protein with nothing else..and now you have it. It is really exciting! Steven Seagal endorsed this because he motivated me to finish the project where he wanted a total vegetarian protein.

Here's your *Sulfurzyme*. And folks, again, if the minerals are not balanced in your body, you are going to have deficiencies in B vitamins and vitamin-C. Sulfur also works together in helping metabolize with your amino acids for protein for building the muscle tissue and aids in the liver and bile secretion, plays a part in metabolism, helps maintain pH balance, and plays a role in insulin production, promotes healthy hair and finger-nails. So you see how all of this works together with the body and the HGH in the body.

Cleansed Body, a Must!

You have to have complete balanced nutrition, but you also have got to have a cleansed body. You can't build a house on a swamp, folks! That is why the *Cleansing Trio* and *JuvaTone* are so essential to your everyday well-being. You need to use those products and go through at least 30 days three times a year to keep the toxins down so your liver and all your glands can function properly and you can have the health and the youthfulness that you desire to have.

ComforTone for the colon, *ICP* for the small intes-tines..it's a multiple fiber blend, and everyone of them contain the essential oils that now we know are secreta-gogues precursors for our HGH. They are very important, so utilize them.

Stay Young with *UltraYoung*

The formula that I want to share with you that is

available for order next week is called *UltraYoung*. It is an oil infusion that you spray. What I did was I took Wolfberry and extracted it into a concentrate. Look at the absorption efficiencies (and this is the reason that I changed the whole way I formulate) because when you take a plant and dehydrate it (as we do with herbs today in our modern processing), we evaporate 98% of the oil out of the plant, and that is the agent (the catalyst) that delivers the nutrients to the cells.

That is the oxygen, and we take it out of the plant. Then we put it in a pill and we get about 10% absorption, at best. When I started with formulations and I started putting essential oils back into the formulas, then my absorption went up to 89%.

Where is Best Absorption?

According to the standard—if we look at it—a pill is 10%, a gel cap 16%, transdermal patch 45%, sublingual (meaning under the tongue) 50%, intermuscular injection 80%, but an oral infusion (spraying the buccal cavity in the mouth) is 90%! So where is your best absorption? Right here! Right inside the cheeks. Just open up your mouth big and wide and spray it on the inside of the cheeks. That will give you 90%+ absorption right there. Then take a few deep breaths and hold..don't swallow, because that can give a little stimulus there to swallow. Give it a few seconds to absorb and then go.

Because of this, I am looking at taking more oils and going into the oral infusion sprays. We have made three products now, *UltraYoung* with extract of Wolf-berry concentration. With that I added more arginine, more ornithine, more lysine, more glutamine, more tryptophane, and thyrosine, more B-6, more zinc. Then I put in an oil that you have not heard about yet.

New Hope for Hypopituitary Dwarfism

I am going to tell you about this oil: Eight years ago I was in a little town called Teasdale, Saskatchewan. Has anybody ever been there? I was there eight years ago giving a little seminar and a mother brought her son to see me. He was 12 years old and he had hypo-pituitary dwarfism. He stopped growing at the age of six.

She said, "Dr. Young, is there anything that can be done?" I said "Other than the cadaver injections (which they had at that time), no. And I really wouldn't recommend that. There have been a lot of side effects even though there has been a lot of good from it."

At that time they were experimenting with the

new GHG injections made from DNA culture and bacteria, etc. I said. "Let me see what I can do. I feel there is an oil that has to help." I was on my way to Paris the next week to study. I met with a gentleman there and learned about this oil. I brought it home. I sent it to her and I said, "Give it to your son..three drops twice a day under the tongue."

Three months later he started to grow! He hasn't quite caught up to what should be his normal size—he may never catch up totally because of the retardation of the pituitary not working for a number of years—but he is within a normal range.

I called up one of the doctors who conducted research on this oil and I said, "Tell me what else you know about this oil." He said, "Gary, we did a clinical study taking adolescents who had retarded puberty (which is a human growth hormone factor.) We administered this oil and everyone of them within 90 days were normal. Even where their organs hadn't grown, their organs grew to normal size! Without question, we have documented effects through the pituitary and human growth hormone function."

Coniza, New Oil on the Horizon

That oil is in the oral sprays and it is called *Coniza*. It is in the *UltraYoung*. We also put *Sandalwood* in the *UltraYoung*. Why? Because *Sandalwood* is extremely high in sesquiterpenes. We put *Rosemary* in there because it is an exciter of limbic systems, and already we have had some fun with this formula.

There are three gentlemen who own the laboratory in San Diego who put it into the spray for me. Of course, there was a lot of experimenting going on for over three months while putting this formula together and getting it to not only emulsify without using synthetics to emulsify it, but also getting it where it would hold and not separate. So over the three months of working on it, they have been spraying.

Exciting Weight Loss

The one gentleman, who is the president of the company, flew to Dallas because he had been spraying with it for ten days. He is 70 years old and he ran up the hall, onto the stage, excited to announce that he had lost 7 pounds in the ten days he had been spraying it and never changed anything in his lifestyle or diet.

I gave it to one of my good friends two days ago and last night he drove to our house and he said, "Gary, I can't believe this. It is so incredible! Did you know this is going to be for weight control!"

I said, "That's not what I made it for, Ron." He said, "It doesn't matter. It works! I am not hungry. I am usually ravished in the afternoon and I didn't have any appetite, no desire to eat. I just sprayed it inside my mouth!"

Energy Up, Weight Down!

Well, if you don't eat..you are going to lose weight, but it's so exciting! Your energy will come up..you will notice that right away. I am not going to say it is going to work for everybody for weight loss. Not one thing works the same for everybody within in nature, we know that. But I will tell you this: If you do the things to clean your body and if you do the things necessary to feed your body and balance your endocrine system, you will gravitate to the perfect point. That is a promise, particularly if you engage some exercise with it!

