



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Essential Oil Remedies for Our Military Personnel and Veterans by Ruby Gibson

It is unrealistic to expect returning soldiers to be able to overcome the debilitating effects of wartime experience while trying to carry on as usual in an environment with which they have lost touch. Rehabilitation and intervention can be augmented by the use of therapeutic grade essential oils.

Research indicates that stress and other psychological states affect, and in some cases even cause, disease. When stress continues without relief it affects psychological well-being and physical health. Acute or prolonged stress such, as experienced in Post Traumatic Stress Disorder (PTSD), causes hyper-vigilance, extreme anxiety, rage, guilt, and emotional detachment. Physical symptoms of prolonged stress include disorientation, headaches, upset stomach, elevated blood pressure, chest pain, and sleeplessness.

Toxins, environmental pollutants, parasites, mold, fungus, viruses, shock of all types (physical, emotional, mental, and spiritual), and poor nutrition also greatly affect our body's ability to handle stress.

The harmful effects of elevated stress levels in transitioning warriors ripples into their families and communities. When untreated, combat stress plagues a soldier's future health and life experience with challenges and burdens.

Our non-profit group has developed a project, *The Bridge Program*, a 21-day immersion experience that utilizes alternative and complementary healing techniques to assist warriors transitioning from active duty to home life. Based on experience and practice, here are essential oil recommendations to support the well-being of military, veterans and their families.

"About 300,000 Iraq and Afghanistan war veterans suffer from PTSD or major depression, and about 320,000 may have experienced at least a mild concussion or brain injury in combat, according to a RAND Corporation study released this year." —USA Today 2008-10-07

For disorientation: Topically apply **Valor**, **Trauma Life** or **Cedarwood** to feet.

For digestive difficulties: Topically massage **Di-Glze**, **Peppermint**, **Fennel** or **Purification** oils clockwise into abdomen. Ingest capsules of **Peppermint**, **Life 5**, **ParaFree** or **Digest & Cleanse** for intestinal relief. The **Cleansing Trio** is highly recommended to balance the bowels and rid them of parasites after exposure to unfamiliar environments and foods.

For joint pain, knees, elbows, hips: Topically apply **PanAway** or **Wintergreen** for joint pain, **Lemongrass** for tendon or ligament tears or bruising, **Basil** for muscle cramping, **Peppermint** for inflammation, and **Cypress** to increase circulation after injury or amputation. Ingest **Sulphurzyme** or **BLM** to support skeleton and muscles.

For detoxification: Ingest **JuvaCleanse** or **JuvaTone** daily for liver detoxification, especially after immunizations, pharmaceutical use, exposure to armory, heavy metals and toxic fumes, etc.

For headaches: Topically apply **Peppermint** or **Deep Relief Roll-On** to back of head and neck, hourly or as needed.

For overall emotional support: Apply topically: **Joy over heart** for grief and depression, **Peace & Calming** on shoulders for stress, **RutaVaLa** on back of neck for insomnia, **Purification** on liver for anger.



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Essential Oils for Summertime!

Abundance Oil Meditation

"In deep gratitude, and for the benefit of all beings, infinite riches flow freely into my life now."

Repeat 8 times, once for each primary chakra and once for the transpersonal chakra above your head. Place YL Abundance oil in each hand, rub together and energize the front and back of each chakra with the oil while saying the mantra. Do this 3 times a day for 40 days. - Sue Pelechaty

Natural Sunscreen: I use coconut oil as a sun screen and it works great! We are Oregonians, sun deprived, and fairer than most! After playing outside with lots of sun on our sunless skin, I put coconut oil on my 3 kids and myself. I use straight coconut oil with no water. It seems to work just fine, but since our 18 month old has the fairest skin, I re-applied hers with water first to make sure she got the strongest coverage. Everyone ended the day without any burns. Two kids were already a little pink when I put the oil on the first time, and now no pink! Woohoo! I love it when wonderful things like this work! Excitedly looking forward to more sun! - Debi

(Editors Note: Add a few drops of Young Living Frankincense to the coconut oil before applying for additional sunscreen benefits without the toxic side effects of over the counter sun blocks!)

Drinking from Plastic Bottles

Increases Exposure to Gender-Bending Chemical by Murray Wardrop

Scientists have demonstrated for the first time that polycarbonate containers release the chemical bisphenol A (BPA) into liquid stored in them.

