

THE Star Report

ESSENTIALS FOR
Healthy Living

Star Moree, Executive:

HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL:2 ISSUE 1

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IN THIS ISSUE:

New Year's Resolutions

Nashville Convention
Current Research on
Cancer

- ♦ Nicole Stevens &
- ♦ D. Gary Young

MSM

Sleep Deprivation

The Great American
Dream Challenge
♦ Marcia Weider

Good Oils Bad Oils
The Truth About Coconut Oil

Thomas Smith
Dr. Mercola
♦ Coconut Oil
♦ Diabetes

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CLASSES:

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star.younglivingworld.com
vitalhealth@warpdiveonline.com

New Year's Resolutions That Work? You can be the judge.

Dear oil friends,

Perhaps many of you have already given up on your New Year's Resolutions. I look forward to each New Year as an opportunity to set new goals and reflect on things I could improve upon from the year before. This is a way that I can work to make sure my life does not spin out of control with no real focus or purpose. I am so blessed to have found the value of Young Living, essential oils, Aromatherapy and natural health. For me the Biblical and spiritual aspect of the oils have made me realize how my every day work can bring more honor to God. I have the perfect opportunity every day to share these beautiful gifts that are historically documented in many ancient cultures.

One of my reasons for detaining this newsletter is to give everyone time including myself to make it through the holidays and your holiday mail before sending out this letter. I am including tools and ideas that may be helpful for you to enjoy a happy, healthy and prosperous New Year 2005!

As many of you know this last year has been more challenging for the Moree family with the addition of another family member. Mason David Moree turned 1 year old on January 6th, 2005. This amazing little person in our life has managed to turn at times my days upside down. He doesn't seem to sleep well through the night (see article on sleep deprivation and how it affects our health), along with our house being in the middle of remodeling. Probably not his fault, as many a night there are 4 of us sleeping in the same room. So, I know one of my New Year's resolutions is to complete this phase of remodeling no later than May 1st. This is a dream, a goal and soon to be a reality! This is an easy choice (with a lot of hard work), as we all need our own space. Dave and I need more sleep. This is my number one priority to organize our home! However many of my other goals for the year are waiting to be mapped out on paper pending the completion of this newsletter. Lack of a good night's sleep slows everything down!

Here is a short guideline on helping you get your New Year's Goals under way. Recommended Reading: Writing It Down and Making it Happen and Making Your Dreams Come True!

- 1) What are your dreams and goals: Get out a piece of paper and start writing them down!
- 2) Organize your Goals and Dreams to have some sense of priority!
- 3) Write down what is stopping you from committing to making your dreams a reality!
- 4) Decide what is more important to accomplish... living in your reality or your dream!
- 5) Commit to keeping your dreams bigger than your reality (which may be your fear)!
- 6) Share your dreams with people that you trust and will hold you accountable for making your dreams a reality!
- 7) Keep a calendar and a journal close by... you can set dates and monitor yourself!
- 8) Pick a WOW... Within One WEEK I will do _____ to make my dream come true!
- 9) Try not to overbook yourself so you have quiet time to reflect and create!
- 10) Pick some fun activities that can help you achieve your goals!

***Live each day to the fullest! Choose each day to be happy! Thank God for our many blessings! Enjoy the process of accomplishing goals and living your dreams. Enjoy making memories. As I have small children, I am constantly reminded of this...to avoid being so focused on work and dreams that we forget to enjoy making memories!

Our 2005 Newsletter issues are dedicated to honoring the dreamer in each of us!
Please refer to the Article included... The Great American Dream Challenge! page 6

"New Research on Essential Oils"

Natural Synergy

Essential Oils in Cancer Research

_presented by Nicole Stevens

Brigham Young University

UNLV Cancer Research Institute

Outline from Nicole's presentation at convention. Nicole's research is being performed at University Nevada Las Vegas. Her preliminary findings are sub-stantative.

