

# The Star Report

Essentials for  
Healthy Living

**STAR MOREE, EXECUTIVE:** HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION **VOL:3 ISSUE 4**

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## In This Issue:

Sugar- A Major Toxin

8 Essential Sugars  
Cancer & Sugar Link

EOs Secrets & Science

Dr. Hill' s June Training  
Oil Chemistry Chart

Flu Vaccines  
Mad as Mad Hatter!

The Skinny on Fats  
New Product Launch

[http://  
star.younglivingworld.com](http://star.younglivingworld.com)  
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## **Sugar..... A major toxin you can control!**

**However, A majority of us do not and our children are guilty, too.**

*Dear Friends,*

*At a recent Young Living event, Dr. David Hill, DC quoted some interesting statistics with regards to our health and the toxic world we live in. Did you know some researchers estimate... that today, in just one day we are exposed to more toxins than our Grandparents' were in a lifetime! I was stunned by this comment! I knew our world was toxic, but how toxic... I was not aware! Many of us involved with Young Living work to eliminate toxins from our home such as commercial household cleaners and deodorants replacing them with healthier choices such as essential oils and our Thieves Household Cleaner. We choose organic foods and work to decrease the amount of toxins consumed such as commercial pesticides and herbicides. We work with our gardens and our lawns using more natural fertilizers. I know we are a group that works hard to keep toxins in check, however we are human and sometimes we slip... we fall back into bad habits!*

*Perhaps the worst habit we fall back into is our desire for sugary foods! Unfortunately, our society is in the habit of rewarding and celebrating with sugar! When we are eating on the run or not drinking enough water... it is easy to pick up a sugary snack. When we are dehydrated, the brain craves sugar to keep up with its 24 hour-7 day work schedule! However, this bad habit can turn into a real "toxin" in our body and a cause of major dis-ease in our life!*

*What toxic threat does sugar pose to our health? Sugar creates acid in the body. Cancer cells need sugar for food and as we take in sugar our body also becomes more acid...an environment that continues to feed cancer. The combination of too much acid in our system along with excess amounts of sugar can create an environment not only for cancer to develop, but a majority of degenerative diseases. Here is a brief list of problems associated with excess sugar intake: asthma, osteoporosis, osteo-arthritis, kidney stones, diabetes, Crohn's disease, appendicitis, gallstones, gout, varicose veins, high blood pressure, heart disease, elevated triglycerides and total cholesterol. Sugar can cause toxemia during pregnancy. Too much sugar can cause acne and eczema. In children excess sugar is associated with learning disorders, including ADD, ADHD and anti-social behaviors. High sugar intake in adults is associated with increased risk of Seizure Disorders, Parkinson's and Alzheimers Disease! Sugar creates hormone imbalances leading to concerns for both men and women! Let us not forget childhood and adult obesity issues again associated with excess sugar intake! D. Gary Young has quoted that "if the FDA looked at how sugar affects our body and all the hormonal changes created by sugar intake that it would be listed as a drug!" Perhaps it would be good for the government to regulate sugar like a drug! We would all be better off, especially for those of us that lack good self-control! There is a lot of money to be made in treating us for dis-eases created by our typical American diet!*

*So what can we do! Put an empty "cookie" jar on your kitchen counter and put a dollar in it every time you pass up sugar! Every time you do not buy sugary treats at the grocery store, put in a 5-10 dollar bill! Don't forget to drink water! Every time you reward your body with water over soda pop...add another dollar! Then at the end of each month see how much money is in your jar! You'll easily have enough money to start investing in your health. You'll have enough money to easily buy yourself healthy sugar alternatives such as...Agave, Stevia, a pound of wolfberries and a 4 pack of NingXia Red! Let's all do our part to enjoy happier more productive lives with less added sugar! Bon Appetite!*

*\*For More Information go to [www.mercola.com](http://www.mercola.com) and do a search on sugar!*

# Nutritional Effects: Mind • Body • Children

## The Eight Essential Sugars or "Glyconutrients"

**Mannose** is the chief of the essential super critical nutrient sugars. It helps strengthen the excretion system and helps to defend against bacterial infections . . .

**Galactose** coexists with lactose. As with all 8 super critical nutrient sugars it is vital for intercellular communications. It promotes wound healing, decreased inflammation, and stimulates needed calcium absorption...

