

the Star Report

ESSENTIALS FOR
Healthy Living

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

Natural Ways to Slow the Aging Process Part I of II

Contributors:

Gloria Brinker

Mary Anderson
of AmarycanLiving

Editor:

Kari McDermott
of Studio 4:44

Special Design
Work:

Johanna Winter of
Winter Design Group

In This Issue:

Natural Ways to slow
the Aging Process

Gloria Brinker
Berry young Juice

Mary Anderson
Peace of Mind

Testimonials

Spring Class List

Doug Mills
EDR Discount Pricing

To find Star's
Classes:

<http://>

star.younglivingworld.com

vitalhealth@warpdriveonline.com

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...

- 1) **Oxygen** - helps to make the body's pH more alkaline... we get oxygen for digestion from water, we get oxygen from the air, however less than we used to. **We get oxygen from essential oils.** too little oxygen makes the body acidic and causes immune problems and may be a major cause of arthritis, allergies, yeast infections, and feeling fatigued.
- 2) Food for pH balance: See Food ash pH chart in **Essential Oils Desk Reference.**
- 3) Increasing our body's own release of natural growth hormone...Exercise, weight training... Using a product called **Ultra Young** containing essential oils and nutrients that increase the body's release of **Human Growth Hormone.**
- 4) Declining hormone levels with age...Supplement with Pregnenolone, Progessence, Prenolone creams, and DHEA... other hormones.
- 5) **Avoid Dehydration**- drinking enough water...1/2 oz. per pound of body weight daily.
- 6) Getting **rid of the chlorine** in your drinking water... can be cause of decreased thyroid function and irritates the artery walls making us more susceptible to heart disease. **Try Lemon oil or H₂Oils!**
- 7) **Cleansing**...An unhealthy digestive system has been linked to degenerative health problems... including allergies, arthritis, Leaky Gut Syndrome. Try **YL Cleansing Trio: Comfortone, ICP Fiber blend & Essentialzyme!**
- 8) **Liver detoxification**... If the liver is over loaded with toxins it is hard for the other organ systems to function properly... Try YL...**JuvaTone and Juvapower.**
- 9) Eating with **enzymes**... eating cooked food depletes our body's enzyme stores. Without enzymes to digest food the body will become toxic... You can supplement with enzymes when you eat cooked food!!! Depletion of the enzymes speeds the aging process and makes it hard to assimilate nutrients. Try to eat more raw foods! Try **YL Enzymes!**

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

To purchase books contact Essential Science Publishing

@ (800)-336-6308.

Updates and Information from Young Living Presentation and Convention

"Berry Young Juice" by Gloria Brinker

Berry Young Juice is the highest antioxidant liquid dietary supplement from whole food sources. It is rich in ellagic acid, polyphenols, flavanoids, vitamins, and minerals. Berry Young Juice is made of Chinese Wolfberries (from Ningxia, China); Blueberry Juice, Pomegranates Juice, Apricot Juice, Agave Nectar (from a desert cactus); and Essential Oils of Orange and Lemon. A new laboratory test known as the ORAC (Oxygen Radical Absorbance Capacity) was developed by USDA Research at Tufts University to rate the antioxidant levels in fruits and vegetables. It ranks the Ningxia Wolfberries as the best antioxidant food in the world. Our bodies are bombarded daily with the damaging effects of free radicals that are created through normal metabolic functions. Uninterrupted, free radicals can wreak havoc with DNA, enzymes, and cells. Chronic conditions are believed to result from free radical accumulation. Antioxidants help neutralize the effects of free radicals, allowing the body to restore itself to the proper balance for health and wellness.

