

# **YOUNG LIVING TRAINING CD #77**

## **“Let’s Take Young Living to the World”**

### **“Scientific Research on Essential Oils”**

#### **Merrill Osmond and Nicole Stevens**

*We welcome you to Training CD #77 from the 2005 Young Living Annual Convention, an exciting testimonial by Merrill Osmond, famous singing artist and producer. Merrill will be followed by Nicole Stevens, who will report on some amazing scientific research with essential oils. And now here is Emily Wright to introduce Merrill Osmond.*

#### **Emily Wright - Introducing Merrill Osmond**

Alright, we have brought you to Utah, and we didn’t feel that you could come to Utah without experiencing one of the Osmonds. Utah is famous for the Osmonds. We have Merrill Osmond here with us today and he has had a very special experience using the *Young Living* products. He is an amazing individual and we’ll let him tell his story.

I want to give you just a little brief introduction on Merrill—he is a lead singer; he has sold over a \$million in records worldwide. In 1978 he won the Ten Outstanding Men Award. He’s the writer of five number one records. He’s one of the creators of the Children’s Miracle Network that has helped so many people; they have raised over a \$billion and he and his sister, Marie, are very involved in that. He will be performing in the Lodge of the Ozarks September through December in Branson, Missouri.

He has six children and three grandchildren. I’d like to give a warm welcome to Merrill.

#### **Merrill Osmond - Great to be Here!**

Hello everybody! Everybody stand up. Let’s hear it for yourselves. Let’s make this place shake here today! *Young Living* stars—all of you! Feel the energy!

What a great experience! I just have been looking forward to this for such a long time. Everybody look to your right and just shake everybody’s hand. Can you do that? Say, “How are you doing, buddy? It’s good to see you today!” Now turn around behind you and say, “Hi!” to the person behind you. These are your friends—people full of light. I love it!

You know, I had an interesting experience when I got here—I got here a little bit early because I

wanted to sort of test out the sound. Not a lot of people were in here, but there was an elderly lady (I don’t know if she’s here or not), but she was standing at the very

back and she was just staring me down. I didn’t think much about it, you know. I just kept doing my thing and I looked up and there she was standing about 30’ from me, so I just waved at her a little bit and then I went on with my thing here. The next thing you know she was standing right here in front of the stage, so I walked up and I said, “Excuse me.. Can I help you?”\_She looked at me and she said, “Are you Merrill Osmond?” and I said, “Yes, I am.” and then she said, “You don’t look so good up close!”

So I hope I’m not scaring anybody out there today!” I mean, I am a gray-haired Osmond, but you know what, I’ve been through a lot. I deserve every one of those gray hairs! And one thing I am trying to get the Young Life Clinic to help me with now is my eyesight. So if you don’t mind, I’m going to put on these glasses so I can refer to a couple of little notes.

#### **Some Personal Insights**

I am just overwhelmed to be here today. I just felt energy when I walked into the room, because that’s what we’re about, isn’t it? Energy. And I feel that energy today and I feel so empowered to say some things that need to be said, especially about what’s happened to me.

I have been through a lot and I’m going to tell my story. I hope I don’t bore you with some of the things that have happened in my life, but I think it’s important to try to explain what’s happened to me, and the miracle that’s happened to me by

aligning with this incredible organization. It's very rare when I have members of my family come and hear me speak or sing, but the "original" Osmond brother is here today, and I'd like to you to give him

But then, there's an individual that I must introduce because, literally, this man saved my life, and his name is Dr. Hill. Would you please give Dr. Hill a round of applause. Come on, everybody, give that man and all those that work with him at the Clinic a round of applause! I want to thank you. I want to tell my story and how it impacts that wonderful organization.

### **Fifty Years in Entertainment Business**

I'm about ready to celebrate 50 years in the enter-tainment industry. It's a long time, but we say we're going to keep doing it until we get it right! It's been an interesting life.

I have had three death threats on my life, by the way. People say, "Well, why in the world..." (by the way, I hope they're not here in the room!) but it's really strange. Even though you try to do the best you can, there are always people out there who want to sort of take you down. We've had airplane engines go out on us in the middle of the air; we've had bombs under our stages as we've performed—didn't realize it until the dogs came in and found it. We've had hotel rooms burn down on us in the middle of the night. We've had a lot of things happen to us over the years. For some reason God has protected us as a family, and it's been an amazing thing to watch the last 50 years.

I just got back from Europe. I had a chance to talk to Andy Williams about *Young Living*. They're all interested in why Merrill Osmond is still alive because after I tell you my story, I should be dead. I talked to the Bass City Rollers (I don't know if you know who they are). All of them were interested to find out what was going on, and I had all my oils and stuff.

David Cassidy now knows about *Young Living*. And there was a gentleman named David Essex (I don't know if you know David Essex), but David Essex knows about this. It's fun to be able to share some of the things that I've learned with so many visible people.

Let me tell you just a little bit about what happened to me—and those of you who don't know much about the Osmonds and how we started out. Walt Disney actually found the Osmonds years and

a big round of applause, if you don't mind. It's my father, George Osmond! Right over there—you ought to hear him sing! And then my wife, Mary. Mary, take a bow; and my son, Shane. There you are. years ago. We were walking down the streets of Disneyland and he heard that we were a barbershop group and he asked us to come up and sing a little song, and we did. And he put us to work on the streets of Disneyland.

He then put us on one of his television shows called "Disneyland after Dark" and on that show is where Andy Williams' father saw us, and it reminded him of his boys, the Williams Brothers. And so he had us come down and audition. I was about four to five years old at the time and he gave us one show and the mail pull and the interest in the Osmonds started to happen then, and he invited us back. But the interesting thing about it was we never would be on the show unless we came up with something new and different every week.

Now at four or five years old the pressure was odd. How would you like to be told that you have one week to learn how to ice skate—and you have to do flips on the ice? Hold fireworks in your hands as you're turning the circles? And for the next week you've got to play all the instruments? So you learn saxophone and trumpets and banjos and basses, and you work really hard. We worked hard, didn't we, Father? But it was fun. We enjoyed it.

### **No Mistakes on Live Television**

And then I remember the day came when they told us that you only have one take in anything you do, you have to be perfect. You can't make any mistakes because it's live television. And we were known now as the "one take" Osmonds and so the stress and the pressure was intense at a young age.

I remember the day when we were performing a song called *High is Better than Low*. It was a six-minute production number and they had built these big staircases and Andy Williams came out there and he said, "Ladies and gentlemen, the Osmonds!" and we came walking out there and we had worked all week long to perfect this number, and we started to walk up these little boxes. One of the top boxes was about 40' in the air and just as I barely got to the top, the floor came undone and I was sitting there holding myself as I was looking down at this big, black cavern! I saw my brothers

walk right over me, and they just kept going and I just sat there for six minutes. I didn't know what was going to happen.