As well as plastic bottles, BPA is also found in dentistry composites and sealants and in the lining of aluminium food and beverage cans. BPA has been shown to interfere with reproductive development in animals and has been linked with cardiovascular disease and diabetes in humans.

New research by Harvard School of Public Health found that participants who drank for a week from polycarbonate bottles showed a two-thirds increase of BPA in their urine.

Experts warned that babies are at greater risk, because heating baby bottles increases the amount of BPA released, and the chemical is potentially more harmful to infants.

Study author Karin B. Michels, associate professor of epidemiology at HSPH and Harvard Medical School, said: "We found that drinking cold liquids from polycarbonate bottles for just one week increased urinary BPA levels by more than two-thirds.

"If you heat bottles, as is the case with baby bottles, we would expect the levels to be considerably higher. This would be of concern since infants may be particularly susceptible to BPA's endocrine-disrupting potential."

Altogether 77 students took part in the study after a seven-day "washout" phase in which they drank all cold beverages from stainless steel bottles in order to minimise BPA exposure.

They were then given two polycarbonate bottles and asked to drink all cold beverages from the bottles during the next week. The results showed the volunteers' urinary BPA concentrations increased 69 per cent after drinking from the polycarbonate bottles.

Previous studies had found that BPA can be transferred from polycarbonate bottles into their contents, but this study is the first to show a corresponding increase in urinary BPA concentrations in humans.

With increasing evidence of the potential harmful effects of BPA in humans, the study's authors believe further research is needed into BPA's impact on babies, and on reproductive disorders and breast cancer in adults.
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Warning from Johns Hopkins

Bottled water left in your hot car is dangerous! The heat reacts with the chemicals in the plastic of the bottle which releases dioxin into the water. This has been identified as the most common cause of high levels of dioxin in breast cancer tissue. Dioxins are highly poisonous to the cells of our bodies. Use stainless steel canteens or glass bottles instead! Avoid other dioxin dangers:

- No plastic containers in microwaves.
- No water bottles in freezer.
- No plastic wrap in microwaves.

Dill Oil for Weight Loss: To curb carbohydrate cravings place a drop of dill oil between your wrists and rub together. I did this about three times a day for several days and it's miraculous! On day two or three there were no cravings for carbs or chocolate! When I stopped using dill oil daily, I still felt those carb-liberated awesome feelings! This is so effective. Thank you Young Living! - Jeanne Natre

Lavender Lemonade

From Young Living Cookbook Vol. 1
7 organic lemons, peeled and juiced
2 organic limes, peeled and juiced
14 cups water

1 1/4 cup Blue Agave
1 drop of YL lavender oil
1 drop of YL lemon oil

Mix all ingredients together and chill. Add more water or Blue Agave, depending on the size and tartness of the fruit. Personal tip: I mix all other ingredients except the lemon oil, then add lemon oil one drop at a time, stirring well and tasting after each drop, until the desired taste. Lemon oil can be pretty potent when using as food. Caution - less is more. I think this is a really good idea to use in a booth. I have an event coming up and I will use this idea in our booth. - Pam Jones

Influenza Recipe for Bath

2 drops Eucalyptus radiata
6 drops Frankincense
3 drops Blue Cypress
6 drops Spruce
15 drops Ravensara
1 drop Wintergreen

Stir the above oils thoroughly into 1/4 cup of Epsom Salts or baking soda. Then add the mixture to hot bath water while filling the tub. Soak in hot bath water until it cools, breathing in the oils deeply. Relax and visualize yourself feeling healthy and happy.

Essential Oil Protocol for Autism by Ruby Gibson

I put this protocol together for a family whose 6-year old son, Bryson, was beginning to display signs of Autism after receiving a bundled immunization of MMR (measles, mumps and rubella). Bryson's symptoms included loss of concentration, inability to make eye contact, blank stare, irritability, being uncooperative, lessened vocabulary and self-soothing rocking. His response to this protocol was so positive that I have decided to include it in Message Scent for other families who have children with autism. **Please note that this does not replace the care of a health professional, and please adjust for individual needs, lifestyle and behaviors.**

PROTOCOL: With this protocol it is very important to double Bryson's intake of water to help flush out the toxins. Eliminate all white sugar and white flour products. Use agave, honey or stevia instead of processed sugar. Reduce consumption of meat and dairy, and be sure to have him eat lots of organic fresh fruit and raw veggies, like carrot sticks and celery. Lots of unsweetened juice. NO soda, NO ice cream, NO microwaved food, and NO artificial sweeteners like ASPARTAME.

