

YOUNG LIVING TRAINING TAPE #2

DR. DON GARY YOUNG

We present for your enjoyment and instruction the following Training Tape No. 2 by Dr. D. Gary Young.

Dr. D. Gary Young - Incredible World Tour

I just want to take a minute and share with you from the rooftop of the world that the last 2½ weeks have been absolutely spellbinding, exciting, wonderfully interesting, and incredible in the discoveries we have made.

We have traveled from France to England, England to Oman, Oman to Pakistan, and then from Pakistan to Northern Pakistan to Hunzaland (the land of the oldest-living people recorded on earth) where we spent three marvelous days with these people. Their country has been absolutely one of the highlights of my life.

It has been an area where I have had a tremendous desire to study and research for the past 20 years ever since a friend of mine, Dr. Jay Hoffman, made his travels into Hunzaland in the mid 60's and returned and wrote the book called *Hunza*. He talked about their diet and their lifestyle, the way they lived, and the reasons for what he believed contributed to their longevity.

Going to Shangrila..

All of these wonderful things inspired me and have been an inspiration to me for many years since. They motivated me with a desire to want to come and visit this land and these people. I wanted to see for myself what he talked about—what he discovered—and to see the land that created the script for the movie, *The Lost Horizon* and *Shangrila*, that was made many years ago. Also, the articles and stories written by *National Geographic* have been awe-inspiring to all of us. It has been a phenomenal trip and we had a great time.

Finding the Right Lavender Producer

And now—just backing up a little bit to give you a beginning of our trip—we were in France for four days and there we traveled to visit the *Lavender* fields again and reestablish new producers for our *Lavender* for this coming year, 1999. It was really exciting because it has always been a challenge to acquire the quality of *Lavender* oil I have always desired and insisted upon. The small farmers who were growing for us in the past and the small field that we have in our research farm in France (where we have produced oil) have now reached the point where there has not

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been enough oil supply for *Young Living* and certainly will not be in order to keep up in the future.

The Pure Lavender Quest

The quest was to look for new producers who could produce the quality we wanted. We traveled throughout the Drom Province and Provence Province looking at different growers and talking with them until we found one that we were very, very satisfied with who was growing over 250 hectares of *Lavender* (which is about 500 acres) altogether. However, in part of that he grows *Lavandin*, not the true *Lavender*. He is growing about 250-275 acres of *Lavender*, true *Lavendula Officinalis*. The reason we were so excited with this farm was that it is run by a family—totally owned and operated by a family—and has been in the family history for seven generations. That is all they have known, all they have done, and this man has taken an extra step after taking over the farm from his father to maintain what his father was trying to do many years ago, and that was to establish strictly an organic code and follow organic practices.

Certification for Organic Oils in Europe

It is very exciting because there have been people who have stated and have written that there are no organic oil producers in Europe and there is no organic certification. This is absolutely false. There is an organization called CERT that is for the entire European communities for all certification of organic oil and/or herbs. This particular gentleman who owns the farm is a member of that organization and his *Lavender* is certified organic. That will be our supply for the years to come, and he will be supplying us with our *Lavender* oil in 1999 and throughout the following years. It will be very exciting because the oil quality is at the level I have always wanted, at the level I was trying to maintain, and at a level that no one could ever challenge or ever question.

Of course, others will challenge and they will continue to say their things and write their comments because of jealousies and because of trying to put us down. As the leaders in the Essential Oil business, *Young Living* will always stand in front and will always be the leader. We will always set the example and we will always be making new discoveries. I don't care how many followers we

have, let them follow. But let them follow the standard also.

The ones who criticize and slander will be the ones you can absolutely know are not following up to the standard. That is existing now, has existed, and will continue to exist, but that will be your first indication of those who do not want to come up to the standard. They will be the first to criticize and slander.

Mary and I are so thrilled and happy to be able to give to you the quality of oil that we know we have and to be able to maintain it for the future because it will be another two years before we are producing any amount of *Lavender* oil from the farm in Utah.

Lavender in Idaho in Short Supply of Demand

This past summer we had a fabulous harvest of *Lavender* in Idaho, but it was only enough to meet about one month's supply of *Lavender* oil for *Young Living*. Next year, with the growth, we will still—even though our *Lavender* field in Idaho will be three times bigger and will produce three times more oil—only supply about two week's or a month's supply of oil for *Young Living*. So we are always going to need more and more as we continue to grow because *Lavender* takes three years to develop a crop. We are so far ahead of catching up that it's going to take a lot of time to do that!

