

Star Report

ESSENTIALS FOR
Healthy Living

Star Moree, Executive: HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL: 1 ISSUE 2

Natural Ways to Slow the Aging Process Part II of II

Much research has been done to discover natural ways to slow the aging process. This information is not meant to treat or diagnose any disease, rather is food for thought and investigation of ways you may slow the aging process...

- 10) Restore normal intestinal flora... helps the body assimilate and produce B vitamins. (Royaldophilus, and Super B vitamins.)
- 11) **Eat fewer calories** and avoid sugar foods, pastries, soda pop, etc. Laboratory studies show the thinner animals live longer than the heavier ones. Try to increase the intake of raw foods. Animals that eat lower calorie diets tend to live longer.
- 12) **Reduce stress:** with Yoga, meditation, etc...
- 13) **Sleep-** adequate sleep is needed to increase your release of Human Growth Hormone! As we age we tend to sleep less. Try YL...**UltraYoung** product!
- 14) **Be happy...**if you find yourself unhappy much of the time...it may be a sign your level of human growth hormone is low...exercise will help and a good night sleep can be helpful, also. (**JOY** oil)
- 15) **Antioxidants-** supplements A, C, E, Co-enzyme Q10 ...MSM the organic form of sulfur...a good multi-vitamin. **Berry Young Juice, Super C, Radex, Sulfurzyme (MSM), chewable C.**
- 16) Due to soil depletion of nutrients it is important to supplement... Try YL...**Coral Sea for minerals!**
- 17) **Avoid petro-chemicals...**can cleanse the body of petrochemicals. Use **YL personal care line!**
- 18) **Keep emptying your garbage can...**we are all exposed to toxins...periodic cleansing can help!
- 19) **Potassium to sodium ratiomay be potentially low** in our country...as potassium levels decline the aging process speeds up. If calcium levels are low in our body then potassium is utilized as a back up mechanism to maintain proper pH in our cells... **SuperCal, MegaCal, Coral Sea.**
- 20) **Make Healthy Lifestyle Choices!**

Much of the information compiled has been found in D. Gary Young's books ...Longevity Secrets, Pregnenolone, the Truth About Human Growth Hormone and The Essential Oil Desk Reference.***

To purchase books contact Essential Science Publishing

@ (800)-336-6308.

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To find Star's
Classes:

<http://>

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□ *The greatest blessing in life is to serve others,
but you can only serve others if you are healthy!* □

A Physical Therapist's Favorite Friend...Sulfurzyme!

As many of you know my passion for natural health began through my work as a Physical Therapist. When YL first introduced **Sulfurzyme**, which is a product combining **MSM** the organic form of sulfur with **Wolfberry** powder, I knew it would be a great product for my clients who deal with musculo-skeletal concerns. **MSM** is noted to decrease inflammation and is necessary for up to 300 different enzymatic processes in the human body. The book titled, **The Miracle of MSM** documents many of the health benefits of this product. Here are just a few; decreasing **muscle aches and pains** as well as **arthritis pain and inflammation**. It is helpful for those that suffer from **Migraine** headaches. It is also noted to decrease **scar tissue** as well as a **youth nutrient!** Women often comment about longer, thicker hair and nails as well as decreased wrinkling while using **MSM**. It is even documented to decrease acne. Sulfur is needed for the enzymatic process to breakdown lactic acid. It is also needed to build 2 of the amino acids needed to build muscle tissue. Some of my **fibromyalgia** clients note they have significant pain reduction and increased energy using this product. It is possible that excess lactic acid build up may cause increased pain in **fibromyalgia** clients. There is even new research that documents the chemo-preventative aspects of sulfur in delaying **cancer** onset in laboratory rats given **MSM** and then given known carcinogens. (*The Forgotten Nutrient MSM: On Our Way Back to Health with Sulfur* by Beth M. Ley)

*A great way to experience these oils and products mentioned on this page, is to be on a monthly **autoship**. You can receive an additional **5% discount** off the wholesale price when you have a minimum **monthly autoship of 50 dollars** and you can manage your account on the Young Living website. Check out www.youngliving.com and log into your member area, click on autoship & choose your products and away you go! Receive **25 Autoship rewards points/dollars** to put towards Young Living education by keeping the **same \$100.00 base autoship for 6 months at a time!** See the Young Living website for details!*

Is your Young Living Wholesale Membership about to **EXPIRE???**

If you haven't placed an order in the last 12 months, it may expire! By placing a minimum order you can keep your membership active.