This cleansing protocol will take from 4-6 months. Be sure to track any changes you notice and stay in touch. We want to eliminate the toxins slowly, so his system does not get overwhelmed.

Also, my friend, Carl Janicek, recommended the homeopathic remedy THUJA - 6c or 12c - as an anti-sycotic miasm remedy, but he recommends muscle testing Bryson with it first to be sure it is the correct remedy. You can use this in conjunction with the essential oil protocol below if you choose to use the THUJA.

ESSENTIAL OILS:

Brain Power essential oil blend can be applied at the base of Bryson's head on the occipital ridge, and on the back of his neck. It is also good to apply on temples and around ears, but be sure to keep away from eyes! Apply 2-4 drops daily, once in the morning and once at night. It will help with concentration, focus, and for detoxing the nerve receptors in the brain. Many of the oils in this blend contain high sesquiterpene compounds that have been shown to increase oxygen around receptor sites around the pineal glands, pituitary, and hypothalamus. For brain fog, you can apply a drop on your thumb and put on the roof of his mouth and hold for a moment. This will get the Brain Power directly into his system quickly. (Although it doesn't taste great and he may complain that it tastes yucky! You can always follow with a teaspoon of honey).

Valor is for grounding, strengthening and balancing the energetic and electrical systems of his body, enhancing internal resources. Apply to Bryson's feet in the evening before sleep to settle him down, or to relax on a stressful day (good for adults too!). It's good when things feel *overwhelming*. The affirmation to use with this oil is, "I come from my strength."

JuvaCleanse is a blend for liver detoxification. It is rather strong, and most adults take 3-10 drops in water daily for liver cleansing. But for someone Bryson's age, it would be better to apply 3-5 drops to the bottom of his feet once a day. Rub in thoroughly. The three oils in this blend will help to support normal liver function, to chelate heavy metals that have stored in his liver, and to help his body more easily process toxins he is eliminating. It takes about 15 minutes for any essential oil applied topically to make its way through the body.

Thieves is a blend to strengthen the immune system. The oils are highly antiviral, antiseptic, antibacterial and anti-infectious. Good for your entire family as natural antibiotic support. Apply 5-8 drops topically on Bryson's feet when he begins to feel a flu or cold coming on. More for adults, less for children. You can also put a couple drops in a small glass of warm water and gargle with it to ease a sore throat. This oil can be taken internally, so be sure to swallow the water after you gargle. And you can apply topically over swollen glands to support the lymphatic system. This oil has a warming sensation from the cinnamon and clove oils, and it can be irritating to sensitive skin, so blend with a carrier oil if needed, especially for young children (see note below).

Oregano is a single oil that may help respiratory infections, digestion problems, balance metabolism, viral and bacterial pneumonia, respiratory system problems, and strengthen the vital centers. Best taken in capsules. It is fantastic to eliminate colds and flus when taken internally. Use in this Antibiotic Recipe by Dr. Terry Friedmann: Place 9 drops Thieves, 6 drops Oregano and 3 drops Frankincense in a OO capsule, and take 2 caps twice a day for adults. For Bryson half the dose, or if he can't swallow capsules, apply oil to his feet and then cover with socks for immune system support.

Important Note: If you get essential oils in the eyes or mucous membrane areas, it might sting or burn temporarily. If this does happen, apply a few drops of a good quality vegetable carrier oil, such as olive, almond, apricot seed oil, jojoba, (NO canola oil), around the eyes or place of irritation. This will dilute the action of the essential oil and reduce irritation within a moment or two. Do not apply water, as it will increase the action of the essential oil.

MultiGreens is a whole food supplement that will help to keep Bryson's pH in a balanced state (which is absolutely necessary for effective detoxing), to bring greens into the blood stream for cleansing and energy, and as a chelator of heavy metals. This nutritious chlorophyll formula is designed to boost vitality by working with the glandular, nervous, and circulatory systems to relieve stress, and promote energy metabolism and glucose utilization. It is recommended by Carl to take a capsule of the VitaGreen and mix into Bryson's food AFTER cooking, or best is to put the VitaGreen in water or juice and have him drink it if he can handle the flavor. I like it, but he may need to enjoy it in applesauce, etc. It will help pull mercury and other heavy metals from his tissues and into the blood stream for elimination.

