

# The Star Report

Essentials for  
Healthy Living

**STAR MOREE, EXECUTIVE:**

HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL:2 ISSUE 4

## *Simple Ways to Share Young Living with Others!*

*Dear friends,*

*The new compensation plan has created much excitement in our Young Living organization to share Young Living with others. Now more than any time in the history of Young Living it is easier to share not only the wellness potential, but also the financial freedom potential for sharing our message.*

*For me there are so many reasons to share. I found the natural health connection right away when I joined Young Living. As well as the Biblical and historical connection to ancient cultures of longevity. The integrity of the Young Living corporate staff the distributors, and Dr. Young are so incredible. I have never met a better group of people! These are just a few of my reasons WHY I share Young Living and make it part of my mission in life.*

*Here are just some simple ideas to consider:*

*Ideas for classes...Remember you can keep it simple, share your stories of how the products and oils work for you. Host an **Essential 7 Kit Party**, Pamper Yourself Spa Party, Bath and Body Care...The ideas are endless!*

*Utilize the tools, books, brochures, DVDs & websites etc... **Young Living and Essential Science Publishing** [www.essentialscience.net](http://www.essentialscience.net) have provided for you. I love the Ancient Secrets of Life Video available through Essential Science Publishing. I love the new DVD on the essential oils, **ART and NingXia Red**. Check out <http://star.younglivingworld.com> site... lots of good information and you can get your own site for only \$40.00 a year!*

*"Avoid Analysis Paralysis," a Doug Mills quote that I will never forget! Too many of us feel we must know more before we start sharing. Buy a copy of the Essential Oils Desk Reference (<http://www.essentialscience.net>) and learn how to look things up for yourself! Let the book do the work for you!*

***Share Your Dreams** with others that will support you. Get out a calendar (Big enough to write in!) and a notebook. Start brainstorming on ideas to share. Set your WOW...**Within One Week** I will do 'what' to get my business started. Write down your warm list....who do you know that needs these wonderful oils and products.*

***Try the 3 foot rule.** Speak to anyone that comes in 3 feet of you! Talk to friends and family. Scared to talk to your family and friends? Start with some people you don't know or do not know well. Funny how sometimes it is easier to start with those we are less emotionally involved! Then gradually work your way into the one's you do!*

***Get your phones ringing!** Try advertising in a local health newspaper, or a magazine, better yet try our new infomercial advertising. See article on NingXia Red Infomercial in our newsletter. Getting started with Young Living is much less expensive than starting any type of retail business! Now with the new plan it is much easier to re-coop your advertising expenses!*

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Testimonials

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of Studio 4:44

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# Highlights from Young Living Convention 2005

## *Essential oils effective against MRSA according to research!*

Did you know you can find more research on Essential oils on the National Library of Medicine website. Check out <http://www.pubmed.com>. We have the information to validate why you use essential oils to fight infections, such as the increasingly more common, but very serious infectious bug known as MRSA (Methyl Resistant Staph Aureus). A 2004 study found **Patchouli, Geranium, Melaleuca alternifolia, and Lavender** effective against MRSA! Take this and other information to your Doctor's office! This is worth keeping in your toolbox! Other oils found on the National Library of Medicine site to be effective against MRSA included: **Peppermint, Geranium, Cinnamon, Orange, Grapefruit, Patchouli, Lavender, Lemongrass, and Thyme!**

## *Are Thieves and NingXia Red on your shelf?*

When fighting infection many essential oil users keep our **Thieves** arsenal (product line) close by for good reason. Many of us won't leave home without them! We know that a band of **Thieves** hundreds of years ago used essential oils similar to the ones in our **Thieves** oil blend to fend off infection. In fact every Cold and Flu season I make sure I am well stocked with **Thieves** oil and other **Thieves** products. I clean my home with the **Thieves** household cleaner. I find it works great for windows, kitchen cabinets, floors, bathrooms, dishes even laundry as an additional cleaner. I find the spray bottles at the local Dollar Store work great for diluting **Thieves Household Cleaner** with water. Sometimes I add a cup of vinegar to the cleaning solution. The neighbors often comment how fresh the house smells after using the cleaner. If you are interested in trying this product line check out the **Thieves Kit**, Thieves Household Cleaner sold separately. The Cleaner is highly concentrated and dilution instructions are included on the label!

