



Don Gary Young N.D., President and Founder of Young Living: The Story Behind The Man and His Mission

Crippling Injury

On February 8, 1973, Gary Young suffered a crippling injury from a logging accident that changed his life forever. This accident -- which nearly cost him his life -- transformed him both physically and emotionally and would eventually impact the lives of countless people in ways he could have never imagined.

Gary was raised in the central mountains of Idaho on a ranch with no indoor plumbing or electricity. Learning at an early age to survive off the land, he left home at age 17 to seek his fortune in the wilderness of Canada. He homesteaded 320 acres and began building a sizable ranching and logging operation. It was here that he suffered a near-fatal logging accident.

After three weeks in a coma and four months in intensive care, Gary found himself paralyzed and confined to a wheelchair for life, according to the doctors' prognoses. Following two years of intense pain and depression and three suicide attempts, he resolved to regain control of his life. He fasted on juice and water for almost a year and finally regained sensation in his toes, marking the beginning of his long and painful road toward recovery. Later he embarked on a worldwide investigation of natural medicine, from herbology and acupuncture to nutrition and naturopathy. This relentless research coupled with an iron determination enabled him to eventually regain his mobility and ability to walk, although not without pain.

Dramatic Improvement

It was this pain that eventually led him to discover the potential of a powerful but little-known form of natural medicine -- essential oils. Within a very short time, Gary cast off the persistent pain that he had borne for almost 13 years as he began tapping the power of essential oils.

By 1986 Gary Young was able to run a half-marathon, finishing 60th out of 970 participants.

Worldwide Search for Truth

After receiving a master's degree in nutrition and a doctorate in naturopathy, Gary opened a family practice in Chula Vista, California, and a research clinic in La Mesa, Mexico, where he conducted cutting-edge research in many areas of natural healing. He began investigating the effects that essential oils have on the blood as well as their ability to magnify the effects of other healing modalities, such as herbal medicine and acupuncture. His work was of such magnitude that in 1985

he received the Humanitarian Award from the State Medical Examiner's Office of Baja, California (one of only six ever awarded), for his research and successful treatment of degenerative disease. This research eventually led him to combine essential oils with herbal formulas.

Building on his clinical research in the mid-1980s, Gary traveled across three continents and a half-dozen countries to investigate both traditional and modern uses of essential oils, gaining insights on every facet of essential oil production, from distillation and harvesting to seed selection and crop management.

Despite the enormous power of essential oils, Gary was unable to fully harness their potential due to the highly varying quality of oils available at the time. While pure essential oils had the ability to produce spectacular results, Gary found that chemically altered or adulterated oils were often ineffective and even harmful.

New Avenues Open Up

1993 - This motivated Gary to develop his own organic herb farming and distillation operation in 1993 under the name Young Living Essential Oils. Purchasing land in Utah and Idaho, he began cultivating lavender (*Lavandula angustifolia*), peppermint, melissa (lemon balm), clary sage, and many other herbs. He designed and built the largest, most technologically advanced distillery for the production of essential oils in North America, developing a proprietary distillation process that preserves the integrity of essential oils.

1995 - Gary was invited to Anadolu University in Eskisehir, Turkey, by the United Nations Industrial Development Organization to present his research on plant germination and organic farming, as well as his research to Weber State University on the antibacterial properties of essential oils.

Gary has continued to probe the fundamental basis of human health on his recent journey to Hunzaland in the Himalayan mountains of northern Pakistan -- home to some of the longest-living people known in the world. By investigating the Hunza people's dietary and lifestyle practices, Gary obtained important new insights on not only extending life but also avoiding disease.

Over the years, Gary's knowledge of natural medicine and essential oils has become enormously valuable to countless people throughout the world. The company that Gary founded almost a decade ago to disseminate both traditional and modern knowledge of different healing modalities has grown to encompass more than 250,000 distributors in 20 foreign countries. "Essential oils have already transformed the way we deal with illness and aging, and they are continuing to revolutionize natural medicine," states Dr. Young.

HOW TO USE THE YOUNG LIVING PRODUCTS AND TAKE PART IN THE OPPORTUNITY

Welcome to the wonderful world of essential oils. I am Dr. Corinne Allen **your Young Living essential oils consultant**. I have been a holistic health practitioner for 30 years experience with natural health products, EAV, homeopathy, TMB, NAET, Neuro emotional Technique, Kinesiology, Vega and Voll systems, Electromagnetic and Magnetic balancing and nutrition. I also have training in Neurodevelopmental therapy, reflex therapy, Auditory Integration Training, and Brain Gym. You cannot find a better company with purer products than those found in Young Living. I know that when I introduce people to these products that they will not get low vitality, polluted, chemicals laden, or inferior products. This is a company I trust and so can you.

These products are **pure, unadulterated organic, non chemically distilled essential oils** from all over the world. They will find natural health vitamins and minerals combined with the high energy pure essential oils that make them work better than using vitamins and minerals alone. This synergistic effect of mixing vitamins, minerals and essential oils was invented by Gary Young N.D., founder and president.

I am adamant about using only products that do not **have toxic metals, petrochemicals, additives, or chemicals** in them. The Young Living products meet the strictest of such criteria. I know I can depend on every one of their products from **food supplements, essential oils, to personal care products and household products and food to be pure, natural, and healthy**.

To get the purest oils on the planet and the best natural supplements and chemical free personal products go to www.youngliving.us and click on **sign up**. Follow the prompts and fill in the **enroller number 26553, and sponsor number 26553**.

I would love to have you join our team. We have a strong, successful group, who will support and help you and your health needs. Our team members include Dr. Corinne Allen with 30 years experience as a natural health practitioner who will be available to you in personal **emails and newsletters** and live **internet webcasting of seminars**. So that no matter where you live in the world you can take advantage of the training and learn how to really help yourself and your family with products that really do produce incredible results.

