



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Forgiveness by Troie Battles at YL Wisdom

How would you like to give yourself an amazing gift? What if this gift could truly change your life and who you are? You may have to do some hard things to obtain this gift, but in the end this gift could help you to experience peace and joy like you may never have felt before. The gift is forgiveness.

Learning to forgive those in your life who have really hurt you is truly a gift you give to yourself. When you choose to forgive, you choose to live in the present and the future instead of the past. Forgiveness does not mean you have to forget, but it does mean you need to release the angry emotions and go on. Choice is a very important aspect of the forgiving process because forgiveness doesn't happen on its own, you must choose to forgive. Living your life refusing to forgive can lead to constant feelings of anger, resentment, and bitterness. However, when you choose to forgive it is literally a release from the burden of anger and pain.

Young Living Essential Oils have developed an amazing oil blend called "Forgiveness" that can act as a companion to help you through the forgiving process. This blend will help you to release hurt feelings and negative emotions. It has also been proven to help release negative memories allowing you to move past your emotional barriers. The following is a small sample of what this oil blend is all about:

- ✓ Helps release feelings of anger, promoting forgiveness.
- ✓ Helps elevate the mind to overcome stress and despair.
- ✓ Promotes calming and balancing to the emotions.

You will live a more productive and happier life when you learn to forgive. The very wise Mother Teresa said, "If we really want to love, we must learn how to forgive". Isn't it time to feel more love in your life? Experience the power of forgiveness for yourself and get this amazing oil blend today.

Forgiveness Essential Oil - 5 ml

Forgiveness™ contains a synergistic blend of soothing and uplifting essential oils that may enhance the ability to release hurtful memories and move beyond emotional barriers. The process of growth can only proceed when we have the ability to forgive and let go of negative emotions.

EarthKosher Certified!

How to use: For topical or aromatic use. Apply around navel or wear as a perfume. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

Ingredients: Melissa, geranium, frankincense, rosewood, sandalwood, angelica, lavender, lemon, jasmine, Roman chamomile, bergamot, ylang ylang, palmarosa, helichrysum, and rose in a base of sesame seed oil.

#3339 \$51.82 USD



Compliments of
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The Neuro-Auricular Technique (NAT) by David Stewart

The so called “Neuro-Auricular Technique” (NAT) was originated by D. Gary Young. Contrary to the implications of its name, it has nothing to do with the ears, as the word “auricular” would suggest. It does employ an “auricular” probe, a little glass rod with a tapered, blunted tip, about the size and shape of a ball-point pen, whose original purpose was to place oils precisely on the reflex points of the ear. Gary has done several variations of Neuro-Auricular Technique. Their common denominators include use of an auricular probe to apply oils along the occipital ridge (base of the skull) and cervical vertebrae of the spine (back of neck).

The version presented here is the one Gary originally used for Parkinson’s Disease and is the one that has been done regularly in the Nova Vita Clinic in Guayaquil, Ecuador. It can be done with an auricular probe or a glass medicine dropper. Young Living does not sell the glass probes since they are considered to be medical devices. Glass medicine droppers can be purchased at any drug store and work just as well. They use medicine droppers, rather than the probes, at the Nova Vita Clinic and it was an eye dropper that Gary used at the YLEO Seminar in Guayaquil, Ecuador, February 23-29, 2008, when he demonstrated NAT to a group of Young Living distributors. However, the version Gary demonstrated and taught at the Guayaquil seminar is not the version presented here. (See additional comments near the end of this article.)

Outline of the Technique

Using the six oils in the sequence given below, the following seven-step procedure is done with each one. When the term “probe” is used, it refers either to a glass medicine dropper or an auricular probe:

Oil Sequence

1. Frankincense, 2. Valerian, 3. Vetiver, 4. Roman Chamomile, 5. Cedarwood, 6. Sandalwood

The client needs to be lying face down, preferably with a head cradle on a massage table. You as the facilitator will be sitting in a chair at the head. This technique can also be done with a client sitting backward on a chair leaning forward on the back of the chair while the facilitator sits behind them or stands in front.

