

The Star Report

Essentials for
Healthy Living

STAR MOREE, EXECUTIVE:

HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL:2 ISSUE 5

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Testimonials

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Give the Gift of the Three Wise Men

Dear friends,

Looking for special gifts can be challenging and add additional stress over the holidays! I personally have a difficult time with the commercialization of Christmas. However, being a part of Young Living has made this time of year much more enjoyable. We have such wonderful gifts to share with a "healing message" since the earliest of written history! This year you too can give gifts of special meaning! We wish for you a very blessed holiday season with extra special meaning this year!

In the Twelve Oils of Ancient Scripture collection, D. Gary Young has gathered the 12 most significant oils found in the Bible. His wish is that you savor and enjoy these precious and pure essential oils with their beautiful and intriguing histories.



Aloes/Sandalwood (*Santalum album*) Many botanists believe that aloes were derived from sandalwood, one of the oldest sources of incense known to man.

Cassia (*Cinnamomum cassia*) One of the oldest known spices, cassia was an ingredient in the holy anointing oil and the incense that was burned daily in the temple.

Cedarwood (*Cedrus atlantica*) Cedar was an integral part of two Biblical purification rituals—one for lepers and another for those who were impure from touching a dead body.

Cypress (*Cupressus sempervirens*) The cypress tree is renowned for its durability. Some Bible scholars believe cypress may be the "gopher wood" used to build Noah's Ark.

Frankincense (*Olibanum-Boswellia carteri*) Because frankincense symbolizes divinity, it was one of the three gifts given to the Christ child.

Galbanum (*Ferula gummosa*). Ancient incenses included spices or perfumes with lovely fragrances, but were not complete without the earthy odor of galbanum.

Hyssop (*Hyssopus officinalis*) Branches from the hyssop plant were used during the exodus from Egypt to dab Hebrew doorposts with lamb's blood as protection from the plague of death.

Myrrh (*Commiphora myrrha*) It is fitting that myrrh symbolizes suffering since it is produced by slicing the bark of a myrrh tree so that the precious resin oozes out and hardens into drops called "tears."

Myrtle (*Myrtus communis*) To the ancient Jews, myrtle was symbolic of peace and justice.

Onycha (*Styrax benzoin*) Like frankincense and myrrh, onycha is a resin and was used in various religious ceremonies.

Rose of Sharon/Cistus (*Labdanum-Cistus ladanifer*) Anciently, the gum that exudes from this plant was collected from the hair of goats that had browsed among the bushes.

Spikenard (*Nardostachys jatamansi*) Hebrews & Romans used spikenard in the burial of their dead.

Aloes/Sandalwood has been studied for its ability to oxygenate the brain.

Cassia oil is among the most antiseptic of essential oils.

Cedarwood was recognized historically for its calming and purifying properties.

Cypress is used to support the circulatory system.

Frankincense was used anciently for everything from gout to a broken head.

Galbanum is used for its antiseptic and body-supporting properties.

Hyssop is known for supporting the respiratory system.

Myrrh was used by the ancient Arabian people for a variety of skin conditions.

Myrtle has been studied for its soothing effects on the respiratory system.

Onycha was traditionally known for its comforting and soothing properties.

Rose of Sharon/Cistus has been studied for its effects on cell regeneration.

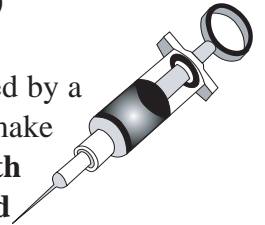
Spikenard helps soothe and nourish the skin.

Flu Vaccines Required by Law?