Once enrolled, you will be given your own Young Living ID # and if you choose to take advantage of the business opportunity, you can sponsor other members and earn money from your referrals.

I hope that you will consider this **your personal invitation to join our team.** When you make that decision email me and let me know what your desires and needs are (brainadvance@gmail.com. I would love to personally welcome you to the finest natural supplement and essential oil company that I have ever found.

Charis Nutrition Services (CNS)
866-812-7246
brainadvance@gmail.com

HOW TO BECOME A YOUNG LIVING DISTRIBUTOR

1. Call 800-371-2928 and register to become a wholesale user/distributor, customer (purchase retail), or preferred customer of the Young Living products. Remember is you want your products wholesale click distributor. There is no requirement to sell the product. You have no yearly fees or requirements to sell.

Your sponsor ID is 26553. Enroller ID, 26553. They will ask you for this. You will pick a username, password and a 4 digit pin.

2. They will give you a distributor user #. Always get an invoice tracking # of your order after it is placed. If you decided to become a whole distributor then follow the next steps to be sure and activate that distributorship by purchasing your starter kit called start living kit.

3. You will be asked to choose a start living enrollment Kit. This is important if you want to receive the products and oils at the lowest possible cost. The value is significantly more than if you were to buy the items individually. You can choose one of the following:

Living with 5 day Nutritive Cleanse	\$300.00
Start Living with Everyday oils	\$150.00
Start Living with Ningxia Red	\$185.00
Start Living with Thieves	\$150.00

For full details of what is contained in each kit go to www.youngliving.us and click on start living now and you will see all these Kits listed. You will receive a discount by buying the products in these kits as opposed to buying them separately after enrolling.

4. You can place your orders via phone or on the internet (800-371-2928, www.youngliving.us). Most people get confused with any directions so please call me (866-812-7246) and I will help you get the best discounts. I will show you how get your products and oils at 44% discount off retail.
5. Please call or email and give us your distributor number after you have placed your first order.
6. If you fax or mail your orders, make sure your name and distributor number is listed.

Further Instructions

Young Living 800-371-2928

1. Call 800-371-2928 to begin using the Young Living products.

You can become a retail customer, preferred customer or wholesale distributor by calling Young Living or use the internet. Go to www.youngliving.com and follow the prompts for signing up. **Use the referral number of 26553.**

2. Placing a Young Living order on the internet

Once you have become a retail customer, preferred customer or a distributor go to www.youngliving.us.

Login to virtual office, click on it in upper right corner

Fill in your assigned Young Living **member number**, enter

Password, enter

Click 2x to login

To order go to left margin and click on **place a product order**

If you have DSL or satellite click on express shopper, if not go to section you want and click on it. Find what you want and put in your amounts.

At the end of your ordering follow the screen prompts.

Be sure to print your order.

When the hourglass shows you know they got the order. If your credit card was not accepted it will prompt you in red asking for another or to cancel.

3. Establish autoship

To sign up for autoship call YL, 800-371-2928. This is a great way to make sure that you will not run out of your favorite products (you can change it anytime).

If you have a \$50.00 minimum autoship order and you keep it for 6 months you will begin to accrue points. It will **earn 5 points a month or 10% of the \$50.00** autoship amount. You can use that amount after the six months to purchase any YL products. So after 6 months you would have **\$30.00 worth** of credit towards any YL products you want to purchase. You can start redeeming the points after 3 months. If you stay on auto ship from for **7-12 months you will jump to a 15% bonus**. If you stay on autoship over a year, you will receive a **20% bonus** on your autoship amount.

If you have an **autoship of \$100 or more** for a minimum of 6 months, you will be earning 10% of the total autoship each month. So if you purchase only your autoship you will receive **10% or \$10.00 credit**. If your autoship is \$150.00 you will receive \$15.00 credit and so on. You can begin redeeming the points that credit you as though they were putting money toward YL products after 3 months. **After 7-12 months on autoship you will begin to accrue 15%** of your total autoship amount, and after 1 year on autoship you will accrue **20% of your autoship** amount.

You can change your autoship order and or date without losing your Autoship Rewards Points?
You can change the items you want to put on autoship every month if you wish. You can change the date that your autoship is shipped. As long you do not have a break in autoship from one month the next you will not lose your autoship rewards.

Think of that, you will get 24% off the product plus a possible 20% more off your autoship. That is an unheard of 44% discount. So sit down and figure of what products you will be using on a monthly basis for yourself and your family and put them on autoship. If you need help designing a program for what yourself then call me and I will personally help you get the best products on your autoship for your needs.

Here is what Dr. Allen's Family use on auto ship every month

Super C

Super B

Frankincense

Juva Cleanse

Juva Power

Ultra Young W DHEA

Thyromin

Clary Sage

Idaho Balsam Fir

Wintergreen

Thieves

Lavender

Mineral Essence

Free Educational CD's: When you sign up for autoship, or anytime you wish, call YL and tell them you want to receive the educational CD's with your autoship order each month. Give the m the code #3926, they will add it to your autoship and you can enjoy the wonderful training that comes from Young Living.

4. Bonus on Personal and Group volume at Star and Above.

Any time you, or your preferred customers, distributors or retail customers in your group, order \$500.00 or more you are qualified as a star (total group PV is \$500 or more), You will personally (in your bonus check) receive 10% of anything over \$200.00 that you purchase. You are not required to be on autoship to receive this 10% on personal volume. You are required to be at Star or above, though.

Add up the numbers.

