

# YOUNG LIVING TRAINING TAPE #3

## DR. DON GARY YOUNG

Ladies and gentlemen, we present for your enjoyment and instruction the following Training Tape No. 3  
Our moderator for Training Tape No. 3 is Alene Frandsen.

### **Alene Frandsen**

Good evening, everyone. We have nine distributors who are going to share their experience with you, so we will go to our first one.

This is **Carol Eder**. Carol is from San Diego, California, and has been on the products for about one year. She is a metaphysical minister and has a fabulous story about several products. Carol..

### **Carol Eder - Lost 92 Big Ones!**

Hi everyone! Hi Dr. Young! I am really excited tonight about *Young Living Essential Oils*. I have three different ways that *Young Living* has helped me:

I started using *BodyLite AM and PM* with *Vita-green* January of this year and I have lost 92 pounds! And that's not the best part..I am a diabetic and have been for about 22 years now. I was put on insulin about five years ago and since I have been taking *Sulfurzyme* my diabetes has been reversing itself. I was taking 180 units of insulin per day and I now take 24 units! My health has improved about 100 percent; I have more energy, more stamina, and I even look younger..so people tell me. But now I have a real surprise:

### **Eye Improvement with Frankincense**

I have had eye problems also since 1994. I have glaucoma, I have diabetic retinopathy, and I have cataracts.

In July of this year I was to have cataract surgery for my right eye. I could only see the big "E" on the chart. Well, I decided my faith in *Young Living Essential Oils* was a lot stronger than that, so I canceled the surgery and decided to try something.

I used *Frankincense* oil on my feet every day, and after I rubbed my feet with it, I put whatever was left on my hands. I closed my eyes and I just rubbed my hands across the eyelids, around the eyes, and on the eyebrow. I did that twice a day, and after I did that I cupped my hands over my eyes..just as you would if you were playing Hide and Go Seek.

I had an eye appointment on October 23—it was last month—and I read four lines down! The doctor was absolutely amazed.

He said I am very close to driving again—I haven't been able to drive for a couple of years now—and to return in four months and not to even think about surgery. He was absolutely amazed at how much I had reversed a very severe problem. I thank God for you, Dr. Young, and for these oils!

### **Alene Frandsen**

Thank you, Carol. That was wonderful! Our next speaker is **June Bigham**. June is from Castlebury, Florida (which is by Orlando) and has been using our products for two years. She was the manager of a health conditioning center in preventive medicine for over eight years. June..

### **June Bigham - Colon Cancer**

I am glad to be on-line. I feel like I may know so many of you because we are together in heart, so to speak.

My husband had colon cancer, and after several surgeries the cancer was no longer in the colon, but it had metastasized and it was growing in the liver. It was quite large. By this time the liver was down (extended to the waist), and it was under this situation that now he was on morphine. I even had a prescription in hand that I was supposed to be doubling, but that was like giving up, and my husband still had an attitude of fighting. Also, we were battling the need for morphine closer and closer together. Instead of three hours apart, it was closer and closer. That was our situation at the time we became acquainted with *Young Living Essential Oils*.

### **Morphine necessary for Pain**

Let me tell you a little bit of the background..I just want to paint a picture for you of the situation we were in at the time: The RN from our nursing service who was here everyday had brought a video for me on how to deal with pain and stay ahead of it and how to balance the morphine. She brought this to me because my husband had a three to four-hour period where the pain was absolutely out of control and it was just very terrible to witness.

### **Getting Acquainted with Essential Oils**

It was under these circumstances that my friend, Bonnie Johnson, received some relief for her back pain from a friend of hers who was about 50 miles away, and she used *Young Living Essential Oils*.

Bonnie was so impressed that she asked this friend to mail some information to me. I really had no time to read—I was consumed with my husband's care—but about four or five days later I listened to the tape and I was so impressed. I felt that, "Well, it couldn't hurt..and it might help." I didn't want to dare to have any high hopes, and I was doing a lot of other things to try and combat the cancer and boost the immune system.

When I got the oils I was a complete novice and I put some on the bottom of his feet and tried to hold some under his nose. I got the *Essential Seven* kit and Bonnie had gotten some oils—she had placed her order before me—and she brought over *Forgiveness* and *Hope*. I would just rub them on different places four or five times a day.

### **Pain Reduced and Mind Clear!**

Would you believe..in about two days he started skipping morphine! (You know, you don't hand it out if a person's not having pain!) In about two more days, no more pain..and his mind was clear!

I remember when it was about five days and there was no pain, no morphine. The case manager who is 17 years an oncology nurse, said, "This just doesn't happen!" I guess I looked a little blank and wasn't realizing the full impact, so she said, "Let me tell you what I deal with when it comes to liver cancer: I had a case just last week where the lady's pain was out of control and I told the husband of a program that Hospice has where they come in for a 24-hour period to help get the pain under control. They had to stay the second 24 hours and the third 24 hours..and no success.

She said, "That's what I deal with when it comes to liver cancer, and then I come here..and this!"

### **Blessings of the Oils**

Those words are burned in my brain. I will never forget that. My husband was pain-free and clear of mind for about four more weeks. He did die. The cancer did not go away, but you understand that this was such a blessing and so many people witnessed this. We had registered nurses here every day.

It really wasn't until a while later that I was able to really study and understand more of the scientific aspects of pure essential oils. I have been able to help so many of my friends and acquaintances and others since then.

### **Alene Frandsen**

Thank you, June. That was truly a blessing for you and your husband, I am sure. We appreciate your sharing that.

**Trish Cassinelli** is our next speaker. She is about one hour north of Sante Fe, New Mexico and has been a distributor for two years. She is a massage therapist and specializes in herbal and nutritional counseling as it relates to emotional release work. Trish has a most unusual story. Trish..

### **Trish Cassinelli - Dogs and Rattlesnakes**

Hi! My adult son had a Rottweiler seven months old. We spoil our doggies and give them little doggie massages in the evenings, and I noticed that the male Rottweiler had a lump in his throat on the left side. I didn't pay any attention, but the next morning the throat was swollen and by that evening the throat was huge.