*Is the Bird Flu disguised as a pandemic scare for the government to pass a law that will forever strip you of your right to choose a flu vaccination? The “Biodefense and Pandemic Vaccine and Drug Development Act of 2005” will not only take away your right to know what you have been injected with, there will be no trial for compensation if you are harmed. There will be no health freedom if this bill is passed. There will be no justification for your complacency if the most powerful lobbyists in the United States conspire with your government for this bill to pass:
S1873 (Senate version), HR3970 (House of Representative version)*

Even if you believe in vaccines, the idea of a compulsory vaccine program administered by a secret agency, with zero accountability to you and zero legal liability for the companies who make the vaccine, is a **MAJOR THREAT** to your liberty. Currently flu vaccines can contain: **Stealth viruses, Squalene, Mercury, Formaldehyde, Aluminum (or other toxins), Live viruses and other contaminants.** A vaccine for Bird flu does not exist and cannot exist for 6-18 months. Vaccine makers are hoping for a “no liability” clause to protect their experimentations on you. Whatever you are vaccinated with could be experimental and potentially dangerous! Yet, many scientist question “immunity based on vaccination” (diseases go away because all are vaccinated). Critics go unheard because we’ve been told “vaccines are safe and effective” for so long its become our “belief system,” not sound science! As the pharmaceutical industry and our government work together to fan your beliefs, you and your families are in serious danger. **S 1873 / HR 3970** will legally inject you with no disclosure necessary, no Freedom of Information Act suits, no compensation, and no right to control your body against “new” diseases or the choice to build your immune system naturally.

Jim Walters, N.D. alerts people to the importance of health and health freedom issues. His recent emails to many like-minded people should be taken seriously. We are well aware of the attacks on our right to choose our own medicine and those who administer it to us. This bill like many, get buried before becoming public knowledge. Please write your congressmen/women to make them aware this must be defeated. **The Congressional Switchboard is 1-202-225-3121.** Give the operator your zip code to connect to your delegation. Flatly reject compulsory vaccinations, and a secret agency which would operate without public oversight, and adamantly oppose any “no liability clause for injury or death” to you or your loved ones on any vaccine that Big Pharma and the U.S. Government market as safe and effective!



Sites for in-depth information:

Natural Solutions Foundation
Vaccinations Information and Choice Network
Vaccine Dangers
Vaccination Dangers
Deep Down Wellness
NCOW
Rense.com
Educate-Yourself
The Vaccine Page
National Vaccine Information Center

More articles available at: www.mercola.com

UNDER ATTACK AGAIN!

Dietary Supplement Health and Education Act

The DSHEA protects millions of consumers who use dietary supplements, **from the Food & Drug Administration!** DSHEA protects consumer access to dietary supplements. DSHEA does not let the FDA ban herbs and amino acids, vitamins and minerals, for just any reason!

HR3156 is an attempt to dismantle the DSHEA

HR3156 attempts to allow the FDA to ban products even with “a relatively small risk.” The origin of DSHEA was strongly opposed by the FDA, the AMA and Big Pharma. They are still trying to dismantle it! www.nationalhealthfreedom.org

The Gift of Beauty • The Gift of Dreams

What is ART?

A superior concept in skin restoration, Young Living's ART, **Age Refining Technology**, combines DNA recovery enzymes in an advanced technology with a proprietary Anti-Aging Peptide Complex, to reduce the look of fine lines and wrinkles, diminish age spots, even skin tone and increase the elasticity and density of your skin. What's more, recognizing the incredible power of essential oils, Young Living has added Frankincense and Sandalwood for their ability to replenish DNA. Add the incredible power of the legendary Wolfberry Seed Oil, known for its superior moisturizing and skin conditioning properties, and you have the formula for a truly unique and effective skin care system.

Young Living has the finest ingredients, and combined them with the latest skin care technology, to create a system that enhances your skin's natural ability to rebuild DNA and restore youthful skin.

