



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Frankincense Kills Bladder Cancer Cells

OKLAHOMA CITY - *United Press* 3/18/09
Enriched extract of the Somalian frankincense herb *Boswellia carteri* has been shown to kill off bladder cancer cells, U.S. researchers said.

H.K. Lin and his team at the University of Oklahoma Health Sciences Center and Oklahoma City VA Medical Center evaluated frankincense oil for its anti-tumor activity in bladder cancer cells.

The study authors investigated the effects of the oil in two different types of cells in culture: human bladder cancer cells and normal bladder cells.

The study, published in the *BMC Complementary and Alternative Medicine*, found that frankincense oil is able to discriminate between normal and cancerous bladder cells in culture, and specifically kill cancer cells.

Gene analyses were performed to determine how frankincense oil affects bladder cancer cell survival and the researchers found that the oil suppresses cancer cell growth by arresting cell cycle progression and induces bladder cancer cell death by activating multiple cell death pathways.

"Frankincense oil may represent an inexpensive alternative therapy for patients currently suffering from bladder cancer," Lin said in a statement.

According to the National Cancer Institute, about 69,000 Americans were diagnosed with bladder cancer last year and around 14,000 died from the malignancy. Bladder cancer tends to strike men more often than women and, in fact, it's the fourth most common type of cancer in men in the U.S.

Originating from Africa, India, and the Middle East, frankincense oil has been shown to have a host of medicinal benefits in several studies published over the past several years. In research published in the *Journal of Ethnopharmacology*, Japanese scientists from the Ichimaru Pharcos company documented how active components of the resin of aromatic frankincense oil have anti-inflammatory properties that could be useful for the treatment of rheumatoid arthritis and other inflammatory diseases. Another Japanese research team from Nihon University in Tokyo found additional remarkable disease-fighting properties in frankincense oil. In a report published in *Biological and Pharmaceutical Bulletin*, the scientists revealed components of frankincense not only inhibited the Epstein-Barr virus, but also were shown to be effective against three human neuroblastoma cell lines. Neuroblastoma cancers form in nerve tissue and most often affect small children, usually beginning in the adrenal glands, neck, chest or spine.

After this news release was sent out, Steve Bentley, Young Living's Chief Financial Officer, replied with this statement: "You'll see this in Monday's e-news. Young Living provided the oil for this study. So, yes, it is Young Living oil that was studied!"

This is another reason Young Living is the world's leader in Essential Oils. It is wonderful to be associated with a company willing to specialize in quality! YL Frankincense has an approximate ORAC of 6,125 (TE/L). **How to use:** For dietary or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk. YL Product #3548



Compliments of
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Fascinating Facts You Never Knew about the Human Brain

The human brain has amazed and baffled people throughout the ages. Some scientists and researchers have devoted their entire lives to learning how the brain works. Here are some facts about your brain.

● **Physical Attributes**

- ▶▶The weight of your brain is about 3 pounds.
- ▶▶Your skin weighs twice as much as your brain.
- ▶▶Your brain is made up of about 75 percent water.
- ▶▶ Your brain consists of about 100 billion neurons.
- ▶▶There are anywhere from 1,000 - 10,000 synapses for each neuron.
- ▶▶There are no pain receptors in your brain, so your brain can feel no pain.
- ▶▶There are 100,000 miles of blood vessels in your brain.
- ▶▶Your brain is the fattest organ in your body and may consist of at least 60 percent fat.

● **The Developing Brain**

- ▶▶ At birth, your brain was almost the same size as an adult brain and contained most of the brain cells for your whole life.
- ▶▶A newborn baby's brain grows about three times its size in the first year.
- ▶▶Humans continue to make new neurons throughout life in response to mental activity.
- ▶▶The first sense to develop while in utero is the sense of touch. The lips and cheeks can experience touch at about 8 weeks and the rest of the body around 12 weeks.

● **Brain Function**

- ▶▶Your brain uses 20 percent of the total oxygen in your body. If your brain loses blood for 8 to 10 seconds, you will lose consciousness.
- ▶▶While awake, your brain generates between 10 and 23 watts of power - or enough energy to power a light bulb.
- ▶▶The old adage of humans only using 10% of their brain is not true. Every part of the brain has a known function.

▶▶The brain can live for 4 to 6 minutes without oxygen, and then it begins to die. No oxygen for 5 to 10 minutes will result in permanent brain damage.