**Fucose** is found in healthy mother's milk and transfers immunity to newborns. It is important for proper nerve function, kidney health, reproduction systems & hydration of your skin.

**Glucose** enhances memory, stimulates calcium absorption and increases cellular communication.

**Xylose** is an antibacterial and antifungal. It promotes the growth of healthful flora in your intestines, therefore maximizing nutrient absorption which in turn strengthens your immune system...

**N-acetylneuramic acid** (sialic acid) is vital to many body fluids including, serum, cerebrospinal, saliva, amniotic, and mother's milk. It is an immune modulator that benefits many things and it is a powerful antiviral. It is 1000 times more potent than antiviral drugs used to fight influenza...

**N-acetylgalactosamine** helps in the prevention of many diseases. Evidence reveals it helps in tumor reduction and in promoting healthful heart cells. It is also key in promoting joint health and is also an anti-inflammatory.

**N-acetylglucosamine** found in the brain, thyroid, liver, small intestine, testes, epithelial cells of the endocrine & sebaceous glands, and endothelial cells of blood vessels. It is presumed it plays a crucial role in all these tissues and organs.

**W**e were meant to get all our essential nutrients from our diet. Especially from vine-ripened fruits and vegetables. But our farming practices, food distribution, manipulation and preparation have all but destroyed our chances. At least 6 out of the 8 necessary glyconutrients are not available in our diets today! Glyconutrients are essential to our body's systems at the cellular level. They are critical for the vital function and structure of the human body. **NingXia Red** not only has four of the eight glyconutrients, it has 2 vital others. More importantly, the body can create the other 'missing' four naturally when it has the right balance of proteins and trace minerals to convert those sugars. **NingXia Red** has the necessary protein and trace minerals to make this "the most complete whole food in the world." A quote from world renown Brunswick Laboratory about our super juice!



Make **NingXia Red** a priority drink in your house. You know you can't watch your kids every minute of the day. And you want them to be vibrant and healthy in a world that doesn't promote it when you're not around.

If you are a healthy nursing mother the eight necessary sugars are present in your breast milk. Nature made sure your baby's immune system would be protected. Your baby will have a substantially reduced risk of digestive problems, respiratory, ear or other infections. They will have fewer allergies, eczema and asthma and will be healthier altogether. If these sugars form the basis of our health and our body's ability to heal from the first moments in life, doesn't it make sense to provide them for the rest of it?

1 liter	Code: 3003
2 pk	Code: 3024
4 pk	Code: 3043
Sampler Box 30	Code: 3168
Sampler 100 pk	Code: 3169
Starter Kit	Code: 3180
Wolfberries (dried)	Code: 6360
Crisp Bars	Code: 6315



## Sugar & Cancer...The short and sweet version!

**Sugar feeds cancer!** A simple concept...but what kind of sugar are we talking about? In most cases we are talking about refined sugar! Some sugars are essential to the body's health, however isolated glucose (often in refined sugar products) can be detrimental, especially in high amounts as we look at the typical American diet. Glucose has a high glycemic index, meaning that it is absorbed from the digestive system quickly into the bloodstream causing our body excess stress with a significant amount of insulin needed to be produced quickly in order to control the rapid rise in blood glucose levels. We need to eat foods with low glycemic indexes and balanced sugars. Eating whole foods such as wolfberries creates a slow release of essential sugars (glyconutrients) into the blood stream!

**Every person in cancer therapy** should be educated on the value of nutrition! They should be educated on how excess glucose (refined sugars), actually is the fuel of choice for their cancer cells! "Many cancer patients would see a major improvement in their outcome if they controlled the supply of cancer's preferred fuel, glucose (Sugar & Cancer article - Dr. Mercola)!" Eating foods that keep our blood sugar levels low, along with providing the body vital nutrients for good health, should be part of everyone's daily diet!

For more information go to [www.mercola.com](http://www.mercola.com). Search: sugar. You'll find this article as the #2 article in the top 10 on sugar! Original article \_by The Alternative Research Foundation!

# Essential Oils Secrets and Science

## Ancient Secret's Revealed

Today's scientists are finding amazing healing substances in essential oils used since the beginning of written history. Essential oils are the subtle, aromatic and volatile liquids extracted through distillation from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes and trees. The essential oil of a plant is similar to human blood in that it carries vital nutrients to the individual cells. Research shows that the essential oil distilled from the plant is many times more powerful than the same fresh or dried herb.