From 6 months to a year on Autoship you can be getting a credit on your purchases of 10-20%. On anything you order over the \$200.00 (which includes your autoship amount) you will receive 10% money back at the end of the month in a bonus check. Add it all up and you could be earning \$30% off on many of your products, plus the \$24% wholesale discount. **That is 54% saving on your favorite products.** Be smart and enroll in auto ship and get a few friends to sign up under you.

As a service to you we help you keep track of your line and teach you what to do along the way. Call if you have any questions, too. If you don't want to receive a check for your bonus override you can request in writing to Young Living that they just apply it to your account and it will automatically be subtracted on the next months order.

AROMATHERAPY

The field of Aromatherapy is rapidly expanding in the U.S. It has been well established as an alternative method in places like France and England and other parts of the world.

It is important as one begins to use aromatherapy that the practitioner and individual using them understand that there are imitations and inferior copies of the real thing everywhere. It is important to know the difference between a quality oil and a nice-smelling synthetic, or chemically distilled potion. So, what are essential oils?

Essential oils are the subtle, aromatic and volatile liquids extracted from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes, shrubs, and trees, through distillation. According to ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using essential oils thousands of years before Christ to heal the sick.

They are the oldest form of medicine and cosmetic known to man and were considered to be more valuable than gold. There are 188 references to oils in the bible. The wise men brought Christ gold, frankincense and myrrh. (Clinical research now shows that frankincense oil contains very high immune stimulating properties.) In Exodus God gives Moses the formula for “a holy anointing oil”. (Exodus 30:22-25) Some of the precious oils which have been used since antiquity for anointing and healing the sick are frankincense, myrrh, galbanum, hyssop, cassia, cinnamon, and spikenard. Science is now beginning to investigate the incredible healing substances found in essential oils.

ESSENTIAL OILS

Powerful plant medicine, essential oils were used in Ancient Egypt, the Middle East, and Europe for physical and emotional healing. There are over 200 Biblical references to essential oils.

Therapeutic oils were re-introduced during the late 19th early 20th century. They successfully saved lives during WWI and WWII. There is current worldwide research available.

Essential oils are the volatile liquids distilled from various parts of the plant, including the seeds, bark, leaves, stems, roots, flowers and fruit.

These oils are chemically very complex, consisting of hundreds of different chemical compounds. They are highly concentrated and far more potent than dried herbs.

High quality, Grade A therapeutic oils depend on rigorous plant cultivation and stringent standards during distillation with laboratory testing after oil is diffused to assure highest grade available.

Essential oils are so small molecularly they quickly penetrate cell walls, (within 20 minutes), and transport nutrients and oxygen to starving cells. Therapeutic oils are powerful antioxidants, antibacterial, antifungal, anti-infectious, antimicrobial, anti-tumoral, anti-parasitic, antiviral, and antiseptic.

Essential oils purify the air by removing metallic particles and toxins, increase negative ions, increase atmospheric oxygen, and eliminate odors.

The Young Living Oils have a bioelectrical frequency that is several times greater than the frequency of herbs, food, and even the human body. Grade essential oils promote emotional, physical and spiritual well-being. Choosing Young Living Essential oils guarantees you the highest quality oils now available in North America today.

USES OF ESSENTIAL OILS TODAY

In modern times we have come to think of most essential oils in the high quality perfume industry or as additives in many common products. The healing practice of Aromatherapy began in 1920 with the French chemist named René-Maurice Gattenfosse, who became convinced of the healing powers of essential oils when he used the essential oil of lavender to effectively heal a severe burn on his body. Gattenfosse also discovered that essential oils could be absorbed into the bloodstream when applied to the skin, and had medicinal effects inside the body. Another Frenchman, Dr. Jean Valnet, used essential oils during World War II to treat soldiers, and wrote a major book on the topic in 1964 called *Aromatherapie*. Marguerite Maury, another European biochemist, performed thorough studies of how essential oils influence the body and emotions, and popularized essential oil massages as therapy. In the 1990's, aromatherapy was one of the fastest growing alternative health modalities.

Essential oils are the fragrant essences of plants in their purest, most concentrated state. Steam distilled, essential oils are the plant's soul, extracted to bring the essence of "Well-being" into your life. They are highly potent extracts that have been referred to by Ayurvedic medicine as "liquid sun energy"

Essential oils have been the heart of Young Living for 15 years. The characteristics of essential oils can vary like wine. Depending on the species, the location, the ground and weather conditions, the environmental circumstances and the expertise and care given by the farmer and distiller, the oil of the same plant can vary strongly from supplier to supplier. That is why Gary Young has personally supervised the quality of the essential oils that they use in Young Living.

Read Before Using Essential Oils

Therapeutic-grade essential oils are strong and safe when used as directed. Below are some preventative precautions that help you have an enjoyable experience using Young Living Essential Oils.

1. Read the complete label before using essential oils.
2. Keep lids securely fastened and out of the reach of children. If a child swallows an essential oil, administer milk, honey, or charcoal.
3. Therapeutic-grade essential oils are normally used at full strength. However, because of differences, it is wise to test a small amount of oil the first time it is used on the soft, underside of your arm to see if you are allergic. If oil starts to irritate, rub the area with vegetable oil or a natural soapy washcloth. If irritation persists, discontinue the use of that particular oil.
4. Keep oils out of your eyes, ears, and away from mucous membranes. If you get oil in your eye, soothe with a drop of vegetable oil. Washing the eye with water does not soothe.
5. Be aware that citrus oils may cause an increased reaction to the sun. Avoid prolonged sunbathing after applying pure citrus oils to the skin.
6. Research shows that many oils are safe to take internally as supplements. Some oils however, are for external use only. Consult with an essential oils expert if there are any questions.
7. Do not use essential oils when pregnant without the supervision of a health professional.