▶▶A study of 1 million students in New York showed that students who ate lunches that did not include artificial flavors, preservatives, and dyes did 14 percent better on IQ tests than students who ate lunches with these additives.

● **Psychology of Your Brain**

- ▶▶You can't tickle yourself because your brain distinguishes between unexpected external touch and your own touch.
- ▶▶There is a class of people known as supertasters who not only have more taste buds on their tongue, but whose brain is more sensitive to the tastes of foods and drinks.
- ▶▶The connection between body and mind is a strong one. One estimate is that between 50-70 percent of visits to the doctor for physical ailments are attributed to psychological factors.

● **Memory**

- ▶▶Every time you recall a memory or have a new thought, you are creating a new brain connection.
- ▶▶Memories triggered by scent have a stronger emotional connection, and therefore appear more intense than other memory triggers.
- ▶▶While you sleep at night may be the best time for your brain to consolidate memories from the day. Lack of sleep may actually hurt your ability to create new memories.

● **Dreams and Sleep**

- ▶▶Most people dream about 1-2 hours a night and have an average of 4-7 dreams each night.
- ▶▶Studies show that brain waves are more active while dreaming than when you are awake.
- ▶▶Some people (about 12 percent) dream only in black and white while others dream in color.
- ▶▶While you sleep, your body produces a hormone that may prevent you from acting out your dreams, leaving you virtually paralyzed.

Source: Nursing Assistant Central December 31, 2008

Your Brain Keeps Developing Well Into Middle Age

▶▶Brain volume was commonly believed to stop expanding after age 20. But in MRI brain scans researchers have found that white matter in your brain continues to increase until people are in mid-to late-40s.

▶▶Your brain keeps growing in the temporal lobe and frontal lobe - the parts of your brain that largely differentiate you from animals. This continued brain growth into middle age is associated with better emotional development and wisdom.

▶▶Your brain is actually very much like a muscle. That is, your brain's structure changes over time and it may be possible to "bulk up" your brain throughout much of adulthood. And continuing to stimulate and challenge your brain as you get older might promote its growth - just as exercise builds muscle.

▶▶This means that the opposite also holds true; that drug use, poor nutrition or other assaults on your brain even in adulthood could interfere with your brain's full development. But your brain is remarkably resilient and capable even of growing new cells to repair itself.

▶▶So even if you haven't been leading the healthiest lifestyle so far, making some positive changes now may give your brain what it needs to reach its full potential.

How to Keep Your Brain Healthy: Nine Essential Tips

A healthy lifestyle can help protect, nourish, and revitalize your brain.

1. Take omega-3 fats. The omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) keep the dopamine levels in your brain high, increase neuronal growth in the frontal cortex of your brain, and increase cerebral circulation. Young Living's Omega Blue is an excellent source of omega-3.

2. Exercise. Exercise may encourage your brain to work at optimum capacity by causing nerve cells to multiply, strengthening interconnections, protecting from damage.

3. Sleep well. It's during sleep that your mental energy is restored, and a lack of sleep may cause your

brain to stop producing new cells. YL Lavender, Ruta Vala, and Peace & Calming assist you to have a good night's sleep.

4. Eat healthy. Like the rest of your body, your brain depends on healthy foods to function. While protein is the main source of fuel for your brain, vitamins and minerals from fresh veggies are also important, as is limiting sugar. Power Meal, MultiGreens and Mineral Essence are just a few of YL's nutritional powerhouse products.

5. Get out into the sun. This will help you maintain optimal vitamin D levels. Scientists are now beginning to realize vitamin D is involved in maintaining the health of your brain, as they've recently discovered vitamin D receptors in the brain, spinal cord, and central nervous system. There's even evidence indicating vitamin D improves your brain's detoxification process. For children and pregnant women, getting enough vitamin D is especially crucial. It plays a major role in protecting infants' brains from autism.

6. Turn off the TV. Allowing children under the age of 3 to watch television can impair their linguistic and social development, and it can affect brain chemistry as well.

7. Protect your brain from cell phones. Recent studies have found that cell phone users are 240 percent more prone to brain tumors, and a study back in 2004 found that your risk of acoustic neuroma (a tumor on your auditory nerve) was nearly four times greater on the side of your head where your phone was most frequently held.