K & B is a tincture to assist Bryson's kidneys while eliminating the heavy metals/mercury. It is formulated to nutritionally support normal kidney function. See directions on bottle, and half for a child dose. If you can have him drink it daily in juice, milk or water, that is best.

Additionally, it is important to do all this on a daily basis to be effective, AND take one day a week off for Bryson's body to rest and integrate, and do not take supplements or oils on this day.

In 2002, studies conducted in both the US and UK showed that autism now occurs in 45 to 68 children out of 10,000 live births - an increase of 1000 to 1500% in a decade.

MOTHER'S FEEDBACK:

Three Weeks: Bryson has made some major improvements in the past three weeks using this protocol and we are so happy about them! He responds much better now and his vocabulary is increasing. More little sentences, etc. Even his speech therapist has noticed a big change. Kindergarden applications are in full progress. I have been to two Montessori schools to look at their kindergartens. Montessori seems like a really good option for Bryson and I am giving him the opportunity here at the house to do some things the way Montessori would do it. It helps build his concentration and also his self-confidence.

Four-Six Weeks: Bryson has made great improvements in the past 4-6 weeks. He has been very responsive, his vocabulary has picked up, he has become more independent, and follows rules and directions easier - it's just been so wonderful! Now that winter is over, he is riding his bike almost daily. He loves to ride his bike. He now likes to look at books! That is huge and I am sure that it will help his language development since he now actually pays attention when we look at books together. Thank you so much! Fabienne

Raise Your Immunity Frequency With Essential Oils to Beat the Common Cold

Natural News
March 23, 2008 by: Teya Skae

The humble cold is one of the most common illnesses, leading to more doctor visits and absences from school and the workforce than any other illness every year. So what causes you to catch colds? Technically you do not “catch” colds but, rather, become infected with a cold/flu bacteria or virus.

Whether you come down with a cold is due to the fact of whether your immune system is working at its best to ward off invaders. When we function at our optimal level, our immune system – which protects us from invading bacteria and other micro-organisms – can cope. However, when we are stressed our immune system is greatly challenged and that is when we spiral downwards because our healthy body frequency range is lowered, allowing the invading microbes to take over our system.

What is meant by Healthy Frequency Range?

Frequency is a measurable rate of electrical energy that is constant between any two points. Every living thing has a frequency, including our brain and our bodies. Electrical frequency is measured in hertz (Hz), kilohertz (kHz), and megahertz (MHz). The average frequency of a healthy human body is between 62 - 78 Hz.

How is all of this known?

In 1992, Bruce Tainio of Tainio Technology, a division of Eastern Washington State University, developed new equipment to measure electrical frequency in humans and foods. This equipment was used in a research study at Johns Hopkins University to determine the relationships between frequency and diseases. Tainio found the average frequency of a human body is between 62 - 78 Hz, the upper body being between 70 - 78 Hz and the lower from 62 - 70Hz.

Further support for these findings is given by Dr. Robert O. Becker M.D. in his book, *The Body Electric*, who also explains that a person's health can be determined by the frequency of the person's body.

Another doctor and scientist, whose research has been buried for some time but has managed to resurface due to the work of avid supporters, is Dr. Royal Raymond Rife, M.D. who developed a frequency gen-

erator in the late 1920's. In brief, Rife successfully treated 1,000 patients diagnosed with incurable cancer in the 1930's. He was honoured with 14 awards and an honorary doctorate. After the unsuccessful attempt by pharmaceutical companies to buy out his research and equipment, his office was ransacked, his research paperwork was stolen and the machine that healed all those 1,000 “incurable” cancer patients was destroyed.

In 1934, before this destruction occurred, the University of Southern California appointed a Special Medical Research Committee to bring terminal cancer patients from Pasadena County Hospital to Rife's San Diego Laboratory and clinic for treatment. The team included doctors and pathologists assigned to examine the patients – if still alive – in 90 days.

After 90 days of treatment, the Committee concluded that 86.5% of the patients had been completely cured. The treatment was then adjusted and the remaining 13.5% patients also responded within the next four weeks. The total recovery rate using Rife's technology was 100% (www.rife.org).

What Rife had developed was a 100% effective cure for many forms of cancer. So why do we not know about this and why are there so many cancer research foundations in existence?

“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”

– Albert Szent-Gyorgyi,
Nobel Laureate in Medicine (1937)

Put simply, it is due to the economic motives of the orthodox medical community, which relies on funding for cancer research – such funding often coming from pharmaceutical companies – and whose fortunes would be damaged if a cure for cancer was found. (That is, it's OK to search for a cure but not really find one!)