All of a sudden the applause came on, the brothers went on without me, and they came and **The Price of Fame**

Those are the experiences that I remember as a youngster. I remember how we were always being watched, too. I remember we tried to live a good, clean, moral life—the Osmonds have—and we have never really partaken of any of the alcohol or drugs or that kind of stuff. That just wasn't a part of our life. I remember one day we were over in Munich, Germany. We were asked to come to a little restaurant after the show was over and we walked into this place and nobody was there. They didn't know we were there and they offered us 101 different kinds of beer! Father (bless his heart) said, "Well, we don't drink beer—we'll have some apple juice." So we drank our apple juice and walked out the back door. The next day the newspaper headlines in Germany read, "Osmonds—blah, blah, blah.." (We had to interpret it and it said, "Osmonds prefer apple juice to Munich beer!")

You know, it's amazing how everybody watches you and every little thing you do. I'm really proud of our family. Marie has been through all kinds of stuff (as you know) and my brother, Donnie continues to do an incredible job as he travels around the world. There are eight brothers and one sister. There are 52 grand-kids and 25 great grandkids! There is tremendous pressure and I think you'll understand what happened to me because of that pressure in just a few minutes.

### **Living in a Bubble**

We traveled all over the world. We never went to regular school; we had correspondence courses; we had private tutors because we basically lived in a bubble our whole lives and traveled all over the country. I remember going to Europe and we met with Paul McCartney—what a great man he is—and he started to explain to the Osmonds that we were experiencing mania. Mania was different than hysteria. The fans were literally unbelievable over in the European continent.

The next thing you know Ringo Starr comes out in the press with a statement. I never met Ringo Starr, but he said, "The Osmonds are horrible—lousy music." I mean, just imagine him telling you that your music is lousy! Everyone of my brothers were

picked me up and pulled me out of that hole! And I remember how incredible it was. The show must go on—and that was the philosophy.

just sitting there totally awestruck because we respect the Beatles. The next day in the newspaper Paul McCartney comes out and blasts Ringo for blasting us, and now we had two Beatles after each other over in England! That's when we became really good friends with McCartney and we are still wonderful friends. In fact, he gave me one of his basses and he autographed it. I gave it to my son. That was an amazing experience.

### **Hello, Mrs. Queen!**

And then I had a chance to meet the Queen of England. In fact, all of us did. This is an interesting experience, a very humbling story. The whole thing when you meet the Queen of England is whatever you do, you NEVER reach out your hand to shake her hand until she wants to shake yours, and you never speak to the Queen unless she wants to speak to you. So here we are at these command performances all over, and here she comes. She starts talking to my brother, Alan, then moves over to my brother, Wayne, and just as she gets to me I reached out my hand to shake hers and I said, "Hello, Mrs. Queen!" The next thing you know I was getting nervous and I started wetting my lips (like this, you know) and she's talking to me and I'm responding as best I know how, and all of a sudden it's over.

But the next day in the newspaper again, it shows Merrill Osmond sticking out his tongue at the Queen! Obviously, they really made something out of that over there, but that was a very, very stressful moment for me because I didn't want that to happen.

### **Knowing Elvis**

Another experience I'll never forget was the time we met Elvis Presley. Elvis Presley was a good friend of ours—in fact, it was Elvis that got all of my brothers to get into karate. He encouraged us to do that, and now we are all instructors in Korean karate. We break up boards as we do a lesson! Well, anyway it was Chuck Norris (by the way) who became our instructor. Not a bad instructor!

But the day I'll never forget, my friends, was when Elvis Presley called our room at the Caesar's Palace hotel, and it went just like this. I

was the one that answered the phone and he said, "Hello, is your mother there?" I said, "Who?" He said, "Is your mother there?" and I said, "Who's this?" and he said, "This is Elvis." I said, "Sure!" He said, "Yes, I'm serious—is your mother there?" I said, "Hold on a second," and I said, "Mother, some guy named Elvis is on the phone. He wants to talk to you." And she said, "Okay, I'll come right there." My mother had been communicating with Elvis Presley and I had no idea of that. The next thing I know is they were on the phone talking, and he loved my mother.

They would talk about everything. Elvis loved his mother and loved his dad, and my mother became Elvis' second mom. Is that amazing! You know, one thing he said to my brothers and I that I'll never forget was if he had to do it all over again, he would go into that audience and shake every one of your hands, and he'd give you a hug! He really missed that; he never had a chance to do that. He didn't have that kind of an opportunity, but that's the kind of guy he really was. He had a huge heart; he gave everything away. He really was a wonderful man. I'll never forget that.

### **A Family Project - Building Studios**

Then came the opportunity in the late 70's and the 80's to start building studios in Utah. We built this big television studio in Orem—maybe some of you have seen that—and we started to produce the "Donnie and Marie Show." Remember that show? I became the Executive Producer. My brother, Donnie, was obviously Donnie, and Marie was Marie—and my other brothers were teaching them the choreography and it all became a huge family involvement. But the amount of pressure (and again, the stress) that was building up made every week intense.

We had to produce a one-hour television show, pre-record everything, bring in the artists, get the scripts into play, build the sets, get the costumes on. Every-thing had to be done within a week's time and delivered to the network. It was an amazing undertaking.

And then came the opportunity to get involved with a concept called "The Children's Miracle Network." That was my father's and mother's dream to put together a telethon that would raise money for children. So far over \$3 billion have been raised for children throughout the country.

### **What Made Me Gray!**

And then I would like to tell about the thing that really made me gray. This is the story that made Merrill Osmond gray, but I'll tell you, had I not gone through this next experience I don't think I could stand here today and truly tell all of you, that without trial, without suffering, without all the struggles, we will never know how awesome it is when the joy comes. We never will.

I am going to try to tell this story as quickly as I can, but it's a story that changed my life which led me to where I am today.

### **A Presidential Request**

It was in 1980 when President Reagan came to Salt Lake City and he asked the Osmonds if we would be willing to get involved and help produce his inaugural ceremonies if he became the President. And of course, the Osmonds all said we would do that.

We started a rally for him and the next thing you know he won, obviously, and we were asked to go back to the Inaugural Committee to say we were ready to help produce those inaugural ceremonies. One thing President Reagan wanted to make sure happened was he wanted the Mormon Tabernacle Choir to sing *The Battle Hymn of the Republic*. That was a very important thing to the President.

So here we are, we are back now at the Inaugural and the Inaugural Committee said, "Thank you very much, but no thank you. You can go on home—we have everything covered." They dismissed us, and one of my brothers said, "Well, it's not worth the hassle—too much politics, too much bureaucracy.." so they all went home, but something right here (in my heart) told me, "No, we're supposed to help the President do something." So I stayed there and I kept talking to them and talking to them and finally I came up with something that they sort of liked. It was called the "Pre-Inaugural Ceremonies."