Well, I knew he had been over playing in the field from our house and it is known to have rattlesnakes over there, and so I just knew this dog had been bitten by a rattlesnake. The next morning his throat was just gigantic. He was a pretty low doggie and I didn't think there was much hope for him.

### **What can I put on my Sick Dog?**

I couldn't get him to the vet considering that the closest town to us is about 30 minutes away and due to the circumstances, I just couldn't get him there. I had to go to work, so I called a friend down the road who was learning to use the oils and asked her..was there an oil that I could put on my dog?

She asked me what oils I had, and I had about three oils at that time, so she said, "Put the *Purification* on him. So I took it and rubbed it all over his neck and on his paws and under his nose and left him in an enclosed area while I went to work. I was really concerned about him..I felt sure he was a gone doggie.

### **Poison Drained from Wound**

I came home at lunch time and opened the door to check on him and he came bounding into the house! I looked at this guy like.."What happened to you.." (like he was going to tell me what happened!) Anyway, I looked at him and this large swelling had broken open and all the poison was running out. It was very obvious to see it on his skin. I just covered him with oil again and put him back in the enclosure.

When I went back to work and came back in that

evening it was pretty much drained, but I worked with him over the next two days and he slept right by my bed like he couldn't get close enough to me.

That was two years ago and he's a very happy doggie today. I do give the credit to the *Purification*.

### **Thieves Effective for Viral Throat Infection**

I would like to throw in another little short story and that is, my same adult son had a swelling come up in the left side of his throat just two months ago. He will tell me that he is my number one skeptic when it comes to my work, but I appreciate his honesty.

Anyway, I tested him and it tested viral and that he needed an antibiotic..it was pretty serious. He went home and I went up to see him the next morning, but before I went I tested oils for him because I knew that he was not going to go to the doctor and get an antibiotic and I felt like it needed attention.

The oil that tested for him was the good old *Thieves* blend, so I took this oil up and asked him..would he put it on his throat? He said, "Yes." So I left him with the oil and went back up the next morning and he was very honest and told me, "Mom, within 30 minutes this started breaking up and I started spitting up phlegm..and I am now eating, and I haven't eaten in three days."

I heard on the news several days later there was a virus you could get from your dogs called Tularemia that was going around in the states. He previously had one of his dogs get ill and had given the dog a pill, but didn't wash his hands with soap..he just rinsed them, so we assumed that he did contract this virus, Tularemia, and that was what appeared then in his throat.

### **Broken Bones in Vehicle Accident**

We have one more test here going on and this same adult son, who is 29 years old, was just in a car wreck three weeks ago. He was hit by a semi and he is now in bed with two broken legs and a fractured arm. We are grateful that is all he has..because his finance did not make it.

I am now putting the *Birch* oil on him twice a day with the *Valor* first and then the *Birch*, and then follow-ing it with *Peppermint*. If anyone has any suggestions and wants to talk to me about it, I am open to hear it, but I am using the *Birch* oil on him.

They are telling him he won't walk for six months, so I want to use the oils and see where we go in mending his bones.

**Dr. D. Gary Young**

Trish..just real quickly..add *Juniper* and *Lemon-grass* with *Marjoram*. Just layer them on and then put the *OrthoSport* over the top.

### **Trish Cassinelli**

Thank you, Dr. Young..and thank you for giving me this opportunity this afternoon to share these wonderful stories.

### **Alene Frandsen**

Our next speaker is **Wayne Hargett** from north of San Diego. He has also been a distributor for two years and is retired from Chevron Oil.. Wayne..

### **Wayne Hargett - Irregular Heart Beat**

Hello everyone..this is Wayne from San Diego and my story starts with a heart problem.

I was having a rapid and irregular heartbeat. My heartbeat was up to 120 sometimes, so I went to the doctor and he put me on some prescriptions. One made me have a sore throat, one made my legs swell up, and one made my feet swell up so I couldn't put my shoes on. They were making me worse!

I went back down to his office and we looked through the products and he said, "Let me put you in the hospital." I went to the hospital for one day--\$10,000 is what they charged!

### **\$10,000 Later and Still No Help..**

After the test I went home and he called me up and had me talk to him about it. He said the eight doctors who evaluated my case stated I couldn't survive any kind of a help because I had a leaky valve--one of the valves was leaking--and both of my heart muscles were weak. So I said, "Well, what should I do?" And he said, "It looks like you are going to have to just hang out around the house..I can't give you any advice." I went home pretty discouraged.

### **New YL Products changed my Life**

I knew they were going to have a *Young Living* convention in Salt Lake City, so I told my wife.."You know, we haven't done a lot with the oils. We use them everyday, but I am going to go up and see if I can talk to Gary Young."

Of course, when you go to the convention, Gary is so busy and I didn't have a chance to speak with him, so I listened to what took place down there about different products.

I bought quite a few products and went home after the convention and I started using the *PowerMeal* the *Cardiacare*, the *Be-Fit*, and the *Wolfberry Bar* as part of my regular diet.

### **Energy Level Returned**

Approximately two weeks later my energy level was coming back. People would see me and they would say, "Wayne..gosh you look great! What are you doing?" I was starting to gain a little bit of weight and I just kept doing what I was doing. My heart rate was normal. My wife and I figured it was normal because it had been fibrillating inside my neck where you could actually see it moving. It was frightening!

About a month later I went back to the doctor and he checked me over. When I first came to the door the nurse said, "What are you doing, Wayne? You really look great! We were concerned when you left here a few months ago." I told her and I gave her a tape to listen to as I left.

Anyway, I went to the back room and the doctor put me on the table. Of course, the nurse took the pulse and the heart rate and she could see that everything was back to normal. The doctor came in while I was lying on the bed and read the report from the hospital. (I had a real thick report with all these different things to go through), and he said, "You're not taking any of the drugs?" I said, "No..I went through them and I couldn't handle them. They were making me worse."

### **Wayne, What are you Doing?**

So then he put the machine on me and went back to the paper work he had and put another machine on, went back to the paper work and then he stopped for a few minutes and looked at me with a funny look on his face and he said, "What are you doing?" I told him about *PowerMeal* and the different products I was taking. He said, "I don't know what to say, but keep doing what you are doing and I'll see you in six months."