1. Apply oil (starting with Frankincense) liberally across the occipital ridge (base of the skull) by dripping it from the bottle and rubbing it with your finger across entire occiput, making sure to include the oils at the center point, which is called the “locus ceruleus” or “medulla”.

2. Place tip of probe on the locus ceruleus. While keeping the tip of the probe on the same spot, make clockwise circles a few times with gentle pressure. Ask the receiver if the pressure is comfortable or not. If not, then lighten up.

3. Place tip of probe on right occipital bone and move probe side to side (parallel with ridge) working slowly toward the locus ceruleus. Then repeat starting on left occipital bone working, again, toward the center of the base of the skull, ending both times at the locus ceruleus with circular motions.

4. Apply same oil liberally on spine from about T3 or T4 (upper thoracic, exact starting point not important as long as it is in the upper thoracic) up the cervical vertebra to the atlas (top vertebra of spine next to skull) and locus ceruleus. Drip the oil from the bottle and smooth with your fingers to distribute the oil.

5. Starting with the lowest vertebra you have chosen in the upper thoracic place probe centered between a pair of vertebrae. Keeping the tip of the probe on the same spot, wave the probe up and down parallel with the spine a few times. Then move up the spine to the next vertebra probing the same way, then up to the next, and the next, until you get to the locus ceruleus (medulla) where you make a few clockwise circles. Make sure your pressure is comfortable to the receiver.

6. Then return to your upper thoracic starting point and place the tip of the probe on one side of the starting vertebra and rock the probe back and forth perpendicular to the spine a few times and then repeat on the other side of the same vertebra. The probe should be placed adjacent to the vertebral bone itself, not at the gap where the nerve root exits from the spine. It does not matter which side you start on first. Then after doing both sides at one location, move up to the next vertebra and do the same. Repeat this process on each vertebra through all of the cervical vertebrae until you get to the locus ceruleus where you do a few clockwise circles.

7. Hooking tips of the fingers along the oc-

cipital ridge, pull headward gently several times. If the client is sitting backwards on a chair, you will have to stand behind the chair, at the head, and pull upwards.

Upon completion of Step 7 above, go back to Step One with the next oil and repeat everything. Continue repeating the 7 steps above with each oil until all six oils have been applied, ending with Sandalwood. (Valerian comes after Frankincense, etc.) When you get to Vetiver (the third oil) it is too thick to readily drop from the bottle. Remove the dropper cap and administer by pouring from the bottle. There is no specific number of drops or amount of oil to be applied in this technique. None of these are hot oils. Just be sure there is enough to cover the portions of the spine involved and the base of the skull, including the locus ceruleus. When you have completed the above seven-step procedure with each of the six oils in the order given, from Frankincense to Sandalwood, you are through. That is all there is to NAT.

Theory and Purpose of NAT

The purpose of the Neuro-Auricular Technique (NAT) is to jump-start and reconnect all of the synapses of the brain and upper spine, particularly in the locus ceruleus and vagal ganglia. The technique is applied along the occipital ridge, particularly focusing on the medullar area (center depression at base of skull) and along each vertebra of the cervical spine (the 7 vertebrae between the skull and shoulders that comprise the neck). There are 12 pairs of cranial nerves. These are nerves that emanate directly from the brain and not from the spinal chord. The first 8 pairs go to the eyes and tear ducts, ears, nose, tongue, facial and chewing muscles, lips, mouth, teeth, and salivary glands. There are 4 pairs that extend from the brain to the throat, larynx, lungs, heart, liver, stomach, large intestine, small intestine, and shoulders that extend down and out between the top four cervical vertebrae which comprises the vagal complex. The fact that there is a pair of cranial nerves directly from the brain to the muscles of the shoulders explains why tense shoulders can lead to headaches while stress in the brain (worry, anxiety, fear, etc.) can cause tense shoulders.