Why Essential Oils Are So Essential?

- ◆ Essential oils are antibacterial, antiviral, antifungal, anti-tumoral, and anti-microbial
- ◆ Essential oils are highly oxygenating. Oxygen and disease can't exist in the same environment.
- ◆ Essential oils have the longest shelf life of any plant known to man.
- ◆ Essential oils require no refrigeration and require very little storage space
- ◆ Essentials are very cost-effective because they are one of the few substances that “the more you use them, the less you need them.”
- ◆ Essential oils by-pass the digestive system so they are beneficial for people with poor digestion/assimilation
- ◆ Essential oils are an especially great aid for babies, since they cannot swallow herbs
- ◆ Essential oils are very good to have on hand for other than health reasons, in a future crisis; they could be valuable for trade or barter purposes
- ◆ Essential oils are great for first aid
- ◆ Essential oils are magnificent for emotional clearing and balancing
- ◆ Essential oils are safe and effective for animals
- ◆ Essential oils can be used in farming and gardening
- ◆ Essential oils travel well and are not destroyed with Airport radiation

WHY ESSENTIAL OILS FOR HEALTH?

It has been found that one drop of an essential oil is equivalent approximately to 15 herbal capsules in potency and effect, or 30 cups of herbal tea. Research is proving that **essential oils are about 50 times more effective against viruses and bacteria than dried herbs** (or even liquid herbs). When herbs are cut and dehydrated for therapeutic use, they can lose up to 90% of their healing nutrients as well as the vast majority of the vital oxygen molecules. The oils do not lose these essential nutrients and healing elements in their processing. They are so powerful because of their ability to oxygenate our generally oxygen-deprived bodies.

Using essential oils becomes a powerful way to help assist our bodies to live healthier in an unhealthy and toxic chemical world. There are simple ways of applying the oils to the body. Simply rub the oils on the bottoms of the feet, on the chest, down the sides of the spine, or on locations depending on the need of that area of the body. The oils work their way through the skin to the entire body within approximately 21 minutes.

Pure Essential Oils Have Very High Frequency

In order to understand why essential oils are so effective, it helps to know the scientific discoveries about frequency. Frequency is the measurable rate of electrical energy flow between two points. According to the late Dr. Royal Rife, a healthy human being resonates at a frequency between 62 and 78 megahertz during the day. Dr. Rife's frequency generator indicated that every disease has a certain frequency as well. He taught that a substance with a higher frequency could destroy a disease with lower frequency.

More recently, the pioneering scientist Bruce Tainio built the world's first "bio-frequency monitor," which can actually test a frequency. He explains that when a cold or flu set in, the body's normal frequency drops to 58 Hz. Candida and fungus resonate at about 55. Epstein Barr and Chronic Fatigue Syndrome start at about 52.

Recently, Dr. Gary Young, along with Tainio, got some very interesting results when they measured the frequencies of certain foods. Canned foods register at 0-15 Hz, dry herbs at 15-22 Hz, fresh herbs at 20-27 Hz, and essential oils from 52-320Hz! (pure grade A rose oil has the highest frequency of all at 320 Hz.) Wow!

The effectiveness of essential oils cannot be fully understood without some discussion of frequency. Frequency is the measurable rate of electrical energy flow that is constant between any two points. Everything has frequency. Dr. Robert O. Becker in his book “The Body Electric” established that the human body has an electrical frequency and that much about a person’s health can be determined by its frequency.

In 1992, Bruce Tainio of Tainio Technology, an independent division of Eastern State University in Cheney, Washington, built the first frequency monitor in the world. Tainio has determined that the average frequency of the human body during the day time is 62-68 Hz. (A healthy body frequency is 62-72). When the frequency drops, the immune system is compromised. If the frequency drops to 58 Hz, cold and flu symptoms appear, at 55 Hz, diseases like Candida take hold, at 52 Hz, Epstein Bar and at 42 Hz, Cancer.

According to Dr. Royal R. Rife, every disease has a frequency. He found that certain frequencies can prevent the development of disease and that others would destroy disease. Substances with higher frequency will destroy diseases of a lower frequency. The study of frequencies raises important questions, concerning the frequencies of substances we eat, breath and absorb. Many pollutants lower healthy frequency. Processed/canned food has a frequency of zero. Fresh produce has up to 15 Hz, dry herbs from 12-22 Hz and fresh herbs from 20-27 HZ. Essential oils start at 52 HZ and go as high as 320 HZ, which is the frequency of rose oil. Clinical research shows that essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live.

Essential Oils Penetrate

The penetrating characteristic of essential oils greatly enhances their ability to be effective. Essential oils will penetrate into the body when applied to the skin. Essential oil placed on the foot will be distributed to every cell in the body in 21 minutes. They will even penetrate a finger or toe nail to treat fungus underneath.

Essential Oils Are Aromatic

Essential oils are highly aromatic and therefore, many of the benefits can be obtained by simple inhaling them. This can be done by breathing in the fragrance from the bottle, or they can be diffused into the room.

Essential oils, when diffused, can be the best air filtration system in the world. They will:
(1) Purify, by removing metallic particles and toxins from the air. (2) Increase atmospheric

oxygen. (3) Increase ozone and negative ions in the house, which inhibits bacteria growth. (4) Destroy odors from mold, cigarettes, and animals. (5) Fill the air with a fresh, herbal aromatic scent.

The Blood Brain Barrier

By David Stewart, Ph.D.,R.A.

It was thought for years that the interstitial tissues of the Brain served as a barrier to keep damaging substances from reaching the neurons of the brain and the cerebrospinal fluid. Instead of a barrier, it would be more accurate to consider it as a sieve or filter through which only molecules of a certain size or smaller can pass.