Research was presented by **Sue Chao, MS** (who is the daughter of Dr. Songquia Chao). Dr. Chao initially studied the health benefits of Wolfberries in China and related that people who consumed wolfberries on a regular basis lived healthy lives for 100-plus years. Sue Chao presented a Pre-Clinical study of the effects of wolfberry and other juices on the antioxidant effects and the macrophages of the spleen. This initial study done on mice showed that the wolfberry juice mixture increased the macrophages in the spleen- thus boosting the bodies immunity. This research was published in "The Journal of the American Nutraceutical Association". Later **Marc Schreuder, BS** presented research on antioxidants and various forms of cancer. It is known by his study and other studies that increasing antioxidant levels decreases the incidents of cancer cells.

Dr. David Hill, MD Presented his research on various Wolfberry Juices and Pop. He showed live blood cell analysis of before and 10 minutes after ingesting various wolfberry juices and pop. He found that 10 minutes after a person drinks pop, the live blood cell activity is clumped together and blood cell movement was nearly eliminated. This was a person after drinking only 3 ounces of pop what happens when a person drinks 12 or 16 ounces of pop. Free Blood Cell movement is vital for health as this is how our bodies move nutrients and cleans. Other brand named wolfberry juices were tested and Berry Young Juice showed the most free movement of the blood cells! It is recommended to mix Berry Young Juice in water to better absorb into the cells.

Amazing Quality!! Sue Chao also stated that the Ningxia Wolfberry that Young Living Purchases have attained the "Green Certificate" from China, which is the equivalent of Certified Organic in the United States. The water supply in Ninxia comes from melt down from the mountain and found that it is free from pollutants. She stated that the wolfberries need to be picked by hand. Berry Young Juice is now being patented and is a true gift for health!

It is the best tasting liquid dietary supplement!

New Pricing!! = whole sale: 1 liter: \$40.00 (was \$50.00); **2 liters: \$78.00** (was \$100.00); **4 liters: \$150.00** (was \$200.00).

The recommended Adult amount of Berry Young Juice per day is **only 2 Tablespoons or 1 oz.!!**

Alkalize Your Body by Gloria Brinker

Dr. Gary Young presented his focus of making the cells of your body more alkaline to prevent the ability of bacteria, virus, and toxins to be in the cell. He has found foods and supplements that are also acid binding. He stated that acid in the body creates mucus, and this mucus is a host for toxins, bacteria, and virus. If you can eliminate the acid and make the body alkaline, then bacteria and virus cannot live. He gave his recipe for Vital Life Juice. This contains the following: 3 oz beet juice, 1 oz carrot juice, 1 oz cucumber juice, ? oz. Black or white radish juice, ? oz celery juice, and ? oz red potato juice. He drinks 32 ounces of this per day-when cleansing. He stated that you can juice each thing separately, place it in a glass jar with a seal and put in refrigerator. Then he needs to only juice 2 or 3 times per week. His book called Re-Juva-Nate your health is a great book to get many recipes and diet supplement program to follow. This can be obtained from Young Living. Gary also talked about acid and alkaline foods. He stated that the # 1 acid food is pop!! He also stated that a person needs alkaline foods and acid binding foods to move the acid out of the body. A great alkalizing drink is 1 Tbls of fresh squeezed lemon juice in 8 oz of distilled water. Agave can be added to sweeten. The greatest acid binding food is Round Black Spanish Radishes. These seeds and other organic seeds can be purchased through *Seeds of Change 100% Organic Seeds* at 1-888-762-7333 or www.seedsofchange.com. Gary also added that for his own health, he does not take the same supplements all 7 days of the week. He stated that your body can reach a sense of homeostasis so by altering what you take and take a good source of different nutrients, you are allowing your body to also work on it's own. The greatest thing you can do is "Listen to your Body" and feed it accordingly. He stated staying away from sugar, salt, white flour, and pop are that the most beneficial thing you can do for yourself.