Arguably the most important single factor: DNA repair

- If functioning properly, these systems can compensate for mutations

Sources of mutation

- Intracellular
 - DNA copying errors
 - DNA division errors
 - Free radicals
- Extracellular
 - Radiation
 - Chemicals
 - Environment

Cancer = damaged DNA is propagated to new cells

- Malfunction of cell growth signals and death signals

Problems in diagnosing cancer

- Time before diagnosis
- Multiple mutations = difficult to characterize

Problems in treating cancer

- Genetic variation between patients
- Microenvironments
- Cancer cell type
 - Chemotherapy targets rapidly proliferating cells (GI tract, hair cells, bone marrow)—cancer may not be rapidly proliferating
 - Radiation may only kill some cells and further mutate others

Side effects

- Compromised immune system

Cancer research: new ways of treating cancer

Many plants have a long medicinal history

- Hyssop, spikenard, myrrh and frankincense mentioned in the Bible
- Tribal and cultural uses

Less than 1% of higher plants have been exhaustively studied for medicinal value

High probability that new drugs remain to be found

Good success so far: many anti-cancer drugs currently on the market were developed from plants

- Taxol
- Colchicine
- Vincristine

Extracted by steam distillation from various plant parts

Contain many physiologically active chemical constituents

- Terpenoids
- Phenols
- Coumarins

The secret is:

- Screen 74 essential oils: 69 single, 5 mixtures
 - Cervical, breast, skin, and prostate cancer cell lines
 - Non-cancerous 3T3 (mouse) fibroblast cells
- **Oils showing 50% or more cancer cell inhibition and 25% or less inhibition of non-cancerous cell growth will be recommended for further study as potential anti-cancer drugs**
- Note any correlations between which oils are active against which cancer cell lines
- Culturing cancer cells
- Monolayer growth
- Flat-bottomed 96-well microtiter plates
- Incubate in MEM (Minimum Essential Medium) at 37°C, 5% CO₂ for 24 hours to allow cell adhesion

Adding essential oils

- Concentrations of 200, 100, 50 and 0_g/ml oil added in

"2004 Update" YLEO Nashville Convention

strip-plot design, 3 replications

- 0 g/ml oil (pure MEM) used as control
- Perimeter wells not used in analysis: edge effects
- Plates incubated at 37°C, 5% CO₂ 36 hours
- **58% of the 74 oils showed general cancer inhibition of 50% or greater**
- **34% of the 74 oils showed cancer-specific inhibition**
- **Seven of these were active against two or more cancer cell lines**

Of particular interest

- Oils showing synergistic effects
- Oils with significant activity at the lowest concentration tested
- Oils with multiple anti-cancer activity

Essential oils have potential as anticancer drugs

- Screening processes (such as the one used in this study) that are fast, inexpensive and useful provide good leads about which compounds should be further investigated
- Further research should be done on promising essential oils—this may lead to new cancer drugs
- Many technologies available

Areas of interest

- Stimulating apoptosis
- DNA repair
- Proliferative senescence
- Immune protection and stimulation
- Preventing metastasis

A last look at synergy: the possibilities

Multiple chemicals in plant extracts

Essential Oils and traditional cancer treatments?

Multiple collaborators in research

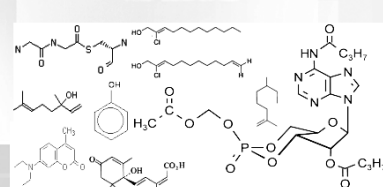
This presentation of research is for informational purposes only and is not intended as an endorsement of essential oils as medical treatment for cancer.

Introduction: Plants as drug sources

- **Many plants have a long medicinal history**
 - ❖ Hyssop, spikenard, myrrh and frankincense mentioned in the Bible
 - ❖ Tribal and cultural uses
- **Less than 1% of higher plants have been exhaustively studied for medicinal value**
- **High probability that new drugs remain to be found**
- **Good success so far: many anti-cancer drugs currently on the market were developed from plants**
 - ❖ Taxol
 - ❖ Colchicine
 - ❖ Vincristine

Introduction: Essential Oils

The secret is:



SYNERGY

Introduction: Essential Oils

- **Specific (and variable) combinations of plant chemicals**
 - ❖ Protective: coping with environmental stress
 - ❖ Destructive: killing or inhibiting growth of invaders
 - ❖ Stimulatory: promoting cell growth



• **Extracted by steam distillation from various plant parts**

• **Contain many physiologically active chemical constituents**

- ❖ Terpenoids
- ❖ Phenols
- ❖ Coumarins

Objective

- **Screen 74 essential oils: 69 single, 5 mixtures**
 - ❖ Cervical, breast, skin, and prostate cancer cell lines
 - ❖ Non-cancerous 3T3 (mouse) fibroblast cells
- **Oils showing 50% or more cancer cell inhibition and 25% or less inhibition of non-cancerous cell growth will be recommended for further study as potential anticancer drugs**
- **Note any correlations between which oils are active against which cancer cell lines**