"My first exposure to Young Living was doing cancer research using their line of essential oils. What impressed me the most about Young Living was the quality, purity and consistency of their products. So, when I heard about their skin care regimen that utilized the benefits of essential oils, I knew I had to try it! This product is unique because it combines the technology of DNA recovery enzymes with pure essential oils, to create a synergy not found in other anti-aging products on the market. As a committed user, I am so impressed with the way ART has made my skin feel. Its ability to moisturize my dry skin without weighing it down or clogging my pores is critical for me. Even my husband has noticed my softer, clearer skin! As a scientist, I am very impressed with the research

Age Refining Technology

and quality of ingredients in these products, but as a woman, I am enjoying the way it makes my skin feel and benefiting from the results."

**Nicole Stevens
Biochemist**



What are the voices inside you saying? As you turn the volume up on the voice of your dreamer and down on the voice of your doubter, you can practice discernment, allowing for greater clarity.

The dreamer inside says, "What if..." and is open to a creative process without over-analyzing it. This is the part of you that imagines, believes in possibilities, has hope and seeks kindred spirits. Dreamers talk about their ideas with intention, clarity and passion. Great dreamers get others excited about their vision. And most importantly, successful dreamers take action to make their dreams a reality.

The voice of the visionary says, "Anything is possible, so let's dream big!" This is what we hear from the leaders and people we look up to and admire. They have learned the process of realizing their dreams and embody what it means to be big dreamers. Setbacks or failures do not stop them. Simply put, visionaries have visions and invite others to join them. They are found in all walks of life, and we are often so inspired when we are in their presence that we sign up just to be near them or part of what they're doing.

(This is a portion of Marcia Weider's article: Who Is Directing Your Life? from the Dream Challenge series.)

I think it emphasizes why we have "signed up" with Gary Young and are a part of his vision! And through Young Living we have sought kindred spirits to support our personal dreams. Let's keep building our dreams together!



The Dream Catcher's Club

Young Living Dream Catchers Club Awards!

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. 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! Awards are for those individuals at the Senior, Executive and Silver ranks!

October Winner: YL Executive: Joseph Gonzalez for his work to expand the Young Living knowledge to his friends, family and clients! Joseph is a true Young Living testimonial! He offers Raindrop Therapy services as well as essential oil and natural wellness education to people in his area! Congratulations Joseph...we are proud of you! Cheers for 3rd place in the NXR Superstar Contest, too!!!

November Winner: New YL Executive: Mary Marsh. Mary is excited to share her passion and knowledge with others. Mary offers essential oils as part of her work as a Massage Therapist and Doctorate of Natural Health. Mary is very kind and always open to helping others! Mary we are proud of you and all of your accomplishments!



NingXia Red _Super Food

Wolfberry Ingredients

Polysaccharides: healthy sugars needed for cell membrane function and structure.

Polyphenols: they include flavones (like carotenoids,) isoflavones (genistein, dedstein, etc.) catechins (like green tea.) quercetin, proanthocyanidins (like grape seed extract,) galloylated tea, ellagic acid and anthocyanidins.

Zeaxanthin esters: antioxidants in wolfberry, other berries and several herbs.

Betaine: micronutrient indispensable for liver function, digestion, DNA function. Also very important in B-complex metabolism. Betaine is also found in wheat germ, spinach, beets, shrimp, and pretzels. Also contains: B₁, B₂, B₆, C, E, protein and betacarotene. Plus essential fatty acids.

Vitamin C: wolfberry has the highest content of vitamin C of all fruits and vegetables. It contains 148 mg/100mg, according to the USDA, 1999. Other foods, such as parsley, spinach and cruciferous vegetables contain from 133 mg/100mg to 93 mg.

Calcium: wolfberry has 110mg/100mg, compared to 107 mg in Taro leaves. Cruciferous vegetables have about 50mg, and cherries 16mg (USDA 1999)

Beta carotene: wolfberry has 12,600 IU/100gm, compared to 12,100 in chicken liver, 11,000 in carrots and 2,500 in apricots.

Fiber: four ounces of wolfberry contain 215 mg of fiber. Other antioxidants: beta-sitosterol, withanolides, P-coumaric acid, pyrroles, cerbrosides, lutein, cyclic peptides, acclid diterpene glycosides, biotin, B vitamins, trace minerals, amino acids, and lyciumins.