8. Challenge your brain. Mind-training exercises and word games can keep your brain fit as you age.

9. Avoid foods that contain artificial sweeteners and additives. Substances such as aspartame (NutraSweet) and MSG can damage your brain. Consuming a lot of aspartame may inhibit the ability of enzymes in your brain to function normally, and high doses of the sweetener may lead to neurodegeneration. **Keep healthy from head to toe!**

Happy Oxygenating!

by Julie Chertow

Today I went for a medical test and one of the things they did was to put an oxygen tester on my finger. The PULSE OXIMETER OXYGEN HEART RATE MONITOR is a little contraption that clips on to the end of your finger and in a matter of seconds reads your body's oxygen level. Mine showed 94% and she said that was good and normal. I asked her if I could do an experiment - knowing how potent our YL oils are for increasing oxygen in our blood and cells. So, I took a drop of Peppermint on my tongue and she put the oxygen reader back on my finger and in just less than a minute later it read 99%. She was impressed and I thought well of course! Peppermint, as we know from Gary Young, increases oxygen in our brains by 28%.

Fun With Phosphates?

April 6, 2009 From LA Times

The detergent industry has pledged to make every automatic dishwashing soap sold in the U.S. and Canada nearly phosphate-free by mid-2010.

With 12 states—including Washington—phasing in low-phosphate laws by the end of next year and four others considering them, industry officials say they are gearing up to produce a new generation of products that will clean dishes while not harming lakes and streams.

The pledge marks a significant turnaround for an industry that until recently not only opposed such laws but also warned that many phosphate-free dishwashing detergents didn't work the way consumers expected them to.

But plenty soon will be available, said Dennis Griesing, vice president of government affairs for the Washington, D.C.-based Soap and Detergent Assn.

So here's the deal. Phosphates really are a danger, creating runoff that kills fish and plants. And Spokane has a uniquely bad problem with phosphates. And apparently it's entirely possible to create phosphate-free detergents. The industry just didn't feel like doing it. But now their hands are being forced. And guess what? It turns out they can do it after all. Imagine that.

Abundance has no limit!

As grand as any achievement may be, it is not the ultimate. Because it opens up new possibilities for even greater achievement.

That's why it makes no sense to be envious or resentful of the accomplishments of others. Those accomplishments each increase the number of opportunities available to you.

Rejoice at the success of others and you instill the power of that success within yourself. Be thankful for positive progress and you will become part of that progress.

The most successful people are those who encourage and enable others to succeed. Truly appreciate real value and you'll find new ways to create more value.

Abundance has no limit. A life that is richly lived creates much richness in the lives of those all around.

Every achievement you see, see as a beginning. Appreciate the richness that is, and you'll be creating even more. - Ralph Marston

Young Living Abundance Oil



Abundance was created to enhance the frequency of the energy that surrounds us through electrical stimulation of the cells. This frequency creates attraction. Diffuse, wear on wrists and behind ears as a perfume.

Ingredients: Myrrh, Cassia, Frankincense, Patchouly, Orange, Clove, Ginger, and Spruce. YL Product # 3300

Customer Price: \$41.78 USD

Preferred Customer Price: \$36.76

Wholesale Price: \$31.75 USD

Essential Oils for Pregnancy & Birthing compiled by Hasso Wittboldt-Mueller, Naturopath

Use Essential Oils for self-empowerment during pregnancy to create the time and space inside yourself to listen to your inner guidance. We are all bio-logical individuals, and therefore respond different to different stimuli. The YL Essential Oils described here are very safe to work with in general. Most oils can actually be used neat on most adults, but please avoid contact with eyes and only use in diluted form on the genital area and on mucus linings, as some oils might sting if not diluted with a carrier oil such as YL's V6 or any pure vegetable oil. Some people are more sensitive than others, and Essential Oils are highly concentrated substances. Often it is not the amount of essential oil used at any given application but the frequency of use that creates powerful results. In this point natural remedies differ vastly from Western Medicine because the strength of Essential Oils comes through their ability to change the vaster field, rather than just an isolated single function. Please refer to the 'YL User Guide' Guidelines for further Safety information. Contact Hasso at: hasso@fully-alive.com or 415-456-0381. (Note: This article was edited for length and clarity by Message Scent Editor.)

Here is a list of ideas to work from. Follow your intuition and inner guidance when in doubt, or contact someone you trust who knows how to work with YL oils. If no specifics are given, please use your own common sense.