What Rife proved is that every health disorder has a frequency, which in turn responds (resonates) to a specific (optimal) frequency for its dissolving/healing in the body. People who maintain their optimal frequency, at least of their immune system, would prevent development of symptoms and illnesses associated with the common cold. Of course, in practice this does not work for most of us because, being human, we experience stress and emotional challenges on a daily basis,

which lower our body's frequency. Hence, we need to raise our body frequency regularly/daily with the right substances that are compatible at the cellular and energetic level of our being, rather than wait until our body frequency drops so low that it becomes a friendly host for microscopic invaders.

How can this be proven?

According to a report (Epidemiology, May 2001; 11:345-349), psychological stress – particularly the chronic type that may accompany a personality with a negative outlook – is a risk factor for contracting colds. An optimistic outlook and outgoing personality seemed to protect individuals, researchers found.

The findings indicate that high levels of psychological stress are closely associated with contracting the common cold. While the common cold is rarely a serious health hazard, it is responsible for about 30 million days of lost work in the U.S. each year.

To investigate whether stress increased the likelihood of developing a cold, the researchers surveyed more than 1,100 Spanish university staff and students at regular intervals over a one year period. The study focused on different types of stress, including stress from life events, perceived stress, having a generally negative outlook, anxious or compulsive personality, compared with having a positive outlook/attitude to life.

Individuals with a negative outlook were at greatest risk of developing colds – regardless of their intake of vitamin C and zinc or their smoking and drinking habits. The next highest-risk individuals were those who believed that they were under stress. These people were nearly three times as likely to develop a cold, according to the report.

Should Antibiotics Be Avoided?

Colds can be contracted as the result of contact with more than 200 different viruses. However, among cold viruses, the rhinovirus and the coronavirus cause the majority of colds. Each time you have a cold, it is caused by a distinct virus, e.g. adenovirus, rhinovirus, parainfluenza virus, and coronavirus. Viruses are much smaller than bacteria. They are tiny clusters of genetic material surrounded by a protein ‘wrapper’.

Medical science currently does not have any drugs that can kill these viruses. Antibiotics, including penicillin, do not have any effect on viruses. They are only used to treat secondary bacterial infections that can further complicate the effects of a cold.

How Are Colds Actually Contracted?

The most common source of infection is not from coughing or sneezing, or walking barefoot in the rain, but from hand-to-hand contact. That is why, when you have a cold, washing your hands frequently is very important. The likelihood of contracting the cold virus increases if one is overtired and physically exhausted.

Most uncomplicated colds last eight to nine days; about 25% last two weeks; and 5-10% last three weeks. As long as one's temperature remains below 38.8 degrees Celsius, there is no need to lower it. Cold viruses do not reproduce at higher body temperatures. In fact, slight fevers help us rid the body of the virus quicker and feel better much sooner. It is our body's own way of ridding itself of toxins.

Why are Aspirin and Tylenol counterproductive?

A study (J Infect Dis, Dec 1990; 162(6):1277-82) showed that people who take aspirin and Tylenol (acetaminophen) suppress their body's ability to produce antibodies that destroy the cold virus. This actually causes the body to take longer to fight the cold and it accounts for any secondary infections and post-nasal drip.

What Can Be Done to Prevent Getting the Common Cold?

While orthodox medicine does not have the answer for colds and 'flu', nature does – it comes in the form of pure organic unadulterated Therapeutic Essential Oils. Why? Because they are made up of very high frequency molecules (ranging from 52MHz to 320MHz) and contain nature's wisdom and power to raise the body's frequency and to assist our immune system in fighting viral invasions. (Organic Therapeutic Essential Oils are not the same as everyday aromatherapy oils, which are produced for fragrance and other purposes.)

We now know that in order to prevent colds, our immune system needs to be working well and our overall body frequency needs to be in its optimal range. Our optimal range can be lowered by negative thoughts/emotions, stress, blood chemistry imbalance, and ingested chemicals, which allow us to contract colds and viruses in the first place. Research has found that the high frequency of essential oils creates an environment where bacteria, fungi and viruses cannot survive. Essential oils provide a high frequency environment for the body.