It was really kind of bizarre..but that was my story and I thank Gary Young for all the products. I really appreciate it because it gave me back my life. I am 63 years old and I'm not ready to sit on the couch!

### **Alene Frandsen**

That's terrific, Wayne! Thank you very much. Our next speaker is **Mary Darling**. She is from Las Vegas, New Mexico and has been a distributor for about eight months. She is an office manager. Mary..

### **Mary Darling**

Hi! Let me introduce myself..my name is Mary Darling. I am 41 years old. I have been married for 23 years to a chiropractor. I have four children and I work with my husband as a chiropractor's assistant

and office manager.

### **Beginning of Overwhelming Problems**

My story begins in 1997. I have always been very active with four children and their activities and sports. On Sunday, April 20, 1997 my husband and I went to Albuquerque, New Mexico for a weekend where he participated in a half marathon run and I participated in a 5-K race walk. The weekend was beautiful and I finished fifth overall.

The next day a friend and I went to Santa Fe, New Mexico to do shopping and errands. When we returned the 75 miles I felt some discomfort in my legs and a limp. On Tuesday I consulted with my medical doctor, an internist in Las Vegas. I had been seeing him on and off on an as-needed basis for diabetes. He examined me and determined that I had no reflexes or feeling in my legs and feet. He consulted with a neurologist by phone and he recommended that I check myself into a local hospital where they could make me more comfortable.

### **Devastating News**

At that time I didn't understand what was happening and I decided I would be more comfortable at home. In the next two days I became weaker and weaker. On Thursday I consulted with the neurologist and she diagnosed my problem as Deon Boraе Syndrome and told me that our hospital did not process blood and I would need to have IV immoglobulin therapy and referred me to a neurologist in Sante Fe.

I went home, packed a bag, and picked up some medical books from my office and looked up Deon Boraе and made phone calls. Deon Boraе Syndrome is a demyelination condition where the person's own anti-bodies attack the covering of the nerves within the myelin sheath.

When I arrived at the hospital I could barely stand and could not walk. I was in the hospital for six days and during that time I had an MRI of the complete spine, spinal test, electrical nerve conduction studies, tons of blood work and physical therapy.

### **More Deterioration..**

The course of treatment was antibodies and blood plasma from 50,000 donors. My physical condition deteriorated over the next five days, and on the third day the prosthesis maker came in to make

braces for me to stand and walk. Also, on the third day, the paralysis ascended just below the armpits and I was having trouble breathing. During our reading on this condition we knew it would be possible that I would need the help of a respirator to breathe, but after about five hours things were better and breathing was within normal limits.

On the fourth day I had a visit from a friend of mine who was willing to help me get things ready at home and to do my home health nursing. On the sixth day, the doctors came in and said they really had done everything they could do for me—go home and learn to adapt my life to my physical condition—and I was released.

### **Released..for What?**

I followed up with the neurologist in two weeks and my medical doctor in two days. When I consulted my MD, his response was, what was he supposed to do with me..and he sent me to a physical therapist. Physical therapy was very hard. Every week was a lot of work, but I started to have some return. However, when I had my first follow-up with the neurologist there was no change.

### **Short-lived Hope**

After three months I could stand with braces on for 30 minutes at a time and over the next eleven months I went to being able to walk completely with braces. I had foot drop and some weakness in the legs, but the physical therapist suggested that I had regained 93 percent use of my body.

### **Return of Weakness**

In March of 1998 I started to have weakness and a feeling of fatigue in my complete body. I had a chiropractic adjustment in the morning and went to see the physical therapist in the afternoon. When he examined me he became very concerned and called my husband to come for me. He wanted me to go back to Sante Fe to the hospital, as he thought I was having a relapse. The difference this time was that I had complete feeling in my legs, feet, and back and was in constant spasms. It felt like a Charlie horse that didn't go away. When he called the neurologist in Santa Fe we found out that she was on vacation and wouldn't be back for seven days, so we called the internist and he came to the house because I didn't think I could physically get to his office. He treated me with muscle relaxants, anti-spas-modics, and pain medication. He also followed up with me at home two or three times a day until I went to Sante Fe. I had lost the use of my legs and my right arm and my pain was off the pain scale. When the

neurologist returned on Monday morning we were at her office that morning and back to the hospital. The hospital visit was different. I was x-rayed, spinal-tapped, and tons of blood taken..and the results were the same. On the third day after I had progressively gotten worse, I was once again told to go home and learn to live like I was..to the best of my ability.

### **Almost at the Bottom after Relapse**

I had just about hit the bottom. I returned to the physical therapist two days later and after examination, he estimated I had 30 percent use of my body and he informed me that 'when you have a relapse you don't usually regain as much as you had progressed before.'

I had talked to a *Young Living* distributor before I had gone to the hospital by the name of Sarah about giving a presentation to a women's group that I belonged to. She wanted to come by and give me some information and show me her products, but when I got home I had to have 24-hour care and I told her I wasn't feeling well, wasn't dressed or showered, and wasn't up to company. I had the feeling that I didn't want another person to see me this day or touch me.

### **Couldn't Hurt..May even Help**

She didn't know about my physical condition, but she said that maybe she had something that might make me feel better and she would be right over. My husband was happy that someone wanted to be with me..and he went out for a bike ride and left a number for Sarah if she needed to leave before he came back.

I had my husband put away the wheelchair and I was sitting on a couch. Sarah doesn't have much medical information and I told her that I had previously had some spasms in the muscles in my legs, and she offered a *Rain Drop Therapy* session.

My husband said it wasn't going to hurt me..and it might make me feel better, so Sarah started the *Rain Drop Therapy* and my legs got so spastic that I could barely stand the pain and became very uncomfortable. I had to go to work that afternoon, so I told her I needed to finish up and get ready for work. I didn't notice any difference and was somewhat agitated from the overstimulation.

### **Therapy Pays Off**

That evening Sarah came back to see me and go over the products she thought I should order. After she left, I looked over the materials and the cost was approximately \$500! I just felt like it was too much money with the large hospital bill and months of

physical therapy ahead.

On Thursday a friend came and took me to Santa Fe to do shopping and I was in a wheelchair. In the evening I felt like I had enough strength to stand. I was able to stand with my braces on and I had balanced! On Friday I could walk with braces and crutches and I decided that this was not just return, and I placed the suggested order.