Notice the chemistry of the oils Gary has chosen for NAT. Frankincense is mostly monoterpenes (for balancing and reprogramming). Valerian, Vetiver, Cedarwood, and

Sandalwood are all mostly sesquiterpenes (for oxygenation of the brain and ganglia and for deleting misinformation at the level of cellular DNA). Roman Chamomile is mostly esters (for emotional releasing). The locus ceruleus is a mass of more than 1000 nerves at the base of the brain, highly pigmented as a bluish bundle of nerves. Hence, its name: "Locus" means "location." "Ceruleus" means "sky blue." The locus ceruleus is the central switching station of the body. Every nerve impulse controlling our voluntary muscles as well as our organs passes through this master control station. A principal purpose of NAT is to make sure this vital nerve junction is fully functioning along with the rest of the brain. The locus ceruleus or medulla is the only part of the brain that cannot be operated on surgically. It is the portal through which our vital life energy flows into the body maintaining physical life. If this energy flow is interrupted even for a split second by a surgeon's knife, or by anything else, our spirits are immediately disconnected from the body and jump into the next world, which is spiritual, not physical. In other words, physical death is instant.

The vagus nerve originates from four areas of the brain and exits through the vagal ganglion at the center of the base of the skull in the vicinity of the locus ceruleus (medulla). The vagus nerve has thirteen branches that go to all the vital organs of the body including the esophagus, larynx, lungs, heart, stomach, liver, large and small intestines, spleen, and kidneys. It is through the vagus nerve that the vital functions can still be maintained in a person even though they be quadriplegic, paralyzed from the neck down. The vagus nerve is the largest of the twelve cranial nerves. Its name, "vagus," means "wanderer" because it wanders throughout the organs of the throat, chest, and abdomen as a direct wire to the brain in addition to the spinal nerves that also serve these body parts. The vagus nerve is principally involved with parasympathetic activity, which is largely involuntary and often emotional. It regulates heartbeat, is involved with the release of tears in crying, controls digestion and peristalsis of the esophagus and intestines, production of many hormones, including insulin, control of sphincter muscles, ovarian and uterine function, prostate function, and sexual responsiveness. It is the parasympathetic system that functions during healing and is mainly

involved with protection, conservation, and restoration of body resources and functions.

The purpose of NAT is to fully awaken and restore full capacity to the locus ceruleus and vagal ganglion at the base of the brain and to connect all of the synapses of the brain and upper spinal cord, thus creating an environment that facilitates optimal health, healing, and bodily function. NAT can also be used for emotional release by using oils such as Rutavala and others, as Gary did in Ecuador at the February 2008 Seminar. In this instance, Gary focused mainly on probing the locus ceruleus and vagal ganglionic areas and also on the cervical vertebrae. However, depending on information received by the facilitator (Gary) from these probings, Gary would move to other areas of the spine with different oils, including the sacrum and lower lumbar regions, according to where he felt led by the client's issues. The parasympathetic nerves of the body include, not only those originating in the brain such as the vagus nerve, but also the ganglionic centers of the sacrum.

According to Gary, the version of NAT given in these notes has been effective in correcting Parkinson's disease. In this application, Gary has also added Melissa Oil after Sandalwood as a seventh oil to apply with the probe in the same prescribed protocol. The version presented here with the six oils is the protocol done routinely in the Nova Vita Clinic in Guayaquil, Ecuador. As a client there in February, 2008, I received NAT every other day while there. I also observed it several times when it was performed on others and took notes, which is the basis from which this article is derived. The reason this technique could work for Parkinson's disease is because Parkinson's is due to failure of the locus ceruleus to properly process neural messages and of the vagal ganglion to properly transmit its electrical signals. Since NAT is designed to restore normal vagus nerve function as well as that of the locus ceruleus, the symptoms of Parkinson's could reasonably be expected to be reduced or disappear altogether when these two neural organs regain their healthy normal function. At this time, medical authorities refer to Parkinson's as "idiopathic," which is the medical term for "cause unknown." Doctors understand why compromise of the vagal ganglion and locus ceruleus regions would result in the classic symptoms