Researchers have found that some essential oils – oregano, thyme and rosewood oils, in particular – create an autolytic (destruction of cells and tissues by enzymes produced by the cells, themselves) reaction in organisms, including streptococcus pneumonia. Dr. Diane Horne of Weber State University in Ogden, Utah, told the 98th general assembly of the American Society of Microbiology about the serendipitous discovery of the impact of essential oils on cells such as streptococcus pneumonia (bacteria that causes a very serious type of pneumonia in children with sickle cell disease).

When Dr. Horne's co-researcher was spraying aromatic oils in the laboratory, Dr. Horne looked at the streptococcus pneumonia bacteria that she was preparing for another experiment and noticed that its cells were literally falling apart. Dr. Horne and co-worker Sue Chao, of the Young Living Essential Oils Company of Payton, Utah, tested the autolyzing properties of 74 essential oils and discovered that the best results occurred with oregano, thyme and rosewood and that intermediate inhibition of the pathogens was achieved with cinnamon oil and clove oil. Dr. Horne pointed out that the oils also proved to be a powerful remedy against E. coli and several species of fungi.

Dr. Horne and the Young Living Essential Oils company are not the only ones who now use therapeutic essential oils for destroying viruses and bacteria. Up until a decade ago, France was the forerunner of medical aromatherapy, where essential oils are encapsulated and prescribed to be taken orally or as suppositories by the patient.

How Do Essential Oils Exert Such Powerful Effects In Our Bodies?

Chemically, essential oils' cell structure is very similar to the human cell structure. The essential oil of a plant and the human blood share several common properties. The four primary elements in both human beings and essential oils: Plant Cells and Human Cells contain carbon, hydrogen, nitrogen, and oxygen. This shared chemistry makes essential oils one of the most compatible of all plant substances with human biochemistry. In addition, essential oils have a protein-like structure that is similar to that found in human cells and tissues, which allows the human protein cell structure to readily identify and accept the chemical constituents (powerful healing properties) of essential oils.

Essential oils have been proven to fight

infection, improve the immune system and, because they contain hormone-like compounds, are very effective in initiating cellular/tissue regeneration. Why do they do this? Simply, because it is their job; because Mother Nature intended them to do so in order to protect the plants, themselves.

Working as the chemical defense mechanism of the plant, essential oils possess potent antibacterial, anti-fungal, and antiviral properties. Essential oils are the plant liquid containing the Life Force of a plant. Analogous with the human body, essential oils are the blood plasma and immune system of a plant. They are volatile liquids distilled from various parts of plants, including seeds, bark, leaves, stems, roots, flowers and fruit.

This liquid is the essential oil that helps the plant to survive, which is why essential oils are called essential. Put simply, without it, the plant can't survive. This same principle works in a very similar way in the human body, due to the fact that essential oils can permeate our tissues by being so highly compatible with our cell structure. Dried herbs don't compare in potency.

How Can This Be Possible?

Essential oils are complex substances, containing 80-300 compounds of different chemical constituents, and all these compounds work synergistically. Nature's wisdom is encoded in the life force of a plant. Because essential oils are the life force of a plant, they need to be treated with professional respect and understanding in order to retain their powerful healing properties.

In Summary

Orthodox medicine has no cure for the common cold and the latest mainstream advice for preventing colds comes from studies stating to just avoid stress. This is neither possible nor realistic for the majority of the population as stress is always present in some way, emotional or otherwise. Extensive scientific research has proven that essential oils are quite capable of fighting the common cold because they are anti-viral, antibacterial, anti-fungal, anti-parasitic, anti-inflammatory and {anti-stress - editor's add}.

Use Young Living grade-A therapeutic essential oils to help our immune system ward off the attacks of the common cold as well as destroy other microbial invasions, such as candida infections, viruses and parasites. As essential oils are very high frequency molecules, they are able to raise our overall body frequency every time we use them.

Martha Wertz's A, B, C Beginner's Guide to Success with the Young Living Business

A = Aroma Agenda

What is your essential oil meeting about? Who is it for? What do you want to achieve? Be clear about your desired outcome before you begin.

B = Basics

Teach about the 9 Everyday Oils. What are they, how to use them, how to get them. Why use Young Living? What are the benefits? Consider the basics: who, what, where, when and why?

C = Creative Communication

Offer essential oil parties and events, small gatherings and classes. Provide an educational newsletter. Support your organization one person at a time. Ask them what they need. Stay in touch. Communicate with your Young Living group leaders daily or weekly.

D = Direction

Be sure to give every single person in your group a direction for using essential oils, or for building their business. Help distributors make a plan. Bring in other leaders in your group as a "front or back" person at events for sign-ups, orders and questions.