On Saturday I developed a severe rash and called Sarah to come over to look at it. She came over and told me she had not seen anything like this and she went home to call her up-line. She came back and applied some more oils and tried to cool and sooth the rash, but my feeling was, "I just spent all this money on these products..and look what they did!"

### **Not Physically Possible!**

In the afternoon I was able to walk with braces and no crutches, and by the evening I could walk with only one brace on the right foot and leg. On Sunday I told my husband that I thought I could walk without braces on the right leg and foot..and his response was, 'it wasn't physically possible because I had had drop foot for more than a month.' I went downstairs, took off my brace, walked across the floor, up the stairs and across the room..and he still said, "That's not physically possible!"

On Monday I went to a spice shop and got three bags of coffee and cookies and went to visit my MD, my physical therapist, and Sarah. When I walked into the MD's office and sat down, he came out to the waiting room and when he called my name I got up and walked across the room unassisted. He had a look of amaze-ment on his face and I told him I had a rash on my back from the oils. His response was, "So what! You can walk!" His diagnosis was third-degree chemical burn which he thought should be left untreated. He told me to keep putting oils on.

### **Reflexes Normal**

On examination, I had normal reflexes, no more hot and cold responses and normal sensations. First he said, "What does Scott (my husband) think?" Then he told me to go to the physical therapist and see what they had to say. I then went to the physical therapist's office, walked up the stairs and into the waiting room.

His nurses who were there had this look of amazement because they had both seen me less than a week before. The physical therapist examined me and sent me home with 100 percent use of my body. (Now he also uses the oils in his practice!) That's my story.

### **Alene Frandsen**

That's a pretty incredible story, Mary! Thank you very much. Our next speaker is **Bob Delmonteque**. He is from Woodland Hills, California and he has been using our products for about six or seven weeks.

Many of you may recognize his name. Bob is a naturopath and has been closely associated with some of the greatest figures in fitness during the 20<sup>th</sup> century, including Bernarr McFadden, Jack Lalanne, Joe Weider.

Dr. Delmonteque is regarded as America's number one authority on fitness. His accomplishments span over four decades and really are too numerous to mention tonight, so please read the article about him in the November *Essential News*. Dr. Delmonteque, would you please tell us your story.

### **Dr. Bob Delmonteque**

Thank you very, very much. I don't believe I have ever had such an eloquent introduction! I am going to be 80 years of age next year, but my wife says, "Bob, you're only 78..you're not going to be 79 until Monday, which is the 9<sup>th</sup> of November..and 80 next year."

I was wondering if I am at the right meeting, because I have never been sick a day in my life. I'll tell you something else..I don't intend to! I think that longevity and preventive medicine is what life is all about..getting the proper lifestyle.

### **Looking for Longevity Secrets..**

I used to work with Bernarr McFadden and we traveled all over the world looking for the secrets. We back-packed and we went up in the Himalayans with a guru and we tapped into the universes through medita-tion and through self-hypnosis. It was the most extra-ordinary experience. We went all through the Scandinavian countries and South American, and I found that there really is no secret. It's very simple, very basic..it's your lifestyle.

### **Seven Pillars of Health**

I am going to give you the seven doctors to good health: Proper diet, proper exercise, proper rest, proper mental and spiritual powers, fresh air, sunshine, and drinking water. It is really a very, very simple equation.

### **Nutrition is Foremost**

I believe that nutrition is probably the most important essential to good health, because you are what you eat. What you eat today, you walk and talk to- morrow, and every part of your body is made up

of a few weeks. The body needs something like 16 minerals, 19 vitamins, 12 essential aminos, and five essential oils. If you somehow can get most of those..you are going to keep your head above water. Then, if you eat everything as close to nature as possible—I try to eat 25 percent protein, 50-55 percent carbohydrates and try to keep my fat content under 20 percent—you are going to really enjoy life! I have never been sick a day in my life.

### **A Significant Package**

I received this package from an associate of mine, Kevin Knox. I get packages everyday..I am with Joe Weider and also I am very high profile. I write for the longevity journals and the medical journals and so forth, so everybody tries to hustle you with all of these products, but Kevin said, “Bob, you have got to try it.” And I said, “Well, I will when I get around to it.” He said, “Why don’t you take a trip down to Utah and see what it’s all about.”

### **Young Living Farm - A Wonderful Experience!**

Well, I did take the trip and I will tell you..I have never (if ever) been so impressed in my life, because this is what my life is all about! Everything is so natural; everything is as close to nature as possible, and I think these essential oils are the biggest secret in the world..I had never even heard of them! I have been in this business for 55 years. I have heard the word, but I never knew what they were. It is absolutely extraordinary to see the way they process them. There are thousands of pounds that make a quart of *Lavender* and that *Laven-der* is like a bar of gold..it costs thousands and thousands of dollars. I truly was very impressed.

### **Putting PowerMeal to the Test**

Then I got home and, luckily, I still had the packages, and I opened up my *PowerMeal* and I got on that for three weeks. I am probably in better shape at the age of 78 than 99 percent of the people out there. I am sort of the role model of the world. I have a 46" chest and 32" waistline and I run marathons and I do the 105- mile bike rides; I swim out in the ocean. I do it all.I never dreamed that I could put any more lean muscle mass on, and in three weeks the most incredible thing in the world happened..I put on an inch and a half on my chest and an inch on my arms! This was lean muscle! .

### **Increased Lean Muscle Mass**

The medical profession says you cannot get lean muscle mass after the age of 60, so I certainly did dispute that! The only problem is that I have about

30 of these \$3,000 Brioni suits that have to be altered, but it’s a good investment. I am not just telling you stories. Dr Young has pictures that were shown three weeks before. I like to document everything because people say, “Oh, you’re just telling a story.” I’ve got this picture three weeks before and three weeks after and really, the results were absolutely extraordinary! People said, “You look so much better.” I filled out a little..I was a little on the lean side.