Or you will have to pay a \$20.00 membership fee to renew.

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A Natural First Aid Kit for Summer and the Travel Season

Many people wonder which essential oils they should purchase to start their own natural first aid kit. This is often a matter of opinion. So keeping this in mind, here is my opinion on the first oils I would carry in a first aid kit for summer and for traveling. I find the oils from the **Essential 7 kit** very beneficial. They are **Lemon, Lavender, Peppermint, Purification, Joy, PanAway**, last but not least is **Peace & Calming**. Each of these oils has special uses for everyday, when traveling or in cases of minor emergencies.

I put **lemon** in my water for purifying and better flavor. I use **lavender** for my skin and in case of cuts scrapes or burns. **Peppermint** is great for cooling me down, especially if I am running a fever or over heated from the summer sun. It tastes great in my water and helps to keep me awake when driving. **Purification** is great to freshen the air in your hotel room and keep those Minnesota bugs and mosquitoes at bay. **Joy** is great to improve my emotions. I use **Peace & Calming** for perfume and to help me sleep at night. **PanAway** is great for the aches and pains I may experience from sitting too long on a long car trip or overdoing it with yard work.

I also like to have these 3 blends along anywhere I may go. **Valor** for structural balancing, its nickname is well deserved, "**Chiropractor in a bottle**". My husband and I note that when we use **Valor** we hold our adjustments longer. **Di-Tone** is great for relieving any menstrual cramps I have had and is great if I think I may have mild food poisoning or just a minor tummy-ache. **Thieves** I find great for the "Cold & Flu Season" and helps me to get rid of a sore throat.

We use **Lavaderm Spray** to clean cuts and scrapes before applying **Lavender** oil. Our daughter Madalyn heals very quickly using these products. **Lavaderm Spray** and **Lavender** oil are a must to have in our home during the summer months. **Lavaderm Spray** quickly takes away sunburn pain and seems to speed the healing process. We love the **Young Living Lotions** to apply after a day in the sun to moisturize and there are no harmful ingredients to worry about.

We are always sure to bring extra purified water on our trips and flavor them with **Lemon** and **Peppermint**. Now our neighbor's children ask for the "**special water**", because it tastes so good! This is a great way to get children to drink more water and stay away from those sugar-laden beverages!

The 90 Day Wellness Challenge...

Many of my friends are concerned about improving their health. Often they note problems with feeling fatigued, low energy, chronic sinus problems, sore throats and swollen glands, yeast infections and a general lack of zest for life. As I have been reading in the **Essential Oil Desk Reference** and other books that address the issue of poor pH balance, it is easy to understand why so many of us have these complaints. It doesn't take long to see that if we don't take care of ourselves today that we may not be healthy tomorrow. However, one thing I have noticed with many individuals is the problem of giving up too soon. **D. Gary Young** has noted that it often takes **90 days** for the cells to rejuvenate!

Lack of Proper pH balance is linked to many degenerative diseases. As a Physical Therapist many of the clients I see seem to have this issue as well. When we start to address these concerns, we often see an improvement in many of the above complaints plus a decline in the aches and pain problems that they came to Physical Therapy to alleviate in the first place. To achieve pH balance it may take a person a minimum of 90 days to achieve the optimal 7.4 saliva pH. A good friend of mine noted that it takes at least **60 days to break a bad habit and replace it with a good one!** So make sure whatever health endeavor you work on, that you give it enough time.