of Parkinson's: viz. uncontrollable tremors, stiffness of limbs, spinal rigidity, emotional instability, drooling, and the stooped postures of a typical Parkinson's victim, but don't know the root causes of why these nerve centers, themselves, stop functioning properly. As for proximal causes, Parkinson's disease can follow bouts of acute encephalitis, carbon monoxide exposure, or metallic poisoning, as well as a consequence of some prescriptions, especially Reserpine and phenothiazine drugs. However, while knowing a proximal cause can lead to measures of prevention, such knowledge becomes less important if you know a cure. In fact, knowing a cure can reveal, not only a proximal cause, but a deeper root of the problem. In addition to possible benefits for Parkinson's suffers, the nature of NAT also suggests that there may be benefits for any condition or malady due to malfunctions in the nerve centers of the locus ceruleus and vagal ganglion. Many neurological disorders originating from these centers could potentially benefit from NAT. NAT is currently under development by Gary Young, its creator. He may ultimately refine and modify it considerably from what we have presented here. Gary taught NAT to a group of 340 Young Living distributors in Guayaquil, Ecuador, the last week of February 2008. I was there and assisted him in the training. What he did there was significantly different, using different oils and with a different purpose, mainly for emotional release. The only similarity in what is presented here and what he did there was in the use of the auricular probe or medicine dropper along the occipital ridge and upper spine. However, in that version he used completely different oils and probed other areas of the spine from the sacrum up by which he was able to effect some emotional releasing.

The protocol given here is what they have been doing in Gary's clinic in Ecuador (Nova Vita) since its founding in 2007 and apparently is Gary's original version. I personally received this technique, as given in these notes, more than a dozen times administered by clinic staff. It was from them that I learned it. It was Gary Young that told us that this version is the one, in his experience, that had been effective with Parkinson's disease.

*Check out Dr. Stewart's website at:
www.raindropttraining.com
for articles like this one.*

Sciatic Massage with Essential Oils

By Tiffany Rowan

Last month a friend of mine asked if I would give her a massage. Her sciatic nerve caused her to fall as she was leaning over putting a tack in the wall. She had already been suffering for five days and needed other options that would get her walking normally again. She was able to walk when she took “heavy drugs for pain,” as she called them, but when they wore off, she couldn’t walk normally. Because of the pain, she wasn’t sleeping well either.

I gave her my advice and let her make her decision from there. I explained that the sciatic nerve starts in the lower back, runs through the buttocks and continues down the leg where it finally branches off into nerves with other names below the knee. I would need to massage where the nerve is the largest which means from the lower back to the knee. I used more urgency in my voice when I advised enhancing the effectiveness of the massage using essential oils for inflammation and pain. She was eager for relief so she agreed to the massage and essential oils. Five days is a long time to be in pain, plus all her responsibilities were stacking up. I couldn’t wait to get her some relief.

Tiffany’s Sciatic Relief Essential Oil Formula:

1 oz. Young Living V-6 Vegetable oil
15 drops of Copaiba essential oil
2 drops of Clove essential oil

She had a pain level of 5 when she came to see me. The light in her eyes was gone as pain is very fatiguing on the countenance. She was walking very slowly down the sidewalk and used the hand rails on the deck. She needed assistance from her sister to

get on the massage table. She was able to lay face down so we did the whole massage prone.

1. I first took the foot from the painful side and laid it across the opposite ankle. This opens the muscles that tightly weave in the buttocks to create more space so the sciatic nerve isn’t as pinched.