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

Dr. Gary Young's input on Fertility/Estrogen Levels by Gloria Brinker

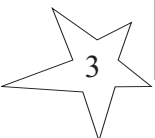
Gary Young's wife, Mary is 55 years old and recently had their 2nd child. Through blood work research Dr. Young discovered many things about estrogen levels. After the birth of their first baby, Mary's estrogen levels dropped to a level close to menopausal levels and fear of osteoporosis. Then his research began to attempt to raise these levels for her own health and eventually another child. As part of his research, he asked volunteers from his staff to get their estrogen levels checked. He found that 100 % of the persons age 19-30 were asymptomatic post menopausal. Which meant that their level were close to going through menopause, however did not yet have the signs. (could this be why there is so much infertility in the USA?) The person who had the highest hormone levels was a 70 year old. He then questioned why this would happen. He noted that if the body was receiving "artificial" estrogen then the body stopped producing its own estrogen. Your body produces 2OH Estrone, these artificial estrogen are 16OH estrone. Where do artificial (16OH) estrone come from? They can come from drinking from plastics, pesticides, and other chemicals. He calls these the "chemical soups" of colors, preservative, pesticides on our foods, the car exhaust, gas fumes, paints in our air, the chlorine and fluoride in our water, and the colors, perfumes, chemicals in our soaps, shampoos, cleaning products. All of these "chemical soups" can cause the 16OH estrone levels to become high. (I was recently talking to a Naturopathic Doctor who stated that if they want to do blood work to determine the risk for cancer, they check the 16OH estrone levels in the blood!!) Some of these we can control, but some exposures we can not. The key is to get these out of the body. He had Mary do this by the use of **JuvaCleanse**. It is a blend of oils that can be applied topically over the foot vitaflex points, over the liver, combined with **Raindrop Therapy** or taken in a capsule. He found that Mary released many chemicals (through studying the urine). He also noted that she is very disciplined with what she eats and puts on her skin, but many chemicals are absorbed through the air. He noted that through cleansing her 2OH estrone levels began to rise. He then added another blend of oils into her diet which was **Sclarescence**. This blend was formulated to balance the hormone of both male and female. He noted that as she took the blend- her estradiol level increased and as he took the oil away- her levels decreased. He showed this happening three times and controlled the other parts of her diet to show the effect. Soon after cleansing and increasing her estradiol levels- she became pregnant.

The Power of Raindrop Therapy by Gloria Brinker

Some people have asked me recently how much I use Raindrop Therapy and why to learn it and use it. I want to share two experiences with **Raindrop Therapy** that I believe show the power of **Raindrop Therapy**. In the new EO Desk Reference, it lists Raindrop Therapy (3 x per month) as a means to cleanse heavy metals and chemicals out of the system. My husband was attempting to clean heavy metals/chemicals. He used **Chelex** with symptoms of "I could taste metal in my mouth for 45 minutes to 1 hour"; the next month he took a blend of oils in a capsule and stated "I could taste metal in my mouth for 1 to ? hours", then we tried Raindrop. I did Raindrop in the evening, he went to bed and stated the next day "I could taste heavy metals for 6 hours the next day". WOW! The power of **Raindrop Therapy**- to rid the body of toxins. This is why it is only recommended 3 times per month. I had another experience where my daughter went swimming in a pool. She smelled of chlorine (even after two showers) and stated that she was extremely tired. She is not a supplement taker- so we tried Raindrop. She told me that evening when she went to bed she could "taste a pop can in her mouth" and when coming home from school the next day she stated "it tasted like chlorine". The next days I had her drink diluted **Berry Young Juice** to help her body become more alkaline, and attach to the acids of the chemicals and move them out of the body. She feels much better. Your health depends on the ability to move chemicals and toxins out of the body. (Please note that as cells are releasing chemicals out and being removed from the body a person will often taste metals or chemicals). Please note that the Essential Oils have the ability to work through the skin and in the technique of **Raindrop Therapy** is a useful tool for all families. Take some time to learn the technique. (See the class Schedule).