A few weeks ago we were in San Diego. A little gal came up and just grabbed me and hugged me with tears running down here cheeks and she said, "Gary, I have just got to tell you. I just can't contain myself!"

She was crying and I could tell she was pretty touched She said, "Look at me.." She was a large lady (short, but large) and I said, "You look wonderful!" And she said, "But look at me!" I didn't know what she was trying to say. She said, "I have lost 84 pounds since January! I am a diabetic..I was shooting 90 units of insulin a day and I am only taking 30 today!"

I said, "Mary, what are you doing?" She said, "I am doing *PowerMeal*, I am using *BodyLite AM* and *PM* and I use the *Wolfberry Bars* for snacks instead of candy. I walk for one hour in a wading pool three times a week. That's it!" It is so easy to do it..if you just do it. The tools are there, folks!

Get a Diffuser!

Another thing. Please, if you don't have a diffuser in your home so you can improve the air quality in your home, then do it tomorrow. Sell your television, sell your VCR, sell your toaster, rent out your husband! What-ever it takes, get a diffuser in your home and start protecting your body and your family and making your home a better environment to live in.

Start Diffusing the *Essential Seven*

There are a whole regime of oils that we have and we don't have the time to go through them tonight, but start with the *Essential Seven* kit. The beautiful blend of *Joy*..that's a beautiful place to start for breaking up the chemicals in your home. Essential oils literally will digest chemicals.

Pure Water is Imperative

Make sure you have pure water to drink. If you don't have a water filter, then order a *Young Living* water bottle that has the filter in the top. We carry one with us wherever we go in the world. In the hotel we filter our water to brush our teeth with, we filter our water to take our supplements, we filter our water to mix our *PowerMeal*. It goes with us everywhere!

When we were in the mountains packing this summer we took our water bottle. We dipped the water our of the lake and filtered the water we drank and brushed our teeth with it. Water is contaminated world- wide today. You have to filter your water, and if you can get a distiller, that is even better, but start with filtration.

You must give the body water, and please remem-ber this: You need to irrigate your body. You are 97% water when you are born and the average human when they die is only 16% water! Aging is dehydration. Have you ever lived in a prune! So hydrate your body with water. Get the chemicals out of your body.

Watch out for Sodium Lauryl Sulfate!

Do not brush your teeth with whatever. Today toothpastes are loaded with sodium lauryl sulfate, chemicals that are so deadly to your body that they even put on the back of the label.."Keep out of reach of children." That should be your first clue.

Look at your children's shampoo, your children's bath soap. They say,"Keep out of reach of children"..but it's for your kids! Get those chemicals out of your home because they cause allergies.

The number one cause of degeneration of eyesight in children is sodium lauryl sulfate. It's in your toothpaste, it's in your shampoo, it's in your soap, it's in your perfume, it's in your underarm deodorant. It's in practically everything! Go home and look at the labels.

***Dentarome* for Dental Care**

How many are using *Dentarome* or *Dentarmone Plus*? Is it good? Yes! Do you have to chase it with your toothbrush once in a while? Yes! That's because it's alive! If it falls off your toothbrush and jumps in the sink bowl, you just go down there and get that little guy and get it in your mouth and work it over! Don't worry about it. That product is 100% natural. It has no chemicals in it, no dyes, no synthetic sweeteners, no sodium lauryl sulfate, no fluoride.

Who was here who was on the doctor's call? Did you not hear the dental hygienist on there and what did she say about the toothpaste? She has been using *Dentarome* in her dental practice and her patients are coming back with gum disease gone! She has them using the toothpaste and she also has them using the *Fresh Essence Mouthwash*.

The results we are getting already from the dental industry with these three products are phenomenal! This is the only toothpaste you are going to find today that has laboratory-documented research behind showing it kills oral bacteria 99%. There is the research for your toothpaste. That was published and it's in the *Essential Oil Research Journal*. It was published last month. You can call the office and get the address and order it.

These are little simple things that are going to change your life, change how you feel. It's going to change the outcome of your life. It is just fabulous.

Importance of pH of the Soil

If you look on the map and you follow the longitude line around, our farm in Utah and where our families are growing the Wolfberry in Inner Mongolia are on the exact same line.

The pH of the soil in Inner Mongolia is 8; the pH in the soil in our farm out in Utah is 8. The mineral composition of the soil in Utah and the composition of the soil in Inner Mongolia, you can't tell the difference between the two. The climates are absolutely identical with identical temperatures.

So when I sent Sue to China last March when I was in Turkey, I said, "Sue, see if you can get some Wolf-berry starts and overnight them to me. If you can't, see if you can bring some seed back."

First Wolfberry in Utah

She did both! She got 100 little cuttings. She wrapped them in paper towel and soaked them, put them in a bag in an envelope and overnighted them to us. We have 70 out of the 100 that survived..and there are our first two Wolfberries in Utah. The Wolfberry tree, at full growth, only reaches about 6' high, and our Wolf-berry trees are already at 5' and 6' height since March. It normally takes three years for them to reach full height. She brought the seeds back and as of two months ago, we seeded and have growing today 45,000 little Wolfberry trees! This week they are seeding another 100,000, which will give us a total acreage coverage of 150 acres of Wolfberry trees. Then in two years when the Y2K comes along—it won't—because we will have our own Wolfberries! Isn't that exciting!

Following this lecture was an excerpt from the October 1998 Teleconference relating the story of Kanti Selig's son, Gorr, and his remarkable recovery from a near-death situation. Please refer to that transcription for this narration.

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