During Dr. Young's presentation regarding our **Thieves** oil blend he had some valuable comments! One point I will be sure to remind others of... If you are not getting results with an essential oil in 12 hours change oils. Also look at your diet. Did you know your acid levels are 4-6 times higher when you are sick? Acid will eat the oils quickly. We need to get the acid under control. The oils will neutralize the acid first before working on the bacterial or other infection. Wow now that is a tip worth remembering! I plan to really work on keeping our diets in balance as well as use our **Thieves** oil during this Cold and Flu season.

I have replaced drinking any fruit juice with **NingXia Red**. I drink **NingXia Red** every day up to 3 times a day! **NingXia Red** promotes health through all the antioxidants, minerals, fatty acids, essential sugars. It also promotes wellness by the acid binding foods contained in the drink. No wonder so many people find they feel so much better with a daily serving of **NingXia Red**. The new formula is estimated to be so concentrated that a 1oz serving is like eating 2 pounds of wolfberries. This is one juice that tastes great, has a low glycemic index, as well as life supporting nutrients none of us should be without! Look for the new infomercial highlighting our **NingXia Red** juice and our Young Living business!

"Essential Oils are the pure essence of God in plants, and anyone who adulterates them should be treated as a criminal." \_Marcel Espieu (former President of the Lavender Growers Assoc. France.)  
"Nutrition is the cornerstone of preventive medicine, the handmaiden of curative medicine, and the responsibility of every physician." \_American Journal of Clinical Nutrition 2003; 77:149

### **READ! READ! READ!**

The Truth About Drug Companies "How they deceive us & what to do about it" \_Marcia Angell, M.D.  
Natural Cures They Don't Want You to Know About \_Kevin Treudeau (NY Bestseller's list -"Why?)

# Scientific Proof Essential Oils Fight Infection

## *Science again proves essential oils are of great value to fight infection!*

Burns. 2004 Dec;30(8):772-7

The effect of essential oils on methicillin-resistant *Staphylococcus aureus* using a dressing model. Edwards-Jones V, Buck R, Shawcross SG, Dawson MM, Dunn K.

Patchouli, tea tree, geranium, lavender essential oils and Citricidal (grapefruit seed extract) were used singly and in combination to assess their anti-bacterial activity against three strains of *Staphylococcus aureus*: Oxford *S. aureus* NCTC 6571 (Oxford strain), Epidemic methicillin-resistant *S. aureus* (EMRSA 15) and MRSA (untypable). The individual essential oils, extracts and combinations were impregnated into filter paper discs and placed on the surface of agar plates, pre-seeded with the appropriate strain of *Staphylococcus*. The effects of the vapours of the oils and oil combinations were also assessed using impregnated filter paper discs that were placed on the underside of the Petri dish lid at a distance of 8mm from the bacteria. The most inhibitory combinations of oils for each strain were used in a dressing model constructed using four layers of dressings: the primary layer consisted of either Jelonet or TelfaClear with or without Flamazine; the second was a layer of gauze, the third a layer of Gamgee and the final layer was Crepe bandage. The oil combinations were placed in either the gauze or the Gamgee layer. This four-layered dressing was placed over the seeded agar plate, incubated for 34h at 37 degrees C and the zones of inhibition measured. All experiments were repeated on three separate occasions. No anti-bacterial effects were observed when Flamazine was smeared on the gauze in the dressing model. When Telfaclear was used as the primary layer in the dressing model compared to Jelonet, greater zones of inhibition were observed. A combination of Citricidal and geranium oil showed the greatest-anti-bacterial effects against MRSA, whilst a combination of geranium and tea tree oil was most active against the methicillin-sensitive *S. aureus* (Oxford strain). This study demonstrates the potential of essential oils and essential oil vapours as antibacterial agents and for use in the treatment of MRSA infection.

PMID: 15555788 [PubMed - indexed for MEDLINE]

I love the Scientific Proof, but I trust my intuition and experience with essential oils and NingXia Red to evolve. Then, I lead the skeptics and cynics to the science, because they aren't as evolved as I am!