E = Educate and Embrace

Young Living business is not something you push or pull, but you benefit from attending to it daily. Like a garden, it grows organically; planting lots of seeds in others, fertilizing them with support, watering them with love and dedication, and watching them bloom. Educate yourself and your Young Living group, and you will then be able to embrace the bounty of your efforts.

Good News from Citizens for Health

Health Freedom Coalition has alerted us to the recent passage of Health Freedom legislation by the New Mexico State Legislature. Like similar legislation in Minnesota, California, Rhode Island, Idaho, Louisiana and Oklahoma, New Mexico now protects a variety of independent health-care practitioners from charges of practicing medicine without a license.

The law contains disclosure provisions for protecting the public, which help ensure that the public is well informed. And the law contains disciplinary provisions to remedy violations. The 2007 resolution from the New Mexico Legislature that set the wheels in motion says as follows:

"New Mexico has a long history of cultural healers . . . and healing traditions, including plant medicines and foods, prayer, ceremony and song, and these traditions must be shared with the current generation and preserved by future generations;

"[And in] New Mexico, there are also well-accepted complementary and alternative health care therapies that have historically been practiced by persons who are not licensed or regulated by the state, including naturopathy, homeopathy, meditation, mind-body healing practices, traditional eastern practices such as qi gong and ayurveda, nutrition and lifestyle change, energy therapies, aromatherapy, folk remedies, anthroposophy, herbal therapy and healing practices using heat, cold, water, light and sound;

"[A] large number of New Mexicans are using cultural healers, and complementary and alternative health care therapies, food, food supplements, herbs and herbal remedies . . . [Emphasis added by Citizens for Health.]"

Hair Lice Testimonial

This is what I did when my daughter came home with lice. I mixed olive oil with **Palo Santo** and **Cedarwood**. I soaked her scalp and hair with it, wrapped it up with saran wrap for 30-45 minutes and washed it out with Dr. Bronner's castille soap. I combed her hair to remove the nits and dead buggers, then again, I made a small batch of olive oil with just **Cedarwood**, worked it in her hair and braided it, leaving it overnight.

The next day I did the same one more time for good measure. I cleaned her bedding with **Thieves** cleaner and sprayed everything else down and vacuumed. When she went back to school the nurse called and said she never saw a child's hair completely clean of lice in three days! We never had a problem after that.

As a preventive, I use a little olive oil and **Lavender** on her hair. The lice cannot climb and lay nits on a slick surface. Oils are a blessing! - Chalyce

Gary Young Conference Call
Quote:

"How many realize that there is nowhere else in the world where you can get Blue Eucalyptus except Young Living! Is that exciting? Santa might bring you some more new oils for Christmas this year as well!" 5/9/09

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Release the Emotion and the Disease Disappears by David Stewart

When we face a stressful emotional issue that we are unable to handle, our mind saves the memory for us to access at a later time when we are more mature and better able to deal with it. Experiences that result in buried feelings tend to happen more often in our childhoods when we are less able to cope. They may be forgotten, consciously, but they are not lost. Instead they lodge as cellular memories, lurking in our bodies, only to come back to us as teenagers or adults, but now disguised as physical maladies. How does this happen?

Your Body as a Digital Library

Each cell of our body has 6 gigabytes of memory and we have an estimated 100 trillion cells. This provides each and every one of us an almost unlimited capability to store memories of forgotten traumas in our cells. When we face a situation we can't handle, we don't get to avoid it. We can postpone it, but we can't avoid it. Stressful situations are opportunities to learn spiritual lessons we need to learn. So if we don't handle the situation and resolve the feelings now, in present time, our minds do not forget and erase. They just postpone having to deal with the crisis until we are more ready at some future time.

At the instant of the unbearable experience, your emotional (limbic) brain acts as a librarian with your body as the library. Your mind will choose a place to store that memory for future reference. If, say, the chosen place in your bodily library is your pancreas, then that traumatic memory will lodge there and you won't even know such a memory is there, perhaps for years. Eventually you develop hypoglycemia or a pain in your left side, which is your pancreas' way of tapping you on the shoulder to say, "There is an issue here you need to deal with." If we don't understand that the pancreas is attempting to communicate a message to us and we keep misunderstanding and postponing the taking of appropriate action, the hypoglycemia develops into diabetes or the pain just gets more severe. If we still don't understand the message and respond, the condition can get worse and worse until we die.