Historically, essential oils are the oldest form of medicine known to man. In the time of Christ essential oils were more valuable than gold due to the healing properties. According to Egyptian hieroglyphics and Chinese manuscripts, priests and physicians used essential oils thousands of years before Christ to heal the sick. References to essential oils can be found in both Old and New Testaments of the Bible. Some of the most precious oils used historically for anointing and healing the sick were frankincense, myrrh, galbanum, hyssop, cassia, cinnamon, and spikenard. Today, these same essential oils are at the cutting edge of modern research and application.

Research has shown many essential oils to be very anti-microbial. Therapeutic grade essential oils may be of great value during the cold and flu season. Sue Chao conducted research at Weber State University testing close to 100 single oils and oil blends, and found the proprietary blend called "Thieves" to be very powerful against airborne bacteria. Cinnamon and Oregano were found superior to penicillin for anti-microbial activity. Anti-viral activity was found in essential oils of yarrow, roman chamomile, and lemongrass. In other research certain oils have been found to possess anti-tumoral properties. European researchers have found that essential oils work as natural chelators carrying harmful metals and chemicals out of the body. Other essential oils work well for pain, having anti-inflammatory and anti-spasmodic properties.

What makes an essential oil therapeutic depends on many factors: from seeds to planting, through growth and harvesting, to distillation and handling, and last to the application by the end user. In the U.S. many of the oils being sold are perfume grade and not therapeutic grade due to lack of strict regulation for purity. Even when the plant is organically grown, often it is the processing that effects the therapeutic value of the oil by adding chemical solvents to speed up the distillation process.

Essential oils have been found to be very aromatic, and have the ability to penetrate the skin's lipid cell wall making them useful for diffusing and for direct skin application. For direct application, therapeutic grade essential oils can be utilized over the area of concern or on the corresponding reflex points on the feet or hands. It is recommended that essential oils be diluted with an organic vegetable oil when using with children and for those with sen-

sitive skin. One must be careful not to get essential oils in the eyes. If you apply essential oils in sensitive skin areas dilute with a massage oil base or organic olive oil. If you get an essential oil in your eye simply close it and apply a fatty oil such as olive oil or even butter will work. Water will only intensify the essential oils, since water repels oil.

The National Library of Medicine has over 4,000 research articles on essential oils. Natural medicine has the most extensive peer review in history. The results produced by the use of essential oils is not a question of efficacy, but of understanding. There is substantial documentation on the efficacy of essential oils, but not available to the lay person, nor promoted to the general public. Americans are last in the world at managing health and far behind in natural medicine research and opportunities to practice knowledge-based application. Returning to natural health care requires personal responsibility and an active pursuit to learn knowledge-based application.

### Every essential oil is:

- **Very complex in chemical compounds**
- **A smaller molecular structure and low molecular weight when left whole, exceeding pharmacology. Due to this structure they penetrate the skin and cells.**
- **70-80% carbon – carbon is the best absorber of toxins, heavy metals, allergans, and pathogenic microbes.**
- **2 basic molecular structures (see EODR pg.15) terpenes (number of carbon atoms they contain benzene (aromatic rings – bi-cyclic "share 1 atom")**
- **All oils have monoterpenes which possess antibacterial, antifungal, antiviral, antiseptic, analgesic, expectorant and stimulating qualities.**

Using therapeutic-grade essential oils is a process. You have to be committed, to be involved with the process. Use the oils through Aromatherapy, Skin Contact, or Internally.

Aromatherapy uses the sense of smell, which is the only method that goes directly to the brain inducing beta waves (attention/alertness), or delta waves (calming). There is a distinct connection between scent and psychological response. Skin contact allows an essential oil to be carried into the blood stream, the lungs and exhaled through the mouth within 20 minutes. Essential oils can effect every cell in the body in 20 minutes and are metabolized like other nutrients. Use caution taking essential oils internally. Use the GRAS charts to determine safe ingestion and be guided by professional advice.

The oil's complex chemistry makes them allies in protecting ourselves from bacteria, viruses, and other detrimental microorganisms. If you can grasp a basic understanding of the major groupings of oil constituents your results will improve. Using basic chemistry you can apply certain oils to work for certain conditions of the body. Your unique body chemistry will determine which compounds are needed from an essential oil. Start with the right category and the "right oil will find you!"