### **From the Dream Garden \_Kari McDermott**

My garden talks to me. Different plants at different times have shared their secrets. This year **Purslane** wasn't whispering, it was screaming, "I have a secret." We had such an abundant crop of this "weed," I knew it wanted my attention. We discovered it was edible two years ago and had enjoyed a few sprigs in our salads. My husband had scanned the "scientific" information about its nutritional content. I remembered the stems were high in Vitamin C and their citrus bite was evident. But that was two years ago. I wasn't really listening. Since plants are so hard to hear I needed a good translator, "Google." I found out **Purslane leaves have Omega-3 fatty acids!** Check all your back issues this year. What are we learning? Good fats - Bad fats; Omega-6 to Omega-3 ratios are deadly in the American diet and for diabetics! Fish oil is the best source. But, I much prefer this edible landscape plant to fish oil! I am freezing, pickling, dehydrating, grazing during harvest, and still mixing it in salads. For more information on this extraordinary "weed" go to: <http://landscaping.about.com/cs/weedsdiseases/a/purslane.htm>.

## **The Farm \_Convention 2005**

Picture yourself knee deep in a field of lavender. In all directions waves of purple mesmerize your thoughts as an aromatic breeze takes you deeper into a tranquil state. And the only thing that keeps you from floating away is the mountain peak on the horizon that suggests you're still on earth, you're still flesh and bone. Then the sound of laughter, applause, and the clanking of swords suggest, you're not alone.

This place is the Young Living Farm in Mona, Utah. It's the peak of the lavender harvest, mid-July, the third day of Convention and the temperature will reach 103 degrees. Over two thousand Convention attendees are experiencing this day, but you don't feel the usual emotions that large crowds tend to create. Instead, you feel love, honor and gratitude to be a part of Young Living.

Perhaps as a farmer and gardener my appreciation goes a little deeper for all the hard work that went on behind the scenes to make this such a rewarding event. Planting, weeding, irrigation, human labor... harvesting, hauling, distilling, more human labor... and every detailed step required to bring us essential oils in a simple little bottle, whose ingredients list never mention the long human trail of labor. I cringe when I hear someone say, "they're too expensive."

Gary Young mentioned at the Nashville Convention that the farm doesn't make a profit. Well, that didn't surprise me. I've never made a profit selling food. Dr. Young always acknowledges his farm managers, employees and volunteers who work at the farms. Well, that doesn't surprise me either. The farm crew are honest, hardworking people. He knows their value. But Gary helps put "fun" into their work. Even in the scorching desert heat the farm employees entertained thousands of members and guests. All of us exchanging smiles and sweat (and hopefully gratitude). For the farm not only creates the foundation for our phenomenal oils, but also creates a sense of adventure and history through its theme park and presentations.

Farmers know "fun" isn't the first word that comes to mind in this chosen occupation. I think most farmers use the word "work" when describing what they do. I always feel "honest" when I work a full day on my farm. I know that that integrity carries over into the oils and into the people involved in Young Living, because the core of this company is *the farm*.

For me it's easy to step away from the science, the seriousness of disease and medicine to spend a day at the farm and take that day, as the essence of convention home with me ...along with some lavender, wolfberry plants and pictures of the Young Living Farm.

# NingXia Red \_Convention 2005

## **Discovery of the Ultimate Superfood: How the NingXia Wolfberry and four other Whole Foods Help combat Heart Disease, Cancer, Chronic Fatigue, Depression, Diabetes and more.**

Gary Young ND, Ronald Lawrence MD, PhD, Marc Schreuder

This new book hot off the press is available from Essential Science Publishing at (800) 336-6308. Or you can go to their website at <http://www.essentialscience.net>.

This book is easy to read, full of research and charts that make it easy to utilize! This book shows extensive research on nutrient deficiency and disease. You will learn what whole foods including the NingXia Wolfberry can supply lost nutrients, including vitamins and minerals. What nutrients you need to lower cholesterol, boost your immune system and support your eyesight. Learn why whole food sources of nutrients are best for your health. Once you have read this book you will be buying NingXia Wolfberries and our new enhanced Berry Young Juice known as NingXia Red! Note our Berry Young Juice is also the new enhanced super charged formula! Marc Shreuder and Gary Young noted that drinking one once of NingXia Red/or BYJ is equal to eating 2 pounds of NingXia Wolfberries. NingXia Red is truly a new super whole food juice!