17 Trace Elements

Chromium	Molybdenum
Cobalt	Nickel
Copper	Phosphorus
Fluorine	Selenium
Germanium	Silicon
Iodine	Tin
Iron	Vanadium
Lithium	Zinc
Manganese	

4 Major Minerals

Calcium
Magnesium
Potassium
Sodium

6 Essential Fatty Acids

18 Amino Acids

Aspartic Acid	Threonine
Serine	Valine
Glutamic Acid	Methionine
Glycine	Isoleucine
Alanine	Leucine
Cysteine	Phenylalanine
Tyrosine	Lysine
Arginine	Tryptophan
Proline	Histidine

Ningxia Red (additional high antioxidant ingredients to enrich its salutary affects and ORAC value)

Pomegranate - represents life and regeneration in ancient Greece. In Buddhism, it is one of 3 blessed fruits. The National Institute of Cancer has reported on "the extraordinary medicinal properties of the tree, and idea that dates to Biblical times and which has oddly been overlooked by Western medicine." (J. National Cancer Institute 2003;95:346). Pomegranate has three times the antioxidant activity of green tea, or red wine. It reduces cholesterol by 40%.

Blueberry - juice is also rich in proanthocyanidins. Tuft University studies have shown that it protects blood cells against free radical oxidation, and slows brain aging. Studies at Mainz University show that it protects cell DNA.

Raspberry - juice has high levels of Ellagic acid, a polyphenol also found in wolfberry. Ellagic acid has become known for its anti-carcinogenic/anti-mutagenic effects. These traits help inhibit the growth of tumors and reduce the incidence of cancer. Ellagic acid is also known for its anti-bacterial and anti-viral properties.

Lemon and orange essential oils - like limonene, helps combat cell mutations and increase glutathione levels in the liver. Glutathione is the end-product of all antioxidants.



30 Reasons Why You Need a Shot a Day!



Here's a list of reasons you should drink this Super Berry Juice Daily!

- 1) Historically in China, those individuals that eat the Ningxia Wolfberry enjoy a longer and more productive life, better eyesight, less heart disease and cancer than many of the cultural groups studied!
- 2) One of the "Ancient Chinese Health Secrets!" In fact the Ningxia Wolfberry is the berry of choice for Chinese Olympic Athletes!
- 3) The Ningxia Wolfberry provides ample antioxidants to strengthen the immune system!
- 4) Antioxidants in the juice help fight free radical attacks that occur thousands of times a day to each cell of the human body!
- 5) Highest S-ORAC rating for fighting the most abundant free radical that causes damage to our cells...The Super Oxide free radical!
- 6) Ningxia Wolfberry is powerful in helping the liver function properly! Boosting Glutathione levels! Glutathione is the most important antioxidant and detoxification enzyme in the liver!
- 7) Helps promote good eye sight and eye health! Ningxia Wolfberry is high in antioxidant carotenoids including beta-carotene and zeaxanthin. Beta-carotene is good for the retina. Zeaxanthin is needed for good eye sight. Ningxia wolfberry has the highest amount of zeaxanthin and other carotenoids of any food known!
- 8) The main constituent in the Ningxia Wolfberry according to studies in China is Lycium Barbarum Polysaccharide (LBP). LBP helps to rebuild white blood cell counts! Phagocytes and the activity of Natural Killer cells are increased which can bind to cancer cells.
- 9) Studies have shown ningxia wolfberry led to the regression of cancer in 75% of its patients!
- 10) Other nutrients found in the Ningxia Wolfberry have been shown to help prevent Liver Cancer.
- 11) Other studies show Ningxia Wolfberry useful in the regression of malignant melanoma, Renal cell carcinoma, colorectal cancer, lung cancer and other cancers.
- 12) Also the Ningxia Wolfberry enhances T-cell function!
- 13) Eating Ningxia Wolfberries enhances Super Oxide Dismutase (SOD). SOD's scavenge free radicals that damage the DNA of cells! Ultimately this scavenging increases our ability to live healthier, longer lives.
- 14) Ningxia Wolfberries free radical scavengers help to strengthen and support the cell walls. This supports efficient transport of flavonoid nutrients across the cell membrane or wall.
- 15) Strengthens the brain neuro-transmitters against free radical activity, possibly slowing age related memory loss!