Oral Hygiene by Gloria Brinker

Did you know that the dirtiest place in the human body is not the colon or bowels, but the mouth. According to Dr. John Richter of the Richter Center for the Diagnosis and Treatment of Breath Disorders "more bacteria per square inch live (on the back of the tongue) than on any other part of the body. Many traditional toothpastes use fluoride to harden the enamel on the teeth and abrasives to scrub away the bacteria and whiten the teeth. The sugars in the traditional toothpastes can also cause the oral cavity to be more acidic, creating a host for bacteria to grow. The key is to decrease or eliminate the bacterial growth in the mouth and to prevent damage to the enamel with rough abrasives. There are over 100 studies that show the effectiveness of essential oils and their antibacterial effect. Some of these studies have been published in the *Journal of the American Dental Association* and the *Journal of Clinical Periodontology*. To utilize the effectiveness of essential oils on the teeth, Young Living has formulated a new toothpaste called "**Dentarome Ultra**". This new toothpaste includes the essential oils of **Eucalyptus, Peppermint, Thyme, and Wintergreen** and is combined with Liposomes which allow the toothpaste to adhere to the teeth for a longer time, thus decreasing the bacteria in the mouth. This toothpaste also includes a whitening abrasive. This abrasive is a very small particles at 850 mesh. Other traditional toothpaste grind the particles to 300 mesh. These smaller particles can help remove tartar, however prevent damage to the enamel. The key to healthy teeth and gums is not to harden the enamel but to prevent bacterial growth. The essential oils in **Dentarome, Dentarome Plus, Dentarome Ultra, and Fresh Essence Mouthwash** have this ability.



Peace of Mind with Young Living... Testimonial by Mary Anderson

After years of suspecting amalgam fillings were interfering with my health I have begun to have them removed. One of the first things I had to do was to find a holistic dentist. I found one in my area and attended one of his monthly education seminars. I came away with a new appreciation between the health of our teeth, the toxic possibilities of amalgams and our overall wellness.

If you want to explore this aspect of your health and are wondering if you have a holistic dentist in your area you can do a search by going to <http://www.holistic.dental.org>

A couple of weeks ago I had the first of the amalgams removed. It was very questionable whether one of the teeth could be saved. My dentist gave me the option to try or not. He said it was very likely that the nerve would not heal and the tooth would have to be pulled.

Knowing I had essential oils in my wellness toolbox gave me the confidence to give it a try.

What has to happen is for the nerve to heal. Along with exercise, lots of **BYJ** and other supplements to support my immune system I have been using several different essential oils and blends that support the immune system as well as those that support and promote nerve regeneration.

I don't know the end of the story on my tooth yet. I believe it is going to heal. It has been sensitive and at times erupts in deep and excruciating pain. Each time it has done this which is usually in the middle of the night I get up grab some oils and begin working them into the reflex areas of the feet associated with the teeth. These areas are extremely tender. Working the oils into these areas relieves the tenderness in my foot but it seems to take about twenty minutes to a half hour for the pain to subside in my tooth. I take that time to do some deep breathing and vision healing energy going to the tooth. Each time it settles down, the pain goes away and another layer of healing takes place.

Stay well and prosper,

Mary

<http://www.staywellandprosper.com> I AM truly grateful for everything that I have NOW

The Therapist becomes the Client (January-April 2004!)... Testimonial by Star Moree PT, St. Joseph, MN

As I have worked many years as a Physical Therapist, it has been along time since I have been the one that needed the therapy. I gave birth to a baby boy, Mason david Moree on January 6th, 2004. For 3 days before I was down with a flu bug that I caught while caring for our 3 year old daughter Madalyn. The oils really helped me recover quickly (thieves, thyme, oregano, RC, Raven)... so quick in fact that I overdid it, relapsed and needed the oils again before going into labor on January 6th, 2004. My midwife warned me, as we had a home birth, that I could relapse if I did not rest. My adrenaline must have kicked in, as our labor went so well again enhanced by the essential oils and being at home laboring in the bathroom and whirlpool tub! So again, the oils to the rescue as I did relapse due to my lack of rest!