Most of the molecules of the substances used in chemotherapy are too large to pass through the blood-brain filter, which is why doctors say that chemotherapy doesn't work on brain Cancer. Some of the smaller molecules get through, but not the whole suite of drugs intended.

Doctors don't know for sure, but it seems that in order to cross the blood-brain barrier, only molecules less than 800-1000 atomic mass units (amu) in molecular weight can get through. Lipid solubility seems to be another factor which facilitates passing through the blood-brain barrier. Water soluble molecules don't usually penetrate into brain tissue, even when very small. The molecules of essential oils are all not only small, but lipid soluble as well.

In fact, when it comes to essential oils, small molecules (less than 500 amu) are what they are made of. That is why they are aromatic. The only way for something to be aromatic is for the molecules to be so small that they readily leap into the air so they can enter our noses and be detected as odor and smell.

That is why oils for cooking or massage, such as corn, peanut, sesame seed, safflower, walnut, almond, canola, olive and other oils pressed from seeds are not aromatic. Sure, they have a smell, but you can't smell them across the room in minutes as one can when you open a bottle of peppermint, hyssop, or cinnamon oil.

Essential oils of every species cross the blood-brain barrier. This makes them uniquely able to address disease, not only from a physical level, but from a more basic and fundamental level-that of the emotions which are often the root cause of physical illness.

A QUICK COURSE IN CHEMISTRY

Because of the tiny molecular structure of the components of an essential oil, they are extremely concentrated. One drop contains approximately 40 million-trillion molecules. Numerically that is a 4 with 19 zeros after it: 40,000,000,000,000,000,000. We have 100 trillion cells in our bodies, and that's a lot. But one drop of essential oil contains enough molecules to cover every cell in our bodies with 40,000 molecules. Considering that it only takes one molecule of the right kind to open a receptor site and communicate with the DNA to alter cellular function, you can see why even inhaling a small amount of oil vapor can have profound effects on the body, brain, and emotions. Sometimes too many oil molecules overload the receptor sites, and they freeze up without responding at all, when a smaller amount would have been just right. This is why we say that when using oils, "sometimes less is better." Sometimes more is better, too. Knowing the difference is the art of aromatherapy.

Essential oils are mixtures of dozens, even hundreds, of constituents, all of which are composed of carbon and hydrogen and sometimes oxygen. All essential oils are principally composed of a class of organic compounds built of "isoprene units." An isoprene unit is a set of five connected carbon atoms with eight hydrogens attached. Their molecular weight is only 68 amu, which is very small, indeed. Molecules built of isoprene units are all classified as "terpenes". Terpenes are what make essential oils unique in the world of natural substances.

PHENYLPROPANOIDS

Phenylpropanoids are compounds of carbon-ring molecules incorporating one isoprene unit. They are also called hemiterpenes. There are dozens of varieties of phenylpropanoids.

They are found in Clove (90%), Cassia (80%), Basil (75%), Cinnamon (73%), Oregano (60%), Anise (50%), Peppermint (25%). While they can create conditions where unfriendly viruses and bacteria cannot live, the most important function performed by phenylpropanoids is that they clean the receptor sites on the cells. Without clean receptor sites, cells cannot communicate, and the body malfunctions, resulting in sickness.

MONOTERPENES

Monoterpenes are compounds of two isoprene units, which is ten carbon atoms and sixteen hydrogen atoms per molecule- molecular weight 136 amu. There are an estimated 2,000 varieties of monoterpenes.

Monoterpenes are found in most essential oils: Galbanum (80%), Angelica (73%), Hyssop ((70%), Rose of Sharon (54%), Peppermint (45%), Juniper (42%), Frankincense (40%), Spruce (38%), Pine (30%), Cypress (28%), and Myrtle (25%).

While offering a variety of healing properties, the most important ability of the monoterpenes is that they can reprogram miswritten information in the cellular memory. With improper coding in the DNA, cells malfunction and diseases result, including lethal ones such as cancer.

SESQUITERPENES

Sesquiterpenes are compounds of three isoprene units, which is fifteen carbons and twenty-four hydrogens per molecule- molecular weight 204 amu. There are more than 10,000 kinds of sesquiterpenes. Sesquiterpenes are the principal constituents of Cedarwood (98%), Vetiver (97%), Spikenard (93%), Sandalwood (Aloes) 90%, Black Pepper (74%), Patchouli (71%), Myrrh (62%), and Ginger (59%). They are also found in Galbanum, Onycha, and Frankincense (8%).

Sesquiterpene molecules deliver oxygen molecules to cells, like hemoglobin does in the blood. Sesquiterpenes can also erase or deprogram miswritten codes in the DNA. Sesquiterpenes are thought to be especially effective in fighting cancer because the root problem with a cancer cell is that it contains misinformation, and sesquiterpenes can erase that garbled information. At the same time the oxygen carried by sesquiterpene molecules creates an environment where cancer cells can't reproduce. Hence,

sesquiterpenes deliver cancer cells a double punch-one that disables their coded misbehavior and a second that stops their growth.

The American Medical Association (AMA) has said that if they could find an agent that would pass the blood-brain barrier, they would be able to find cures for ailments such as Lou Gehrig's disease, multiple sclerosis, Alzheimer's disease, and Parkinson's disease. Such agents already exist and have been available since Biblical times. The agents, of course, are essential oils-particularly those containing the brain oxygenating molecules of sesquiterpenes.