In achieving pH balance I have found the following products very helpful. **Coral Sea** for replacing mineral balance. Young Living has a new product called **MegaCal** that has a 1:1 ratio of Calcium to Magnesium. Natural Health Researchers estimate that 2 out of 3 American children are deficient in Calcium and Magnesium, which may contribute to the problem of ADD and ADHD. Researchers in natural health also are noting we need to increase Magnesium levels as Magnesium is responsible for the regulation of Calcium, Sodium and Potassium in the body. The calcium and magnesium in **Coral Sea** plus the 58 trace minerals are important for proper mineral balance. **VitaGreen** is great for cleansing the blood and all the dark green nutrients are good for improving pH balance. **Mineral Essence** is good to put in your **Berry Young Juice** and drink throughout the day. **Mineral Essence** helps to improve trace mineral balance. **Alkalime** is a great mineral salt blend with essential oils that quickly alkalizes your tissues. (These are options... You do not necessarily have to take them all!)

Once you achieve your proper pH, you should work to maintain it. For instance, eating foods that make your body more alkaline should be about 80% percent of your diet. To see a Food Ash pH chart refer to the **Essential Oils Desk Reference**. When possible we should limit the amount of refined foods and junk food such as soda pop and chips in our diet. Soda Pop with Phosphoric acid, like Coke and Pepsi seems to be the worst for creating mineral imbalance.

D. Gary Young has also designed products that bind to acid in our body. **Berry Young Juice** is not only great because of its antioxidant potency, but also its acid binding ability. **JuvaPower** and **JuvaSpice** are powdered products designed to bind with acid and spice up your life. They are quite tasty added to soups and salads or to really spice up V8 or other vegetable juices!

Royaldophilus and natural foods containing the healthy intestinal flora are important to maintaining alkalinity. Taking **Royaldophilus** on a regular basis helps to improve digestive functions. Digestive enzymes such as **Detoxyme** and **Essentialzyme** are important for aiding in the breakdown of food and ensuring that food is properly digested.

Use of **essential oils** can be enhanced by proper pH balance. The oils are more effective in a person that is closer to the optimal healthy pH. Often when individuals do not like the smell of oils, it is a sign of too much internal acidity. When our body is acid it holds onto toxins and we tend to have less oxygen in our cells. Less oxygen in our cells may set us up for a host of degenerative health conditions.

Making Your Dreams Come True!

Two Years ago in July I had the honor of hearing *Marcia Weider, America's Dream Coach* share her positive experiences with Young Living members. Here are some excerpts from her book I purchased called *Making Your Dreams Come True*. Marcia has also designed a workbook, videotape and cassette-tape series. I confess...I purchased them all! She is an exciting and dynamic speaker. As part of my goal to help others achieve their highest potential we will be starting a monthly Dream Team group designed to help you put your dreams into action and achieve your goals and aspirations! If you feel your life has gone off course, this may be just what you are looking for! Here are some key ideas from Marcia's book!

- 1) Trust the Process of Making Your Dreams Come True.
- 2) Get in Touch with Your Passion.
- 3) Live Your Dream by Making Deliberate Choices Rather Than Just Responding to Whatever Life Throws Your Way.
- 4) Commit to Your Dream.
- 5) Make Your Dream Bigger than Your Current Reality.
- 6) Allow Yourself to get Lit Up, Turned On, and really passionate about Your Dream.
- 7) Passion Provides Access to Power
- 8) Establish Your Purpose
- 9) Share Your Dream so You Will be Accountable to Fulfill Your Dream
- 10) Your Purpose is Who You Are and What Gets You Excited. Your Purpose is to Remember Why You Are Here.

*Getting in Touch With Your Passion Will Always Get You Out of Your Rut and Onto a Higher Road!

You may choose to join our monthly group meetings or purchase Marcia's Information and work on your own. Marcia has dream coaching information available on her website and you may also sign up for her Newsletter. This is another option for making your dreams come true.