## **Have you had your Ningxia Red Today?**

NingXia Red is packed with an abundance of Wolfberries: Powerful polysaccharides, 18 amino acids, 21 trace minerals, 6 essential fatty acids, Vitamins B1, B2, B6, C, and E, protein and beta-carotene. Blueberry, raspberry, pomegranate and apricot juices work synergistically with the wolfberry puree. The nutrients in this juice are beneficial in supporting eye health and support pancreatic and liver function while supporting the immune system as documented in the book, Discovery of the Ultimate Superfood!

## **Missed Convention...You can still get the notes!**

If you missed Young Living Convention 2005 you can still see the power point presentation by purchasing the CD-ROM at Essential Science Publishing at (800) 336-6308 or go to their website at [www.essentialscience.net](http://www.essentialscience.net). The Power Points will make it easy to give classes and share the latest information on natural health and essential oils.

**Check out the latest 2005 research pack also!**

## **Thank you for giving us a new "Chance!"**

I have a 21 month old son with a rare birth defect (Adrenal insufficient, Growth Hormone deficient, Hypothyroidism, Hypotonia) the medical community lacks the knowledge and research to know what to do for him. I have now turned to more natural approaches to help him. Since starting him with the essential oils I have seen great improvements. But it was when I tried the BYJ sample that my sponsor Melissa Palmer gave us that we saw the greatest results. I mixed the BYJ in with his morning cereal for a week straight. During this week he did not have any adrenal issues, his diabetes insipidus was pretty much stable as were all of his labs. He also began crawling army style which he had never even attempted prior to this. His vocabulary improved and he is now eating more solid, chunky foods. Overall we saw HUGE improvements in Chance after starting BYJ ...he will continue to use BYJ!!!

Thank you Gary Young and Young Living for giving us a new Chance, when it felt like every treatment had been tried. Please check out his website [www.tknbychance.com](http://www.tknbychance.com) It is still being updated with all of his accomplishments and soon there will be a page dedicated to Young Living and all of the wonderful products we use and the results we have seen. Thank You again!!!

Amy Henderson [www.tknbychance.com](http://www.tknbychance.com)

## **Young Living Infomercial Early October! New Marketing Opportunity Nationwide!**

A short 4 minute video of the Oportunity Show was shown at the Young Living Convention. The showing certainly created a lot of excitement, as many now realize how powerful this first marketing event on television will be for Young Living and all members who take part in this system. If you haven't joined go to [www.superiorleadstystems.com](http://www.superiorleadstystems.com). Members can log in to their back office, click on media and see the short video as well. Also note the conference center is online now which is free to all members along with the free, simple to use, website creator. Members are under no obligation to use these features, they are simply there to use if you choose. You will still receive your leads. Leads that have already been informed about this sensational product and want to know more! Don't miss out!



# Testimonials \_2005

Excerpts from new and inspiring testimonials we shared with each other at convention. More to come!

## **Mary Anderson "ART"**

**Princeton, MN**

Using Young Living essential oils and products have helped me to totally overcome all symptoms of hay fever.

The ART skin care was working so well on my face I decided I should be using it on my feet. I noticed after a short time that caluses I have had for many years began to disappear. my feet looked younger just like my face!

## **Jane Reckow "Oils are there when I need them!"**

**St. Cloud, MN**

Young Living products have helped me at many different levels and ways in my life. I have used the oils many times especially on an emotional level to assist with moving forward through many of the challenges that I've encountered in my life. It has been a boost for me when I've needed it most.

I always put Lemon in my water especially when I'm eating out - strange water, dirty glasses, etc.

Convention has given me a new outlook on my life and my business and has provided me with more information to back up what I have to share.

## **Mary Marsh Ph.d "No more antibiotics!"**

**Milaca, MN**

My son gets swimmer's ear that use to require antibiotics. Now we use Lavender and PanAway. With Peppermint, R.C., and Ravensara we don't need to use any over the counter drugs for colds, coughs, or sinus symptoms.