Notes and constituent tables (pg 4/5) condensed from Dr. David Hill's Essential Wellness Training, Minneapolis, MN June 24, 2006

# The Chemistry Clues for EO's

Dr. David Hill's  
Wellness Training 2006

## Monoterpenes

Oil	Constituent	Amount	Total
Grapefruit	limonene	89%	99%
Orange	limonene	87%	90%
Tangerine	limonene	72%	90%
Balsam fir	a-pinene	38%	83%
Lemon	limonene	65%	80%
Frankincense	a-pinene	38%	78%
Cypress	a-pinene	51%	76%
Elemi	limonene	55%	72%
Galbanum	b-pinene	55%	72%
Douglas fir	a-pinene	32%	70%

### Main Effects:

Antimicrobial, antiviral, antiseptic, analgesic, expectorant & stimulating qualities  
Highly protective to cells & promote normal cell growth  
Largest single class of compounds  
Have a stimulating effect  
Tend to have a drying effect when applied to skin  
Mostly clear, mobile, and highly volatile

## Diterpenes

Oil	Constituent	Amount	Total
Jasmine	phytol	9%	14%
Clary Sage	linalyl acetate	5%	5%
Cypress	cupressic acid	1%	2%
Pine	cembrene	2%	2%
Cistus	bornyl acetate	1%	1%
Sage	a-thuyone	1%	1%

### Main Effects:

Made when two terpenes are linked together  
Contain the largest molecules that are distilled; larger molecules must be extracted by other methods  
Are uncommon  
Act as expectorants and purgatives  
Effective against some fungi and viruses  
Balancing to endocrine function  
Tend to oxidize into alcohols

## Alcohols

Oil	Constituent	Amount	Total
Rosewood	linalool	82%	83%
Palmarosa	geraniol	77%	82%
Coriander	linalool	35%	76%
Geranium	citronellol	32%	60%
Rose	citronellol	37%	60%
Lavender	linalool	35%	44%
Petitgrain	linalool	23%	34%
Ylang ylang	linalool	25%	25%
Laurus nobilis	a-Terpineol	9%	22%
Marjoram	a-Terpineol	10%	20%

### Main Effects:

Anti-infectious, strongly antibacterial, antiviral, stimulating  
Help to increase blood circulation; energizing  
Decrease blood thickness without over-thinning  
Toning  
Non-phenolic types are mild and possess floral aromas  
Phenolic types are very strong and aggressive; may be irritating to the skin  
Names usually end in "ol"

## Aldehydes

Oil	Constituent	Amount	Total
Cassia	cinnamaldehyde	80%	80%
Lemongrass	geraniol	37%	37%
Cinnamon Bark	cinnamaldehyde	46%	46%
Lemon	citral	3%	12%
Citronella	citronella	6%	6%
Eucalyptus radiata	citronellal	2%	8%
Marjoram	citral	5%	6%
Geranium	geraniol	6%	8%
Myrrh	methybutnal	2%	4%
Ginger	citronellal	4%	4%

### Main Effects:

Key ingredient in the scent of a plant; exhibit strong aromas  
Found in small quantities in most plants  
Are antimicrobial, antiviral, anti-inflammatory, antifungal  
Contain strong antiseptic properties  
Often calming to the emotions  
May cause irritation if not applied correctly  
Contain constituents that end in "al" or "aldehyde"

# Details of the Constituents

## Esters

Oil	Constituent	Amount	Total
Wintergreen	methyl salicylate	97%	97%
Clary Sage	linalyl acetate	58%	64%
Petitgrain	linalyl acetate	50%	57%
Cardomom	a-Terpinyl acetate	46%	50%
Helichrysum	neryl acetate	38%	43%
Jasmine	benzyl acetate	43%	43%
Valerian	bornyl acetate	40%	50%
Lavender	linalyl acetate	35%	39%
Bergamot	linalyl acetate	37%	37%
Spruce	bornyl acetate	33%	34%

### Main Effects:

Normally free of toxicity and irritants  
Often contain fruity aromas  
Possess anti-fungal, anti-inflammatory, calming, and skin rejuvenation qualities  
Tend to be most relaxing, soothing and balancing of all essential oil constituents  
Help release tensions  
Exert a normalizing effect on emotional and physical imbalances  
Names usually end in "yl," "ate," or "ester"