Results

- **58% of the 74 oils showed general cancer inhibition of 50% or greater**
- **34% of the 74 oils showed cancer-specific inhibition**
 - ❖ Seven of these were active against two or more cancer cell lines
- **Of particular interest**
 - ❖ Oils showing synergistic effects
 - ❖ Oils with significant activity at the lowest concentration tested
 - ❖ Oils with multiple anti-cancer activity

You can get this exciting research by ordering the Nashville Convention CD-Rom from **ESP Essential Science Publishing** Anaheim Convention CD-Rom's still available!

Each CD includes speaker notes and Power Point slide presentations

"2004 excerpts from Nashville" D. Gary Young

Cancer Alley

Two areas dense with petrochemical industries are called
"Cancer Alley"

- 80-mile stretch on the Mississippi between Baton Rouge
- 300-mile area of Texas and Louisiana coast
- Near Baton Rouge, 129 million pounds of toxins are produced each year.
- During just one month at one plant in Texas (January 03), 200,000 pounds of toxic chemicals were spilled from vats.

Benzene-Cancer Connection

- Benzene is found in crude oil, gasoline, cigarette smoke, contaminated soil and groundwater after pipeline leaks numerous products ranging from paint to facial cleaners.
- Exposure to benzene harms bone marrow, can cause abnormal bleeding and harms the immune system. It is also known to cause cancer.
- A Feb 2004 study in the International Journal of Cancer showed that exposure of children to benzene in road traffic emissions caused higher risk of leukemia.
- A Sept 2004 study in Occupational Environmental Medicine showed an association between living near a gas station or repair garage and childhood leukemia.
- The journal Epidemiology (September 2003) reported that even low-level exposure to benzene resulted in an excess risk of leukemia in men employed in the petroleum industry.

Polyvinyl Chloride: PVC Dangers

- U.S. produced 14 billion pounds of polyvinylchloride (PVC) in 1993
- Vinyl chloride, the chemical used to make PVC is a known human carcinogen
- The manufacturing of PVC also results in the creation of dioxin, one of the most toxic chemicals known.
 - Dioxin enters the food chain and accumulates in the fatty tissues of animals and humans
- PVC and its toxic components and byproducts (including phthalates) lead to:
 - cancer
 - endocrine disruption
 - endometriosis
 - neurological damage
 - birth defects and impaired child development
 - reproductive and immune system damage

PVC Dangers

- Exposure to vinyl chloride causes capillary abnormalities, scleroderma, Raynaud syndrome, testicular cancer and chromosome abnormalities.
- Other research documents that polyvinyl chloride: Might be taken to the human brain in body fats

- Repeated exposure causes angiosarcoma (liver cancer)
- It causes loss of bone mass in fingers (acro-osteolysis)
- The National Cancer Institute lists vinyl chloride as a cause of brain cancer

Everyday Liver Toxins

- Tylenol[®] (Acetaminophen) is in more than 600 products (treating pain, coughs, cold and flu)
- Annual overdose statistics:
 - 100,000 calls to Poison Control Centers
 - 56,000 emergency room visits
 - 2,600 hospitalizations
 - 458 deaths due to acute liver failure (ALF)
- In 2003, 49% of all acute liver failures were acetaminophen related.
- A July 2004 report indicated that women can have a decline in kidney function from long-term acetaminophen use.
- A May 2004 study in Neurology confirmed that frequent use of analgesics acetaminophen may be the cause of headache pain in as many as half of chronic headache patients.

(Reprint from previous newsletter for more emphasis!)

Young vs. Old Collagen

- L-Cysteine and Sulfur
- Sulfur is the 8th most abundant element in the body
- Skin keratin requires organic sulfur and sulfur-bearing amino acids as building blocks
- The sulfur-bearing amino acid CYSTEINE is vital for skin elasticity and texture a building block for keratin, backbone of skin
- Hair and skin contain 10-14% cysteine.