Then my daughter Madalyn was rough-housing with her mom as I was changing Mason's diaper and I injured my back and neck... again the oils to the rescue... along with chiropractic care, massage therapy and raindrop therapy... all enhanced by essential oils. Now this may be harder to believe, but the circus was in town and my daughter wanted to ride the elephant, so we did... Mom/Star was again injured as the trapeze artist flung me on the elephant gripping my left rib cage so hard I thought they were perhaps broken. Again, the oils (PanAway, Aroma Siez, Relieve It, Wintergreen and Peppermint) to the rescue!

Mason managed to catch two colds in his short life as he aspirated breast milk in his lungs and sinuses on two separate occasions... Yes, you guessed... the oils to the rescue (RC, Raven, Lavender, Exodus and ImmuPower on his little feet- Diluted of course), along with micro-current and chiropractic care! Now this gets better... my husband also injured his back and neck during this time period as our daughter beamed him in the head just right with my big Swiss therapy ball! Again the oils to the rescue! Last but not least... my computer crashed and the stress of it all was relieved by essential oils- Joy, Harmony and Peace & Calming. The computer did not fair so well as we now have a new one! We blessed the old technology with "Release" and sent it on its way!

Oh... and a real testimonial to the oils, Berry Young Juice, SuperCal, VitaGreen, Longevity Caps, Sulfurzyme, and all the Young Living Products I take... when I had Biofeedback stress analysis done last week the tester commented that she has never seen anyone test so low in viruses, bacteria and fungus as myself! Well, that is pretty good considering I get very little sleep and run a business out of my home, take care of a baby, my husband and a 3 year old and try to keep up with housework!

Stories and Testimonials from the Backyard

Helen Sanford_Princeton, MN

My son's dog was hit by a car when she was a pup. Her one leg was injured. The vet said give her Aspirin everyday. She holds it up so she doesn't walk on it. We apply Peppermint oil everyday and she is able to walk on it. Putting Valor on the bottom of my feet and my son's has kept us in line and allowed us to go less often. And the Chiropractor stated that we were holding our adjustments longer.

Mary Anderson_Princeton, MN

Always carry essential oils with you at all times. Recently I was doing a repair job with Super Glue. I accidentally glued my thumb and forefinger together. I was at a remote location and don't know if I could get my car started with my fingers stuck together. My first thought was to just try ripping them apart. My next thought was one of relief because I had my essential seven kits with me. Knowing that essential oils digest chemicals I put a couple drops of Lemon on the connection and within a few seconds my fingers were free.

Amy Weber_Charles City, IA

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.

Doug Mills_Garber, IA

The Young Living products have allowed me to eliminate very aggravating allergies that bothered me twelve months a year. Eliminating white flour, sugar and dairy and incorporating Powermeal Body Balance, essential mana, whey fit and the bars helped me achieve this success. The information has empowered me with the knowledge that all diseases can be reversed with the products and training from Young Living.

Jill Uetz_Charles City, IA

Valor on feet and spine – Chiropractic went from three times weekly to once a month. Smelling Trauma Life helped to clear my body of issues (memories) from past. Di-tone for stomach tightness and upset.

Thieves – because I never and I mean NEVER get sick as long as I use Thieves on my feet before I go anywhere.

Melinda Quint_Charles City, IA

My husband had an angioplasty in the fall of 1997. He since has been on Lipitor to reduce his Lipids. He has his blood checked every 3-4 months. After last spring's blood work my husband started taking Longevity caps. Three a week – he had his blood checked in four months. All his labs had improved drastically. And for the very first time since 1997 his HDL (the good cholesterol) was within the normal range. And he didn't get sick with a cold or flu last winter.

Frankincense – heals me emotionally and physically.

Lavender – heals ANYTHING!