If you are interested in joining our group which will meet in the Saint Cloud Area, please contact Star @ (320) 363-1017 or e-mail her @ vitalhealth@warpdriveonline.com. Meeting time and dates to be announced!

For More Information check out www.marciaw.com. Fax # 415- 433 – 6061
Marcia Wieder, PMB 355, 110 Pacific Ave., San Francisco, CA 94111

Monday Night Conference Calls with a Wellness Focus!

Join Star and Doug on Mondays from 8:00-8:30 PM Central Time! Phone (620) 584-8200 Pin 24856#.

Is your ultimate goal to share natural health and wellness with others through **Young Living**?

Do you have wellness-related questions? Do you need help staying on track?

Then we may have a solution for you! **Weekly Conference Calls** with a focus on wellness through **Young Living!** Educational calls with the opportunity to share and ask questions.

Join Star Moree and Doug Mills Mondays from 8:00-8:30 PM Central Time!

Phone (620) 584-8200 Pin 24856#. Group sharing really works!

If you have questions or you need additional support or even to share your ideas...

Please call Star @ (320) 363-1017 or e-mail vitalhealth@warpdriveonline.com.

For great educational support materials go online to <http://star.younglivingworld.com>.

***If you would like our newsletter by e-mail please send your name and e-mail address and we will add you to our files!**

Excerpts from Doug Mills “Down On the Farm”

Pesticides and Parkinson’s Disease

“Weed-free lawns, blemish-free produce, and bug-free blooms come with a high price tag: an increased risk of Parkinson’s disease (PD). At the 2003 meeting of the American Chemical Society, researchers from Virginia Tech reported that exposure to insecticides causes a cascade of damage targeting brain pathways involved in PD. And a recent long-term study found that the death rate from PD was 40 percent higher in California counties that used agricultural pesticides compared to counties with no such use. To limit your exposure to pesticides, choose organic versions of the most heavily treated foods: strawberries, bell peppers, spinach, cherries, peaches, celery, apples, apricots green beans, and cucumbers. Wash produce with a special rinse such as Healthy Harvest Fruit and Vegetable Rinse, available in health food stores. To control aphids, beetles, caterpillars, mildew and rust in your garden, use pesticide alternatives containing neem oil, jojoba oil, and/or canola oil. For weed control, place four sheets of wet newspaper around plants, then cover with leaves. By season’s end, the paper will be decomposed and can be mixed into the soil.” (Int J Epidemiol 2000; 29:323-9; beyondpesticides.org) Health and Healing, June 2003

How Many Dangerous Pesticides Are In Your Body?

“According to a study, residents in the United States were found to carry harmful levels of pesticides in their bodies, with children, women and Mexican Americans disproportionately exposed to the chemicals. A study analyzed information on over 2,648 people who were tested for levels of 34 different kinds of pesticides. The study involved blood and urine tests, which revealed a large amount of people carried levels of pesticides that were considered unsafe by the government health and environmental agencies. Children ages 6 to 11 in the study had been exposed to chlorpyrifos, a pesticide designed to kill insects by altering the nervous system, and had four times the level considered safe by the U.S. Environmental Protection Agency. Experts stated these results were evidence of the failure to protect people from toxic pesticides and it presented the need to find new methods of controlling insects in agriculture and all other areas. It was also discovered that the average person observed in the study carried 13 of the 23 pesticides in their body. Researchers said that the pesticides have been associated with serious health conditions such as infertility, birth defects and cancer. Researchers also stated that pesticides got into people’s systems through ingesting air, water and food.”