2. Second, I applied the Sciatic Relief blend over her lower back, buttocks and down her leg to the knee.

3. From now on, most of the work I did was massage. I imagined all the layers of muscle that tightly weave around the hip and buttocks and concentrated my massage on isolating each muscle, applying moderate palm and fist effleurage where the muscle begins and ends (insertion points and attachment points) For the average person reading this, that just means where the muscle attaches from one bone and ends at a different bone. So all the bones affected by sciatica are the spine vertebrae, top rim of hip bone which is the lower back, the sacrum of the hip bone, as well as the greater trochanter knob of the leg. (If you place your hands on your hips and run them down the side of your body, you will feel a knob where your hip ends and your leg begins.) The last bone affected is at the knee.

When visualizing and isolating each muscle, I work my strokes the direction the muscle goes. Imagine the muscle like grain of wood, work “with” the grain like you are sanding wood, but with slow strokes with your palm and later with top of your fist. I may start my strokes going from the top of the muscle to the bottom of the muscle, then I’ll switch and work from bottom to top. Later, I work across the grain of the muscle instead of “with” the grain.

5. Action plan. There always has to be an action plan. The body goes awry for a reason. So we need to stop doing the things that cause the body to go awry. Since her sciatic pain was not caused by an injury, tumor, spinal problems or something like a disease, then she caused her body to go awry. Her action plan was to take it easy for a week to allow the inflammation in the body to recede. She was to continue her stretches three times a day to keep the muscles open allowing enough space for the sciatic nerve so it didn’t get pinched again. Lastly, she was to avoid foods and beverages that cause inflammation and pain. She made it a goal to quit sodas (diet or regular).

Sodas are known for robbing the muscles and bones of precious calcium and magnesium. Without these two precious minerals, muscles cannot flex and extend properly. Soda also causes the body to become acidic, disrupting the healthy pH of the body. So the body pulls even more calcium from the bones to neutralize the acid in order to restore healthy pH. This causes achy bones and joints. Foods containing aspartame such as jello and other items that require no sugar are harmful to muscles and bones. Water is a great source of calcium and magnesium. It keeps muscles staying fluid so they move easier.

Results:

She hopped off the massage table without her sister’s help. She immediately lifted her knee to her chest showing us her improved range of motion. She walked normally back to her car. She didn’t even need the hand rail when going down the steps of the deck. Needless to say, she was a very happy client!

<http://tiffanyrowan.com/essentialoils/pain/sciatic-massage-with-essential-oils/>

Young Living Essential Oils Kosher Certification

Many of Young Living Essential Oils' most popular products are now kosher-certified! Being kosher-certified means that a product is fit to use in any application in a manner that conforms to the kosher laws rooted in Biblical and Rabbinic traditions. These products and the facilities that produce them have been inspected and found to meet strict kosher requirements. Look for the kosher symbol or see



the list below to find out which wonderful Young Living products are kosher-certified.

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- * Clary Sage Essential Oil
- * Clove Essential Oil
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News Flash: The Young Living Ecuador Farm has now been Certified ORGANIC!

How Are Essential Oils Different From Herbs and Food Supplements? by Joanne Schwarm

Discovering how essential oils are different from herbs and food supplements is an important step in learning the variety of ways to use these powerful plant oils. Essential Oils are the heartbeat of the plant kingdom, and are perhaps the most exciting life-giving substance we have in the world today. They represent in plants what blood represents in humankind - life! This heartbeat is the energy that was created to deliver the nutrients into every cell of the body.

Defined, Essential Oils are the subtle, volatile liquids that are distilled from plants, shrubs, flowers, trees, bushes and seeds. An ancient process, oil distillation is a delicate and precise art that has been almost forgotten. Science is just now rediscovering the incredible healing power of therapeutic grade Essential Oils, and beginning to acknowledge their value for our health.