Incomparable Oils..

We are always going to need added suppliers growing for us, and we are so happy and excited about this new farm we found in France and that we will be the only outside supplier (outside of France) he will be supplying oil to. So, again, there will be no one who can compare with us, and this makes it even more special.

We spent one day with this gentleman at his farm walking the fields and looking at the way he grooms the fields. He does just like we are doing. He takes the straw and chops it and puts it back onto the field and works it into the ground. It keeps that compost in there, and he puts manure back onto the field. He is doing everything the right way and his *Lavender* plants are so healthy and his fields are happy and they are beautiful!

His farm sits up on a high plateau. He has a small distillery—about 4,000 liter capacity—and he does all of the distilling himself, runs it at low temperature, zero pressure, and does all the right things that meet the specifications we require for *Young Living*. So that was really exciting!

Be Aware of Those Who Criticize

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Harvesting by Hand Very Expensive

This past summer in 1998 we harvested *Thyme* by hand in Idaho and Utah, and it takes a lot of time. We had a crew of twelve people harvesting at St. Maries and it took four days to harvest three acres of *Thyme*. We harvested our *Lavender* and it took four to five days with a crew of twelve to harvest the *Lavender* by hand. This becomes very, very expensive.

Because of having to do it by hand we absorbed the added costs and didn't raise the price of our *Lavender*, as we know that we can't continue to do it that way.

Locating a Harvesting Manufacturer

After visiting the farm in France, we spent another day with a manufacturer of a *Lavender* harvester. In fact he is the only manufacturer in France who is building *Lavender* harvesters. So this trip was also to locate a *Lavender* harvester, which we did, and this fabrication shop in France is building one specifically for us. It will be exported from France on the first of April, arriving in Utah the first of June, and we will use it to harvest the *Thyme* in Utah. Then we will ship it on up to St. Maries to do the *Thyme* and *Lavender* harvest there during this coming year of 1999.

It was very exciting to acquire a mechanical harvester. Now one operator will be able to harvest the entire field of *Lavender* in St. Maries in less than one day and the same for the *Thyme*. It will cut our costs down substantially and enable us to keep our *Lavender* affordable. Of course, having the quality of *Lavender* that we do makes it so much more beneficial and more wonderful for our uses.

A Dream Come True!

After spending the time there and doing the business we needed to do in France, we traveled to England, then from England to Oman. We had an incredible experience in Oman with so much excitement and anticipation of another dream I have had for many years, and that was to travel to the origin of the *Frankincense* trail, Arabia's *Frankincense* trail that we talk about from the *National Geographic* article in October of 1985.

Visiting the Lost City of Ubar

We had another reason for going there and that

was to hopefully visit the Lost City of Ubar. Many people have not heard about this city. It was only discovered in 1991 and they started excavation in 1992. They are still excavating this ancient lost city in the desert. Lawrence of Arabia called it the *Atlantis of the Desert*. **History behind the Lost City**

The Lost City of Ubar has a phenomenal history that goes back to approximately 4,000 years BC. It was destroyed by an earthquake 45 or 65 AD. This city was perhaps the richest city of its time in the world and it was the trade center for *Frankincense* and *Myrrh*.

It has been said they would bring the *Frankincense* on camel caravans from the coastal regions of what is now Western Oman and Eastern Yemen and there they would distill the *Frankincense* and the *Myrrh*. Then it would go on to Greece, Bethlehem, Jerusalem, and what we call Tel Aviv for the shipping ports and possibly also back to ports along the Southern Arabian coast to ship out to India, China, and other countries. The Lost City of Ubar was a very, very wealthy trading city.

Looking for the Lost City

It is in the center of Oman in the desert about 200 kilometers inland from the coast. This city was written about in the Koran, and a lot of the ancient legends and fables that have been told by the old timers spoke of the Lost City of Ubar and its exciting legendary history. It stimulated people to start looking for this city. There were various people who looked for it in the 1850's and had no success in locating it.

They only located it in 1991 from satellite photography using thermography scans bounced off the satellite by work that NASA had participated in. They picked up the infrared colors of the camel caravan route through the desert which has all be covered by blowing sand and dirt, and then they followed that map and came to an oasis in the desert and started to dig. Sure enough, they hit the footings and foundations and stones of that ancient city that had been destroyed by an earthquake!