### **Planning Pre-Inaugural Ceremonies**

They said, "Mr. Osmond, we have one month in which to have this project done and funded, and we don't have the money, so if you can raise the money—the \$2½ million in a month—then maybe you can do this." So I said, "Okay, I'll take on the challenge."

So I went home and I got in my pajamas and I lived in my couch and made all these phone calls, and I wasn't getting anywhere. Finally I said, "Well, I had better get involved with the Mormon

Tabernacle Choir to see if I can get them.." so I called Gordon B. Hinckley, who was then the 2<sup>nd</sup> Counselor to the Prophet of the Mormon Church, Spencer W. Kimball, and I said, "Hey, here's the opportunity. Can you get the Choir to come over?" and he said, "Well, the Choir's going to be in Japan during that period of time.." but he would go ahead and talk to the brethren and see if they would be willing to do this.

Well, a couple of days went by and he called me up and said, "If you can get the money raised, we'll see if we can't make that happen." So I called the Inaugural Committee and I said, "Isn't this great! We can get a commitment from the Choir!"

I thought that they would be very excited, but two days later I get a phone call from Gordon B. Hinckley and he said, "I have a letter I want to read to you—quite disturbing—uninviting the Choir from attending the Inaugural Ceremonies."

### **Stressful Optimism**

Well, obviously can you imagine how I was feeling? I felt horrible! I said to him (I'll never forget it), I said, "Please don't worry. We'll get it fixed." The next thing you know I was on the phone with the White House, but I couldn't get through to anybody. Nobody would take my call. The changing of the guard was into play and I was trying to do the best that I could. Finally, at the end of the day I got Nancy Reagan's secretary and I pleaded with her. I said, "Please get hold of the President and tell him this is the situation. This is his dream—I'm trying to fulfill it." He said, "I'll do the best I can, but I can't promise you anything." I went home, didn't sleep very well. I got a phone call the next morning from Gordon B. Hinckley saying, "Good job! Here's the letter.." and he read me the letter reinviting the Choir to the Inaugural.

### **Plight to Raise Money**

Well, anyway, I tried to raise a bunch of money, folks, but I found out that people who had it didn't give it, and the ones that didn't have anything gave everything. Is that the way it is? Unbelievable!

And what I'm going to say here (don't take it wrong because it really works out in the end), but I went to a very, very powerful individual whom I have great respect for, Willard Marriott, and I said, "Brother Marriott, I need \$50,000. I want to get the Choir back. Will you help me?" He looked at me and he said, "No—and I'll tell you why."

He told me that he was the Inaugural Chairman for Nixon and he started to do the same thing. He said, "Nixon, you know—I got in hailstorms and lightning, ice storms and heavy winds moving in. The whole thing was destroyed. I embarrassed everybody and wasted money, so if you try to do it, Merrill, I'm going to stop you." And I looked at him and I said, "What is this? Why do I feel this needs to happen? And yet, I have such respect for you?"

He said, "Don't do it." I said, "Mr. Marriott, I'm going to do this, with you or without you, I'm going to do this. If you reconsider, please send that check." And I left.

I will tell you, that was the most difficult time in my life. "What's going on here?" But I went home. I was nowhere near close and I only had a couple of weeks left. I get a phone call from a man named Carl Lindner who committed over the phone \$700,000! I'll never forget that man. He wanted that to happen—and when that money started to happen, the rest of it started to flow in a little bit at a time.

Finally, the day came—it was about three or four days before the deadline—and I had my money! And I called Gordon B. Hinckley and I said, "It's a go. Get the Choir moving.." and I called the Inaugural Committee and said, "It's a go! Put it on the calendar!"

### **Mormon Tabernacle Choir at Lincoln Center**

Let me quickly take you to the event now because it's pretty exciting. We now have the Choir sitting on the Lincoln Center. Lasers ready to go into effect, four firework companies all plugged into tandem, ready for this amazing event. I had the United States Military Band all ready to do this incredible thing with 50 million people watching live and I orchestrated through a television standpoint.

And guess what happened? The heavy rains, the lightening, the hail-storms—and then the worst thing that any producer had happened—the winds came in such a pace that the scaffoldings that were being put up with all the fireworks pieces being held by wire, snapped and everything came tumbling down and killed an individual, a little old man that was working on production. Now, I had a death on my hands, folks. The Secret Service moves in and says, "Who's in charge of this?" and they said, "Osmond." They walked up to me and said, "This event is cancelled. It's over."

### Answer to Prayer

I can remember my little wife—I took her hand and we walked into a trailer and I knelt down and I said, “I’m sorry. I truly, I feel I’ve sinned—I pushed this agenda. I should have listened to a Willard Marriott.” Everything he said to me had come to pass, and all of a sudden someone was tapping on the door, “Osmond, are you in there?” and I said, “Who is it?” “The Secret Service. The President of the United States is on his way. We cannot stop him. Clean up the mess—the event is back on.”

I got this bullhorn out because all the sound was unplugged—the fireworks companies had unplugged, the computers were unplugged—and I yelled with all I had, “Plug it all back in! It’s a go!” and everybody looked at me, and so they started to plug it all back in. Well, folks, the miracle is about ready to begin. After the trial comes what? The blessing. Because my father will testify we literally sat looking towards the Lincoln Center and saw, from the farthest end that you could see to the farthest way in the back, a literal parting of the clouds. We saw it folks; it’s documented. The heavens moved, and the stars came out, the wind died down, and the show went on without a hinge!

### Miracles Still Happen!

But the story isn’t over. The second miracle is about to begin. The next day I had the float to pull the entire Mormon Tabernacle Choir down Pennsylvania Avenue—we built that float, it’s in the Guinness Book of World Records—the largest float to ever carry anybody like that. So here comes the float, and we had worked it out with the Parks and Recreation that that float would stop on the “X” so *The Battle Hymn of the Republic* could be sung to the President. That was his wish. Well, when the Inaugural Committee found out that I had arranged to have that float stop, they sent down a mandate that nothing would stop under their watch, so my friend who worked by my side (he is no longer here; he died of a heart attack) came running up to me and he said, “Merrill, we can’t stop it! What are we going to do?” and I remember the thought. I had a couple of \$50 bills and I pulled them out and I said, “Give the tractor driver 50 bucks and if he floods it on the “X”, pay him the other 50!”

My friends, that is the reason why the Choir stopped, because that tractor flooded! As God is my

witness (and today I have to rethink what my actions were about and why I did what I did), but the thing that I’ll never forget was the President that night called everybody into the White House. He looked down at me and he said, “Merrill, the highlight of my entire Inaugural was when the Choir sang *The Battle Hymn of the Republic*.”