### **Young Living Products are Amazing!**

I can’t tell you how impressed I am with the *PowerMeal* that I have been taken. I sprinkle a great big tablespoon of it on my oatmeal in the morning. I will take it in between the meals; I take it before I go to bed at night..so I end up taking maybe about five scoops of the *PowerMeal*. Then I also take the *Wolfberry Power Bars*. I was also using *Be-Fit*, too and I have some *Vitagreen* which I use.

I still travel a lot. I do a lot of work at UCLA. Sometimes I go down to SC (the university) because I lecture there and I take my *Power Packs*, so when I get hungry I nibble on that. The combination of the *Power-Meal* and the *Wolfberry Power Pack* are great! Anybody who wants to enjoy life to the fullest, anybody who wants to look better, feel better, and have more energy, more vitality, more vim, more vigor, more stamina, more endurance, live longer and live longer in the old terms..I really recommend this!

### **Mister Worked for my Back**

I had a bad back and I had a little oil called *Mister* and I sort of massaged that one..I just wanted to see what was going to happen, and believe it or not—I did have a little therapy the next day also, as that condition sometimes lasts a week—but this went away in a day, so I didn’t know that *Mister* is for bad backs, but it worked with me!

### **Using Protec**

I’m also working with a product called *Protec*—I am going to take them one at a time. That one is rather unusual, so I am going to have to take it in stride. I have a prostate problem and I am determined to take care of it, so in the weeks and the months to come, I will let you know how it’s going.

### **You Can Choose!**

I was going to live to be 100..then about ten years ago (with modern science coming on) I decided I wanted to live to be 120. I read about this Dr. Lei on the Tibetan Chinese border who lived to 256—give or take a few years—and I upped my years to 150! I

believe that you can do anything that you want to do in life, be whatever you want to be, and go wherever you want to go. On one hand, God gives you a choice to look better, to feel better, to have great health, enjoy life to the fullest, to help a lot of people..on the other hand to be miserable. So God bless you all..and I hope you make the right choice!

### **Alene Frandsen**

Thanks, Bob! That is definitely motivating! We'll be excited to hear all of your updates!

Our next speaker is **Melody Jaisson**. She is from Kingwood, Texas (near Houston) and has been on our product for about 3 ½ weeks. Melody is the CEO of *Melody Jaisson Image Consulting* and is Vice President of Marketing for *MJB Global*. She also does imaging consulting and personal development for national corporations like *Tiffany*, *Sony*, and *Nabisco* and works with national beauty pageants, TV, and magazines.

As many of you know, *MJB Global* manufactures our new *UltraYoung* spray. We have asked Melody to take just a few moments to tell us a little bit about this new product. Then we have some speakers after her who will tell us what their experience has been on this new product in just three weeks. Melody..

### **Melody Jaisson - Benefits of Nutraceuticals**

Good evening! I am just thrilled to be on this conference call. This is so exciting for me to hear all of you and the wonderful experiences and testimonies you have gained with all the *Young Living* products, and it is a great honor to be on this conference call. I am just so proud to be with this company. I have been in this industry for over 30 years now and this company is the 'real deal.' The products are phenomenal!

About a year ago my father (who was CEO of *MJB Global*) said to me, "You know, Melody..our spray nutraceuticals are going to cause a paradigm shift in the nutrition industry because of the benefits of the absorption and the convenience and the hygiene and so forth. I keep hearing about this Dr. Young and his oils, and he is the leader throughout the world on these oils." Then my mother, who has a pretty big name in the industry and has been 'around the block' in direct sales, was using the product, and she told me the same thing.

### ***AuraLight* paved the Way**

My father said, "You know, if we could mix the nutraceutical sprays with Dr. Gary Young's oils, we have a winner and this product will make history!" So, of course, throughout the past six months the first

product we introduced was *AuraLight*. The benefits that come through the absorption and the results that people have has been phenomenal! In fact, I talked to people at the convention who were telling me they were getting off Prozac and women who were depressed were getting great results with the new product, *AuraLight*.

We proceeded to talk to Dr. Young and to Mary about the different things we thought were really hot on the market.

Of course, the Baby Boomers today (none of us want to age) all want eternal youth. I believe that aging is not a requirement..it's an option, and all of us want to feel good and to look good.

### **Making HGH Releasers Available..**

Well, we all have heard about the HGH the last few months, and it has been a hot subject. My father and I haven't wanted to get into the manufacturing of human growth hormones because it is illegal to sell human growth hormones, but it is not illegal to sell the releasers, the precursors, the amino acids, the DHEA, and all of these valuable ingredients that can be put into a new, convenient, revolutionary new spray supplement with the human growth hormone releasers.

It's very important that you don't go up to people and say, "We have human growth hormones.." because that is an objectionable drug and it is illegal to sell it. But by putting all the releasers and the precursors in this product, we can have the body develop HGH on its own naturally. For example, when a person hits about the age of 30 their pituitary gland starts to slow down. I notice in consulting with people they will tell me, "You know, I don't lose weight the way I used to. I am losing my lean body mass after about the age of 30."

### **Slowing down the Aging Process**

When you hit 40, it happens even more and more and more, so people are starting to notice this and the Baby Boomers now say, "Every seven minutes a new person is hitting 50, so we are all starting to want to slow down that aging process."

If we activate the pituitary gland through the human growth hormone releasers, what happens is the pituitary gland will release the benefits of human growth hormones (HGH) and what happens is we will start to strengthen our immune systems.

### **Using *UltraYoung***

In fact, I thought I was on a fast pace before..but now I'm really on a fast pace! I tell you, I have noticed since I have been on the *UltraYoung* that I



am requiring less sleep. I have always been a high-energy Type A personality and people say, “Well, Melody, you are never going to get tired..” but I am noticing on my walks that I go on, I can go longer. I have much more energy, and I am sleeping much deeper. Another thing I have noticed since I have been on the *UltraYoung* is my body seems to be toning itself.

That’s something we all want and it seems like my pituitary gland and my metabolism is speeding up because I have not really been dieting, but I have just been doing my normal program..not noticing how the body is starting to develop into more lean body mass. The one thing that I have noticed (in addition to increasing my energy) is I have had a deeper sleep. My immune system seems to be higher, and I have noticed the fat-to-lean ratio is getting higher.