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- ✓ Stimulate the immune system
- ✓ Fight infection, microbes, viruses, bacteria and fungus in the body
- ✓ Potentially eliminate tumors

Recent research has also shown that many of the so called "superbugs" that has modern medicine so concerned,

Gary Young is recorded on the CD "The Missing Link" talking about 'herbs' which are dehydrated. The dehydration process kills the molecules that are present and alive and life-giving in the essential oils.

cannot survive in the presence of Essential Oils. Nor has there been any pathogen known to resist Essential Oils by mutating. Best of all, 100% pure, therapeutic grade Essential Oils are freely available and safe for home use. Many people diffuse the oils into the atmosphere of their homes, creating a virus free and pleasant environment. Many of the oils are applied directly to the skin to receive almost immediate benefit from many ailments. Others are inhaled for relief from headaches, nausea, emotional release, etc.

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Dorado Azul Essential Oil (*Guayofolis officinalis*) is rich in eucalyptol and beta pinene. Dorado Azul has powerful purifying properties and enhances mood. Dorado Azul has high levels of beta caryophyllene to help support normal respiratory and digestive functions. It has a red liquid when distilled and the natives use it to reverse cancer. It looks like stinging nettle, found in the highlands on the coastal area, very aromatic. Some called it goldenweed, because the local people don't have a common name for it; no one knew what it was for sure or what to call it but it is part of the labiatae family. A sample was sent it to a botanist, and he could not identify it.

Dorado Azul has little blue flowers; the leaf turns blue on tips when it has matured. It contains many compounds that are very interesting: Alpha pinenes, to modulate brain function. The hypothalamus is the first to regulate hormone balance and thyroid balance. Limonene is effective with tumors and cancers; eucalyptol 1.8 cineol reduces inflammation. People have experienced a 72% reduction in steroids with use of 1.8 cineol. Fenchone, a hormone molecule, balances estrogen; terpinene 4-ol, which has never been seen before in an oil, is remarkable for respiratory uses. At the Clinic in Ecuador, they are giving Dorado Azul intravenously and experiencing remarkable results.

How to Use Dorado Azul: Use Dorado Azul with Idaho Balsam Fir for muscle aches and pain. Topical: Dilute one drop with one drop of V-6 or olive oil. Then apply to desired area as needed to soothe minor discomforts. Aromatic: Diffuse up to 30 minutes three times daily.

Dorado Azul - 5 ml #3598 0.2 \$27.75 USD

Young Living Essential Numbers

Live Order Entry Operators

1-800-371-2928 Mon-Fri 7am - 7pm MST

Distributor Network Services

1-800-371-3515 Mon-Fri 7am - 7pm MST

Fax Numbers 1-866-203-5666 (US & Canada) 1-801-418-8800

Live Help Operators

Mon- Fri 8am - 11pm

Saturday 10am to 5pm, MST

Sunday 3pm to 11pm, MST

YL Wisdom

www.ylwisdom.com

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www.youngliving.us

www.youngliving.org

Disposable coffee cups, carryout containers filled with cancer-causing agents by Ethan A. Huff, staff writer

(NaturalNews) Millions of people eat and drink from plastic and styrofoam cups and containers every single day, and the US government now admits that many of these consumer products contain known cancer-causing agents. The formaldehyde preservatives found in many disposable coffee cups and foam take-out containers, as well as styrene, another chemical additive used in such products, have both been added to the federal government's list of known or suspected carcinogens.

The addition of these two chemicals, as well as six others, to the carcinogen list this year was reportedly a reluctant decision made by the US Department of Health and Human Services (HHS), which has been pressured by the chemical industry for years to delay coming forward with this information. Nevertheless, both formaldehyde and a chemical known as aristolochic acid have now been categorized as "known human carcinogens," while captafol, cobalt-tungsten carbide, certain glass wool fibers, o-nitrotoluene, riddelliine, and styrene have been dubbed "reasonably anticipated to be human carcinogens."