THE TRIPLE WHAMMY

The big triple punch combination of "PMS" (Phenylpropanoids, Monoterpenes, and Sesquiterpenes) found in essential oils is very powerful in addressing many illnesses, injuries, and disease conditions. That is because this combination offers the following:

First, you clean the receptor sites allowing the proper transfer of hormones, peptides, neurotransmitters, steroids, and other intracellular messengers. (The Phenylpropanoids do that.)

Second, you deprogram or erase the wrong information from cellular memory stored in the DNA. (The Sesquiterpenes take care of that.)

Third, you reprogram the cells with the correct information so they can function properly. (The Monoterpenes do this.)

These three classes of chemical components are why essential oils can sometimes affect a healing that is nearly instant and also permanent. What they simply do is to restore the body back to its natural state of balance and health. While a specific oil may have one or two of these three classes of compounds as its predominant chemistry, all the Biblical oils contain some of all of them. This is one secret to their amazing healing abilities.

So there you have it in a nutshell: The way the blood-brain barrier works and the biochemistry of one of the ways essential oils can help achieve a healing.

The information given above is an excerpt from Dr. Stewart's book, HEALING OILS OF THE BIBLE, published by Essential Science Publishing. www.essentialscience.net

They also publish a WONDERFUL book called ESSENTIAL OILS INTEGRATIVE MEDICAL GUIDE by Dr. Gary Young, ND. This book is very comprehensive, giving information on many essential oils, and their use in treatment of a wide range of physical illnesses and mental or emotional conditions such as depression and schizophrenia, and ADD/ADHD. Highly recommended!

For More information or personalized help in ordering your therapeutic grade essential oils please call 866-812-7246

The Top Five Essential Oils for Your Health

By Dr. Joseph Mercola
with Rachael Droege

Essential oils carry the physical properties of flowers and plants in a highly concentrated form. They are, in short, the essence of the plant and can provide therapeutic benefits in very small amounts. The particles in essential oils, which come from various parts of the plant such as the flowers, twigs, leaves or bark, can be inhaled and absorbed through the skin and their use can be traced back for thousands of years. Essential oils were even used in ancient Egyptian times, and were made by soaking plants in oil and then filtering the oil through a linen bag.

Most essential oils have antibacterial qualities and have varying physical and emotional effects depending on the oil, such as stimulation, relaxation, pain relief and healing. The most common ways to use essential oils include:

- Aromatherapy
- Massaging them into the skin
- Adding them to bathwater
- Using them in a compress
- Burning them in a diffuser

In The Maker's Diet, Dr. Jordan Rubin recommends 14 essential oils that have unique healing properties. He suggests putting five to 10 drops of these "top healing oils" into a warm bath, or rubbing a few drops into the soles of your feet, for a real "healing treat." Below you will find five beneficial essential oils along with their uses. I encourage you to check out [The Maker's Diet](#) to learn more about some of the more exotic, but highly effective, essential oils available.

I'd also like to point out that essential oils are not the same thing as fragrance oils. Essential oils come from plants while fragrance oils are artificially created and often contain synthetic chemicals. While they may smell good and are typically less expensive, they will not give you the therapeutic benefits of organic essential oils--and you don't want to be inhaling any synthetic chemicals!

Sandalwood

This scent is woody and floral, rich and sweet, and is used for:

- Low self-esteem
- Insecurity
- Stress
- Enhanced sleep
- Female reproductive and endocrine health
- Urinary tract infections
- Bronchitis
- Stretch marks
- Depression

Lavender

The scent is fresh, sweet, and floral and is used for:

- Anxiety
- Depression
- Irritability
- Mental fatigue
- Panic attacks
- Stress
- Oily skin
- Bruises
- Stretch marks
- Earache

- Laryngitis
- Sensitive skin

- Chickenpox
- Hypertension
- Vertigo
- Whooping cough
- Flatulence

Cedarwood

Has a slightly sharp, woody and sweet aroma that is useful for:

- Anxiety
- Skin problems like acne, psoriasis, dandruff and dermatitis
- Arthritis
- Bronchitis
- Coughing
- Cystitis
- Stress
- Insect repellent
- Hair loss
- Tuberculosis
- Gonorrhoea

Frankincense

This has a woody, spicy and slightly fruity smell and is used for:

- Insecurity
- Grief
- Immune system stimulation
- Cancer
- Depression
- Allergies
- Headache
- Herpes
- Brain damage from head injuries
- Panic Attacks
- Anxiety
- Asthma
- Coughing
- Bronchitis
- Scars
- Stress
- Stretch marks, stress

Peppermint

This well-known minty fragrance is used for:

- Mental fatigue
- Nausea
- Headache
- Exhaustion
- Vertigo
- Asthma
- Flatulence
- Sinusitis

Caution: Essential oils should be used with caution or avoided during pregnancy.

Liver Protocol Cleansing

Dr. Corinne Allen

The liver is one of the most important organs in the body for health and restoration of health. Cleansing the liver is not a one time or several weeks or months process. It is a lifetime process. It is our filter for all the junk, exposure to chemicals and toxins that we knowingly and unknowingly are exposed to daily.

There are many things that can help us lessen the load that the liver has to filter and detoxify. Then there are those supplements, foods, homeopathics and essential oils that actually gently force the toxins to move more rapidly from the liver. Most people find it almost impossible to keep ahead of the daily load of toxins that are ingested, created from normal metabolism, or breathed in.

An organic, fruits and vegetable diet, 75-80% raw foods in a day, food combining, acid binding food choices, fresh juiced vegetables daily, little to no acid forming food choices, 1 gallon or more of purified water, digestive enzymes and proper amounts and pure minerals and vitamins help us to keep to a minimum the excess of toxins that our bodies can create for the liver to detoxify and help minimize the amount of external toxins that we bring into the body. This is the best case scenario.