### Faith is the Key!

You see, my friends—that’s what motivates me! What motivates me today is that there is a power way beyond us that faith is the key. If we believe in some-thing strong enough, if we exercise the faith, if we believe in what we’re doing and give our hearts, a power bigger than us helps us through our dilemmas.

### Another Leap of Faith

Well, during about this time, the biggest disaster of the Osmonds’ life happened. We have a case history with Arthur Anderson where \$20 million still can’t be found off from our bank accounts. We trusted people, but we lost everything, folks. The Osmond empire crumbled. We had to sell our studios; we had to sell our homes. We had to start all over. It was a huge disaster. A lot of people don’t know that, but we lost everything.

We were being tried and tested again, and I’ll never forget my family under the direction of my father right there. They were called together. We could have all been bitter, but we decided that we were going to be better. We decided to start over.

### Health Problems Emerge

Well, about that time (which is where it gets pretty interesting for me as a *Young Living* distributor now, because I intend to be a good one), I started to have incredible problems—sleeping disorders, bleeding ulcers, high blood pressure, the worst psoriasis and eczema anybody I think has ever had, depression so bad that I about tried to kill myself and take my life. I had heart problems, kidney failure, diabetes. I had three strokes during that three to five years. I had three nervous breakdowns—all of this happened before I was 30 years old. Now, that’s what you call stress!

All of this was going on while I was out singing, smiling, and letting everybody know everything’s okay, but inside I was dying.

It all came to a head 15 years later when I was on stage and I remember passing out. I

remember coming to when I was offstage with an oxygen mask on me with needles in my arms and I saw my brothers out there singing on stage, and I said, "What's this! Get this out of my arms! The show must go on.." and I ripped the stuff out of my arms and I took the mask off and I went back on stage.

### **Body Shutdown Takes Over**

Well, I finished the show, but the next day my wife said to me, "Honey, this is going to stop. You're dying." So I decided to call a friend of mine at Duke University, and I went to Duke University and they put me into a room where they diagnosed me as having a body shutdown.

Everything was going so badly that he told me I needed to call my family because they didn't think I was going to make it. They put me on nine heavy medications that I was on for years, Lithium being one of them. Methotrexate (a form of chemotherapy), Glucotrol to keep my sugar under control, Prozac, Allopurinol for gout, Lipitor and Amantadine and a maze of others. I was told that I would never be able to come off of this ever again, and I had a team of 13 of the greatest doctors anybody could ever imagine.

### **Let's Try Something New..**

Then came the next miracle in my life. I had a dear son (I love my kids) and my son, Shane, came to me and he said, "Father, do you have anything to lose by trying something new?" and I said, "Well, what do you mean?" and he said, "Well, there's a guy named Dr. Hill in a little clinic out in Springville, Utah that I think you ought to go talk to."

I said, "You're kidding.." and I was being very suspect in having the greatest doctors in the world, and I said, "You want me to do what?" And he said, "I want you to go out a visit with him." So I went and visited with Dr. Hill. I cannot begin to tell you what happened there. Dr. Hill took my blood and he showed me on a monitor what was going on, and it scared me to death! I had never seen that before.

And then I became very, very interested, so I decided that day to become a patient and go through the process. I dealt with the program, and I am here to tell you now, folks, that after two years I'm off all of my heavy medications! My depression and diabetes are both under control, and I'm functioning better and handling more stress than I've ever had in

my life, and I owe it all to Dr. Hill and his incredible staff at the *Young Life Clinic*. Let's give them another round of applause!

### **My Mission, To Teach about Healing**

I'm going to wrap this up because I only have a few more minutes left, but when I was 14 years old I had a blessing given to me that said in my later life I would be able to speak about healing. I didn't understand that; I had no idea what that meant, but I now know. This is my mission.

I love singing, I love whatever—but I'm going to be speaking about this issue to as many people as will listen to my voice. I want to be a part of this! I want to help you. I want to be a part of your life. The time has come, folks, for us to get out there and start telling people about this. It's a time to speak. There are people dying all over the world. I love you all! Thank you, Dr. Hill! I'll see you on the road. Goodbye!

### **Emily Wright - Introducing Nicole Stevens**

I think I have one word and that is "Wow!" That was really a treat. It's quite a testimonial about why we're all here. This is really a life-changing event and these products, I know improve the life of all of us, and that's why we are all here.

Next on the program, it's my pleasure to introduce to you someone who's been very well received and has been a very exciting speaker at *Young Living* events for about the last year or so. This person is Nicole Stevens and many of you have heard her.

Nicole is just a fabulous speaker. She has spent her education studying cancer and chemistry and has made some amazing discoveries and found some interesting research on the relationship of oils and some of these things. I won't steal her thunder, but she has traveled to our *Young Living* Japan office and helped us put on seminars there, too. We think you'll enjoy very much hearing from her. Please join with me in welcoming Nicole Stevens.

### **Nicole Stevens - Love My Research!**

Well, the Nashville Convention (which I really enjoyed, by the way) was my first convention and I'm really glad to be back at Convention. It's been wonderful! After the Nashville Convention I started thinking, "Okay, where does my research need to go now?" I absolutely LOVE what I do—sometimes a little too much. If you ask my husband,

he would probably tell you about the late nights, the long hours—and it's true. I do put in quite a bit of time there because I love what I do. It's rewarding; it's fulfilling and I feel like it makes a difference.

So, I will tell you a little bit today about the direction that I've taken my research since the last convention and give you a little bit of insight into where I am hoping to continue on after this convention.

My talk today is entitled *Nature's Gold*. I want to continue to look at the use of essential oils and cancer research, nature's gold essential oils and cancer research possibilities. My research is fueled by my beliefs which are that any medicine needed for humanity exists somewhere in nature—and not just medicine.

### **Plants -Nature's Gold**

I would argue also that these are things not just to help us get better, but to help us stay well, to help us live a better life, feel more fulfilled and happier, healthier—all the things that are important to us in life.

Every aspect of our lives has evolved with and around plants. Think about that for a second. Food, clothing, shelter—everything that I can think of—is somehow based on the use of plants clear back from the beginning of our ancestors. They used all these plants. They didn't know how they worked, but they knew they worked—and they used them.

Now, our society has not even started, but has continued to go farther and farther away from this natural lifestyle into a more manufactured one. Why have we done that? I would argue that we do that because we can, but just because you can do something doesn't necessarily mean you should. There is a quote that I love in the Convention Booklet. It's on the very last page. It is "With earth was the human being created. All the elements served mankind and if something that man was alive, they busied themselves in aiding his life in every way." That is Saint. Hildegard, very early on, but it kind of captures the way I feel as well, so I am very excited to continue with my research to have that opportunity.