Unending Water Source

They found an incredible water cavern as they excavated which would have been the original well that fed the city. There is a little village that has been built to the side of the Lost City of Ubar and now they are gearing up for tourist traffic to go and see the Lost City and hear of its stories and legends.

I crawled down into the cavity because they have pumps in the water crater that opened up with the earthquake. There they have five 25-horse pumps

with 3" lines on each pump pumping the water 24 hours a day out of the cavern into the fields where they are irrigating and into the little villages. With those five 25-horse pumps running 24 hours a day the water level doesn't even drop an inch!

It is an endless supply and the people there say that the desert is actually sitting on an underground lake. It is really amazing to see these things and to know that wherever we go there is water..just finding it is the problem! It had such an incredible water supply and it takes water for distillation, so that may be the reason why they transported the *Myrrh* and *Frankincense* to the Lost City of Ubar for distillation.

Visiting the *Frankincense* Groves

We journeyed there and saw the Lost City and the ruins and then we traveled west along the coastal area into the high mountains of Oman to where the *Frankincense* groves are. It was really an incredible sight to see the *Frankincense* tree..what a magnificent tree to grow right out of the rocks! It reminds me so much of the Mahogany tree that grows in Idaho and Utah and Montana and perhaps other states.

It has a temperament very much like the Mahogany and it has a look similar to it, but instead of the leafs (or what we would call the leafs) having a needle-like look, they looked more like a large fern-type leaf that was very interesting. The bark resembles White Birch bark and it peels just like Birch bark. It was a beautiful tree in every aspect.

Frankincense Gum to be Shipped to Utah

We gathered some gum off the *Frankincense* tree. The sap would just ooze out when you cut the bark like instant liquid. It looks like milk, it is so white and clear. The minute you cut the bark it would come right to the surface, and then as soon as it hits the air it oxidizes and starts to harden and turn into a hard gum. This was a unique experience.

To be able to meet with the people and arrange to buy the *Frankincense* gum that eventually will be imported into the United States and shipped to Salt Lake for distillation at the farm in Utah was a wonderful experience. We have made these arrangements to work with the people in not only exporting the *Frankincense* out of Oman to the United States, but also the *Myrrh*. It was a very rewarding time.

Searching for the Ancient Distillery

It so happened that our driver we hired in Salalah, Oman who took us out to see the *Frankincense* trees and the mountains happened to be

from Pakistan. When I asked him if he had ever heard of Taxla, he said, "Oh yes, I have been to Taxla." I said, "There is supposed to be an old museum there."

He said, "Yes, I have been to the museum many times." I told him I had read that there is an ancient distillery in the museum. He said, "I'm not sure, but I think so."

I told him we would really like to go to Pakistan, but we were advised that it was very dangerous. He said, "No, no. It is not dangerous. Don't worry about it. I can help you."

On our Way with Visas Intact!

When we went to the Pakistan Embassy we found out it would take us four days to get a visa and we had to be sponsored by someone in Pakistan, and we had to get three passport photographs each. We went down and talked to the gentleman and we told him we were supposed to fly out the next day. He said, "Oh, we fix it. We take care of you." And he did. He hurried and rushed us through and within 24 hours we had our visas to Pakistan and the next morning at 2:00 we were on the plane to Karachi, then to Islamabad.

There we hired a car and driver and left for Taxla. It was very interesting. They were extremely friendly, but when we got to Oman we received the shock of our lives because we found out the American dollar was only worth .37 cents. However, when we got to Pakistan we made up for it because the American dollar was worth 57 Pakistan rupees and so that was quite a different change! We hired a driver and a car for all day for 1,000 rupees to drive us all over the country wherever we wanted to go and he would be our guide. At first we didn't want to. We wanted to just rent a car.

Independence not so Desirable

In Pakistan it's right-hand drive as it is in England, but Mary and I are so independent we just like to rent a car and do our own thing. They insisted that it would be much better if their driver went with the car, rather than us taking the car by ourselves. After we got the car and got on the streets we found it was very much like driving in Mexico with the traffic..no real directions, just kind of a free-for-all on the streets. It seemed that whoever was driving the hardest had the right-of-way. We were really glad about then that we had hired the driver with the car!

A City with Incredible History

The driver took us straight to the museum; he

knew right where to go. Taxla has, as they tell us, one of the most historical backgrounds of all of Pakistan..a lot of ancient ruins and incredible history.