MSM Connection

- Organic sulfur (MSM) provides a key building blocks for cysteine creation in the body
- MSM is considered one of the safest substances found in nature, similar in toxicity to water. It is an essential and sorely-neglected mineral in nutrition.
- MSM (34% sulfur) and related compounds are the source of 85 percent of the sulfur found in all living organisms.
- MSM is organic sulfur that presents little risk of allergies such as those caused by inorganic sulfurs (i.e., sulfites etc.).



Introducing...

ART Young Living's New Skin Care

for more information about
Age Refining Technology
contact your Distributor or
visit the website at
www.youngliving.com

The Forgotten Nutrient: MSM:

On Our Way Back to Health with Sulfur...by Beth M. Ley, Ph.D. comments by Star Moree

One of my favorite Young Living Supplements is **Sulfurzyme** that contains MSM the organic form of Sulfur as well as **Wolfberry Powder**. The reason this product is so exciting to me is well documented in this small paperback book. You may also look for more information on the benefits of MSM in the book entitled **The Miracle of MSM**. Researchers have claimed a number of benefits of taking sufficient amounts of MSM including improved joint flexibility, reduced stiffness and swelling, improved circulation and cell vitality, reduced pain, reduced scar tissue, and breaking down of calcium deposits. Many claim it is a youth nutrient causing the skin to appear less wrinkled as well as hair and finger nails are thick and strong. Many people have documented help with disorders including **Osteoarthritis, Lupus, Rheumatoid Arthritis, TMJ, Allergies, Burns, Acne and Asthma. Diabetics** may benefit from this supplement as well as MSM may be a **chemopreventative agent** (help prevent the onset of Cancer). Please refer to the **Miracle of MSM** to understand how much MSM one needs to take and for how long before one may expect to see results. Further information may be found in the **Essential Oil Desk Reference**.

McDermott's Great American Dream Challenge

Like the saying goes, "If you don't have your health, you have nothing." So curing my husbands diabetes has to be one of our dreams.

Tom was diagnosed with Type II Diabetes ten years ago. He's a-typical at 175 lbs and 6'1" tall. His work as a carpenter demands a lot of physical energy, plus he farms, cuts wood and "relaxes" by taking long walks.

Since Young Living's essential oils have been in our lives for four years we naturally began adding oils to our inventory that relate to diabetes (and I sneak in a few for emotional release, too!) When his doctor warned him about how serious his blood tests were signaling real trouble I was angry that he might die young, or turn my role into caretaking a stroke victim. We both got a little more serious last September (maybe it was the 11th.... hmmm).

Two pieces of information from convention validated thinking a cure is possible. I called home right after the presentation on **Berry Young Juice** and demanded he go drink some immediately! The second piece of information I received from a contact I'd made at convention. The article Gail sent was "The Deadly Diabetes Deception" by Thomas Smith.

The history of oils in the American diet (I'm referring to "essential food type"), which have been manipulated by marketing for industry profits at the expense of human health, fits right into my crusade. The effects of junk food and junk oils are the junk bodies of today.

We have been conscientious consumers and master gardeners most of our married lives. We knew nothing about coconut oil, fish oil and little about flaxseed oil. (We heard they were bad for us.) We have now eliminated all vegetable oils (salad dressings), peanut oil and temporarily olive oil from our diet. I believe oils are the key... Good oils! Essential oils!

Tom has been borrowing Star's micro current system to enhance his protocol. I add supplements as our budget allows and Tom takes **Sulfurzyme (MSM), Essentialzyme, & Detoxyme**. My next order will include **Carbozyme & Vitagreen**.

His last blood test after twelve weeks of focusing on oils, rather than carbohydrates have been inspiring. Using the

HbA1c test that shows the average amount of sugar in the blood he went from 9.8 to 6.8%! (note: normal range is 4%-6%)

If you or someone you love has diabetes please read Thomas Smith's article published in Nexus magazine, or go to his website: healingmatters.com. To further your support there are many articles on Dr. Mercola's website: mercola.com. For an understanding of the HbA1c blood test: diabetestoolbox.com

My dream is keeping my husband around for a long, long time and I am surrounding myself with the kind of people that support our dreams!
_by Kari McDermott

My Daily Bread

(Read this right from the package!)

EZEKIEL 4:9® SPROUTED GRAIN BREAD THE MIRACLE OF THE SPROUTS...

Different from most breads today, this unique bread is made from freshly sprouted **live grains** and contains absolutely no flour.