### **What is an Essential Oil?**

Think about it for a second, what is an essential oil? What is it, really? It's a collection of chemicals. That's all. It's defense chemicals. A plant makes them to defend against insects, pathogens, viruses—all the things that we need to be

protected against as well. It's aromatic chemicals—things that can attract birds, bees, pollinators, things that are important in the life of the plant. Also, it is chemicals for life and death. These are chemicals without which, the plant cannot survive, and regulatory chemicals helping the plant to grow, to live, to change, to evolve, to continue to meet its needs in its own environment.

(Using overhead slides) In my research from Nashville (for anybody that wasn't there) I screened all the essential oils that *Young Living* made at that time against several lines of cancer. Now the concentrations I worked with at that point were higher than the ones I'm working with now, just for screening purposes. I wanted to see which ones were the most active against the cancer lines that I was using. At that point I was using skin, breast, prostate, and cervical cancer.

### **Photodynamic Therapy**

In my research since then I have dropped the concentrations down to work on a more molecular level, which means that the essential oils are all the more powerful because they continued to work even as I dropped the concentration. I decided to try something that's very cutting edge called photodynamic therapy. This is using lights to activate chemicals and cause cancer cells to die. Just light. You take something to sensitize the cell to light, then hit it with light—and it dies.

So here's how it works. You start out with a photosensitizing molecule—and a lot of these they are currently using are manufactured. They go into a lab, they build a chemical—that's the photosensitizing molecule. It itself can either go into the cell and build up within the cell or it can stimulate the production of the cell to make its own photosensitizing molecules, but it transforms into something else within the cell.

### **Research with Cancer Cells and Light**

Then we are going to direct these photosensitizing molecules into the cancer cell. At that point we hit it with light. What happens then is light excites the sensitive molecules. If you remember back to physics, that's where you bump up an electron to a higher orbital and it causes it to energize. This, then causes the cell to start creating free radicals within itself. Now, how much have we all heard about free radicals in this conference? Are they good or bad? They are bad! For a cancer cell, though, it's good—that was kind of a trick question. Sorry. The excited molecules then



go damage the DNA in the molecules of the cell. Once you get enough damage, the cell dies. It's fairly simple, but it's also very new, very cutting edge.

So traditional photodynamic therapy does have several drawbacks, though. You get definite non-specificity of the sensitization. That means they put the drug in you, and all of a sudden you can't even abide a room light. You are so sensitive that it's just agony for you to have any light contact you at all. You can also get variable stability. They put these manufactured sensitizers within a person and they can start to break down and deteriorate before they are even activated, so they don't do much good. They are just there contaminating your body. Some of them are highly toxic, as in, just like a chemotherapy drug. So there's really no benefit there over the traditional chemotherapy.

### **Essential Oils and Photodynamic Therapy**

They also have limited adaptability, meaning they can only be used for maybe one kind of cancer or a very specific place the cancer is located. So, although it is new and cutting edge, they are having good results with it. There are definitely places where it can be improved, so the big question that was turning over in my mind as I was thinking about these things and trying to figure out what I was going to do was, "Can essential oils be used in anti-cancer photodynamic therapy?"

Now, we know that some essential oils can cause photosensitization in some individuals if you put it on your skin. Usually, it's only sensitive to some individuals, depending on your concentration. A lot of things are concentration-dependent. You might be somewhat sensitive to light—that's been documented in several of their publications. So we are fairly familiar with that, but no one has actually used that and harnessed that photosensitivity against cancer cells.

### **Essential Oils - A Good Answer**

So, essential oil-based photodynamic therapy might be a good answer for us. Why? Some essential oils have been shown to be photosensitizing in regular cells. However, as you all know, essential oils have a much lower incidence of toxicity, right? You have been using them for years, a lot of you, and I have been using them for years. They make me better, not worse. They are highly adaptable. You can use them topically, internally. You can inhale them, as we've been taught today as we all know and use them.

And one of the most exciting things to me is that we have the possibility of synergism. Working together, the essential oils (once you use them inside your body) they might not only "up" your immune system and then you can keep your immune system healthy while the cancer cells are being killed.

Think about what normal chemotherapy does. What's the first thing to go? Your immune system is shot! If you get anything it can make you extremely sick. You don't have any immunity whatsoever. If we can find a way to use essential oils as a sensitizer in photodynamic therapy they can actually help our system while they're in there. And as they are directed against cancer cells, they can do everything right and do things that traditional chemotherapy and even traditional photodynamic therapy can't do.

Very little research, as I say, has been done on this. I don't know that anyone has put those two things together as of yet, so we are definitely on new ground around here.

### **Studies with Specific Essential Oils**

So the starting lineup are the ones that I decided to use. *Bergamot*, *Dill*, *Grapefruit*, *Lemon*, *Lemongrass* and *Orange*. Now, several of those you will probably understand why I chose to use them. The citruses tend to be somewhat photosensitizing in some instances—just regularly—others, the *Bergamot*, the *Dill*, and the *Lemongrass*.

Several of the ones I found in a publication in 1989 in the *Journal of Contact Dermatitis* (I believe it was) called Phyto Photosensitivity. It was an article about certain plant families that might cause a photosensitivity in some individuals, so I thought, "Okay, let's put them to the test."

I am going to go over these one at a time. You all might be fairly familiar with them, but some of them have very interesting research behind them, not only in cancer research, but in supporting ways that I'm trying to harness as we use these for a synergistic anti-cancer effect.

*Bergamot* is very traditionally used in digestion. It's a great perfume—I love the way it smells. It's in several cleansing products and things like that. However, the research on it is very strong. The one in red says that it can actually cause differentiation of HL-60 cells. Those are cancerous cells. What that means is, it reverses the cancer cell back into a normal cell. That one's very exciting! The *Bergamot* even by itself is very strong.

*Dill*—it's used in a lot of food. It's a great flavoring. There's been research on it as even an anti-microbial muscle relaxant. It's pretty all-purpose. This one was another good one. *Dill* can induce detoxifying enzymes. Going back to the free radicals that we've heard so much about, I'm going to keep pounding it into you because it's so important. It may play an important role in chemo prevention because it activates repair enzymes that help keep your cells healthy.

*Grapefruit*. It's traditionally used as antiseptic, cleansing, but all the citruses are used even in things like antidepressants and digestive aids. I don't have any research in here specifically about the cancer. All of the citruses, however, are being investigated for their role in cancer prevention and cancer cure. So these are some of the other ones I've found.

### Essential Oils in Cancer Research

Most of them have to do with antibiotics and antibacterials and things of that nature. So the same thing with *Lemon*. Very similar to *Grapefruit* and *Orange*. All of the citruses are related, so they are similar. The one in red, however, talks about limonene in phase I clinical trials. Now that's important. That means that *Lemon* is being used in clinical trials, showing low phytotoxicity. Phytotoxicity means whether or not the cells can survive once they are treated with *Lemon*. In clinical trials it shows that they can. You guys already knew that—you've been using it for years!