## Ketones

Oil	Constituent	Amount	Total
Cedar Bark	a,b-thujone	77%	87%
Idaho tansy	b-thujone	67%	73%
Spearmint	l-carvone	58%	60%
Thuja	a,b-thujone	45%	59%
Hyssop	Isopinocampone	50%	52%
Eucalyptus dives	Piperitone	35%	42%
Sage	a-thujone, camphor	33% 24%	57%
Dill	d-Carvone	35%	38%
Yarrow	Camphor	11%	21%
Peppermint	Menthone	15%	20%

### Main Effects:

Skin rejuvenators; often good for scars  
Vapor may help cough up phlegm  
Having calming, analgesic, anti-coagulant (if needed), anti-inflammatory, expectorant & stimulating qualities  
Some are soothing to cuts, abrasions and irritated tissues  
Known for strong aroma  
May become toxic to the liver taken internally  
Increase the flow of mucus

## Lactones

Oil	Constituent	Amount	Total
Laurus nobilis	costunolide	2%	3%
Yarrow	achillin	2%	2%
Myrtle	myrtecommulone	2%	2%
Valerian	actinidine	1%	1%
Bergamot	bergaptene	2%	2%

### Main Effects:

Known for anti-inflammatory activity  
Contain even stronger expectorant actions than ketones  
Some are phototoxic  
Known for "febrifuge" activity (fever reduction)  
May be uplifting and sedative  
Are a subset of esters but actions differ  
Coumarins are types of lactones; lactones, Amounts are very low (not problematic levels)

## Oxides

Oil	Constituent	Amount	Total
Eucalyptus radiata	1,8 cineole	67%	69%
Ravensara	1,8 cineole	55%	55%
Rosemary	1,8 cineole	47%	47%
Myrtle	1,8 cineole	38%	39%
Helichrysum	1,8 cineole	2%	15%
Melaleuca	1,8 cineole	9%	11%
Thyme	1,8 cineole	10%	10%
Sage	1,8 cineole	8%	9%
Melissa	caryophyllene oxide	7%	8%
Basil	1,8 cineole	5%	6%

### Main Effects:

The major oxide listed is 1,8 cineole which acts as a decongestant  
Plants produce oxides for their own purposes  
The half life of 1,8 cineole is 20 min. making it difficult to build up in the body  
Used in over-the-counter medicines for cold/flu  
Often the parent molecule becomes oxidized and becomes an oxide  
Names generally end in "oxide" or "ole"

A general understanding of essential oils complex compounds and constituents will help you choose more appropriately when looking for an oil to aid in healing an illness or injury, or to bring about balance for an emotional issue.

# Mad as a Mad Hatter"about Vaccines

\_by Dr. Mercola



## New Flu Vaccine is Loaded With Mercury \_USA Today August 31, 2005

GlaxoSmithKline's new flu vaccine Fluarix was approved Wednesday for sale in the USA this fall under an accelerated FDA approval process. Another flu vaccine manufacturer, Chiron, moved closer to getting their license back; it was suspended when their flu vaccine was found to be contaminated with bacteria. Chiron's license was suspended by British regulators in October, and the FDA barred U.S. distribution of the vaccine, cutting the nation's expected supply of flu vaccine in half. GlaxoSmithKline expects to distribute 8 million doses of Fluarix and will begin shipping immediately. Chiron, if its vaccine is re-approved, could supply 18 million to 26 million doses of Fluvirin.

### Dr. Mercola's Comment:

It has been six years since the American Academy of Pediatrics and the U.S. Public Health Service joined forces in requesting the removal of all mercury-containing preservative thimerosal from vaccines. A quick surf on the net easily reveals that this new vaccine indeed contains mercury. How is it possible that they can approve vaccines that have a preservative that has been outlawed for six years? Last year I ran an article that documented that flu vaccines still contain mercury. How can the US federal government justify this morally reprehensible behavior and expose your children and you to this well documented neurotoxic poison?

The "Mad Hatter" (Alice in Wonderland) wasn't just an idle fancy. In fact, hatters in England went insane with astonishing frequency a couple of hundred years ago, until "mad hatter" became a cliché. Why? Mercury salts were used to make felt for fancy hats. **Mercury exposure** can cause a devastating array of problems, including: Multiple Sclerosis, Central Nervous System Disorders, Autism, and Alzheimer's Disease. Is this really something you want injected into yourself, and your children? Avoid mercury poisoning; don't eat fish, unless you are absolutely certain that it has been tested in a laboratory and shown not to contain detectable levels of mercury and other toxins. To get your vital omega-3 fatty acids, eat high quality fish oil instead. This will also, incidentally, help keep you from getting the flu. Other ways to avoid getting the flu without taking dangerous shots include: Eating a healthy diet by eliminating sugar, exercising, getting enough rest, eating garlic regularly (sulfur), not letting stress become overwhelming, and washing your hands!