They have made a lot of archaeological digs and they have found so many thousands and thousands of artifacts from statues and dolls and tools—farming tools and building tools—and jewelry and kitchenware and pottery and jugs and vases and coins..just thousands and thousands of them. The stuff is so well preserved and some of it goes back to third and fourth century BC.

We went into the museum. I was so anxious to go see if this distillery really did exist. I have illustrated it in my book, but it was only illustrated from stories I had been told in my travels about this distillery.

What Distiller?

We went in the museum and asked the guide there about the distiller, and he didn't even know what we were talking about. He kept trying to tell us about other things and sights to see in the museum and the history of the archaeological findings. I kept trying to explain the distiller to him and what I was looking for and he still didn't know what I was talking about.

For a moment I felt a little bit of sadness in my heart that maybe all these stories I had been hearing were not true, and I thought, "I can't stand here and listen to this man. He doesn't know what I am talking about," so I let Mary talk to him and I just walked around and started going through the museum. I turned and looked down the length of the museum to the south wall and I saw it!

Magnificent Distiller in 'Mint' Condition

There it was behind a glass case and my heart just leaped in my throat! I was so excited about seeing this ancient distiller and I just took off down the museum to the end of the building to where it was in its glass case.

What a sight to behold! All those years of reading other people's stories that had been passed on and passed on really were valid! In my early studies about 12 or 13 years ago people told me stories of this distiller that had been discovered, but no one had ever seen it. There had never been any photographs of it, so I kept asking, "How come there is never a picture of it if it exists?" Nobody had an explanation.

Photographs Prohibited..

It was very easy to explain why there has never been

a photo taken of it because it was strictly prohibited. Absolutely no photos could be taken of this distiller. All of the vases and jugs and containers were associated with in and were all in one huge glass case in the museum. After they had distilled the oils, they had special terra-cotta clay jugs they would put the oil in. The distiller itself was all made of terra-cotta clay. It was in absolute 'mint' condition! It was unearthed during the excavation and not even chipped or cracked or anything. It was like it had just been molded. It was so unbelievable to see this. The excitement it created in me has just been overwhelming!

Trying to Size-up the Distiller

I was standing there, just looking in awe at this distiller and trying to put my hands on the glass, using my hands for measurement to get an idea of about the size of it so I could write about it and talk about it because now I have seen it.

The Only Photographs in Existence!

Mary started telling the gentleman that we grew herbs and we distilled them for oil and that I was doing research and I had written a book and had illustrated this distiller in my book from stories I had heard. He was so gracious and so kind that he said, "Okay, when all the people who are here leave the museum I will allow you to take a picture of the distiller." So we may have in our possession the only photographs that exist of this distiller. Not only did we get it on photograph, we got it on video as well to bring home, so I can publish this in my book.

History of Aromatic Plants and Distillation

It was really a thrill to spend several hours there learning more about the history of these people and the area and valley that Taxla lies in. It was an area that was just full of aromatic plants and there is a tremendous history of the distillation of these aromatic plants back to three centuries BC up until the early 1900's.

During World War 2 the distillation pretty well stopped and the fields grew to brush and debris, and they quit farming for aromatic use. It's very sad to see this as it was a very rich, very productive area in its time and had been said by the people to be one of the largest oil-producing areas in the world for quite some time.

Egypt - the Forerunner of Distillation

It was interesting to learn some of the history. The Greeks were the ones who brought the knowledge of distillation to Pakistan and, of course, it

was the Egyptians who took the distillation knowledge to the Greeks. I have been slowly able to follow the trail of the evolution of distillation from Egypt to other countries, and that has been very exciting as well.

Pakistan People..Masters with Stone

After spending the day there we went to visit some of the ancient city ruins that have been excavated which were wonderful to see. We hiked way on top of one of the mountains above Taxla to an old monastery that was still in quite good condition, but they had done some renovation in trying to restore it.

It was a wonderful experience to visit this old monastery and the literally hundreds of statues of Buddha and the 'stucco carvings,' as they call them. The craftsmanship of the Pakistan people with stone was amazing. It was just beautiful.

A Dream Come True..Hunzaland!

The next day we made the journey that I have waited 20 years to make, and that was going into Hunzaland. We flew from Islamabad in a propeller plane into the high mountains of the Himalayas and from there we went by car on a rough road. It took us nearly three hours to go up into the Hunza valley.