*Lemongrass*. This is one of my favorites. It is one of the most powerful essential oils that I personally have worked with. It's been used in sicknesses, as an antibiotic, it's pretty much everything antiseptic. It also has shown that it helps protect cells from induced oxidative damage, back to those nasty free radicals. So it could play an important role in both protecting the cells and if it is light-activated, would be great for helping destroy those cancer cells the same way. And the same with *Orange*.

Down at the bottom it's been even more investigated than *Lemon* and *Grapefruit* and cancer for some reason (I'm not sure why). But it has chemo preventive effects, which means that it might help protect against cancer and those two that are up on the screen are colon cancer and the other one is induced tumors, mainly try to cause the tumors to form—and *Orange* oil will help protect it.

### Actual Research Results

That's a little bit of background on the oils that I chose, so let's get into the actual research of the cell lines that I used (very similar to my previous research) C-6 is the new one. It's a brain tumor line. It was very scary. It grows extremely fast and you'll see a picture of it a little bit later on. DC-4 is a breast cancer line. Hela is cervical, jurkit is a leukemia.

Now, what do you know about oil and water? They don't really mix. In order to ensure that I was going to get even delivery of my drugs to myself, I needed to use a delivery vehicle. I was extremely happy about that because this dimethylsulfoxide is, I believe, made in the lab. However, it is not toxic, and I know that because I tested it as a control against other cells and they were not affected in any way that I could tell. So, until something else comes out that I can use as a delivery vehicle, this is the standard in the field, so I went ahead and stuck with that, and the reason that it can be used as a delivery vehicle is because of its molecular structure. It has the opportunity to be polar and dissolve both the oil and the water into an even suspension, so it was very useful in this study.

### Concentrations Used with UV Light

Now, the concentrations that I used are 100 ppm, 10 ppm and 1 ppm. Just to give you a little idea of what that is—1 ppm is approximately one drop of oil in four liters—so this is a very, very small concentration, so it is active on a cellular level through the cell transporters and other membrane entities. The light wave length was 320 to 400 nanometers. I started with that wave length because in the literature that I found about photosensitivity that was the wave length that seemed to induce it the best.

I know you are thinking..”Well, wait a minute—UV causes cancer. Why would I use it to treat cancer?” Well, ultimately I don't, so I will come back to that a little bit later, but I wanted to see what UV would do because it's the standard that all the other literature has been published against. So the assay that I chose was a viability assay called Alamar Blue.

What happens is I grow the cells in the little dishes and I add the oil and let that sit? I test at different times, between one hour and 24 hours. I did the treatments and then I would hit them with light and see if they would survive or if they would

die. Then I would add this compound called Alamar Blue. If the cells were dead they could not do anything with the Alamar Blue and it would stay blue. If the cells were alive in the mitochondria they would convert the blue to pink—and I can measure on a spectrophotometer.

It's very similar in some ways to the test that Sue Chao was talking about this morning in that I used the micro titer plates and I used the spectrophotometer and I'm measuring a color change. The good about this test was that it was fluorescent color change so it was very strong.

Now, here are the results—and this is going to be a lot of data, so bear with me. This is the *Bergamot*. I pulled out an example cell line of the trend that I saw for most of the cell lines. This is the jurkit. This is the leukemia. The graph, the concentration of the oils across the bottom and up the top is the percent survival. Keep that in mind—percent survival. On the right is the control, smallest concentration next to it, and then a big concentration.

### Test Results Shown

The result that I hoped for is seen in the middle of the concentrations—the 10 ppm. Look at how the blue bar is up where the control is, and the pink bar is down at only about 22% survival, and look at what those bars mean. The blue is without UV. I treated with the *Bergamot*—the blue bar represents just *Bergamot*. Did the cells die? No, they didn't. The *Bergamot* was not toxic at that concentration. However, once I hit it with light we wiped out more than three-quarters of the cells where the *Bergamot* wasn't even toxic before. That's what I hoped to see.

Now, here are all the cell lines, so don't let that overwhelm you. Look at the same trend in all the cell lines. Across the bottom we have the jurkit (which is leukemia), C-6 is the brain, DC-4 is the breast, hela is the cervical cancer—and they all show a very similar pattern and they all show that (of course) that's it's dose-dependent. I expected that, but in all cases the light treatment increased the effectiveness of the essential oil. That was good in the beginning.

Going on to *Dill*. That one didn't quite work as I had hoped, as you can see. We've got again a concentration of *Dill* across the bottom, the percent of the cell survival at the side. *Dill* didn't do a whole lot in this test, which is okay. It shows that it's not very photosensitizing (which is good to know), so I guess any result is helpful—and that was pretty

much the same across the board, too. We got a little more of a result in the breast cancers, surprisingly enough. So that gives me the idea that perhaps it's cancer-specific, so that's going to take a lot more research to work out, but it was a good result to know anyway.

The *Grapefruit*, again, looking at the 10 ppm concentration, the yellow bar is high. In fact, it's higher than the control, but then when I hit it with light, we're done—about 60%. Clinically, that's a pretty good result. Well, I shouldn't say that—in a laboratory that's a pretty good result. Clinically, you probably want it to kill more than that because thinking about a tumor you'd still have 60% of it left. But it's good to see the trend there. It could still be a concentration issue or an issue of how I set up the treatments—and there are the rest of the cells.

### Similar Trends Noted

So again, it's a similar trend across the board. Some lines responded better than others, differently than others, but *Grapefruit* did seem to be a good photosensitizer for the setup that I was using.

*Lemon*. I'm not quite sure what happened because it didn't quite give me what I thought it would, and the data was a little bit spotty, so I'm not putting a whole of stock in my data on the *Lemon*—and the DC-4 data had to be scrapped altogether, so that one I would hold off on. And that's sad because that was the one that I wanted to research the most, but that's science for you.

Now *Lemongrass* was one of the more interesting ones, I thought. In the articles that I looked up *Lemongrass* was one of the ones that they had talked about specifically, and the tests that I did—you can see that there's just a direct dose-dependent response. The controls are great. The 100 ppm are the least, but there is no difference between the regular treatment and the light treatment. What that means is I add drugs and the killing happens then with no increase after I hit them with light, so that one might not be such a good idea for this modality of treatment, but it shows that it can be very toxic just to cancer cells, which is also good.

So there are the trends for all four of the cell lines using the *Lemongrass*. If you look at the highest concentration in all of the cell lines, it gave us the most cell kill, so it was very similar across the board. But it did have some variation between the

cell lines which you can see also. Some of them grew more than others.

### **Studies Done in Triplicate**

Now, all of these were done in triplicate. What you are looking at is an average at least of triplicate, and some of them (I think) have error bars. All of them had error bars, but you can't see some of them because they are so small. It's kind of hard to explain error bars if you don't know what they are, but basically, it's a measure of the confidence that I have in the data because I did it three or four or five or six times, and I am averaging all the datas together. It gives me a pretty good idea that that is actually a real response, that I'm not just seeing something that's happening for fun, and it's a single-time thing.