- 16) In many cases eating the berry helps to lower or stabilize blood sugars!
- 17) Minerals and Vitamins in the Ningxia Wolfberry act as enzyme cofactors in the digestive process!
- 18) Has a B vitamin complex essential to the body!
- 19) Anti-fungal properties due to an amino acid called Solavetivone.
- 22) Anti-bacterial properties due to Solavetivone amino acid.
- 21) Anti-viral properties due to Solavetivone amino acid, as well.
- 22) Reduces pain caused by inflammation. The wolfberry contains Beta-Sitosterol, a natural anti-inflammatory!
- 23) Ningxia Wolfberry contains natural Vitamins including multiple B's, C and E!
- 24) Trace minerals including rare Germanium contained vary rarely in food today!
- 25) 6 Essential Fatty Acids... necessary for optimal health!
- 26) Amino Acids like L-Arginine... necessary for maintaining, building and repairing our cells!
- 27) High Acid binding ability...to gobble acid in the body that creates inflammation and stress in our system, slowing down the process of aging, illness and disease.
- 28) The micronutrients found in the berry counteract mutations leading to cancer!
- 29) Eating Ningxia Wolfberries have been shown in research studies to decrease the amount of oxidation to cholesterol (fat) which leads to a process that creates plaque in the arteries! Oxidized cholesterol creates "sticky foam cells" that build up on artery walls!
- 30) Promotes a sense of well-being!

Information taken from the Books:

The Ningxia Wolfberry: A Powerful, Natural Ally Against Disease and Aging, by Dr. Hugo Rodier, MD. Discovery of the Ultimate Superfood, by Gary Young ND, Ronald Lawrence MD and Marc Schreuder.

This information is for Educational Purposes only and is not meant to treat or cure any disease. Please seek proper Medical Advice if you are dealing with any Disease or illness.

NingXia Red

1 liter	Code: 3003
2 pk	Code: 3024
4 pk	Code: 3043
Sampler 100 pk	Code: 3169
Starter Kit	Code: 3180



Winterize Your Immune System _by Star Moree



Thieves Product Line

.....featured in Young Living's Gift Giving Guide for this holiday season.

Why Thieves? Why Now?

Today our world is a place filled with new bugs as well as known "super bugs." Many chemicals previously used and currently used as antimicrobials may be ineffective in protecting us. Weber State University in Ogden, Utah has performed tests on the ingredients in these new antiseptic Thieves products and found them to have a 99.96% success rate against airborne bacteria. Now, pure essential oils are re-emerging as a key solution to the health challenges facing modern society.

Meleleuca (Tea Tree Oil)

Pub Med Scientific proof of Essential Oils: *J Hosp Infect. 2004 Sep;58(1):86-7.

A randomized, controlled trial of tea tree topical preparations versus a standard topical regimen for the clearance of MRSA colonization. *Dryden MS, Dailly S, Crouch M. Department of Microbiology and Communicable Disease, Royal Hampshire County Hospital, Romsey Road, Winchester, Hampshire SO22 5DG, UK. matthew.dryden@weht.swest.nhs.uk*

Two topical MRSA eradication regimes were compared in hospital patients: a standard treatment included mupirocin 2% nasal ointment, chlorhexidine gluconate 4% soap, silver sulfadiazine 1% cream versus a tea tree oil regimen, which included tea tree 10% cream, tea tree 5% body wash, both given for five days. One hundred and fourteen patients received standard treatment and 56 (49%) were cleared of MRSA carriage. One hundred and ten received tea tree oil regimen and 46 (41%) were cleared. There was no significant difference between treatment regimens (Fisher's exact test; P = 0.0286). Mupirocin was significantly more effective at clearing nasal carriage (78%) than tea tree cream (47%; P = 0.0001) but tea tree treatment was more effective than chlorhexidine or silver sulfadiazine at clearing superficial skin sites and skin lesions. The tea tree preparations were effective, safe and well tolerated and could be considered in regimens for eradication of MRSA carriage.