When we got into the valley we had to go by jeep into the mountains to get into the high villages. This was an exciting time for me and very exciting for Mary! Sometimes she was squeezing my leg so hard I thought she was going to leave puncture holes! The jeep would come to a switch-back on a mountain that was steeper than an old cow's face eating grass, and the jeep would come right to the edge. You couldn't see anything but 5,000-6,000 feet straight down! The driver would have to put the jeep in gear and back up to try to get around the switch-backs to go up another climb. He held it in 4-wheel low in first gear and it was so steep he could barely make the climb and up over rocks.

Unbelievable Mountain Terrain

I tried to video record as we were going with the jeep, so when we show the video you will get a feel for the steepness and the sharpness and the roughness of the goat trail. It was literally a donkey trail up the steep mountain up on top of the plateau where the village and the people were. The whole thing was breathtaking.

I can't remember how to say the names of some of the mountains, but those that surround the valley are anywhere from 24,000 to 26,000 feet and higher.

You look at them with such awe you can't take your eyes off them..it was just such a wonder of the world! We look at the Grand Canyon with awe, and you would look at these mountains the same way.

Like Stacking the Rockies!

We look at our mountains in the Rockies that are 14,000 feet and we stand with awe and wonder how God could create such magnificence. But if you took the mountains of the Rockies and stacked them one on top of another, that is what you have with the mountains there. It was just like two of our highest mountains on top of each other and covered with glaciers. On one mountain, there is one glacier that runs for 72 miles—one continuous glacier—the largest one in the world.

Climate/Temperature similar to Utah

The valley itself has a temperature and a climate very similar to the Utah climate. It is very hot—105 to 106 degrees—throughout June, July, August, and into September. When it gets cold it can get down to 10 or 15 below. They said this has been infrequent, but they have recorded as cold as 40 below (which is very rare), but their normal temperatures in wintertime are 10 or 15 below. Their winters are very short. They never have snow stay on the ground more than a few weeks and no more than 2 or 3 inches down on the valleys and through the village area.

Fruit Quality Unparalleled

They grow the most incredible fruit you have ever tasted in your entire life. The apples, the pears, the peaches, the apricots..they are all just absolutely wonderful. They have berries of all kinds..strawberries, mulberries, raspberries. They also grow cherries and grapes. Their gardens are wonderful. They dry all of their vegetables on the roofs of their houses and also their fruits, and that is what they live on.

Living Life at Fullest..at 110!

We had a wonderful day just going from house to house visiting with the older people in the villages. We visited with a lady who was 110 and her mind was so sharp and so clear and her speech was so clear. She could remember way back into the early 1900's and told us the story of when her husband was in the service of the Mer (who was the King of the Hunza valley). Her husband worked in his private army and he was killed in 1938. She never remarried because she cooked for the Mer and he didn't want her to remarry. He wanted her to be able to travel with him.

She continued talking about how healthy she was and how good she felt, and how she wants to see the young people in her village be educated. But she wants to see them maintain their culture and their ancient customs and traditions.

Alive and Thriving after 105!

Another gentleman we visited with was 106 and his wife was 95. When we arrived at their house she was outside cutting wood and making a fire outside and preparing the dinner meal. This man looks like he might be 75 at the very oldest. At age 106 his health is excellent! He sat down on the floor and crossed his legs in Indian style without any problem..no stiffness in his joints. I found this very interesting because we sat and talked for a couple of hours and when he stood up he wasn't stiff from sitting in that position on a hard cement floor, and it was just a little one-inch pad. His hands and fingers weren't swollen with arthritis and when we talked to them about their diet it was so exciting.

Importance of Diet Reconfirmed

It just reconfirmed to Mary and me how important our diet is and how we, too, can have longevity if we do the right things and live a lifestyle that is conducive to it. The way we are living and eating is not conducive to a lifestyle of longevity and good health.

'Civilization' Creeping in..

Even now, after they have had a road into Hunza-land for 15 years, they have only had electricity for four years. Only the very rich people—which are not too many—have televisions. During the past ten years most of the village people have had indoor plumbing, but some still have outside facilities.

They have started building hotels there because the road they built (which took them over 22 years to build) now connects all the way to Tibet China. It follows the old silk road that was used thousands of years ago by the silk traders who traveled back and forth. The sheer mountains they carved the road out of is just unreal. You can't imagine it, even looking at photographs, until you have been there and seen it and actually experienced it.