### **Valuable Ingredients Coupled with Timing..**

It is very important that you understand there are some very valuable ingredients in this product. Yes, there are HGH product releasers out there, but there is not one product that I have seen in 30 years which has so much excitement as this product. The timing is absolutely perfect!

For example, this product, *UltraYoung*, has your vicia fava major, and this is a potent stimulator of growth hormones, and it contains naturally-occurring proteins that enhance the activity and the absorption of L-Dopa. In 1976, the *National Institute of Aging Study* found that the administration of L-Dopa to patients over 60 years of age resulted in a dramatic increase in growth hormone levels, so you can see this is a valuable ingredient that has been hand-picked by Dr. Young to be put into this product.

Another product that is in this spray is Chinese *Wolfberry* concentrate. A lot of you know that the Chinese *Wolfberry* is very valuable for anti-aging and it was reported to have an insulin-like action in the body. Actually, the low blood sugars are vital to HGH conversion and use at the cellular level, and the Chinese *Wolfberry* is noted throughout China for the age volunteer to noticeably reverse to a young state, so we are really excited! This is the first time the Chinese *Wolfberry* concentrate has been added to an HGH releaser formula.

Also, you have your unique amino acids..like L-glutamine, L-arginine, L-lysine, L-ornithine, and L-glycine. These amino acids act as ‘secretagogues’ and they stimulate the pituitary gland that has gotten lazy. See, as Baby Boomers, a lot of us haven’t exercised, so that pituitary gland starts getting sluggish and lazy. What we want to do is stimulate the pituitary gland so it will secrete the growth

hormones naturally and will facilitate its conversion to the IGF-1 in the liver.

### **Unique Essential Oil added to *UltraYoung***

One of the things that really makes this product unique over other HGH formula releasers is that we have a *Coniza candensis* oil, and this oil was hand-picked by Dr. Young to add to this product. This oil happens to be a rare essential oil that has a great ability to stimulate the pancreas and liver and counteract retarded puberty. This is a very valuable oil to put into this product and it will actually double the effectiveness of *UltraYoung* because of it.

### **Add GABA, DHEA, and Zinc..**

This is the first nutraceutical spray ever created with the essential oils, the *Wolfberry*, and all of these valuable ingredients. Also, we have the Gamma Aminobutyric Acid, which is known as GABA..and this is in your *Ultra-Young*. Researchers at the University of Manitoba Department of Medicine have stated that pituitary growth hormone release is regulated by the blood levels of GABA..so this is exciting to have this ingredient in the product.

Also we have the DHEA—and a lot of you know about DHEA—but just summarizing it, your DHEA will work in sync with your IGF-1 and the L-Dopa (which is in this) to provide crucial balance of the body bio-chemistry. Of course, as we age, our biochemistry and our body balance gets out of whack, so this DHEA will help this. Also, there have been prominent scientists who have backed up DHEA and they have reported in the prestigious annals of the *New York Academy of Science* that DHEA appears to increase muscle strength and lean body mass.

It will also activate immune functions so we won’t get sick as often, and it will enhance the quality of our lives in aging men and women with no significant adverse effects.

Also, we have zinc in this product and zinc is very important. It has been used for years in the treatment of retarded growth in children. The analysis of the tissues from ancient Egyptian dwarfs was found to be low in the trace mineral, zinc.

### **Three Times Daily for Best Results**

If you want to have good results with this product, it is very important that you take this product three times per day.

It is best used two to four hours before or after meals..with no snacking in between because of the high blood-levels/sugar-levels that will reduce the

effective-ness. What you want to do is, when you first wake up in the morning, spray three times on top of the roof of the mouth or the sides of the cheeks for the best absorption. This product is a little bit bitter, but I tell people we are not taking candy into the mouth..we are taking nutrients and longevity here. *UltraYoung* is best used two to four hours before or after meals with no snacking in between, because high sugar levels reduce its effectiveness.

### **Wait before You Swallow..**

You want to also spray before you retire..it's very important to spray before you go to sleep. Make sure that you don't swallow for one to two minutes after you spray the product and avoid spraying it on the tongue because if you spray on top of the tongue or under the tongue, you are going to salivate and you are going to want to swallow.

The idea is to keep the spray in the mucosal area, the sides of the cheeks, or the roof of the mouth as long as you can..one to two minutes. Also, if you want to have ultimate results with *UltraYoung*, it is important to get on an exercise program and perform rigorous exercises like running or weight lifting. It will increase your HGH levels. Also, if you fast extended periods with four to eight hours or more of low blood sugar, this will increase your HGH levels and cell receptivity to HGH also.

I know this product works. I have been on it and I think there are some wonderful testimonies to share real quickly. Thank you for the opportunity, Dr. Young.

### **Alene Frandsen**

Thanks, Melody. We surely appreciate your sharing that information with us. We also now have our four speakers who are going to tell us about their experience having been on the *UltraYoung* for just three weeks. All four of them are from Dallas, Texas and began on the program after the Dallas meeting held by Gary. Our first speaker is **Jan Haefke**. She is a sales member in a major retail store. Jan..

### **Jan Haefke - Energy Levels Up!**

Hi! I just want to let you know how well I feel on this new product. I had a friend who went to the meeting; I was unable to attend, and when she came back she was telling me all about what Dr. Young talked about and everything and it sounded so exciting! I thought, "Well, I don't take vitamins (and I probably should.) I am 46.

I do retail and I am on my feet all day long, and I was feeling kind of sluggish. As time goes on I got more and more tired in the evenings and I thought,

"Okay..I'll try it!" I was amazed! In three or four days my energy level had shot up. At work I was going through a major promotional time and I was working seven days a week. What is funny is my husband plays softball and one evening he told me, "You are going to have to fill in tonight because we need you." I said, "You've got to be kidding! I have worked 14 days straight..and you want me to fill in tonight!" He said, "Please be there." And I said, "Okay..okay." So I made sure I got a double squirt and I went and played two games of softball. I was not sore. (I was shocked, but I wasn't sore!) I had the greatest time. The anxiety I was having..I do not have now. I sleep better. My thought processes are even clearer.

That's really about all I have to say about my testimony. It is just exciting to me and I am so thrilled to be able to have the opportunity to share it with other people.