The *Orange* had a very good result as well. The 10 ppm is kind of what drew my attention. Again, we got no statistical difference of just the treatment with *Orange*, which means that it wasn't toxic to the cells. Then I blasted it with light and the cells died. It was very statistically different from the control on that one. You can see that that tend holds for all the cell lines.

Of course, there is a little bit of variability because there always is, but I think that it's definitely a statistical difference, and it's reproduceable between several cell lines, which is good to know.

### **Actual Pictures of Cancer Cells**

Now, here are some images, actual pictures of the cancer cells that I worked with. These are hela, these are cervical cancer cells. They didn't grow quite as fast as the brain ones did, but these are light microscope fixtures of actual cancer cells. These cells have been treated with *Bergamot*. On the top there is no UV; on the bottom I blasted the cells with UV. You can't seem much of a difference, can you?

So another test that I did was that I added a fluorescent stain to the cells that attached to dying or dead cells, and then when I looked at them under a UV filter I could tell which cells were dead or dying. So for the no UV there were a couple that lit up. In any population you are going to get cells that are dead or dying—it's just a natural part of life. So that's probably not any statistically different than the control, but when you add the UV you start lighting those guys up like a Christmas tree.

*Bergamot* was one of the better ones that I found in this modality of treatment, and it was very exciting to see it under the microscope because I could actually see what was happening. That wasn't just a color change, it was actual cells that I could see dying.

Now, these are the brain tumor cells—same thing. I took a look at them under the light microscope. The top has been treated with *Bergamot* and the bottom. No UV on the top; I added UV on the bottom. I couldn't see much with just the light, so I added my fluorescent stain. No UV. Plus UV. I could see these guys were dying off! So here are some closeups of what I was actually seeing.

### **Apoptosis or Cell Death**

You have probably heard of apoptosis—that's a kind of cell death. There's another kind of cell death called necrosis. The best way to describe this apoptosis is dying kind of by implosion, necrosis by explosion. As a cancer treatment, we want to find things that can kill cells by apoptosis rather than necrosis. The reason for that is that when a cell explodes and dumps its contents it usually inspires an inflammation reaction, which is bad because it calls your immune system to the site and it causes swelling and redness and pain that isn't necessary if you die with Apoptosis. These are pictures of cells undergoing apoptosis. The way that I can tell is by looking at the cell. See the little dots of light. Those are actually the cell chopping up its own DNA in preparation to die. Once it gets that death signal, it's irreversible. It starts chopping up its DNA, packaging it into little things called "blebs" and then other cells nearby come and eat those blebs up so you don't trigger an inflammation reaction and your immune system isn't called into play and you don't have that swelling and that pain. So we try to get the death to happen by this mode rather than necrosis. However, when it comes to cancer, either way we can kill cancer cells is usually a good thing, but I was happy to see that it was the apoptosis.

### **Conclusions of Cancer Tests**

So, several conclusions: Cell lines respond differently to treatment. That seemed pretty obvious by looking at the different graphs that had all the bars on them. That probably is overwhelming, but it was pretty clear to me that different cell lines are going to respond differently. However, there were

trends, which is good because that means that this can be adaptable to multiple forms of cancer.

Some essential oils do appear to function as photo-sensitizing agents in photodynamic therapy. Some essential oils by themselves can kill cancer cells, and do. But with this type of treatment we are looking for that significant increase of cells that die because of the light treatment in addition to the oil.

Finally, the response is dose-dependent and the cells do respond to very small doses, which is good because that limits the possibility of toxic side effects and toxic reactions.

### **Future Plans**

So what I plan for the future (just to give you a little preview) is, I would like to work more to make sure that these concentrations are useful and the best for these oils and these cell lines. The cell lines that I chose are actually very representative of some of the main forms of cancer that are out there striking people. So I would like to look at ways that I can hone in that response to maximize the effect and minimize the non-specific reactions. I'm going to look also at different wave lengths of light. This is getting back to the problem that I said in the beginning about UV. One of the main problems with the cancer treatments of today is you get treated with chemotherapy.

The cancer hopefully is treated and dies. Maybe 10 or 20 years down the road you present again another cancer, but this one was caused by your previous cancer treatment. Yeah, your chemotherapy drug that mutated the DNA in normal cells and you get another cancer down the road. Well, we are going to try and avoid that. In this modality of treatment of cancer I would like to get it to where the wave length of light doesn't even have the possibility of causing further cancer.

### **Exciting Treatment Trends Ahead**

Before my husband and I moved from the University of Nevada at Las Vegas where this research was done I started working with some other wave lengths—visible light, green, blue, red. The data was very tantalizing. I haven't had a chance to completely analyze it yet, but I will tell you that some of the trends that I saw were even more magnificent than the treatment with the UV light, which made me really excited, so I am definitely researching that in the future.

I'm going to look at the time of treatment. I know

that plays a role because some of the other testing that I did was cutting up the time of treatment. Rather than treating it 10 minutes in one whack, I would break it up—five minutes, five minutes later. It does play a role. That data wasn't presented here, but I did see a difference. I need to work on maximizing and focusing on that as well. I would also like to look at normal cells. We need to compare this to normal cells to see how it functions in terms of toxicity and efficacy of bringing about that same reaction. I don't want to kill the normal cells. However, one of the good things about this kind of research is that it can be very, very focused.

The logistics of treating this—for example, let's say I have a breast tumor. I could inject that tumor directly with the essential oil photosensitizer, then they have got equipment that includes fiberoptic light cables that can be put directly almost anywhere in the body and can blast the cancer cells from the inside where it is most resistant and kill it before it has a chance to grow back, which is one of the problems of the current cancer treatment. So, there are so many possibilities now that we've got this new fiberoptic technology and I am really excited to start working in it that way.

So, finally, I would like to look at this in living systems. I need to see now it's going to interact with immune systems, with other cells of the body—the surrounding cells of a tumor, maybe.

Efficacy in a living system is very important and this is where I call upon all of you to be my fellow researchers, because the more we know about these essential oils and how they work, the more I know how to set up the experiments and do the jobs and do the research that I hope will some day bring about a cure for certain types of cancer, or at least help in this treatment field. I feel that it's so open and I appreciate everyone's willingness and excitedness and everyone's so happy about using these oils, and I appreciate it. So keep sharing your stories because they help people like me know the directions in which to take their research.

I hope to see you all in many more conferences, so I make you a promise that if you continue your research, I'll continue mine. Thank you.

### **Steve**

Thank you, Nicole. Isn't it fascinating to see science discovering that Gary has taught for so long and what we all know about the oils. This is absolutely fascinating!

