



Essential Oil Therapies

Living Without Pain

Soothing Sore Muscles and Joints with YL Essential Oils & Supplements

Suffering with painful joints, sore muscles or intense headaches can detrimentally reduce your quality of life. If getting out of bed in the morning is a painful experience, or you're unable to play with your kids because even simple activities leave you reeling for days, this newsletter will introduce you to the powerful, pain-relieving properties of therapeutic essential oils from Young Living. Proven effective by clinical studies, essential oils will help you find fresh hope and encouragement for living pain-free.

Enjoy an Active Life Without Pain

Two exclusive essential oil blends deliver maximum pain relief; Peppermint lends its pain-relieving properties to two Young Living essential oil blends, PanAway and Relieve It.

PanAway is a blend of Wintergreen, Clove, Helichrysum and Peppermint essential oils. The eugenol in Clove has a long history of use for pain relief in dentistry, for rheumatism, arthritis and headaches.

Relieve It is a blend of Spruce, Black Pepper, Hyssop and Peppermint essential oils. Conifer oils such as Spruce have traditionally been used for topical relief of rheumatism and arthritis. Black Pepper relieves muscle aches, pain and stiffness by dilating blood vessels and bringing additional circulation to the area.

Once you experience the soothing power of essential oils, you'll want them at your fingertips: Carry your favorites in your purse, stash a bottle or two in your desk and stock your bathroom cabinet.

Relieve Pain with Targeted Nutrition

Today, many medical doctors recommended that adults in their 40s start supplementing their diets with nutrients that will help ward off the deterioration and disease of the musculoskeletal system. Giving your body exactly the right nutrients can ease pain by reducing joint inflammation, improving cartilage production, increasing joint mobility and strengthening bones.



BLM and **Sulfurzyme**, two of Young Living's nutritional supplements, work synergistically to support the musculoskeletal system. Work best when taken together.

BLM- Formulated from the most potent, natural ingredients known, BLM protects the mobility and health of your bones, ligaments and muscles.

Sulfurzyme- MSM, a key ingredient in Sulfurzyme, has been proven to be extremely effective in relieving pain, especially tissue and joint pain. MSM is a source of organic sulfur, shown to reduce the inflammation of arthritis, relieve muscle spasms, improve blood flow and deliver biologically active sulfur to the joints.

Peppermint:

All-Purpose Pain Relief

Perhaps the most effective essential oil when it comes to soothing muscles and alleviating joint pain is Peppermint. Reliably easing pain, Peppermint smooths muscle contractions by blocking calcium influx into the muscle cells, thus blocking the transmission of pain signals.

Mary Iliev's own brother has extreme stiffness and pain from arthritis in his fingers, arms, shoulders and upper back. The first time Merry massaged him with peppermint essential oil, his pain was relieved immediately. He ordered a bottle of peppermint right away so he could apply it whenever he needed relief.

Who Needs Muscle & Joint Support from Young Living?

- Manual laborers
- Play sports/athletics
- Garden and work in the yard
- Type & use the computer throughout the day
- Suffer from arthritic discomfort or autoimmune dysfunction
- Have back pain

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How to Apply Essential Oils

Topically: Dilute 3-6 drops essential oil with one tablespoon of V6 mixing oil or pure vegetable oil. Apply to painful area. Massage, if appropriate.

Vita Flex: Apply essential oils to the VitaFlex points on your feet that correspond with the painful area.

Common Sense Precaution: Young Living essential oils are highly concentrated. Dilute before applying topically, as noted above. Keep essential oils away from eyes, mucous membranes, sensitive skin.



Black Pepper

Prod # 3611
 Prices Wholesale: \$17.75
 Preferred Customer: \$20.55
 Customer Price: \$23.36
 Size 5 ml



Peppermint Essential Oil Blend

Prod # 3614
 Prices Wholesale: \$19.75
 Preferred Customer \$22.87
 Customer Price \$25.99
 Size 15 ml



BLM Supplement

Prod # 3234
 Prices Wholesale: \$39.75
 Preferred Customer: \$46.03
 Customer Price: \$52.30
 Size 3 oz powder



Relieve It Essential Oil Blend

Prod # 3411
 Prices Wholesale: \$39.75
 Preferred Customer \$46.03
 Customer Price \$52.30
 Size 15 ml



Ortho Sport Ointment

Prod # 3032
 Prices Wholesale: \$29.75
 Preferred Customer: \$39.08
 Customer Price: \$44.41
 Size 3.85 fl oz



Sulfurzyme Supplement

Prod # 3241
 Prices Wholesale: \$44.75
 Preferred Customer \$51.82
 Customer Price \$58.88
 Size 8 oz powder
 Prod # 3243
 Prices Wholesale: \$54.75
 Preferred Customer \$63.39
 Customer Price \$72.04
 Size 300 caps



PanAway Essential Oil Blend

Prod # 3391
 Prices Wholesale: \$29.75
 Preferred Customer: \$34.45
 Customer Price: \$39.14
 Size 5 ml

To find the essential oils and supplements that can help relieve your pain, you may need to try different oils and combinations. Consult with your Young Living distributor for more information.

Consultant

oilman@essentialoiltherapies.com

Prod # 3390
 Prices Wholesale: \$69.75
 Preferred Customer: \$80.76
 Customer Price: \$91.78
 Size 15 ml



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