## **Lois Phillipp "YL has changed our life!"**

**St. Joseph, MN**

Young Living has changed our life for the better. We no longer look to medical doctors for antibiotic cures. We get to cure ourselves at home with essential oils and the help of E.S.P.'s reference materials.

Therefore, we have more time to be happy and live to do the fun things we want to do, such as swimming, playing outside and running. Many people are not even healthy enough to walk. I am so happy I found essential oils to keep others and my family happy and healthy.

I went to a Bath and Body Works class at Holdingford Public Schools and it changed my life forever. The essential blend for Mastitis was the first encounter I had and now I can cure illnesses at home. Thank you Gary Young!

## **Sandy Hartman "Experience Convention for yourself!"**

**Olathe, KS**

It's exciting to see such a large group this year. They do such a good job organizing everything. Every YL distributor/client should make this trip. It's educational, inspiring and motivating. This is such a unique company. It's quite impossible for me to describe convention when people ask .... you must experience it yourself!

## **Katheryn Nelson "BYJ our family favorite!"**

**Flagstaff, AZ**

Berry Young Juice is our family's favorite. But now after convention I can only imagine it will be NingXia Red! It gives us energy and greatly improved our immune system.

Two of our girls have asthma and the BYJ reduces the inflammation in their lungs, which reduces their asthma attacks. Also by reducing respiratory infections we reduce their likelihood of an asthma attack.

This conference has reminded me to not take the oils for granted. Gary reminded us of the sacredness of the oils. and to not take Young Living for granted. What an inspired company sharing health and incredible research with the world! What a blessing to hear the passion and love from the leaders of the company for the mission and for all of us involved.

## **Debra Fisher "YL teaches me, so I can teach others!"**

**Shawnee, KS**

ART is making my freckles fade from my neck and chest and I have less wrinkles.

Young Living has helped me continually to become more health conscious and aware of what we have been putting in and on our bodies. they teach me, so I can teach others.

My son continues to benefit from Young Living products to control Aspergers disorder. Essential oils and good nutrition have helped to get him off medications.

## **Gloria Brinker "Boundary Waters Trip!"**

**Avon, MN**

My sister, daughter and I went to the Boundary Waters and decided to use YLEO Sunsation Suntan Oil. We canoed the water in the sun for two days. I got a beautiful tan. My sister usually burns, then tans, then peels. With Sunsation she got a tan that stayed. My daughter put the Sunsation Oil on except for the tops of her ears. Her ears burned and blistered.

The other thing we noticed was that the mosquitoes and bugs stayed away!

## **Star Moree "Essential Oils to the Rescue!"**

**St. Joseph**

Monday, September 12th my 20 month old son woke up with a 103° fever. He had swollen glands and tonsils. I gave him a cool bath and started applying oils. I put RC and Lavender diluted on his neck, chest and throat. I applied diluted Thieves and Peppermint oils to his feet. I also put diluted Thieves on his spine. I decided to get essential oils internally by diluting 4 drops of Thieves, 4 drops of Lemon, and 4 drops of Citrus Fresh with half a tsp. of V6 mixing oil. I put the mixture in a baby dropper and placed them in the back of his mouth. My goal was for the mixture to fight the microbes and support the lymphatic system as well as leaving a good taste. At first he didn't like it, but within minutes he seemed to get relief. I repeated the oils topically and orally 3 times for 2 days. By 6 pm he had no fever, his glands were less swollen and his tonsils less red. He was back to his old self in two days!

These are personal testimonials and for educational purposes only.

This information is not intended to treat or diagnose an injury or disease. Please seek professional medical advice when needed.

# The Great American Dream Challenge *\_by Marcia Weider*

Our World changed on Sept. 11, 2001. Our hearts and spirits were broken, fear and cynicism crept into our collective consciousness and many are still in need of restoration. I launched the Great American Dream Challenge nationwide for people to embark upon new dreams, demonstrate their belief in these dreams and to attain them. Here's how it works: • Identify a dream that you are passionate or excited about. • Put it in writing, tell another person or post it on my Web site. • Join a community like MyDreamCircle.com that is committed to helping you overcome obstacles and achieve results. • Learn to make specific requests and share your resources. • Create a system for support and accountability. • Take serious action!