### **Alene Frandsen**

Thanks, Jan. We appreciate that. One next one

**Cynthia Friedemann**. She is also in sales in a major retail store. Cynthia..

### **Cynthia Friedemann**

Hi! This is Cynthia Friedemann. I have been in retail sales for 35 years..that tells you I am not a novice at this!

I have had major health problems for the last three years..thyroid condition, everything. I had no energy, I just kept getting more and more sluggish.

### **Losing Pounds and Inches!**

I have been on this for three weeks. I have lost five pounds and I am losing inches with this product. People I work with are constantly going up to see other girls who work in the store and saying, "What is she doing! What has she done? I want whatever she's got, because whatever she's using, she looks great! She acts totally different. "

I went in to see my doctor whom I had not seen in two months who did all my thyroid work. She walked in the office and she said, "What are you doing! You look better than you have ever looked! I have never seen you look and act this way..this is fabulous! What are you doing?" I gave her the information. She got on the InterNet. She is excited about this..she wants to know more about it.I am thrilled to death. I can't wait to start on the other

things. I want to do the drink and I want to do the *Wolfberry Bars*.

I have a nephew who plays college baseball and I have told him all about it and he is anxious to start it, too. I am trying to get other people turned on to the things that make me feel fabulous. Thank you a lot, Dr. Young!

#### **Alene Frandsen**

Thank you, Cynthia. My next speaker is **Doris McNeil**. She works for *Darson Cosmetics*, which is an essential oils skin care line made for a major retail store as well. She also formerly worked as a director for *American Cosmetics*. Doris..

#### **Doris McNeil - How can I get back to Size 10!**

Hi! As you can well know, Dr. Young, I am so excited I cannot stand myself! I have always been like a size 10 up until about the last five years and I have been on every product you can name to try and lose weight because I got up to like a size 16. I have prayed about it. I have done everything. I have tried diets and nothing was working for me.

I went to see Dr. Young just simply because of the skin care line that I represent—it uses essential oils—and I had hoped to learn more about the products. I went with absolutely no intentions of doing more than just learning. In fact, I made a promise to myself that I would never ever be associated with another direct sales company because I was tired of that.

#### **An Answer to Prayer**

When I got there I could not believe what I was hearing coming from Dr. Young's mouth. I was so impressed with his integrity and with the integrity of the products, so I thought, "Well, maybe this is the answer." There is a scripture I would like to give that says, "Hope deferred makes the heart sick..but when the answer comes, it is a tree of life."

As far I am concerned this has been an answer to prayer for me because I have been using the product for about three weeks and I have lost 2 ½ inches in my hips! This is why all the girls I work with are coming up to me and saying, "What are you doing?"

You have the enthusiasm, knowing that every day you are going to get smaller and smaller. Besides that, my sister told me that when I was down to a size 10 she was going to divide her wardrobe with me! I can hardly wait!

Thank you so much, Dr. Young..and Mary, I thank you, too, for the time that you spent with me in Dallas. I am looking forward to seeing you in November.

#### **Alene Frandsen**

Thank you, Doris. We would like to hear a moment now from Doris' husband, **Rick McNeil**. Rick is the owner of several companies, including *Nation Care* and *Forum Communication*.

#### **Rick McNeil - Find the Best Products Available**

It's wonderful to hear all the testimonies of everything that these products have done for people.

I was introduced to Melody Jaisson through another friend of mine in Montana. Of course, Melody shared with us about the *Young Living* products. My wife and I were very interested in finding out more about the essential oils. I have been a nutritionist most of my life and I have always believed in vitamins and taking vitamins and taking good care of yourself.

I have traveled all over the world. I have been in eight other nations. I have been in Africa three and one-half years, and I have been in India and many places all over the world. It is very important that you keep your body built up because of all the different conditions that you face in third-world countries, so to me it is very important that we take good care of ourselves and find the best products that will do that for us.

#### **Miracles of Young Living**

I was really amazed. Melody had given my wife and me a bottle of the *UltraYoung* and said, "Please try this out." I am happy to report that in three weeks' time I have lost 2 inches off my waist and 10 pounds of body weight. This is really a fantastic, amazing product. It has made me sleep better at night. I feel great every day!

Also, my wife and I have been using the essential oils every night. I rub them on her feet. We are using *Peppermint*, *Lavender*, *Lemon* and also *Cloves*..the effect it has had on us is absolutely phenomenal. The way we feel is just really fantastic! Also, we have been taking the oils and my wife had a shoulder injury where she had fallen and the muscles would be spasming in her arms, so we would take the essential oils and rub it and all the pain has gone away.

We really thank God for Dr. Young and Mary and all the efforts they are making to get all of this information to people all over the world and bring it to everyone, and collecting all the different oils from

all over the world. I know it is a very hard job to do what they are doing, and all the traveling..because I have done that myself, so I know how hard it can be on you.

I just appreciate all the efforts that you are making, Dr. Young and Mary. Our prayers are with you and I want to you know that my wife and I love you and appreciate everything you are doing.

We have quite a few people already that my wife and I have spoken to and we are encouraging them to sign up into *Young Living* and buy the products.

We can't wait..we just ordered the *PowerMeal* and the *Wolfberry Power Bars* and some other products and just can't give this up. We really appreciate everything that *Young Living* is doing and are looking forward to promoting *Young Living* for a long time.

**Doris McNeil**

My husband and I were so excited after we attended the workshop here in Dallas. Everywhere we go it's just a natural thing now to begin to share..because we really care about people, and I know what I have suffered by being overweight and standing on my feet and not feeling good about myself.

I just want you to know I am back in direct sales again and I am excited about building our down-line. We have a group here in Dallas and it is really exciting now to move forward. I feel like, Dr. Young, when you come in November we are going to have a fantastic, enthusiastic crowd for you.

**Alene Frandsen**

Thank you, Doris and Rick. And thanks for all of your enthusiasm from all of our speakers!

We appreciate those speakers who were with us to night. Goodnight everyone, and watch for those Training Tapes in your orders.