(For the complete article, see http://mercola.com/fcgi/pf/2004/may/29/pesticides_body.htm) This clearly illustrates the need to buy organic, grow organic, and use the Young Living products to continually cleanse our bodies. (Check the EDR, pgs 111 and 240)

Glycation and Cooking

“If your summer plans include a backyard barbecue, you could get burned – and not just by the sun. You probably know that grilling produces cancer-causing heterocyclic amines (HCAs), but did you know that foods cooked at high temperatures are loaded with harmful chemicals called advanced glycation end products (AGEs)? ...AGEs form when proteins react with sugars during cooking, and the higher the temperature and the longer the cooking time, the greater the number of AGEs. AGEs accelerate the aging process by interfering with cell function. And it doesn’t take years to see the damage. A recent study of diabetics found that eating a diet high in AGEs for six weeks increased blood levels of inflammatory compounds linked to cardiovascular disease and diabetic complications by 28 percent and raised harmful LDL cholesterol by 32 percent. Following a low-AGE diet for six weeks reduced inflammatory markers by 40 percent and LDL cholesterol by 33 percent. Similar trends were seen for blood pressure and blood sugar levels. To protect yourself from AGE-related damage, prepare foods by steaming, boiling, poaching, and lightly sautéing rather than broiling, microwaving, and deep frying. And see drwhitaker.com for marinades that will reduce HCAs and add a safe sizzle to your backyard barbecue.”

(Proc Natl Acad Sci USA 2002; 99:15596-601) Health and Healing, Aug 2003

Free Introduction Sizzle Call

One very effective way to introduce a new prospect to Young Living is to let them listen to a short five-minute phone call to learn more about the company. I am happy to announce that Young Living has just such a ‘sizzle’ call now. Simply dial toll-free (800) 371-9230, and listen to a company overview. You can do a three-way call with your prospect. After the call you can answer any questions they may have and perhaps they will be ready to place an order with you. Give it a try and see if it works for you!

Essential Oil Testimonial Website

A new essential oil testimonial website has just been put together by Sha-Faun Enterprises LLC, distributors in Young Living. All testimonials are monitored by Young Living to stay in FDA compliance. I recommend that anyone wishing to share their testimonial online or to see what others have said should go to www.oil-testimonials.com

Stories and Testimonials from Our Oil Friends

Sandy Hartman

Olathe, KS

I'm very passionate about YL. It is an amazing company – one of a kind! I'm glad my niece Star introduced me to YL. It has certainly changed my life. I've always been interested in natural health and “preventative care.”

I use oils to fight off colds/flu. I feel my memory is better by using oils. When I develop a muscle strain or pain of any kind – **Pan-Away** or **Ortho Sport** works quickly to relieve and heal the pain. My digestion is also better by using the supplements.

I have had many problems to deal with in life and the oils also help me emotionally. So on all levels – YL works. One of my most satisfying aspects is seeing my people feel better! I have several who could barely get out of bed in the morning because they were tired and depressed – before YL. Others already felt pretty good but now feel even better. Many other exciting testimonials from my group and are excited about sharing YL!! My job is my passion!

Jana Hupman

Leaword, KS

For “gums” used **Thieves** – alternate with **Lavender/Thyme**.

Ear problem – Melrose. Just love Frankincense. The oils have helped with depression. I'm connecting with my friends and family again and living more joyfully and abundantly. Convention – fires you up. It has been fun sharing the **oils and passion!**

Helen Sanford

Princeton, MN

My head and sinus plugged up the day I was leaving for our home in WY. I put **Immupower** in my water as I drove (18 hrs.) out there. When I got there I was fine.

My Downs Syndrome son soon had acid reflux and was on two medications. I started him on two or three drops of **Di-tone** every morning. He stopped complaining and I took him off his medication. I mix it in 1 oz. Of juice.

The gal that I was traveling with got carsick on the bus. I gave her three drops in a cup of water (all we had) within minutes she felt better.

While snowmobiling one of the gal's forearm (muscles) cramped up. I gave her **Peppermint**. It took her pain away immediately.