Still Teaching School at Age 96!

We talked to another man who is 96 years old. He looked like he might be 60 and he is still teaching private school. He is a professor and he speaks nine languages, but had no formal education himself until he joined the Royal Army. He was a Lieutenant to the Mer of Hunza-land and got his education from

traveling with the Mer to other countries—to India and England and wherever— but he speaks nine languages with no formal education!

No Indications of Infirmities

He opened and started the first school in Hunzaland in 1950, and it was so wonderful to sit there and talk to him. He didn't have to pause and think; he didn't have to wait to see if the words would come. He was absolutely sharp. He walked upright with pride and with energy and enthusiasm. There was no indication that this man was a day past 60 years of age. In fact, most Americans at age 60 do not have the brightness this man had. It was thrilling to meet with his grand-son and his great grandsons..and they all live in the same home. They talked of the importance of the family unit. It just touched our hearts so much because this is so true.

Families First..

So much of what we want to express and bring out in *Young Living* is the family and the importance of the family. We want to emphasize the importance of respecting our bodies as a temple of God and feeding our bodies the proper food.

What Do You Eat and Drink?

We asked these people, “What do you eat for breakfast, what do you eat for lunch, what do you eat for dinner? What do you drink?”

When we asked them what they drank, it wasn't Pepsi, it wasn't 7-Up, it wasn't sugared water. They drank the mineral water off from the mountain, the glacier water. They drank their grape juice, they drank their apricot nectar. They drank an herbal tea every day which they said strengthened their heart and gave them power, cleared their head, removed fever, and healed the stomach. They shared all of these wonderful things. Their diet was so incredible. Not one of these people ever mentioned a hamburger, a hot dog, Twinkies, burritos, French fries, or corn flakes. They did not consume any of the modern food that has been shipped into Hunzaland.

Dietary Changes brought Disease

They did confirm with me that when the road was completed 15 years ago in 1983 and American food and English food started coming into their country, three years later in 1986 the first case of cancer was diagnosed. Now they have cancer; now they have arthritis; now they have diabetes.

I asked the elderly people, “Why? What is the reason that these diseases have come to Hunzaland?”

They said, “It came with the food. Now our people do not eat the same way. Our young people do not eat the old way.

They eat the modern food, and now we have the diseases.”

Old Rituals Done Away..

Before the road was built into Hunzaland, when people would come to visit on the donkey and mule caravans or on foot into their country, there was a large spring at the entrance of the valley where people would have to stop and bathe in the glacier water. It wasn't heated. It was freezing glacier water, and they would have to bathe in it and then put on clothing of the valley. They could not wear their own clothing into the valley. They did this to prevent any disease from coming into the valley and they did this up until 1986.

A Once-Pure People..

So we see a pure people change where their valley has been introduced to modern technology and modern science. They have gone from living to be 130-160 years of age to only 110-115 years. As I talked with these people, they said, “Oh, yes. Our ancestors did live up to 175 years of age, but not today.” In comparison to American standards that is still a long time, but their longevity has decreased by at least 30 years since the modern things have come into the valley.

Of course, the tractors and the automobiles brought pollution. It was sad when Mary and I walked the little village walkways at night and we could smell the diesel exhaust from the cars and the diesel generators that produce electricity. Even though they have electricity in the valley, they don't have enough for the accommodations. The population of the land is 25,000 people and it is over-populated for the amount of electricity they are able to generate there, so they still have some diesel generators that came in when they built the road. They didn't bring the power when they brought the road. They have only had electricity for four years.

Kifer, Yogurt, Apricots .. Dietary Staples

All in all, it was an incredible experience and we learned a great deal about the importance of diet. I was also pleased to learn that these people eat yogurt and Kifer. They called it buttermilk or whey. The Kifer I have talked about and the *Ke-Berry* drink I have formulated is truly their mainstay.

The 106 year-old gentleman we talked to was in the first expedition to climb the high 26,000' mountain peak in 1960. The name of that peak is

spelled N-A-N-G-A and it is a magnificent mountain. It's common name is the 'Naked Mountain.' It is the second highest mountain in the world and it is right there in the Hunza valley.

This gentleman was in the first expedition to climb all the way to the top of it. He was the guide for some of the British and they introduced him to cigarettes and he started smoking in 1960. He's 106 and he's still smoking today. That was kind of sad to see, as he was coughing when he would smoke.