Cedarwood – healed my psoriasis and heel spurs

Jackie Burns_Falls Church, VA

For about 23-30 years I used an inhaler daily and suffered through 2-4 bronchial and/or sinus infections a year. I was always on antibiotics and then on prednisone.

5 1/2 years ago I started the Cleansing Trio, Immugel and the Essential Seven to deal with Candida. I added other oils such as Thieves and RC in subsequent months.

Much to my HUGE surprise I got through a whole 1-1 1/2 years without getting sick! PLUS after 6-8 months I realized that at some unknown point I just stopped using the inhaler!

In 5 1/2 years now I have been sick only twice – both times after being caught in a snowstorm trying to fly home.

Now I know what I'll do for the stress, lowered PH and increased cortisol next time so I'll never get sick!

MY cat recovered from a seizure or min-stroke in less than four days with Valor, Vitex and Brain Power!

Kelley Fowler_Lawrenceburg, TN

Juva Tone is my first A#1 Favorite and of most importance to my health. I had spots of psoriasis all over the tops of my hands and shin on legs that would crack and bleed and itch like mad. Then before I even cleansed I thought I'll try Juva Tone and see (nothing had ever worked for me). Within days no more itching. Within one week I could barely see it. Within two week NO Scaring, no trace! Nothing more than just getting my self off dairy.

Purification: is wonderful for cleaning the whole house up until now it's all I used and Lemon works much better than anything you could ever get at the grocery store or Wal-Mart (even toilets!)



*Come, Join Us and Learn about the World of Essential Oils
Knowledge is the Key to Health and Longevity!*

Tap into the Vitality Conference Call Line Monday nights from 8:00 PM- 8:30 PM central time...Essential Oil and Young Living education out of the convenience of your own home...what could get better than that! Share testimonials, ask questions and hear the latest updates in the world of Aromatherapy and Natural Health.

Vitality Conference call phone number (407) 318-2793...invite your friends, take notes and enjoy weekly education out of the comfort of your own home....save gas and save time ...energize your wellness quest each week!

Thursday, April 29th: Class in Greenwald, MN. 7:00 pm. This class will be held at a home in the Greenwald, MN area and is for anyone interested in using Essential Oils in Natural Skin Care products. Attendees will be able to purchase and scent their own all natural face creams, bath soaks, and body polishes with essential oil and receive education about the use of chemicals in traditional skin care products. Participants can also order other products that evening. Call Gloria to register: **320-746-2766** .

Thursday, May 6th: Stillpointe Natural Health and Education Center. 6:00-8:30 pm. Star Moree and Gloria Brinker will help you pamper yourself for Mother's Day. Any daughters bringing their Mother will be able to register for a door prize. Learn simple ways to relax for Mother's Day by experiencing a seated chair massage or foot massage. You will also get to scent your own Bath and Body Products to take home. Cost of class includes oils used in class and to scent your own bath and body products. **Cost is \$20.00** Call Stillpointe to register: **320-203-8266**.

Saturday, May 15th. 9:00 am-4:00 pm. St. Cloud Hospital Home Care Office. Gloria Brinker, COTA/L and Sharon Winkelmann OTR/L. The morning will be a overview of Essential Oils, including science, history, and uses of Essential Oils. The afternoon will consist of participant learning the raindrop therapy technique and practicing on each other. Lymphatic Pump and Auricular Technique will be demonstrated. **Cost is \$20.00 for am/ \$30.00 for pm or \$45.00 if attending both sessions.** Bring a massage table and receive 10.00 off. Call Gloria to register. 320-746-2766.

Thursday, June 17th: 6:00-9:00 pm. Stillpointe Natural Health and Education Center. Star Moree, RPT and Gloria Brinker, COTA/L will present session on Raindrop and Vitaflex Techniques. This will be a refresher course for those already taught the technique but need a "bit of update". It can also be for those who would like to see what Raindrop and Vitaflex Technique is. Participants will also learn simple ways to apply and use Essential Oils for person use. Each participant will get to experience Essential Oils. **Cost is \$20.00.** Call Stillpointe to register: **320-203-8266**.