Mary Anderson

Princeton, Minnesota

On an outing I pinched my finger in a gate. Pain radiated all through my hand. I always carry essential oils with me and applied a few drops of **Peppermint** oil. Within seconds the pain left and I enjoyed the rest of the day pain free. I have had hay fever for many years. As I have improved my health my symptoms of hay fever were disappearing. When I started using essential oils I still would get a very annoying and itchy throat. The summer I started using **Lavender Oil** was the last time I have had any symptoms of hay fever.

Berry Young Juice has become one of my favorites. I have used it daily for six months. I do feel more energized but I have been noticing other benefits. I feel that it is having a cumulative effect and that I will experience even more results.

Gretchen Milks

Charles City, Iowa

The thing that really amazes me the most, is to watch these essential oils work for my children. No more antibiotics! No more breathing treatments! Also they've been an emotional help to me. Very healing for me.

Maci's – fever/earache and hives - **Lavender**

Zachary – croup and foot injury and glands - **Marjoram**

My back trouble and pain, headaches/migraines.

Marjoram is what allowed us to stop going to the E.R. for my son's croup!

Amy Weber

Charles City, IA

Royaldolphilus has eliminated my yeast infections and helped with sugar cravings.

Peppermint in H2O has helped with weight reduction and appetite control. Peppermint has taken away my daughter's fever. Peppermint has helped with raising my energy. Lemon in my H2O eliminates my sore throats. Pan Away has healed deep tissue bruising in my legs.

Lavender has helped with burns. Sulfurzyme and Juvaflex and Di-tone have helped me avoid gallbladder surgery.

Pan Away – I just love the smell of it and the warming effect/feeling that it gives me.

Sulfurzyme – I love how it takes away the “sluggish feeling” after a meal. there was none.

Please feel free to submit your stories and testimonials for publication in Microsoft Word format. Be sure to state that you give us permission to publish them to share with our readers. You can email to vitalhealth@warpdive.com.

**Keeping You Informed! Tap into the New Vitality Call Line hosted by Doug Mills & Star Moree!
Monday evenings from 8:00 to 8:30 PM Central! Phone number: (620) 584 - 8200 Pin: 24856#**

Bath & Body Care Workshops Make it Fun and Easy to Share Young Living. You can make some of your own products and everyone can have the opportunity to take home some wonderful smelling, chemical free products! Purchase your very own complete "how to kit", called **Body Care Business in a Box** for only \$12.00, call or e-mail your request to **Nancy of Vitality Consulting @ (480) 391-1712** or E-mail: Vital777@aol.com.

A special Thank you to those who inspire each of us to reach our highest potential! We give Special Gratitude for those who share because they care! Thank you to Cherie Ross and her team members for helping with the July Science and Application Training. A special "thank you" to Stillpointe Natural Health Center for hosting Aromatherapy classes in the Saint Cloud, MN area!

Thank you to all of you who shared testimonials with us! Share Your Testimonials and have them featured in our newsletter...The Star Report! E-mail us your testimonials today and have a chance to win special Young Living Product giveaways for featured testimonials! Please send your testimonial in Microsoft word format with your name and where you live and state you give permission for your story to be featured in the Star Report!

**Like to receive our newsletter by e-mail?...Send us your name and e-mail address!
For a full schedule of events go to www.youngliving.com and click on events!**

Looking to keep up to date with Young Living...you can now check e-blasts on the Young Living corporate Website @ www.youngliving.com log in and check what is new with Young Living. Log in and update your email address with Young Living today! Receive Young Living e-mails so you can keep up with promotional-specials and with the latest research behind the Young Living products. New research just released on the immune boosting effect of the Wolfberry and Berry Young Juice. Find out the value of the best tasting & world's most powerful antioxidant juice!

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Deliver to:

Summer Issue 2004

Testimonials...you will not want to miss!
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Editor: Kari McDermott
of Studio 4:44

Open quickly great class information Inside!

Essential Oil Summer Extravaganza August 7th!

Free Berry Young Juice samples plus Prize giveaways!

An Independent Young Living Member Newsletter!

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