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**KEY WORDS AND PHRASES USED IN YL TRAINING TAPE #3  
INCLUDING REFERRAL PAGES**

<u>Word or Phrase</u>	<u>Page Number</u>		
		Bones, broken	3
		Arm and legs fractured	3
Alene Frandsen, YL Moderator	1-4,6,810-12	Oils of <i>Birch, Valor, Peppermint,</i>	3
Amino acids	9	<i>Juniper, Lemongrass, Marjoram</i>	3
In <i>UltraYoung</i>	9	<i>OrthoSport</i> all suggested	3
Back problems	2	Vehicle accident	3
<i>Mister</i> helped back	7	Bonnie Johnson, YL Distributor	1
Bob Delmonteque, Fitness Guru	6	Cancer	1

Personal Experience with YL Oils and Products

Colon	1
Liver	1
Pain of liver cancer	2
Carol Eder, Metaphysical Minister	1
Cynthia Friedemann, YL Distributor	10
DHEA	9
Increases muscle mass/strength	9
In <i>UltraYoung</i>	9
Diabetes	1
Deon Boraе Syndrome	4
Demyelination condition	4
Malady with legs and feet	4
Dog, Rotweiller	2
Bitten by rattlesnake	2
<i>Purification</i> released poison	2
Swollen throat	2
Dr. Lei, lived ~256 years	7
Drug reactions	3
Sore throat	3
Swollen feet and legs	3
Energy Level	1,4
Increased with <i>UltraYoung</i>	8,10
Returned with use of YL products	4
Essential oils	1,2
Blessings of	2,11
Cleared mind	2
Reduced pain	2
Sharing with others	2
Shoulder injury	11
Eye problems	1
Cataracts	1
Diabetic reinopathy	1
Glaucoma	1
Fatigue, return of	5
Gamma Aminobutyric Acid GABA	9
In <i>UltraYoung</i>	9
<u>Word or Phrase</u>	<u>Page Number</u>
Heart problems	3
Irregular beat	3
Leaky valve	3
Weak muscles	3
Human growth hormone (HGH)	8
Strengthens immune system	8
Precursors in <i>AuraLight</i>	8
Immune system	9
Strengthened by <i>UltraYoung</i>	9
Insulin, used for 22 years	1
Jan Haefke, YL Distributor	10
Testifies of <i>UltraYoung</i>	10
June Bigham, Manager, Health Center	1
Leg problems	4,5
Deon Boraе Syndrome	4
Excruciating pain	5
Lost use of	5
Spasms in	5
L-Dopa	9
In <i>UltraYoung</i>	9
Mary Darling, YL Distributor	4

Melody Jaisson, VP of MJB Global	8
Morphine	1
Eliminated with use of oils	2
For cancer pain	1
Muscle Mass	7
Increase in	7,9
More muscle tone with <i>UltraYoung</i>	8
Neutriceuticals	8
Benefits of absorption	8
Nutrition requirements	6
Pain	1
From cancer	1
Reduced with essential oils	2
Paralysis	4
Breathing problems	4
Physical therapy used for paralysis	5
Prostate	7
Using <i>Protec</i>	7
Rain Drop Therapy administered	5
Burn from	6
Normalized reflexes	6
Reaction from	6
Walking again!	6
Rick McNeil, Company Owner	11
Seven Pillars of Health	6
Bob Delmonteque's equation	6
Spasms in extremities	5
Throat	3
Responded with <i>Thieves</i>	3
<u>Word or Phrase</u>	<u>Page Number</u>
Viral infection from dog	3
Trish Cassinelli, Massage Therapist	2
Tularemia virus from dogs	3
Virus	3
Responded with <i>Thieves</i>	3
Tularemia carried by dogs	2
Wayne Hargett, YL Distributor	3
Wolfberry	9
In <i>UltraYoung</i>	9

<u>Word or Phrase</u>	<u>Page Number</u>		
		Help with heart problems	3,4
		Increase in lean muscle mass	7
Weight/inch loss	1	Zinc	9
With <i>UltraYoung</i>	10,11	In <i>UltraYoung</i>	9
Young Living Farm	7	Treatment of retarded children	9
Bob Delmonteque's experience	7		
Young Living products	3,11,12		

### ESSENTIAL OILS AND YOUNG LIVING PRODUCTS MENTIONED IN YOUNG LIVING TRAINING TAPE # 3

<u>Essential Oils and Products</u>	<u>Page Number</u>		
		<i>UltraYoung</i>	8
		Have more energy	8
		How to use it	9,10
<i>AuraLight</i>	8	Incites HGH development by body	8
Benefits through absorption	8	Increased muscle tone/mass	9
For depression	8	Ingredients in	9
Getting off Prozac	8	Promotes sleep	11
<i>BeFit</i>	3,7	Raised immune system	9
Used for heart problems	3	Require less sleep	8
<i>Birch</i>	3	Stimulates pituitary gland	9
Used for broken bones	3	Weight and inch loss	11
<i>BodyLite AM/PM</i>	1	<i>Valor</i>	3
<i>CardiaCare</i>	3	Used for broken bones	3
Used for heart problems	3,4	<i>Vitagreen</i>	1,7
<i>Cloves</i>	11	<i>Wolfberry Bars</i>	3,10,12
<i>Coniza</i>	9	Used for heart problems	3,4,7
<i>Essential Seven</i>	2		
<i>Forgiveness</i>	2		
<i>Frankincense</i>	1		
Eye problems responded	1		
<i>Hope</i>	2		
<i>Juniper</i>	3		
Suggested for broken bones	3		
<i>Lavender</i>	7,11		
Like a bar of gold!	7		
<i>Lemon</i>	11		
<i>Lemongrass</i>	3		
Suggested for broken bones	3		
<i>Marjoram</i>	3		
Suggested for broken bones	3		
<i>Mister</i>	7		
Helped bad back	7		
<i>OrthoSport</i>	3		
Suggested for broken bones	3		
<i>Peppermint</i>	3,11		
Used for broken bones	3		
<i>PowerMeal</i>	3,4,7,12		
Amazing muscular differences	7		
Putting it to the test	7		
<u>Essential Oils and Products</u>	<u>Page Number</u>		
Used for heart problems	3,4		
<i>Protec</i>	7		
For prostate health	7		
<i>Purification</i>	2		
Neutralized rattlesnake poison	2		
<i>Sulfurzyme</i>	1		