"Reducing exposure to cancer-causing agents is something we all want, and the Report on Carcinogens provides important information on substances that pose a cancer risk," said Dr. Linda Birnbaum, director of both the National Institute of Environmental Health Sciences (NIEHS) and the National Toxicology Program (NTP). "The NTP is pleased to be able to compile this report." You can read the full report, entitled 12th Report on Carcinogens, here: <http://ntp.niehs.nih.gov/go/roc12>

The chemical industry was quick to denounce the findings, of course, claiming that there is no significant danger from exposure to these chemicals. And some federal officials seem to be kowtowing to this pressure by telling the public that the main concern is the industrial use of these chemicals, rather than consumer use. Even the American Cancer Society (ACS) has urged the public not to worry about continuing to use plastic cups or foam containers, despite the fact that many are loaded with some of the chemicals in question.

Sources for this story include:
<http://www.nydailynews.com/lifestyle...>
<http://www.huffingtonpost.com/robyn...>

Young Living AromaSilk Bar Soaps

It takes approximately eight hours for your skin to replenish the moisture lost during a shower when you use a regular soap. Who knew that? We know that the skin is the body's largest organ and makes up between 15 and 20 percent of your total body weight. Because of its large surface area, the skin can soak in many types of toxins and petrochemicals.

How often have you used a commercial soap and your skin has felt dry and itchy? The U.S. Food and Drug Administration do not regulate the ingredients in soap. Isopropyl alcohol which is found in many soaps not only dries the skin, but can also remove protective oils and create small cracks in the skin, which can trap and harbor bacteria. It should also be known that many of the fragrances used in bath and body products have compounds that are carcinogenic or otherwise toxic.

AromaSilk bar soaps are unlike any other soap on earth. Hand-poured and cured for almost a month, they are mild and long-lasting. These soaps are made with therapeutic-grade essential oils that are redefining natural skin therapy. No more dry, itchy skin because these soaps use a moisturizing vegetable base that contains over 50% moisturizers. The following is a sample of a few AromaSilk bar soaps that are available and sure to improve your life:

Lemon Sandalwood: This soap not only smells refreshing, but is very cleansing and purifying to the skin. The lemon oil found in this soap is highly antifungal, and will help in curing ringworm and athlete's foot. Sandalwood will help protect your skin against viruses.

Peppermint-Cedarwood: This bar of soap offers an excellent blend of essential oils to combat pain and itching. It is analgesic and will help to give you relief from tendon, ligament, bone, and muscle pain.

Sacred Mountain: Do you suffer from oily skin? This bar of soap is made especially for oily skin. It is made up of several essential oils such as spruce, fir, ylang ylang, and cedarwood. The ingredients in this soap will help to dissolve away excess sebum while gently exfoliating.

Do yourself a favor, call Young Living and start using soap that does more than just cleanse the skin. Experience for yourself how much better and healthier your skin will feel with the use of AromaSilk bar soaps.

CLEANSING YOUR BRAIN

Have you ever considered cleaning out your brain? Think about it. We spend so much time keeping the exterior of our bodies in great condition. What do we do to keep our brains functioning at top level? Many of us complain about not being able to think clearly and having a hard time remembering things. So, why not clean the brain? Consider a few suggestions that would be helpful for your brain to be able to function at a higher capacity.

SUGAR: Although we love it, sugar can be detrimental to brain activity. Every Mother knows that Halloween and the days following are some of the hardest as a parent. The result of oodles of candy usually leads to children that are bouncing off the walls. Researchers have found that parents who clean up their children's diets and limit sweets, have seen a drastic decline in hyperactivity. Work on changing your diet and the diet of your family. As you eat healthier foods, you will enjoy a brain that is calmer and able to perform better.

CAFFEINE: Caffeine has been shown to decrease blood circulation in the brain. A study conducted by Wake Forest University School of Medicine showed that the average U.S. citizen's daily consumption of caffeine was the equivalent of just over 2 cups of coffee per day. Consuming just 2 cups of coffee per day constricted blood vessels in the brain and caused a reduction in cerebral blood flow. Obviously, maintaining adequate blood flow by avoiding caffeine would be one good way to keep your brain clear.