We live in a world of major amounts of electromagnetic pollution, artificial energies and frequencies that our bodies have to detoxify and fight. Some make choices of highly stressful food combinations (meat and breads, cheese and starch or meat, meat and pastas, etc) which overload the liver. When we eat chemicals, artificial ingredients, man-made vitamins and processed foods, etc., the liver keeps trying but continues to be less than optimal in dumping the daily load of toxins that come its way.

If we want to clean the liver we have to decide how fast and how deep do we desire this cleansing to be. If one has serious health problems you can be assured that the liver is highly overloaded and is not handling even the daily toxins that come from a best case diet as described above. The persons with serious health challenges are more motivated to eat higher quality (organic) foods, little to no chemicals, additives, sugar, processed foods and to take high quality supplements and drink lots of water because they don't function well (if at all) if they don't. What most don't realize is that they could function much more at an optimal level if they were eating more of a liver detoxifying diet.

Young Living has the best liver cleansing supplements that in my 26 years as a health practitioner I have every found. I have heard more raving reports about even just a few liver cleansing supplements that clients are taking. That assures me that these products are all effective even if just a few a used to start with.

Here are a few ideas of how to start simply and what to do if you want a more in depth protocol.

SIMPLE PROTOCOL

Upon arising:

½ tsp alkalime in pure water

3-15 drops of juvacleanse

1 tsp- 1 Tblsp Juva Power

Upon Retiring:

½ tsp alkalime in pure water

3-15 drops of juvacleanse

1 tsp- 1 Tblsp Juva Power

MORE ADVANCED AND DEEPER CLEANSING:

Do simple, beginning protocol as above

ADD:

Juvaflex, rub on belly, under right rib cage especially, am and pm

And on the bottom of the feet over liver area

Juvatone capsule 1-2 3x a day with meals

Eat Organic foods

Eat acid binding foods at least 80% of diet (refer to Re-JUVA-nate Your Health book by Gary Young.)

Food combine all meals (refer to **Cooking Naturally, Dr. Corinne Allen**, available from 866-812-7246)

Do a lemon juice fast 1 day a week (several Tblsp of fresh lemon and equal amount of organic maple syrup in a large glass of purified water) Drink throughout the day, one glass lemonade and one glass water alternating.

ULTIMATE LIVER CLEANSING:

Do the simple liver protocol, add the more advanced to the ultimate liver cleansing.

The ultimate liver cleansing uses the Juva cleanse, juva flex, juva Power, juva powder, alkalime, fresh vegetable juices, lemon juice fasting, detoxzyme, lipozyme and an acid binding organic diet.

If you want a full explanation of how to do this order the booklet from Young Living called **Re-JUVA-nate Your Health** book by Gary Young

The Ultimate liver cleansing protocol can be done 1-2 x a year for extra deep cleansing or weight loss. The Simple or more advanced liver cleansing and should be done on 2x daily schedule for years because of the high amounts of toxins that we continually produce or are exposed to.

For questions on your liver cleansing protocol please email me at: livinghealth@helloworld.com

Or call 866-812-7246.

Female Hormone Balancing

For parasympathetic and sympathetic Nervous system balancing, hotflashes, menstrual balancing, emotional balancing, fertility, emotional balance, energy and female hormone= balancing:

Clary sage: 2-20 drops in gel capsules, grape or other juice. At least 2x a day. Repeat every time there is a hot flash.

Estro Herbal Extract 20 drops, 3x a day. Into it add the 20 drops of sclarescence and drink. **Estro Tincture:** For tension, irritability, dryness, dry skin, aging too quickly, cramps, hot flashes use 10-20 drops 1-2x a day.

Sclarescence: 2-20 drops in water, capsule, grape or other juice at least 2x a day for keeping hormones in balance.

Hormone balance Women:

PD-80 20 2- 3x a day for at least 3 months, to build and balance the key hormone in the body for all other hormones. After a month drop to 2 2x a day for several months or until levels of hormones are up.

Thyromin: 2 pm, 2 am (continue for months if you are bathing and or drinking chlorinated water) Chlorine destroys the thyroid hormones.

Ultra Young w DHEA: 2 sprays on each side of cheeks (mouth) from 3PM to 11pm when the body needs a stimulation to produce growth hormone. Extremely important for graying hair, DHEA, growth hormones, and anti-aging.

Cortistop women/men: 2 bedtime, 2 upon arising. Use 4 a day for 1 month then drop to 2 a day. If you are using any sugar, caffeine or are under high stress continue with the 4 a day.

Prenalone cream: use for pregnanalone and progesterone support. 1 dab of cream on belly 21 days, rest 7 (while on period) or whenever if menopausal

Dragon time: essential oil apply on abdomen am and pm for cyclical, PMS problems

Mister: essential oil take 10-20 drops 2-3x a day in juice or gel capsule. To balance testosterone hormone

Mineral Essence: Trace minerals critical for absorbing the nutrients and making the essential oils work more effectively. Take 3-5 droppers full 1x a day

Mega Cal: Source much needed calcium and magnesium. Take 2 Tblsp 1-2x a day

True Source: Multiple vitamin, 1-2 packets a day

Alkaline: Ph balancer 1 tsp in ½ cup water for a week am and pm upon arising and evening. Then cut to ½ tsp in ½ cup water continuing.

CRAMPS FEMALE BLEND

30 drops clary sage

20 drops fennel

20 drops marjoram

8 drops sage

5 drops jasmine

Mix with V-6 or dragon time base oil. Make up 10-20x or more times the amount and put in a glass 20z brown dropper bottle. (Available from Charis 866-812-7246). Put the amount of oils that you want in the bottle and add the base oil. Roll to mix and use ever 30 minutes for cramps, or am and pm. Continue using throughout the month to assist the body in balancing the reason why there is cramping.