*Let's Take YL to the World, Merrill Osmond*

**Narrator**

Thank you, Steve, and thank you Nicole and Merrill Osmond. Thank you all for being with us on Training CD #77.

**Idaho Falls, ID 83041**

**Telephone: 208-522-4717**

**Fax : 208-552-2390**

**Email: [cjackandjoan@msn.com](mailto:cjackandjoan@msn.com)**

**For additional *Young Living* approved CD or tape transcriptions, contact:**

**Joan H. Smith  
558 Montcliffe Drive**

*Let's Take YL to the World, Merrill Osmond*

*Let's Take YL to the World, Merrill Osmond*



## YOUNG LIVING ESSENTIAL OILS AND PRODUCTS MENTIONED IN TRAINING CD #77

<u>Essential Oils or Products</u>	<u>Page Number</u>		
Alamar Blue assay	10	Hill, Dr. David	2,7
Anderson, Arthur	6	Hinckley, President Gordon B. (LDS)	4,5
Apoptosis	12	Immune system	9,12,13
Bass City Rollers	2	Inaugural ceremonies at White House	4
<i>Battle Hymn of the Republic, the</i>	4,6	Pre-inaugural ceremonies	4-6
Beatles	3	<i>Journal of Contact Dermatitis</i>	9
Blebs	12	Jurkit (leukemia)	10
Caesar's Palace Hotel	3	Kimball, President Spencer W. (LDS)	4
Cancer lines & cells	8-13	Karate	3
C-6 (brain tumor )	10,11	Light waves used	7-13
DC-4 (breast cancer)	10,11,13	Limonene	10
Hela (cervical cancer)	10-12	Lincoln Center	5,6
HL-60 cells	9	Lindner, Carl	5
Jurkit (leukemia)	10,11	Lithium	7
Cancer research	7-13	Mania	3
Adding fluorescent stain	12	Marriott, Willard	5
Error bars in research (what are they)	11	McCarney, Paul	3
Possible cure for	13	Miracle	6,7
Cancer specific	11	Mission	7
Cassidy, David	2	Mitochondria	10
Chemotherapy	8,9,12,13	Mormon Tabernacle Choir	5,6
Children's Miracle Network telethon	1,4	Munich, Germany	3
Digestion	9	Nature's Gold	7
Dimethylsulfoxide	10	Necrosis	12
Delivery vehicle	10	Nixon, Richard	5
Disneyland	2	Norris, Chuck	3
Disneyland after Dark (TV show)	2	Osmond, Donnie	3
Disney, Walt	2	Osmond Family	2-4,6,7
Donnie and Marie Show	4	Building studios	4
DNA	8,13	Osmond, George (Merrill's father)	1,6
Drugs	8	Osmond, Marie	1,3,4
Duke University	6	Osmond, Mary (Merrill's wife)	1,5,6
England	3	Osmond, Merrill	1-7
Essential oils	2,7-13	Background of	1
Aromatic chemicals	8	Beset with chronic illnesses	6
Concentrations of EO's in research	10	Getting started in show business	2
Defense chemicals	8	Merrill's mother	3,4
Dose-dependent	11	Three death threats	2
Use topically and internally	9	Protected by God	2
Essex, David	2	Osmond, Shane (Merrill's son)	1
Europe	3	Overhead slides	8-13
Faith (the key)	6	Oxidative damage	10
Fiberoptic light cables	13	Pennsylvania Avenue	6
Fireworks	5,6	Phase I clinical trials	10
Free radicals	8-10	Photodynamic therapy	8,9,12
God	2,6	Photosensitizing	11,12
Guinness Book of World Records	6	<u>Essential Oils or Products</u>	<u>Page Number</u>
<u>Essential Oils or Products</u>	<u>Page Number</u>	Phototoxicity	10
“High is Better than Low” (song)	2	Physics	8
		Plants	8
		Presley, Elvis	3,4

Queen of England	3
Reagan, President Ronald	4-6
Reagan, Nancy	5
Research	7-10
Saint Hildegard	8
Salt Lake City	4
Secret Service	5
Sensitization	8
Spectrophotometer	10
Springville Utah	7
Star, Ringo	3
Stevens, Nicole	1,7
Background of	7
Nicole's husband	7,13
Stress	4,6
Synergy	9
Topical Headings	1-13
A Family Project - Building Studios	4
A Presidential Request	4
Actual Pictures of Cancer Cells	12
Actual Research Results	10
Another Leap of Faith	6
Answer to Prayer	5
Apoptosis or Cell Death	12
Body Shutdown Takes Over	6
Concentrations Used with UV Light	10
Conclusions of Cancer Tests	12
Emily Wright - Introducing Merrill	1
Emily Wright - Introducing Nicole	7
Essential Oils - A Good Answer	9
Essential Oils & Photodynamic The..	9
Essential Oils in Cancer Research	10
Exciting Treatment Trends Ahead	13
Faith is the Key!	6
Fifty Years in Entertainment Bus.	2
Future Plans	12
Health Problems Emerge	6
Hello, Mrs. Queen!	3
Knowing Elvis	3
Let's Try Something New	7
Living in a Bubble	3
Merrill Osmond, Great to be Here!	1
Miracles Still Happen!	6
Mormon Tabernacle Choir at L. C	5
My Mission, To Teach about Healing	7
Nicole Stevens - Love My Research!	7
No Mistakes on Live Television	2
Photodynamic Therapy	8
Planning Pre-Inaugural Ceremonies	4
<u>Essential Oils or Products</u>	<u>Page Number</u>
Topical Headings (continued)	
Plants - Nature's Gold	8
Plight to Raise Money	5
Research with Cancer Cells & Light	8
Similar Trends Noted	11
Some Personal Insights	1

Steve and Narrator	13
Stressful Optimism	5
Studies Done in Triplicate	11
Studies with Specific EO's	9
Test Results Shown	11
The Price of Fame	3
What is an Essential Oil?	8
What Made Me Gray!	4
Ultra Violet (UV) light	8,10-13
United States Military Band	5
University of Nevada at LV	13
Viability assay	10
White House	5,6
Williams, Andy	2
Williams Brothers	2
Wright, Emily	1,7
Young, Gary	13
Young Life Clinic	1,2,7
<i>Young Living Essential Oils</i>	1,2,6-8
Nashville Convention	7
<i>Young Living - Japan</i>	7

## YOUNG LIVING ESSENTIAL OILS AND PRODUCTS MENTIONED IN TRAINING CD #77

<u>Essential Oils or Products</u>	<u>Page Number</u>
<i>Bergamot &amp; Benefits of</i>	9-12
<i>Dill &amp; Benefits of</i>	9,11
<i>Grapefruit &amp; Benefits of</i>	9-11
<i>Lemon</i>	9,11
<i>Lemongrass</i>	9-11
<i>Orange</i>	9-11