A general guideline is that you want to see responses relatively quickly. If nothing happens for a while after you've applied an oil, it might be wise to try another oil that works in a similar fashion and see if that does the trick.

PRE-NATAL

- ✓ Apply **Valor** topically on spine & feet morning & evening for deep central nervous system relaxation. Amplifies the activity of other essential oils used.
- ✓ Drink 1-2 oz. of **NingXia Red** daily as a general antioxidant support & more.
- ✓ When immune system needs additional support use **Thieves** oil on feet at bedtime to enhance immune function.
- ✓ To optimize intestinal function use **Comfortone**; to prevent constipation use **ICP** and increase fiber consumption for better bowel movement; to improve digestion take **Essentialzyme** before meals.
- ✓ For nausea or morning sickness take one drop of **Peppermint** on the tongue, followed with water. Drinking **lemon** or other citrus oils in water - 5 drops to a quart - all day long, purifies the lymph system. Two oz. of **NingXia Red** can be added.
- ✓ To support circulation, massage legs every day with **Cypress**, **Helichrysum** and **Tangerine** oils mixed with a couple drops of carrier oil; also drink 1 oz. **NingXia Red** juice twice a day.
- ✓ If blood pressure is too low or too high during pregnancy or birthing, use one drop of **AromaLife** on heart and

one on inner wrist; **Clary Sage** lowers blood pressure if too high.

- ✓ For edema, massage 1 drop each of **Cypress** and **Tangerine** into area many times a day and drink several cups of Dandelion Leaf tea throughout the day.
- Water Retention Massage Oil Blend: 2 drops **Tangerine**, 1 drop **Lemon**, 4 drops **Cypress**, 4 drops **Lavender**, 3 drops **Geranium** mixed into 2.5 T almond oil, 1/2 T jojoba oil, and 1 Evening Primrose oil capsule. This can be used throughout pregnancy. Relax on the sofa with your legs raised on pillows. Apply the oils to your feet, ankles and legs, massaging toward your heart to help circulation.- ✓ For emotional support, use **Forgiveness** when holding onto the past; **Surrender** to help with letting go. To strengthen energy, apply one drop **Energy** to each kidney or on bottom of feet and 1 drop of **Rosemary** on neck.
- ✓ For perineum care and to avoid a possible episiotomy, use this blend for perineal massage prior to labor. Perineum blend: 5 drops **Clary Sage** and 2 drops **Rose** in 1 oz. wheatgerm oil. Apply **Myrrh** on the perineum diluted 1:10 with carrier oil. Apply **Claraderm Spray** several times a day on the perineum. Three weeks before delivery, mix and rub on the perineum three times a day: 8 drops **Geranium** and 5 drops **Lavender** mixed with 1 oz. almond oil. This helps to soften the cervix and thins the membrane to get ready for delivery. One week before delivery: apply 8 drops **Geranium**, 5 drops **Lavender**, 5 drops **Fennel** mixed in 1 oz. almond oil on the perineum to further prepare. For perineal tear and trauma, apply **Claraderm Spray** several times daily to hourly, and

apply a few drops of **Myrrh** or **Melrose** diluted 1:10 in carrier oil. Sitzbath with a blend of 2 drops **Cypress**, 3 drops **Lavender** and 1/2 tsp of seasalt mixed into bath water.

✓ Skin blend during pregnancy: Add 4 drops each of **Tangerine**, **Geranium**, **Lavender**, **Cypress** and **Lemon** to 2.5 T almond oil, 1/2 T jojoba oil, 1 Evening Primrose capsule and 1 Vitamin E capsule. Use this blend daily during pregnancy. Apply to wet skin after showering, especially on growing belly to reduce stretch marks.

✓ Stretch mark prevention: Apply **Tender Tush Ointment** a few times per day where needed. Also mix **Lavender** and **Gentle Baby** with carrier oil and apply liberally. **Gentle Baby** and **Prenolone+** cream also work well on stretch marks.

✓ For tiredness, take a bath with 10 drop of **Rosemary** and a 1 tsp of salt.

✓ Invigorating massage oil pregnancy blend: 17 drops **Rosewood**, 6 drops **Orange**, 2 drops **Geranium** added to 50 ml carrier oil.

DURING LABOR

✓ For mothers' back pain, use **Pan-Away** topically on area of pain, neat or diluted with a few drops carrier oil; use **Valor** on shoulders and feet; use **AromaSiez** topically on area of pain.