Even if you tend to be overly realistic, you still have dreams or things that you want for yourself and others. During tough times or those days when there is no evidence that your dream is possible, much less a good idea, it's essential to have a place to turn. In our community, help is available 27/7 via our Web site, phone calls with me, other expert and coaches. Members have a cadre of specialists on hand to provide a gentle or tough nudge as needed.

On September 11, 2005, we'll convene to celebrate our successes and establish new dreams. Throughout the entire year, we will keep abreast of stories, obstacles and wins, but then we'll gather to commemorate something more substantial than just our personal accomplishments. We will have raised the proverbial bar because when we see that our dreams can come true, we are willing to dream bigger dreams.

Many of us think, "I'll believe in my dream when I see that it's a sure thing or at least when there's proof that it's likely to happen." But the secret to living a "dream come true" life is to believe in your dream simply because it matters to you. In other words, looking for certainty out in the world is not the place to begin. The place to look is in your own heart. Choose to believe in your dream. then take action to demonstrate to yourself and others that you really do believe.

The reality is we all have good and bad days. Personally, there are days that I forget to trust, days that I get distracted and forget my dreams and days when the doubters and dream killers internally or externally become so overwhelming I want to give up. That's when I turn to My Dream Circle, to others who help me remember and reclaim my belief in myself and in my dreams. This community has assisted me through hard times and I continue to do the same for them daily. Now, with members from all over the world, My Dream Circle provides support through ongoing encouragement, coaching, inspiration and, most importantly, accountability for taking risks. There is even a Dream Fund available. We are finding new dreams, partners, investors, volunteers, answers, creative ideas, mentors, friends and fellow dreamer. But beyond networking, educating, challenging and celebrating, we are a community with a shared commitment that is profoundly impacting lives.

If we bring our intentions, offer support and resources to aid each other, what could happen? Just reading this might activate a healthy cynic, but during a time when many have lost hope, are afraid of dreaming or taking risks, this is the essential time for us to be bold. What would you do if you believed in your dreams? And how would you alter your life if you knew people would stand by and help you to achieve your heart's desire?

Find out by going to [www.mydreamcircle.com](http://www.mydreamcircle.com) where you can get what you need to achieve any dream. You don't have to go it alone. Even if you are in need of a new dream, we're here to offer a hand. Our goal is that everyone who participates in the Great American Dream Challenge will be successful in reaching his or her dream by Sept. 11, 2005.

It's unheard of and outrageous. Yes, it's a dream. We intend to prove that as a nation we still have faith and dreams. And we demonstrate that our dreams are important by pursuing them. The conversation about dreams will change from fear, uncertainty and doubt to one of hope and possibility as we dream out loud for all to hear.

## The Dream Catcher's Club

### Young Living Dream Catchers Club Awards!

*As many of you may have noticed we have started a Young Living Dream Catchers Club designed to help you utilize Young Living as a vehicle to help your dreams come true. Our goal is to share ideas and tools to help each of you that are interested in growing a Young Living Organization. We are offering local classes as well as developing a newsletter to help you achieve your dreams. Watch for special announcements. To join our group please e-mail Star your name, e-mail address, member number, and phone number. Send us your testimonials to be shared in future newsletters. We will be creating fun incentives to keep your dreams alive!*

*We have set up a Dream Catchers Award program to honor the Dreamer in each of us that choose to share Young Living with others! August is our first month that we will give a \$50.00 award for Young Living Products. Awards are for those individuals at the Senior, Executive and Silver ranks!*

### Our August winner is Sandy Hartman.

Sandy is a Young Living Executive who achieved this honor for her dedication to her organization. Sandy utilizes the internet and e-mail to keep in close contact with her group and newly enrolled members. Sandy does an excellent job educating her group. She makes sure that new members in her group are aware that she is available for their support. Congratulations Sandy on your award and we hope you enjoy you Free Young Living Products.

### Our September award goes to Mary Anderson of AmarycanLiving.

Mary is a Young Living Executive that has worked hard to develop her computer skills and now enjoys building her organization via internet. Mary has designed a clever e-news letter to keep in touch with her organization. Mary has a very kind and gentle heart that is always reflected in our phone conversations. She is a true gem. Congratulations on being our September winner of the Dream Catchers Award.