May 16th- 23rd Star will be in Vancouver, BC Canada...if you know of anyone who would like to attend a class during that week please contact Jani Moree @ (604) 882-7516. Two classes are being planned with details to be announced. Please contact Star Moree for questions until May 12th... after that date please contact Jani Moree @ (604) 882-7516.

Trainings being planned for **Charles City/ Waverly Iowa areas, Iowa City and Fort Madison for June/July...**details to be announced... Please contact Star Moree if interested in attending upcoming seminars being planned in Iowa @ 320-363-1017 or e-mail at vitalhealth@warpdriveonline.com.

July 9th Healing Oils of the Bible by Dr. David Stewart, author of the book will be offering a Healing Oils of the Bible class, at the Holiday Inn Express from 7-10 pm in Minneapolis, MN.

July 15th -17th Science and Application Seminar in Minneapolis, MN. Double Tree Motel, 1500 Park Place Blvd. Instructed by Dr. David Hill. Learn the Science of Essential Oils and the benefits of natural health and nutrition plus the benefits of Raindrop Therapy and Vitaflex Techniques. Experience Hands on Training for Raindrop and Vitaflex! Contact Young Living for More Information...(800) 371-3515 or visit www.youngliving.com for more information and to register.

August 7th, 2004 Saint Cloud, MN Kelly Inn Downtown...Summer Essential Oils Extravaganza...Details to be announced...Mark your calendars now! All day training with lunch included. Updates from Science and Application Seminar...Updates in Research...Tools for sharing your business...Bath and Body Care Demonstration...Updates in Raindrop and Vitaflex training...Morning session \$20.00, 2 for the price of one, all non-member guests \$10.00 for morning session. All day session \$35.00 which includes lunch if prepaid, checks payable to Essentials for Healthy Living...send checks to Star Moree, 9303 Crestview Drive, Saint Joseph, MN 56374. \$45.00 dollars at the door! Please Pre-Register for Morning or All day session. Phone Star @ (320) 363-1017.

For more classes please contact Star Moree @ 320-363-1017 or e-mail her @ vitalhealth@warpdriveonline.com.
Please check out www.youngliving.com for Young Living's full schedule of events!



Doug Mills

Young Living Essential Oils™ Independent Distributor

35757 Kettle Road i Garber, IA 52048 i (563) 252-1591 i FAX: (563) 252-1742 i EMAIL: millsdb@alpinecom.net

Support from Iowa

Essential Oil Desk Reference. Third edition. This is a must read for everyone in Young Living Essential Oils! Hardbound 528 pages, 8 1/2" x 11". \$28.00 plus freight.

Pocket Reference. Condensed version of the Essential Oil Desk Reference. Spiral-bound 238 pages, 4 1/2" x 6 1/2". \$13.00 plus freight.

Quantity	Description	Freight charges for U.S.		Freight charges for Canada	
		Surface Mail	Priority Mail	Surface Mail	Air Mail
1	Book	\$ 4.00	\$ 10.00	\$ -----	\$17.00
1	<u>Pocket Reference</u>	\$ 2.00	\$ 4.00	\$ 4.00	\$ 5.00
6, and up	Books	\$ 2.00 / book	\$ 7.00 / book	\$ 4.00 / book	-----

Essential Oils Integrative Medical Guide by D. Gary Young, N.D. 608 pages of in-depth information on single oils. This is a generic book with no mention of Young Living or their products.

Price: \$25.00 each plus freight (Use freight chart for Essential Oil Desk Reference above.)

“Special Fast Start Info Pack” by Doug Mills. A collection over 70 pages of newsletters, testimonials, and health articles, plus two audiotapes on Young Living. Delivered price: \$5.00 each with other items or \$9.00 if sent separately.