✓ For fear or panic, diffuse **Peace & Calming** during labor or apply to wrists and chest; add **Lavender** to bath water or diffuse in delivery room.

✓ Diffuse this blend in birthing room: 40 drops **Lavender**, 37 drops **Frankincense**, 21 drops **Ylang Ylang**, and 20 drops **Roman Chamomile**.

✓ For water births, mix 10 drops **Peace & Calming** or **Lavender** to bath with salt added to water.

- ✓ During labor apply this blend topically only after labor starts: 4 drops *Helichrysum*, 4 drops *Fennel*, 2 drops *Peppermint*, 5 drops *Ylang Ylang*, 3 drops *Clary Sage* in 1/2 oz. carrier oil. Massage inside ankles, on little toes, little fingers and lower tummy and back.
- ✓ Washcloth blend: Place 10 drops *Jasmine*, 5 drops *Roman Chamomile*, 5 drops *Geranium*, 20 drops *Lavender* in a bowl of water, swish a washcloth and use to cool mom's head and face.
- ✓ For mouthwash and oral hygiene, or if mother has a sensitivity to breath smell of support team, have them swish a sip of *Thieves Mouthwash*, or take a drop of *Peppermint* or *Lemon* orally.
- ✓ To increase and strengthen contractions, apply *Clary Sage* around inside of ankles and take internally as needed, one drop every half hour.
- ✓ If dilation is delayed, take *Clary Sage* orally (1 drop every 15 minutes or 6 drops hourly) and watch changes over next couple hours. Repeat if necessary.
- ✓ To halt early labor, apply 5-7 drops of *Clary Sage*, *Fennel* or *Lavender* on belly - wait and see. For calming and relaxing, diffuse or apply *Peace & Calming* on the heart and solar plexus.
- ✓ *Jasmine* and *Clary Sage* can also be helpful to encourage labor. Amount varies from case to case. Take a drop of *Clary Sage* internally, for example, once every 15 minutes to an hour. Only use *Jasmine* externally as a fragrance, don't use it internally.
- ✓ For breech babies, apply several drops of *Myrrh* topically to belly; repeated application might be needed.
- ✓ For any type of bleeding use *Helichrysum* internally (depending on situation-talk to midwife) and *Trauma Life* externally.
- ✓ If there has been head trauma during birthing, apply *Trauma Life* topically on head/neck area, crown of head and feet right after birth.
- ✓ Use *White Angelica* on shoulders to strengthen and protect auric field; apply *Harmony* on chakras and/or the spine; and apply *Valor* to feet/spine for grounding.

- ✓ For chest congestion during labor, diffuse/inhale *Eucalyptus Globulus*, *Eucalyptus Radiata* and *Rosemary*.
- ✓ Afterbirth blend: topically massage 10 drops *Geranium* and 15 drops *Jasmine* mixed with carrier oil on belly to help expel placenta and tone uterus.
- ✓ Apply *Myrrh* to end of umbilical cord for better healing.
- ✓ Uterine tonics: *Jasmine*, *Clary Sage*, *Frankincense*, *Ylang Ylang*, *Nutmeg*.

POST-NATAL

- ✓ After birth, anoint your baby with *Frankincense*. Apply on whole body diluted: 30 drops in 1 oz. carrier oil.
- ✓ For breast infection, 'milk fever' or mastitis (when breasts aren't emptied completely, when milk ducts get clogged, or if breast-feeding stops abruptly), use a cold compress hourly with 1 drop *Geranium*, 1 drop *Lavender*, and 2 drops *Rose* in 1.5 pints cold water. Dip washcloth into water, squeeze excess out and apply on breasts. If fever accompanies infection, add *Eucalyptus Globulus*.
- ✓ To encourage lactation take 2 drops *Fennel* in honey water every 2 hours.
- ✓ For colic, make a compress with one drop *Roman Chamomile* and warm water, and apply on baby's belly.
- ✓ For Cesarean section, use *Trauma Life* or *Rose* to heal emotional trauma; *Gentle Baby* to heal and rejuvenate skin/tissue; *Helichrysum* topically to stop bleeding; take 10 drops of *Idaho Balsam Fir* one time in a 'OO' capsule internally to wean off pain medications; after C-section use *Believe* topically for wound healing; use *Lavender* topically to prevent scarring and encourage skin healing; use *Trauma Life (Helichrysum, Lavender, Valerian, Sandalwood, Rose, Spruce, Geranium, Davana, Citrus hystrix)* to cover a large terrain of application for C-sections.
- ✓ Following episiotomy, apply diluted *Frankincense* around vaginal opening.
- ✓ For heart burn, take one drop of *Peppermint* internally as needed; apply three-four drops of *DiGize* on belly; or a combination of both works best! Dilute these oils 1:10 for topical application on your baby's feet to relieve colic.