# Simple Ways to Share Young Living Products \_Star Moree

## Create Your Own Aromatic Mineral Spa Bath!

Traveling to and from Young Living Convention by car was an exciting opportunity to visit Mineral Hot Springs both on our travel to Utah as well as on our way home. (Chico Hot Springs in Montana and Hot Sulfur Springs in Colorado) Recently, on a family vacation to British Columbia, Canada we enjoyed visiting the Harrison Hot Springs Mineral Baths. In the brochures it mentions how detoxifying these mineral hot springs are. I have always been aware of this and was thrilled to have the opportunity to try these wonderful Hot Springs. As many of you are aware one of the best ways I've found to relax after a busy day is to take a nice warm/hot bath full of Young Living aromatic scents and minerals. As I sat in the popular Cave pool at Hot Sulfur Springs resort (Colorado)...I thought why not have a Sulfur enhanced bath in your own home. I have a good source of pure powdered MSM/Sulfur the organic form that doesn't have an odor. For more information on pure powdered MSM that can be added to bath water go to <http://www.richdistributing.com>. They also make a nice unscented MSM lotion that then allows you to scent it with your favorite Young Living oils. I have created my own Bath Soak full of soothing minerals now combined with the added benefits of Sulfur or better known as MSM.

We do absorb minerals through our skin. We also absorb toxins...that is why I have a whole house water purifier to avoid chlorine and as many chemicals as possible!

## Star's New MSM enhanced Bath Soak!

- \*2 Cups Epsom Salts (Magnesium)
- \*2 Cups Baking Soda (Bicarbonate of Soda)
- \* Good for muscle soreness
- 4 cups Milk Powder (soften skin...Goat's Milk Powder is the best for moisturizing)
- 2 cups Corn Starch (soothing...softening)
- 1 cup sea salt (minerals)
- 1-2 cups pure Rich's MSM powder (sulfur) good for skin, joints, and muscles

Mix all the above ingredients together. Divide into 2 separate bowls. Scent with your favorite Young Living oils...approximately 20-30 drops in each bowl. I love to make a **Peace and Calming Bath Soak** and an **Abundance Bath Soak**. Use a slotted spoon to smooth the oil drops into the dry mix-

ture. Mix completely and then divide into individual containers, bags of personal preference. I use 2 rounded tablespoons of mix in my bath!

\*For container options check out <http://www.western-plastics.com>. They have a variety of glass and plastic containers. Let them know you are part of the Vitality Group so you get better pricing!

## Natural Essential Oil Spritzer:

*Compliments of Kelley Fowler of Lawrenceburg, TN*

Looking for a simple way to use the Young Living oils more like a perfume or even a disinfectant spray. The recipe is simple. Combine in any size spray bottle (usually 2-4 oz container). Glass would be best choice (blue or amber bottle), however PET clear plastic bottles work nicely also. Use 3/4 neutral spirits (80 proof Vodka), 1/4 spring water and then 10-20 drops of essential oils (depends on size of your container and how strong you prefer your mixture to be).

**Ylang Ylang** is great for both Men and Women! Use your favorite Young Living oils for fragrance such as **Gentle Baby** or for a disinfecting spray such as **Purification** or **Thieves**.

*(Kelley found these and other recipes in "Earthly Bodies and Heavenly Hair" \_by Dina Falconi)*

**Saving Face** by Sabina DeVita highlights Young Living Products in all the recipes for Bath & Body care. Order from Essential Science Publishing.

Check your local book stores for books on natural and homemade recipes to create bath and body care products. Replace any toxic ingredients with Young Living essential oils.

## Try Kari's marketing idea for ART and have a "Think Outside the Botox" Party!



Pre-designed postcards available.  
Call us for marketing details.  
Star @320-363-1017 or Kari @320-274-3522

Monday night conference call number has changed: (620)-782-8200 (pin #24856)  
Drop in, take notes, ask questions, save time, save gas every Monday 8:00pm CDT  
New Young Living Compensation Plan started April 1st!  
Be sure to go to [www.youngliving.com](http://www.youngliving.com) for all the details.

NingXia Red Infomercial  
Airing in early October

Sign Up Now! Capture your  
leads from a big pool, already  
informed about NingXia Red!

NingXia  
Red!

Don't miss out on this  
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