PMID: 15066738 [PubMed - indexed for MEDLINE]

H₂Oils

Add YL H₂Oils to water for great flavor so you'll drink more water!

Hydro-infusion of essential oils in water.

H₂Oil Packs w/s \$15.75

3601 H₂Oils Lemon

3400 H₂Oils Lemon-Orange

3600 H₂Oils Peppermint

Star's comment:

One pack flavors up to 40-50 gallons of water in our home!

Lose Weight-Drink Water this Holiday Season

Did you know water is needed to metabolize fat? Drinking water may be one of the best health investments you make! Hunger signs may be a signal your body is beyond thirst! Chronic dehydration has been linked to many health conditions including: high cholesterol, high blood pressure, asthma, ulcers, obesity, joint and muscle pain... and more!

Get hooked on Pure Refreshing Water! A drop or 2 of Essential Oils of Lemon, Orange, Grapefruit, Citrus Fresh, as well as Peppermint or Spearmint for more zip will make water more appetizing than ever!

Bon Appetite

Gifts for Under \$25.00

Great Stocking Stuffers!

Personal Care: Dentarome Toothpaste, Thieves Mouthwash, Cinnamint Lip Balm, Kidscents Products, Bath Gel Basse YL Bar Soaps, YL Hair Care Products, H₂Oils

Essential Oils including: Christmas Spirit, Evergreen Essence, Peace & Calming, Cinnamon, Clove, Wintergreen, Peppermint, Orange, Lemon, Lavender, Pine, (5ml) Idaho Balsam Fir, (5ml) White Fir

Testimonials _ Convention 2005

More excerpts from new and inspiring testimonials we shared with each other at convention.

Kathryn Nelson "ART"
Flagstaff, AZ

My husband and I enjoy the antioxidants that keep us looking and feeling young into our 40s. ART is what women need - Great technology that works with natural ingredients. Women use way too many chemicals in their bodies in the name of beauty. My skin is smoother with less deep wrinkles.

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

Floyd Nelson " My Family Benefits!"
Flagstaff, AZ

About 4 years ago, my wife became involved with essential oils. She is a stay at home mother and we were both looking for supplemental income to help offset the high cost of living in Flagstaff. During these 4 years, Kathryn and I have had numerous experiences of pain relief, injury remedies, sickness prevention or intervention, etc. My family has benefited physically, spiritually, mentally and emotionally from essential oils. Our favorites include Frankincense, Lavender, PanAway, Thieves and DiTone. I encourage my wife to continue selling and associating with Young Living.

Deb Durken " Lavender Tested Best!"
St. Cloud, MN

My first experience with the oils was last winter. I bought Golden Touch and it worked fabulously for my son and husband. I also experienced how well Lavender works on burns. I had blisters on three fingers and it not only took the pain away, the blisters were gone the next day. As a test for myself the next time I got burned I used a different "organic lavender" and it didn't take away the pain or heal the blister. I'm sold!

Becky Abbott " Pan Away Worked Immediately!"
Gilbert, AZ

I used Pan Away on a shoulder injury my husband had for a year. The injury prevents him from raising his arm above shoulder level at times. After applying the oil, immediately after, he could raise his arm all the way up with no pain at all. We were both amazed at the effectiveness of that blend. Anytime the problem comes back we use it, but he rarely has any problems with his shoulder anymore.