- ✓ Take a sitz bath for vaginal itching adding 1 drop *Rose*, 1 drop *Peppermint* and 1 tsp seasalt to bath water.
- ✓ For diaper rash, dilute *Gentle Baby* 1:30 with carrier oil - apply as needed.
- ✓ For muscular pain, apply *AromaSiez* on location several times a day with a squirt of carrier oil or use *OrthoSport Massage Oil* for muscular and skeletal pain. Apply *Rosemary* directly on muscles, and *Valor* directly on sore areas, bottom of feet, and spine.
- ✓ Post Partum depression often arrives with onset of lactation, 1-4 days after birth. Take 2-3 capsules of *Thyromin* at night to support thyroid gland function or *Ultra Young* sublingual spray to jump-start pituitary. Add a few drops of *Jasmine* to bath with 1/2 tsp. sea salt. Alternatives include using *Ylang Ylang*, *Clary Sage*, *Rose* or *Frankincense* diffused or applied anywhere on the body, neat or diluted. A blend of 2 drops each *Bergamot*, *Ylang Ylang* and *Clary Sage* with 1/2 tsp of salt mixed into bath water will help.
- ✓ For emotional support: *Rose* invokes self-love. Apply topically on chest to strengthen spirit. For self-esteem use *Believe* on forehead. Use *Trauma Life* on back of neck for physical and psycho-emotional trauma. Apply to mother or child after birth, diluted 1:30 for baby.
- ✓ For dry, itchy skin in infants, gently massage with 1 drop *Rose* in 50 ml sweet almond oil.
- ✓ For sleeplessness, put a few drops of *Lavender* on pillow or in bath. Then apply *Valor* on feet before bed time.
- ✓ For sore nipples, apply 1-2 drops *Rose* in 20 ml sweet almond oil.
- ✓ Precautions: Avoid citrus oils on skin areas exposed to direct sun light. Dilute all essential oils for babies 1:30 with a high quality carrier oil. Using oils 'neat' (undiluted) tends to dry out skin. Use a carrier oil to slow down absorption and reduce possible skin sensitivity. Oils to avoid during pregnancy: *Basil*, *Birch*, *Calamus*, *Cassia*, *Cinnamon Bark*, *Hyssop*, *Idaho Tansy*, *Lavandin (a form of Lavender often sold in stores)*, *Rosemary*, *Sage & Tarragon*.

What We Can and Cannot Say About Young Living Products by Vicki Opfer

I just returned from a Diamond Summit in Utah where we discussed what we can say, and what we cannot. There is more leeway for everyday people, like us, to share what we learn and observe than there is for Young Living to do the same. They work very hard to remain compliant with all laws and rules governing these things, and we're all grateful to them for their diligence in this issue. Otherwise, without their diligence, our products would not be available to us.

As far as our products are concerned, we have some that are considered dietary supplements, some that are topical (cosmetic), some that are aromatic, and some that are considered foods. Dietary supplements and foods are highly regulated and monitored. The FDA intends to get even tighter on compliance. Cosmetics are less regulated, and aromatics are not regulated at this time.

The words we've been asked to avoid are medical terms like disease names, as well as words like anti-biotic, anti-inflammatory, etc. What we can say is, "eases pain" or "supports the immune system" or "supports the healing systems of the body."

Our best choice is to pull out our Essential Oils Desk Reference, and say, "Let's see what this book says." The EDR is created by a "third party" and, therefore can be used to share with others.

Share from your heart. Share your knowledge and your experiences, without fear. Help as many people as you can discover the amazing lifestyle that we have in Young Living - using extraordinary therapeutic grade essential oils and oil-enhanced products, every single day, to help us live longer, healthier, happier, and more abundant lives.

This truly is not about selling - it's about sharing. The very best gift you are given is the rewarding feeling you have when you realize that someone is feeling better because YOU were willing to open up and share with them. This is the most beautiful part of our business. And you can even discover how to share this rewarding feeling with others by teaching them how to share with their friends. It's a gift that just keeps giving!