We believe in sprouting the grains we use in our breads because sprouting is the best way to release all of the vital nutrients stored in whole grains.

To unlock this dormant food energy, maximize nutrition and flavor, we add just the right amount of water to healthy, whole organically grown grains which are already bursting with nutrients. Beneficial enzymes are activated which cause the grains to sprout and become a living food. Our exclusive sprouting process not only significantly increase vitamins and minerals such as vitamin A, vitamin C, B-vits., calcium, iron, magnesium and potassium, but also causes a natural change that allows the protein and carbohydrates to be assimilated by the body more efficiently. and even batter still, our exclusive baking process preserves these valuable nutrients and retains the important natural fiber and bran.

Starry Starry Night: Sleep Deprivation _by Star Moree

Sleep Deprivation, from personal experience over the past year can be detrimental to maintaining good health. Lack of sleep sets us up for a whole host of problems including a weakened immune system. Since our little guy wakes up anywhere from 1-3 times a night (depends on teething, hunger, etc...) my husband and I have had a challenging year. I have been taking my Young Living products as well as using the oils, however I do not believe this makes up for lack of quality sleep! I can not imagine where my health would be if I did not have these high quality supplements and oils. I also am so grateful for the attentive wellness care we have received from many other wellness professionals we have seen this last year. As I know it can be challenging to treat oneself, it is been of such great support to have the attentive care of quality natural health care professionals.

Dr. Whitaker notes that when you do not get a good night's sleep, you look tired. **Dr. Young** points out that growth hormone is secreted the most from 11 PM to 1 AM and stresses the importance of sleep for health and longevity (Saving Face: The Scents-Able way to Wrinkle Free Skin, page 42.) Research published in the Lancet in 1999 completed by **Dr. Eve Van Cauter** noted the more sleep deprived their subjects the more concern for their health occurred. Subjects in a sleep deprivation study over a 3 week time period were documented on week 2 with only 4 hours of sleep a night to have impaired glucose tolerance resulting in the central nervous system becoming more active. In one week, the men were noted to be in a Pre-Diabetic state. Dr. Cauter noted that the lack of sleep decreases the release of human growth hormone and accelerates excessive fat gain. Lack of sleep may be partly responsible for the rise in obesity. Lack of sleep can elevate our stress hormone cortisol and diminishes melatonin sleep hormone.

What can we do to improve our quality and quantity of sleep? **Dr. Chopra** emphasizes the importance of quality sleep from 10 PM to 6 AM. From my personal experience, I need more...I function the best on 9-10 hours of sleep. So for many, sleep needs may be different. Another pointer is to find quiet time to meditate and to rest the mind. Taking a nap is socially accepted in many other countries! We can make a nap more socially acceptable in our country if more of us take advantage of it! I find often when I've had a poor night's sleep my body keeps telling me the next day to take a nap. Even a 30-45 minute nap helps me feel better. A close family member takes advantage of a nap to relieve the stress of a demanding job and to clear the mind. Actually, I find over-stimulation to noise detrimental to a productive day. I find in the quiet, my mind is more creative and I find more enjoyment in life. For my family this means limiting television time. I find reading before bedtime relaxing. We read to our children at bedtime, which my daughter seems to find very soothing.

We enhance our sleep with supplements like **ImmuPro**. ImmuPro has melatonin as one of the ingredients as well as nutrients to support our immune system. A number of people have commented that when they cannot sleep they take ImmuPro. I enjoy smelling **Peace and Calming** and it seems to help me get a good night sleep. Others use **Lavender**. Exercise during the day also helps many people to sleep better. Using **UltraYoung** at bedtime may help improve the release of Human Growth Hormone...the hormone that stimulates our cells to repair. If you wake feeling not rested it may be a sign of dehydration and/or too much internal acidity. I flavor my water with **lemon oil**, I will drink twice as much...because it tastes so good! **The Essential Oils Desk Reference** has a very helpful section on how to balance our pH!

***The Essential Oils Desk Reference and Saving Face books are available from ESP @ 800-336-6308 or www.essentialscience.net!**

The Great American Dream Challenge (Part I) _ by Marcia Wieder

"The American Dream" was first referenced in the book "The Epic of America," where James Truslow Adams wrote, "Here life should be better and richer and fuller for everyone, with opportunity for each according to ability or achievement."