“Essential Tips for Happy Healthy Pets” video by The Vision Firm. Dogs, cats, and horses love the oils! You’ll get lots of training through the experiences of others. The raindrop technique is also demonstrated on a dog and a horse. Running time: 23 minutes. Delivered price: \$15.00 each; 5 – 9, \$14.00 each; 10+, \$13.00 each.

“Raindrop Technique” video by D. Gary Young, N.D. Delivered price: \$15.00.

Conference call every Monday, 8:00 – 8:30 p.m. CST, (620) 584-8200, Pin: 24856#. This is a great way to increase your knowledge of Young Living. Group sharing of information really works.

The Essential Oil Cookbook by Menkit Prince. This spiral-bound book is 8 1/2" x 11", with 186 pages and 182 easy recipes using 27 therapeutic-grade essential oils. Delivered price: \$22.00.

Tapes from the Monday conference calls. Order by sending a check to me: \$1.50/tape for quantities of 1 – 9; 90¢ each for 10 – 49; and 75¢ each for 50 or more. These prices include postage, and you can mix or match the tapes you want. The titles include:

“Naturopathic Protocol”, Richard Petras, N.D.
 “A Baker’s Dozen of Testimonials”
 “Build Your Business”, Dave Gamache
 “Building with Raindrop Therapy”, Judy Lavida and Becky Gustavsen, R.N.
 “Hormones”, Elizabeth Flores
 “Energy in Oils”, Paul Nelson, D.C.
 “Oil Gathering with Foot Massage”, Jan Meredith

“Essential Oils – Beyond Y2K-21”, Teri Williams
 “Empower Yourself”, Terry Friedman, M.D.
 “Building Your Business”, Jan Zerr
 “2001 Convention – Testimonials”
 “Cooking with Essential Oils”, Menkit Prince
 “Having Fun Building Your Business”, Alan Zerr
 “Building Your Business”, Paul Davis

To order, send check or money order to the above address. All prices are U.S. funds. Sorry, no plastic!

NOTE: This service is exclusively for the Doug Mills group.



**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 hosting a fabulous March training. Thank you **Gloria Brinker** for her contributions to the newsletter and teaching classes. **Mary Anderson** for her contributions to newsletter and **Jane Reckow** for teaching classes and treating Star to Raindrop and Vitaflex sessions!

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 name and where you live and state you give permission for your story to be featured in the Star Report Newsletter!

**Find Star's Class Schedule at <http://star.younglivingworld.com>
For a full schedule of events go to www.youngliving.com and click on events!**

New Essential Oils Desk Reference Available today with 60 additional pages of updates on Raindrop Therapy, Liver and pH balance, special animal section, updates to personal guide section as well as additional references and expanded appendix. See inside Support from Iowa with Doug Mills for discounted pricing or from Essential Science Publishing @ (800) 336-6308...www.essentialscience.net.

ESSENTIALS FOR
Healthy Living

Star Moree #117894
9303 Crestview Drive
St. Joseph, MN 56374
ph: 320-363-1017
fax: 320-363-0505
<http://star.younglivingworld.com>
vitalhealth@warpdiveonline.com

Deliver to:



Spring 2004 Issue

*Natural Ways to Slow
the Aging Process.*

Contributors: Gloria Brinker
Berry Young Juice
Raindrop Therapy
Alkalize Your Body
Oral Hygiene & More

Mary Anderson Peace of Mind ☐

Testimonials

Spring Class List

Doug Mills (New EDR!)

Open Quickly! Great Class Information Inside! Classes for Spring and Summer 2004.
Special thanks to my contributors: Gloria Brinker, Mary Anderson, and Doug Mills
Newsletter Design Work: Johanna Winter
Editor: Kari McDermott

Young Living Live Order Line 1-800-371-2928 or www.youngliving.com