**Related Articles:** [Flu Vaccine News Heating Up](#), [How Effective is This Year's Flu Vaccine?](#), [Exercise Alternative to Flu Vaccine](#)

## Flu Drug is Killing People \_USA Today November 17 & 19, 2005

The Food and Drug Administration (FDA) is investigating reports that the deaths of 12 Japanese children may be linked to the anti-viral drug Tamiflu. The possibility has caused alarm, since millions of doses of the drug are currently being stockpiled for use in a potential flu pandemic. Tamiflu has also been linked to neuropsychiatric incidents in children, including seizures, loss of consciousness, and delirium. The reports mention incidents including: A 14-year-old boy with flu took a dose of Tamiflu and two hours later fell from the ninth floor of his apartment building; Another child, hours after taking a dose, jumped from the second floor of his house into deep snow. However, it is important to realize that the reason Tamiflu side effects may show up earlier in Japan is that Tamiflu is used 12 times more frequently in Japan than in the United States -- 11.6 million prescriptions for children in Japan between 2001 and 2005, compared to about 872,000 during that same period in the United States.

### Dr. Mercola's Comment:

I swear this whole bird flu saga is something straight from some television mini-series or fiction novel. However, as you know, you couldn't make up a story like this tale of greed and political corruption. The sky is not falling and the great bird flu epidemic isn't coming either. My new book *The Great Bird Flu Hoax: The Truth They Don't Want You to Know About the "Next Big Pandemic"* explains in a clear and compelling manner the real science that proves this is the hoax of our century. More importantly, *The Great Bird Flu Hoax* exposes what you should REALLY be worried about (truths that have a profound impact on the health and safety of you and your loved ones) and provides you with health solutions to optimize your immune system ... so you need not worry about bird flu hype or about the real health threats such as cancer, heart disease and other genuine health issues.

Last year, the United States placed an order for 20 million doses of this worthless drug at a price of \$100 per dose. That comes to a staggering \$2 billion. It was abundantly clear that this drug was not going to help anyone with the flu, and now we find out that this drug has a serious potential of killing children that take it.

To add insult to injury, the drug companies have made a sweet arrangement with the U.S. government that they are not liable for any of the side effects from the drugs. President Bush's \$7.1-billion pandemic flu plan seeks broad limits on lawsuits against producers of vaccines and antiviral drugs, but is silent on how those injured or killed by adverse reactions might be compensated. The liability shield is contained in the Pandemic Flu Countermeasure Liability Protection Act of 2005. It would protect producers and distributors of emergency vaccines from injury suits except in cases of "willful misconduct," a term to be defined later by the attorney general and the secretary of Health and Human Services. So, even if these drugs or vaccines wind up killing innocent children, these companies will not be held liable. But you don't have to worry as on Saturday the FDA announced that Tamiflu was safe. Of course, this is the same agency that gave Vioxx its safety blessing before it killed 55,000 people.

# Essential New Products • Omega Blue & Longevity

## The Skinny on Fats

Dr. Hill was once again in Minneapolis with more information on nutrition and Young Living's dedication as a world class leader in the Wellness industry. Because we are just beginning to understand the relationship of essential fatty acids (Good Fats • Bad Fats) it is critical to do the right thing, based on the best knowledge at the present moment. I even asked Dr. Hill at the June training why Young Living had not been presenting more research on Omega 3's and the relationship to obesity, cholesterol, and autoimmune disease in America. Star and I have been writing about this issue for quite awhile.

One of the reasons is simple: it's a complex subject! And when you try to explain it, even in the simplest terms, most of us still don't get it! We need to increase our Omega 3's and decrease our Omega 6 intake. The current American oil intake ratio is 20:1 or higher and we need to turn that around to be 1:1!

Omega 3 sources are: flaxseed oil (but it is a volatile oil, goes rancid quickly, and needs internal body support to actually convert it); hempseed oil (not available commercially until recent pressure from organic consumer advocacy groups), and fish oil, which has a reputation for bad taste and suspicious sources due to the world's water supply and possible high levels of toxins.