Get a test run in Dr. Allen's office on your hormone levels. This can be done with a for only \$195.00 714-575-0001

Take a hormone test with your doctor. It needs to be 6 days before your menstrual cycle begins. If menopausal it doesn't matter when.

Basic Nutrition:

2-3 Comfortone am and pm

1 tsp ICP in juice am and pm

1 super B am pm

2 super C am pm

4 super Cal am pm

6 Vita Green

5 droppersful mineral essence

1-4 a day of omega blue, essential fatty acid

If you are not willing to spend the money to solve the root problem then the body will pay the price, lower energy, shorter lifespan, emotional and mental stress, development and progression of diseases. There are no short cuts to good health. Putting money into high quality supplements and nutritional protocols is he best insurance money can buy.

Even if there is a hysterectomy the adrenals and other organs will still be producing the female hormones.

BALANCING MALE HORMONES

PD-80 20

1-2, 1-3X A DAY

Cortistop for men 1-2 pm before bed, 1-2 am upon arising
If drinking coffee, chocolate, any sugar or high stress use 3-4 a day

Thyromin 1-2 pm before bed, 1-2 am upon arising.

If bathing in chlorinated water use 4 a day. If impotence or sex drive problems use 4 a day. If energy or fatigue use 4 a day. If fertility a problem use 4 a day. Otherwise use 1-2 a day.

Ultra young with DHEA: 3 sprays on either side of the cheeks (mouth) am and pm
If gray hair, low sex drive, low energy, aging quicker than you would like. If grouchy or stressed use more often

Prenalone cream on chest or belly if you muscle test for it. Use daily.

Sclarescence essential oil: 1-15 drops in juice, capsule, or water am and pm.
Useful for male or female hormone support.

Or

Mister essential oil: 1-15 drops in juice, capsule, or water am and pm

Other helpful products:

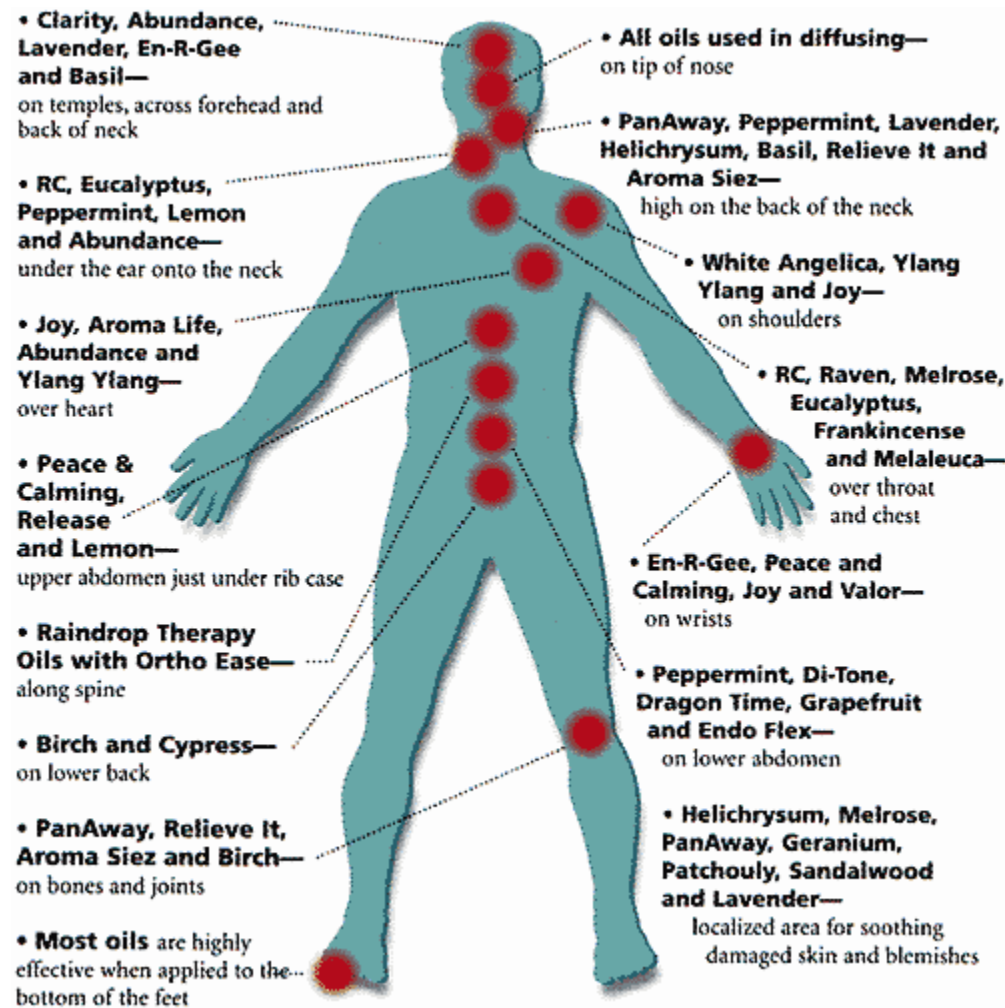
Master HIS 1-2 a day

Adding natural progesterone to the body helps normalize levels of zinc, copper, and hormones, which helps support the prostate. Thus prenalone cream

Master His is a good source of zinc. Vital to male hormones.

There are many effective ways of applying the oils. When Starting, it is best to mix them with our V-6 Mixing Oil or any other pure vegetable oil.

Mix three drops of V-6 to one drop of essential oil. This also helps the oils spread evenly. The oil mixture can then be gently massaged into the skin. Your Young Living Distributor will be able to suggest many additional oils and application methods.



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