Purification and Lemon are two essential oils I mix with water in a spray bottle and use it to clean the kitchen counters, bathroom sinks, counters and toilets. I just recently became aware of the Thieves cleaning product and will definitely try that, but I love the fresh clean smell of the Purification/Lemon mix and will probably always use it.

Jane Reckow
St. Cloud, MN

I love NingXia Red and am happy about the health benefits it offers me. Di-Tone has been most helpful for any bouts I have had with "bad food" food poisoning, or upsets in digestion. Thieves is a must for everyone who wants to be healthy and cold and flu free!

Jana Hupman
Leawood, KS

Taking enzymes has helped the digestive problems I used to have. To help with adrenal problems, Thromin has helped, also.

Lois Phillips
St. Joseph, MN

Young Living has changed our lives for the better! The lives of my family members, friends and neighbors all changed because I attended a simple Essential Oils Bath & Body Care class. Cinnamon is my favorite oil. I use it on the bottom of my feet every morning. It keeps me from getting ill with all of its antiviral, antibacterial and outstanding properties.

Becky Larson
Apple Valley, MN

Hope is so uplifting. I use Peace & Calming and Lavender to calm me, Lemongrass for sore muscles, Peppermint for pain and Frankincense to fight any cancer that may be hiding. Thieves I use for sore throats and colds coming on. I don't want to miss any conventions in the future!

Jackie Burns "ART ART ART! I Love it!!!"
Falls Church, VA

I have used it for 6 1/2 months now. My pores are smaller, my wrinkles are less pronounced and my skin is so soft! I amaze myself daily! Several friends, and my daughter have commented on how great my skin looks.

Kari McDermott " NingXia Red!"
Annandale, MN



Since the Nashville Convention I have promoted the incredible benefits of NingXia Red to my family. My mom soon started ice skating lessons at the age of 69. My brother-in-law lost 30 pounds and cut his 2 pack a day smoking habit to 10 cigarettes a day over a four month period. He is 59. My sister had to buy a motorcycle to keep up with his new energy! I just got certified in Scuba diving at the age of 48. My husband's blood sugar is more controlled. I can't figure out why there are any skeptics left in my family! You can't put a price on these kinds of health benefits. I'll sacrifice a dollar a day somewhere else to keep my NingXia Red!

These are personal testimonials and for educational purposes only. This information is not intended to treat or diagnose and injury or disease. Please seek professional medical advice when needed.

Special Thank you to these individuals for helping to cover postage costs for our newsletter: Gloria Milks, Mary Byker and Shannan Rice! We really appreciate your support for making this newsletter possible! Our goal is to keep this newsletter Free for our organization! We appreciate you all and how you work to share the Young Living message with others! Your work helps to support organic herb farmers around the world and make our world a better place for all to live and grow. Please continue to support organizations such as Young Living that help keep our right for Natural Health Freedoms alive and well!
Blessing to you and your family this holiday season!



Give the gift of The Essence of the Season!

Share the special gifts of the ancient Wise Men...Gold, Frankincense and Myrrh. The beautifully packaged Essence of the Season kit comes designed in Red and Gold with 5 ml bottles of Frankincense, Myrrh and Christmas Spirit oil blends along with the resins of Frankincense and Myrrh which can be used as incense!

Kit code #3118 for w/s \$56.75.

Certified Natural Health Professional

CNHP Training and Certified Classes offered for 2006

CNHP offers education for individuals seeking to counsel others in Natural Health Techniques! For More information go to <http://www.cnhp.org> or call (800) 321-1005. Four classes are planned in Minnesota for 2006 as well as a week intensive class in Indiana in July 2006. Plus many classes planned in different regions of the country!

Star's Personal Website address: www.vitalhealthline.com a work in progress"

Essentials for Healthy Living

Inside: Winterizing your Immune System! Special Gift Ideas!
Open Quickly so you don't miss a class! "Art As You Like It" Dec. 4th!

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Holiday Issue 2005

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