Research also supports the use of coconut oil (not as an Omega 3 source) but for its saturated fat quality and medium chain fatty acids that aren't stored in the body, but are digested quickly and burned for energy.

Young Living has now developed an Omega 3 dietary supplement from fish oil. Maintaining their high standards for the purist source is never compromised! Using non-molecular distillation and smaller fish, the new Omega Blue will be the purist form of Omega 3 supplementation available. The addition of four therapeutic-grade essential oils places this Omega 3 source at the top.

Dr. Hill recommends daily core supplementation that includes: antioxidants, essential sugars, essential fatty acids (good fats), probiotics (intestinal flora/enzymes), and cleansing (cleansing on a routine basis for optimum effects).

## The New Omega Blue & Improved Longevity

Young Living's Omega 3 source from fish without the fishy aftertaste! Harvested from an uncontaminated source without the concern for heavy metals, PCB's, Dioxin and mercury. Some of the key ingredients in the Omega Blue supplement are Clove oil for it's eugenol, lemongrass and myrrh for their effects on skin and German Chamomile to aid in digestion.

The reformulated **Longevity Capsules** and the **NEW Omega Blue** (essential fatty acids) are now Enteric coated for dissolving in the small intestines, not the stomach. This will deliver the nutrients precisely to the intestines and are absorbed three times better than when released in the stomach.

Longevity now has Frankincense oil added to the formula. Continuing research proves Frankincense has powerful anti-cancer effects. Combined with the old formula, Longevity capsules will be one of the most sought after dietary supplements Young Living has ever shared with us. When scientific principles are properly applied we will all benefit. Being part of Young Living we get to be first in line!

Dr. Sherri Tenpenny world renowned vaccine expert's 2 hr Video:  
Vaccines: What the CDC Documents & Science Reveal  
[www.mercola.com](http://www.mercola.com) search "tenpenny cdc vaccine"

## The Great Bird Flu Hoax exposes the truth:

- \* How and why the mainstream media has deceived you about the bird flu (and why they're not talking about the far more serious threats to your health)
  - \* The real culprit in the spread of bird flu (it's not what they are saying it is!)
  - \* Who is profiting most from the bird flu panic (and why they're intentionally diverting attention away from true public health issues)
  - \* Why any bird flu vaccine is virtually guaranteed to fail (after billions of dollars are paid to key pharmaceutical giants just to stockpile worthless drugs)
  - \* How the bird flu scare is similar to previous alarms that never materialized (remember swine flu, Ebola, SARS, anthrax and 'mad cow' disease?)
  - \* The one common risk factor that nearly everyone infected with the bird flu has (you probably don't have it, but they don't want you to know this) ...
- And much, much more ...



To order go to: [www.greatbirdfluhoax.com](http://www.greatbirdfluhoax.com)

## Great New Sign Up Incentive!

Enroll in the month of September with any one of the Starter Kits, purchase an additional \$50 PV, commit to the Essential Rewards Autoship for two consecutive months and receive a \$100 Credit toward products.

## Young Living Convention 2006!

**September 27th - 30th.**  
Star's Young Living Group & DreamCatchers will be holding a special awards dinner in Salt Lake City on Wed., September 27th at The Red Lion Poolside Banquet room. Short meeting & social hour begins at 6:30 p.m. and Dinner/Awards at 7:00 p.m.

**CNHP Training and Certification Classes** is offering a class on Children's Nutrition and Vaccinations. This class is open to everyone...October 28th & 29th in Alexandria, MN. For more information please go to [www.cnhp.org](http://www.cnhp.org) or call 800-321-1005. Early registration discounts at least 20 days in advance!



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*I would like to start a monthly quick facts email for our group to keep you informed about current research in the Wellness industry, timely natural health news and promotions with deadlines that are missed in between publication dates of The Star Report. Of course, you can opt out of my monthly "Starburst" anytime!*

*But here's an example: The Great Bird Flu Hoax, by Dr. Mercola is being publicly released on September 19th. To achieve New York Times bestseller status for this book, Dr. Mercola has to collect your preorders before the book is actually released. If you purchase his book directly from his website you not only get a substantial discount, you become a voice for change.*

*See how timely this is? That's just a sample of things we'd like to make you aware of, but we need your current email addresses updated through your membership in the virtual office "Profile" with Young Living.*

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