ESSENTIAL OILS: Essential Oils are excellent for brain function because they are able to go through the blood-brain barrier and carry oxygen to the brain. Try taking Purification oil by mouth and see how much clearer your thinking becomes. Also, Clarity blend, Brain Power blend, and Present Time blend have proven to be very effective in improving mental alertness. Another great source of brain food is Essential Omegas. Omega 3-rich fatty acids, such as fish oil and flax seed oil are essential to nourish the brain. Your brain works hard for you everyday. Take the time to learn what you can do to keep your brain functioning at its highest potential.

HEALTH FAIRS - HANDS ON EDUCATION OF YOUNG LIVING OILS IN OUR COMMUNITIES BY LINDA PENKALA, LMT

The Spring, Summer and Fall are usually popular times for businesses, churches, and communities to offer health fairs and Green Festivals. These have been fun outreaches for me as a massage therapist to come out of the treatment room with our healing oils, to meet and greet those who may never have experienced our total wellness concept. This can change a person's life. Our founder D. Gary Young has always said the Young Living goal was for every home to have our oils in them. We can all have a part in this grand design.

Visualize walking around a health fair to formulate a plan as to how to captivate, engage and scentually attract folks to our table (that happens naturally!). The goal is to offer varying methods of visual eye candy by way of standing laminated, professional display boards with the roll-ons listing each specific benefit. Another plus is having a different height of products on a raised platform, along with a wooden vertical holder of all 6 roll-ons for attendees to sample, a vertical brochure stand to focus on the beautiful Thieves brochure, a Thieves products laminated display board, a business card holder with your YL website, and a gift that all want to win in the raffle (to generate a data base from the fair) on a six foot long black table. The gifts are typically a Thieves hand sanitizer, 2 peppermint foot soaks I make, my business card, a Thieves brochure and a lip balm, or whatever you wish to give away. I always focus on helping others become aware of the reasons why they would want go green, and de-toxify their environments at work and home. I also include an article I wrote to highlight this topic.

Once a person stops and begins to read, or smell our beautiful oils, I try not to jump on them, or overburden them with words (hard to do at times!), but rather allow them to take it in slowly. Remember – there are many oil virgins out there, and this may be the first time they have ever smelled these alluring

scents, so go slow, and ask if they have heard of essential oils, or have an ache or pain so they could feel the benefits. I ask if they have sinus issues, as many in our great state of Maryland have allergies, sinusitis, and asthma symptoms. And if so, then I ask if they would like to smell and feel the Breathe Again roll-on. I ask them to bend their index finger and touch the oil tip on the knuckle and have them touch the base of both nostrils with that small amount, and take a deep breath. I have never had anyone not like this! I also may roll some on their neck, and explain the correlation between sinus and neck pain. For a pain in the knee, hand, or wrist, the Deep Relief is a simple and swift way for all to see how quickly these oils work. I have had folks in pain come back to my table post roll-on as they could not only walk better, but actually seemed happier and can do a jig for me!

All the above are fun, intentional, and simple ways to share our healing Young Living products and oils in the public arena. This is akin to spreading seeds over fertile soil, then water that growing abundant garden with phone calls, e-mails and just showing you care, thanking all for stopping by your table. The weeding over time is simple – those that do not reply do not require our time now, although they may need some fertilizer down the road. The first follow up outreach I do includes Message Scent News, my article, upcoming educational opportunities, 100 ways to use Thieves oil, and the YL PDF for roll-ons as a reminder of the benefits. This colorful simple flyer was designed by my marketing guru Joseph Criscuoli for my team. He designed roll-on and Thieves display boards with contact information on the bottom - an affordable, professional, concise way to educate, captivate and express a clear path toward wellness, purpose and abundance. May you have many people join your Young Living family, develop lasting relationships, educate who you can when you can, and grow and blossom for the good of all!

**Medicine Wheel Consultants, Inc.
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**Message Scent News is now available on line!
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