Life changed dramatically for us all on Sept. 11, 2001. Even now, life feels uncertain and many have lost hope entirely. Some say this is not a time to dream. I say, there's never been a more important time. Without vision, companies and countries fail, and without our personal dreams, hopes and aspirations, life can become meaningless.

For this reason, I have created The Great American Dream Challenge.

The Challenge - If we define a dream as something that you want, that has heart and meaning for you and that you believe in, what are your dreams? Dreams are precious and essential and can change your family, community and the world. Your dreams can make you a better and more compassionate human being. If no dream is too big or too small, the real question becomes, simply: What matters to you and what are you willing to do about it?

The Challenge is simple, yet powerful. **Pick a dream** - (at least one) small or large, personal or professional - that matters to you. Make the commitment to achieve it (or a portion of it) by Sept. 11, an essential day to demonstrate that we are a nation of dreamers. On that day, members of My Dream Circle will come together at a live event in San Francisco to demonstrate that we are still hopeful and we are still dreaming. We will celebrate our success and create new dreams for the year ahead.

To join the Challenge, set 9/11 as the date for you to accomplish something important. Get started today by going to www.mydreamcoach.com and post your dream or email it to me directly.

A Myriad of Dreams - Some of the dreams posted include writing a novel, publishing a book, running for political office, building or buying a home, starting a company, growing a lucrative coaching practice, losing weight, running a marathon, getting married, having a baby, moving to a foreign country, learning a second language and starting a non-profit organization.

Whether your dream is for yourself, your community or the world, this is your chance to act, to get help in making it happen and to support others in doing the same. You are not alone. Make your dream a reality by joining The Great American Dream Challenge and share your resources and successes. Watch this column for more information and to read what happens. Let's prove that dreams are alive and well in America!

Marcia's monthly columns in the San Francisco Chronicle: Who is Directing Your Life?, Integrity: The Key to Getting What You Want, The Power of Intention... and more! Go to marciaw.com for America's Dream Coach.

Valuable support for building your Young Living Business!

What's the difference between a fat and an oil?

Fats tend to be solids at room temperature. Oils tend to be liquid at room temperature. The difference is in their melting point. If you raise the temperature of a fat above its melting point, you have an oil. If the temperature increases beyond the melting point and smoke is evident, the molecular structure changes and toxic molecular isomers are produced. If the oil is cooled to resolidify, the toxic products remain. This process routinely destroys all of the nutritional value of fats and oils. Now refined, (Hydrogenated fats and oils) have an extraordinarily long shelf life, some virtually unspoilable.

What Oils are healthy and beneficial?

The health distinction is not between saturated and unsaturated, as the fats and oils industry would have us believe. Many oils and fats are highly beneficial: many unsaturated oils are highly poisonous. The health distinction is between “natural” and “engineered” oils. A true “food source” oil is healthy. An engineered oil is not. We can't eat cotton, rapeseed (soy is the exception) without an engineered process involved. Flaxseed, Fish and Coconut oils are simply extracted from an original food product.

Where did the good oils go?

In the early 1900's immense profits were seen by the manufacturing side of agriculture for automated factories to produce cheap oils. Early marketing efforts failed because people were suspicious of food that wasn't farm fresh. Since people were prosperous then, suspicious food products made little headway. Crisco, an artificial shortening was given away to compete with lard. Margarine was bitterly opposed by dairy producing states until World War II. Wartime distribution allowed the dairy industry's protests to fade when margarine diluted the markets here while butter was shipped to the military. It wasn't until the Depression that refined and hydrogenated products made any significant penetration into the food market. Flax oils and fish oils disappeared as the American population became diseased and turned to medicine for answers. A massive media disinformation campaign portrayed coconut oil as a saturated fat that causes heart failure. Factory-produced foods and oils replaced coconut, flax and fish oils with soy, cottonseed and rapeseed oil. After a successful media blitz for cheap, junk oils the war on fat was lost... but the war on fat is back!

According to the American Heart Association almost 50% of Americans suffer from one or more symptoms of this disease. One third of the US population is morbidly obese: half of the population is overweight. Type II Diabetes now appears routinely in children six-years-old. Many degenerative diseases can be traced to a massive failure of the endocrine system. This has been well known by physicians since the 1930's. This basic underlying disorder is known to be a derangement of the blood-sugar control system by badly engineered fats and oils! It is exacerbated and complicated by the widespread lack

of other essential nutrition that the body needs to cope with the metabolic consequences of these *poisons*.