He said when he goes on the expeditions—and he has climbed Nanga mountain six times—he would only take with him the Kifer and apricots. That is what gave him the strength to climb the mountain in the weather conditions. The apricots contain B-17 and is so rich in vitamins and minerals that it is their number one food in Hunzaland. They attribute their longevity to the apricot and the Kifer and the glacier water.

These are all wonderful things which support the teachings of *Young Living* and the things we are trying to produce—products like *Ke-Berry* and *PowerMeal* and *UltraYoung*—to give the added nutrients to our bodies and sustain our lives and give us longevity.

Strength in Families for Young and Old

Another gentleman we met was 97 years old and he was out in the field irrigating, shovel in his hand, changing the water in the field. It was such an incredible experience because these people don't know what it is to retire. They don't know what it is not to work. They go in the fields and work right along with their grandsons, their great grandsons, their great great grandsons, their granddaughters. They all work as a family tending the fields together and there is such incredible power and strength in this.

Strive for Improved Lifestyle

It has truly been a blessing for Mary and I to have these experiences to bring home to you, to strengthen you in that which we have in *Young Living*. We will continue to bring to you those things that will empower you to be a better person each and every day. We want to instill the desire for a better lifestyle where you can utilize the things we have created in *Young Living* to give you that edge of health and longevity and prosperity.

We want you to have the feeling inside—that driving force—to want a better life and to be able to share that with your children and your grandchildren in the future.

That is the only way we are going to change the

outcome of the way things are and not be a victim of disease.

Sugar and Salt - the Culprits

We saw and learned much from these people. They didn't even have a hospital in Hunzaland until 15 years ago. They didn't have doctors; they didn't have dentists and all the things we talk about. Their problems didn't

happen until sugar came into their land, until salt came into their land. As we talked with the people they said that salt was the biggest culprit. Before 1986 they didn't use salt, they didn't eat sugar. They ate their food fresh and dried. When the British came in and introduced the sugar and salt, that is when diseases started to develop in the stomach. So again, we learned so many things.

Megazyme Important for Digestive Tract

This is another reason why I talk about *Megazyme*. We have destroyed the enzymes in our digestive tract because of the way we eat the fast foods and the garbage foods in America.

Megazyme is so important to help reestablish that because, as these people told us, if the stomach isn't well, the body isn't well and the mind isn't well. It is so important to have the digestive system working properly. Then it doesn't create the toxins that go to the brain and cloud the brain and cause depression.

Many Lessons to Learn

Folks, we have so many wonderful things in *Young Living*..lessons that we have to learn and that I have to share with you. We can learn from these things and we can be examples to other people in the world and particularly those around us. So please look at how you live day to day and how you can start tomorrow committing to alter your lifestyle and getting away from the frozen foods, the fast foods, the junk foods, the canned foods..all of the lifeless foods that exist, and start eating the vegetables.

Eat to Live, then Cleanse

Start preparing a garden, putting up a greenhouse, but until you can, start putting the foods that *Young Living* has created for you into your body, the *PowerMeal*, the *Wolfberry Bar*. These things sustain and give life. We are going to continue to bring more food products to you that are going to give you life.

Value in Fasting

Clean your bodies. These people would eat meat and then fast three days to clean the toxins out of their bodies created from the meat. I have talked about that.

It was so interesting to talk to them and learn that after they ate meat they would fast for three days, sometimes longer. Another thing we have learned is that fasting increases the secretion of human growth hormone (HGH) which supports the body and increases longevity. The Wolfberry that is in *PowerMeal* and *Sulfurzyme* and the *Wolfberry Bar* is so life-giving, and now we see the value of the Mongolian people who have longevity and what the Wolfberry has done for them.

Wonderful Opportunity to Learn

We learned so much from the Hunza people. It was such a wonderful opportunity to make this journey, and Mary and I really feel that it was absolutely meant to be. It has been an answer to my prayers at this time when I am seeking for more information to bring to you, information that will extend your lives and give you the strength and the longevity that we all desire to have.

Longevity with Health

We want to have longevity with health, not just to live longer and be feeble and sick, but to be like those people in Hunzaland, to be 95 and 100 and still be able to go out and work in the field. That is the real joy and the real value of having longevity.

In the meantime, until we return, our prayers and love go with you and are with you at all times. We thank you for your incredible support and your love and appreciation. Until next time, God be with you. Goodby for now.

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