Power Granola Recipe by Carl Janicek

This recipe is a big improvement over store bought cereals while using Young Living nutrition and essential oil flavors!

I have been asked to reprint this recipe by more people than I can recall. I began making this granola years ago after getting some at the store that was downright stale with a strong rancid oil taste and smell. Rancid oils are toxic to ingest, so I took it back to the store only to find they still had it in the bin the next week.

You'll love this granola recipe as much as I do! It takes less than an hour of kitchen time start to finish. The components are exactly the quality and nutrition that you choose, the price is right and it is excellent in nutrition with healthy proteins, fibers and, thanks to Mineral Essence, even includes trace minerals normally depleted from our commercially exploited and chemically treated soil. Enjoy with soy, rice, almond or dairy milk, yogurt or kefir, and with a shot of NingXia Red.

CARL'S POWER GRANOLA

Mix DRY ingredients well in a large bowl:

- 6 cups organic rolled oats
- 2 cups organic rolled barley
- 1 cup YL Power Meal (adds amino acid balance & micro nutrients)
- 1 cup shredded coconut
- 1 cup raw organic pumpkin seeds
- 1 cup sliced organic raw almonds
- 1 cup chopped organic pecans
- 2 T Young Living Mega Cal (added calcium with magnesium)
- 1 t. cinnamon powder
- 1 t. Five Spice powder

Wisk these LIQUID ingredients in a separate container:

- 3/4 - 1 cup grade B maple syrup (organic if possible)
- 1/4 cup toasted sesame oil
- 1/2 cup rice bran oil or your favorite high quality cooking oil
- 5 droppers of YL Mineral Essence (adds the important trace elements)
- 2 t. vanilla or almond extract, to taste

Gently but thoroughly mix the liquid ingredients into the dry ingredients. Spread evenly on two large rimmed cookie sheets. Bake at 350 degrees (325 degrees convection) for approximately 16 minutes. Remove sheets from oven and gently mix the granola. Return to oven and bake another 12 minutes or until beginning to brown. Remove from oven and let cool.

When cool, sprinkle with about 40 drops of YL Orange Oil. Add 1 cup raw organic sunflower seeds along with your favorite dried organic fruits (blueberries, apricots, cranberries, diced papaya). Mix thoroughly & store in a sealed container. ENJOY!

Young Living Essential Numbers

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Parasites and People by L. Winberry

They eat off our tissues, then release their toxic waste back into our systems. Yuk! And yet, while most of us are familiar with some of these common culprits - ringworm, tapeworm, mites, and heartworm - few of us want to accept the possibility that our own bodies often host over a dozen different parasites that feed and live off our internal organs.

While parasites are most prevalent in areas with hot, humid climates, they are finding their way into a large number of American homes. Although they usually live in the gastrointestinal tracts of their hosts, they can travel to the joints and tissues causing aches and pain. Keeping your body healthy and clean decreases their chance of survival.

After my brother, a doctor, tested my middle son and me for parasites, I began a simple parasite cleanse and repeated it at least once a year. Years later our family started traveling to Mexico once a year, and after reading the book, **Guess What Came To Dinner** by Ann Louise Gittleman, I decided to do a more intense cleanse. While the health of our family seemed good as far as not having colds and flu, we struggled with food allergies, gas, sore joints and skin problems. Through my research, I learned the importance of treating the entire family at the same time, pets included.

I noticed that my youngest son, at the age of four, was grinding his teeth consistently at night. While this could be due to a lack of certain minerals, or even an emotional disturbance, it can also be due to parasites. Another symptom he has had for almost three years is an appetite swing between not wanting to eat anything at all, to not being able to eat enough. I took him to my chiropractor to have him muscle tested with a bottle of Parasites homeopathic medicine. That was exactly what he needed. Because of the dark circles under his eyes, another sign of parasites, my chiropractor recommended also using liquid black walnut.

Hulda Regehr Clark, Ph.D., N.D., in her book, *The Cure of all Cancers*, claims cancer can be cured by ridding the body of parasites. She states, "In 1990 I discovered the true cause of cancer. The cause is a certain parasite, for which I have found evidence in every cancer case regardless of the type of

cancer". I strongly believe that a person's health will improve after eliminating parasites, changing the environment where they thrive, and rebuilding the body to a healthy state causing new arrivals to perish before settling down to live.