The history of the engineered oil adulteration of our once-healthy food supply exactly parallels the rise of the epidemic of diabetes and hyperinsulinaemia.

How come I don't hear about this?

There is dishonesty in advertising in the fats and oils industry. It is aimed at creating a market for cheap junk oils such as cotton and rapeseed oils. An informed and aware public with purchasing power would break the industry. Our medical society is trained to treat disease, not cure it. Our pharmaceutical companies are in business for profit, not health. (For more information go to www.mercola.com. Read “How the Media Deceives You About Health Issues, or “The Doors of Perception: Why Americans will Believe Almost Anything”)

Why is Coconut oil re-emerging?

Coconut oil had been the most effective dietary weight-control agent we had. Coconut oil was an American staple. Its low burning point forced a slower, but healthier cooking process for fried foods. But beyond its smooth taste, versatility and natural long shelf-life it is emerging as an alternative dietary food for healthy living.

Coconut oil's fat chains (MCFA's medium chain fatty acids) are not stored in the body's cells. They are sent directly to the liver and are converted into energy. This quick absorption puts less strain on the pancreas, liver and digestive system. Since it speeds up metabolism with this efficiency, it also contributes to weight loss. Coconut oil has no “trans fats” that raise LDL levels (bad cholesterol) which lead to clogged arteries, heart disease and pancreatic functions. Its high lauric acid (antiviral, antibacterial, antifungal agent) simultaneously builds the body's immune system.

What is the Diabetes Connection?

Type II Diabetes is fundamentally the body's failure to metabolize fats and oils properly. This system failure results in a loss of effectiveness of insulin, which in turn is the carbohydrate metabolic consequence. To repair the blood sugar control system you must use “good oils” with beneficial fats like coconut, fish and flax oils (and some animal fats). If an oil is sold in a plastic transparent container, on a super-market shelf... DON'T BUY IT!

For a detailed guide to reverse the effects and prevent future incidents of hydrogenated trans-fatty-propaganda-oils, please read Thomas Smith's article “Our Deadly Diabetic Deception” printed in the Nexus New Times magazine July/August issue 2004.

Why do I care?

My husband is a Type II Diabetic. His recent HbA1c blood tests, after 12 weeks of restricting our oil use to “good oils” dropped from 9.8 to 6.8. Since we have no scientific protocol and he is still using oral medications, we can't prove a thing. We just want to share our story as it unfolds as part of the Great American Dream Challenge. (see page 5)

**Special Thanks to so many that have shared their talents!
Thanks for all your help and support during the last year!**

Dr. Susan Saetre DC, Dr. Michelle MacIntee DC, Dr. Lee Aberle ND, Dr. Karla Lilleberg ND, Deb Levinski CMT, Jeanie Vafaret CMT, Jan Zwiefel CMT, Jane Reckow CMT, Carol Athman & Kathy Hagemeister, and Erin Rafael. Your healing touches and treatments made a world of difference. Your wisdom as well as listening ears have been greatly appreciated! God's blessings to you and all that you do! A special Thank you to Kari McDermott and Gloria Brinker who have made special contributions to our 2004 newsletters! Gloria, thank you for stepping in for travels and trainings! Kari, thank you so much for all your help and support, I couldn't do this newsletter without your generous support!

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

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

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*Interested in Looking Younger and improving the quality of your skin? **ART**: Age Refining Technology is available.

For a full schedule of events go to www.youngliving.com and click on events!

Special Rates for Convention 2005!

**Best Western Salt Lake Plaza Hotel's multimillion dollar renovation - suites on hold.
Refrigerators available (while supplies last). Across the street from the convention center.
You must request: "Star Young Living Group" to receive this rate: \$79.00 per night (max. 4 people)
Call 1-800-366-3684**

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More Research from Nashville Enclosed!

DELIVER TO:

New Year's Issue 2005

Star's New Year's Resolution

*Nashville Convention
Cancer Research*

MSM

*Sleep Deprivation
Dream Challenge*

*Good Oils vs Bad Oils
The Truth About Coconut Oil*

Editor: Kari McDermott
of Studio 4:44

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