Diseases as Coded Messages

Most bodily diseases are coded mes-

sages from our subconscious minds to remind us that unresolved issues stored in our tissues are seeking to be resolved. They are saying, "*Now is the time. Fix it now.*" You don't need to wonder if you are ready and able to deal with the buried issues at this time or not. Your body's wisdom knows when you are ready and chooses the right time for you. So any time you suffer from any physical condition, chronic or acute, ask yourself what happened in the past, perhaps even the distant past, that is the root cause and then attempt to decode the message and take action to resolve it.

It takes a lot of honest introspection, prayer, and inner spiritual effort to succeed, but it is what we have to do. An emotional issue resolved is a spiritual lesson learned. When the emotional root of a physical condition has been resolved, the physical condition will disappear because it was only a message, a message no longer needed. It may not disappear overnight, it may take time, but it will disappear and, sometimes, literally overnight.

The rewards for engaging in daily efforts to clear our emotional baggage are many. Our physical disabilities can disappear. Our happiness level increases and a sense of peace comes over us. We feel closer to God and a greater sense of security. We become more stable, more focused, and a more pleasant person to be around. Working on our emotional health is one of the most rewarding things we can do for ourselves and for everyone around us.

A Case in Point

I recently was witness to a near-instant healing from an emotional release that dramatically demonstrated - *When the underlying emotion is cleared, the overlying malady disappears.*

I was doing a free public program on emotional release with essential oils. Before we began I noticed a lady seated beyond the back row with her legs propped on a chair. I told her that she wouldn't be able to see or hear very well and to move closer to the front. She replied that her legs and feet were severely swollen and she had to keep them up on a chair in order to sit through the program without too much discomfort. She

did not know anything about essential oils and had come out of curiosity.

When I was talking about how certain physical conditions correspond to certain emotions, I asked the audience to name some physical problems that I could look up in one of the books I had on hand. The lady in the back raised her hand and asked me to look up edema or swelling in the lower limbs. I found that this is symbolic of *hanging onto things you need to let go of*. She nodded in agreement with that finding.

Later, I called for a volunteer to be the receiver of a facilitated emotional release to be done on a massage table. Since many raised their hands as willing volunteers, we took names and drew one from a hat and the name of the woman with edema was drawn.

We went through the emotional releasing protocol as a teaching demonstration and used a number of oils. Oils were applied to her feet, neck, and head while she was given oils to apply to her abdomen and heart. After the preparatory stage, releasing stage, and concluding grounding stage, all of which took only about 30 minutes, she was ready to sit up. She commented that she had let go of a lot of *stuff*. She was given a bottle of water to drink and the program was concluded.

My Edema is No More!

That evening while I was lecturing, the lady with swollen legs and feet walked in. "*Dr. Stewart,*" she said, "*Look at my shoes. They are brand new but I have not been able to wear them for months because of the swelling. But look, my edema is no more!*" she exclaimed. "*Within an hour after the treatment, my edema completely disappeared. I can wear my new shoes again.*"

It was quite visible that her extremities were no longer swollen and her face appeared years younger. She was now able to sit comfortably in a chair for the two-and-a-half hour evening program without needing to prop her legs up. This is a good illustration of the dictum:

"When emotions are resolved, the corresponding body condition disappears because it was only a message which is now understood, acted upon, and no longer necessary."

Recommended Reading: *Releasing Emotional Patterns with Essential Oils* by Carolyn Mein, and *My Body, My Earth, The Practice of Somatic Archaeology* by Ruby Gibson (mybodymyearth.com)

MAY I BECOME THE DOCTOR AND THE MEDICINE,
AND MAY I BECOME THE NURSE
FOR ALL SICK BEINGS IN THE WORLD
UNTIL EVERYONE IS HEALED.

MAY A RAIN OF FOOD AND DRINK DESCEND
TO CLEAR AWAY THE PAIN OF THIRST AND HUNGER
AND DURING THE AEON OF FAMINE
MAY I MYSELF CHANGE INTO FOOD AND DRINK.

MAY I BECOME AN INEXHAUSTIBLE TREASURE
FOR THOSE WHO ARE POOR AND DESTITUTE.
MAY I TURN INTO ALL THINGS THEY COULD NEED
AND MAY THESE BE PLACED CLOSE BESIDE THEM.

by Shantideva
from A Guide to the Bodhisattva's Way of Life

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“Do what we can, summer will have
its flies.” ~ Ralph Waldo Emerson