Dr. Clark names the parasite responsible for cancer as the "intestinal fluke", a member of the flatworm family, which typically causes colitis, Crohn's disease and irritable bowel syndrome. It is when the organism moves out of the intestine and into other areas of the body that several problems result.

After reading Dr. Clark's book and seeing pictures of a fluke, I realized that when I did my first major cleanse over ten years ago, I had passed these parasites. Dr. Clark believes that the fluke moves out of the intestine and into other organs such as the liver and survives in our bodies at different times. It may have started in the shoulder, moved to the chest, then back and so on throughout the body.

The common symptomatic complaints are digestive pain, nausea, headaches, or diarrhea (my two older sons experienced these after beginning their cleanses.) Acute symptoms range from ulcers, acne, foul breath, coated tongue, menstrual irregularities, skin problems, sleep disturbances, itching of the skin and the anus, and constant picking of the nose. Since these also relate to other diseases, they are often misdiagnosed for the flu, Epstein Barr/Chronic Fatigue Syndrome, candida, colitis, or other immune related diseases. Allergies, types of cancer, irritable bowel syndrome and malabsorption syndrome can also be caused by parasites.

Treatment

Consult a doctor or health care professional if you suspect parasites. The basic test for determining parasites is through a purged stool sample. If this test shows you negative and you still suspect parasites, a doctor may recommend a blood test, sputum test, urine test, radiology test, a biopsy or a culture test. Various degrees of detoxification may take place throughout your body during treatment.

1. Clean the intestinal tract: Parasites can't survive in a healthy environment. Remove mucus and encrusted waste through colonics and home enemas along with the use of Young Living's Cleansing Trio. A tablespoon of unprocessed oil a

day helps keep the intestinal system lubricated decreasing the parasite's ability to cling to the walls of the intestine.

2. Modify your diet: Avoid white flour and sugar. Eating a nutritional diet will build the intestinal tract while starving the parasite. A diet of 25% fat, 25% protein, and 50% complex carbohydrates is recommended.

3. Limit Your Intake of: Raw fruits and vegetables, avoid cold or iced foods and drinks. They cause the intestine to contract and hold in toxins. Avoid red meats. Add garlic, onions, carrot tops, radish roots, kelp, raw cabbage, ground almonds, pumpkin and sauerkraut to your diet. Enzymes such as bromelain, papain, pepsin, and hydrochloric acid help aid in digestion of food and parasites.

4. Eliminate parasites with: Young Living's ParaFree, homeopathic remedies, and supplements. Taking large doses of powdered vitamin C helps keep the colon clean and the bowel moving.

5. Avoid re-infection: Through a change in lifestyle and environment. Drink safe water, not stream or even city-treated water. Invest in a reverse osmosis water treatment which blocks even the tiniest micro-organism. The most frequent ways parasites enter our bodies are through:

- Contaminated water and food
- Saliva (kissing)
- The pores of the skin (walking barefoot)
- Petting and handling animals and feces
- Fleas and other insect bites
- Through the nose on windy days
- Sexual intercourse

It is important to remember to wash hands after petting pets, handling dirt or preparing raw meat. Change bedding daily during treatment, and practice other common safe-guarding tips. Parasites can also be transmitted through blood transfusions and breast milk.

6. Details: Parasites are believed to be most active during a full moon. If you choose to do a cleanse, start two days before the moon is full. Drink lots of water, eat figs and sesame seeds on an empty stomach to assist your cleanse during treatment. You may experience flu-like symptoms as the parasites die off. Hydrated bentonite and charcoal help to quickly rid the body of the die off.

Sources: "Do You Have Parasites?" in *Sunshine Sharing*, Vol. 4 #10, 1993; "Parasites" in *Today's Herbs*, Vol. 15 #9, 1995; "The Neglected Tonics!" in *Sunshine Sharing*, Vol. 3 #6, 1992.

“It’s time. If you are to walk the path of heart, then it is time...” -Nippawanock, Arapahoe

If not now, when? If not me, who? To walk the path of the heart is a great honor. Every human has the choice to walk this path, but very few will decide to make it. Why? Well, because you can’t act and behave like everyone else behaves. You must be the person who will learn to look within. You must be the person who will be fully accountable for yourself. You must be the person who prays and meditates. You must be the person who will sacrifice. You must decide to be a Peaceful Warrior. What will you decide today?



Oh, Great Mystery, lead me on the path of the heart.

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