

The Star Report

Essentials for
Healthy Living

STAR MOREE, EXECUTIVE:

HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL:3 ISSUE 1

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Is Organization the key to accomplishing your dreams?

Dear Oil Friends,

Each January of the New Year I am inspired to reflect on what was accomplished in the past year as well as where this New Year will take me. I am invigorated to set new goals and work towards fulfilling many of my dreams. The opportunity to share wellness with others and achieve balance in my professional, personal and spiritual life is very exciting. I am always looking for ways to work smart. Evaluating what can I do better. In what areas can I help others to find success for their own goals and dreams. One area that I know slows me down from accomplishing all of my goals in less time is Organization! So my New Year's Resolution is to live a more organized life. I have accumulated so much information over the past 8 years of sharing Young Living with others! The art of Organization does not come easy. I used to feel very organized. Now I house move later, 2 small children, an ongoing remodeling project, plus an in home business have made things feel less organized. So my number one priority, to be more organized! If you're in my same boat...do not feel bad...because we do have solutions to our problems!

I highly recommend the book **Organizing from the Inside Out** by Julie Morgenstern. Check out her website... www.juliemorgenstern.com. I had the opportunity to hear her speak about 3 years ago in our Saint Cloud area. Wow...she had great tips! She recently was on the Dr. Phil show sharing her techniques for organizing your home, your office and your life!

Here are some helpful tips to help you achieve organization in your own life.

1. First access how you look at organizing.
2. Figure out what is holding you back...technical errors, external realities, Psychological or emotional obstacles.
3. Taking Stock...What is working, what is not, what items are more essential to you, why do you want to get organized, what's causing the problems?
4. Strategize... Create a plan of action! Where do I start? How long will it take? How in the world can I make my efforts last?
5. Attack: Getting the job done...(SPACE) sort, purge, assign a home, containerize, equalize...and do them in this order!

We acknowledge the Dreamers!

Dream Catcher's Club winners! Each winner will receive a YL \$50.00 credit/gift certificate on their account. We acknowledge the dreamer in each of you! Keep up the good work!

Our December 2005 winner is Jane Reckow CMT! Jane is a YL executive who has been an organic gardener and involved with wellness for years. She has loved the oils since she was first introduced. Jane has now become a Massage Therapist and uses the oils in her work. Jane has combined Hot Stone Massage and YL oils as well as offers Raindrop Therapy. Jane is excited to share her knowledge with others and enjoys doing classes as well! Congratulations Jane on being our December winner for the Dream Catchers award!

January 2006 winner is YL Executive Kelley Clark-Fowler is an artist, a gardener and a home schooling Mom of 3 children. Kelley has been inspired by the Biblical history of essential oils. Kelley is never afraid to share the oils with others. She will pick up the phone and make "cold calls". Kelley is very friendly, enjoys doing home parties and classes as well as making some of her own bath and body products! Her husband Allen uses the oils in his work as a Massage Therapist! Allen is very supportive of Kelley's work with the oils! Great job Kelley and Allen.

Hot News from Ecuador!

Notes from the 1/3/06 Conference call featuring Gary Young "NEWS FROM ECUADOR"

Thank you to Doug Mills for forwarding the notes and Annette for compiling them so quickly.

Palo santo - Resin used for cancer, arthritis, pneumonia, flu. Almost a twin to frankincense. Once a tree has died it has a 28% oil production. There are millions of acres of dead trees. High limonene - 62-68%, anti viral, anti-tumoral. Contains alpha pinene, the gate opener for pituitary gland. Palo santo fights infections, virus, reduces pain and is anti inflammatory. Gary has been combining Palo santo/Frankincense/Balsam Fir for his broken back and has no pain - is snowmobiling! Remarkable Healing Trio; Magical Trinity.

Ruta - Carbon Chain 6-16, very unusual. No other oil has this many carbon chains. "Modulate Brain Function" - Behavior, Depression - Replace Prozac! Gary brought this oil into a conference room with his marketing team and had each one in the room gently inhale the oil. He then brought in another department and began a presentation. During the presentation, everyone in the marketing team fell asleep! Shamans use the ruta plants to clam crying or angry children and babies, hang plant on doorways to clear evil from people entering their homes.

Mateko - Anti inflammatory. Remarkable potential for digestive issues. Increases digestive enzymes and function. People who drink this in tea do not suffer from bowel problems.

Eucalyptus Globulus - YL will begin producing this exclusively from Ecuador. They are finding compounds in these oils (6 new compounds) that are prolific and don't exist in any other eucalyptus plant. Reasons (1) High Elevation (2) Rich volcanic ash that they grown in at 8-10 thousand feet.

Lemongrass - 4 compounds that do not exist in any other part of the world. 10x more superior than what we have now. Does not have the stinging properties of the present lemongrass.

Lippia citriodora - Gary has been looking for this plant for 10 years. As he rubbed against it and then smelled it, he remembered smelling it in 1985 at a conference. At that time he was told it could not be found. Was told that if you could find it, it could be used for cancer, malaria (#1 agent), liver regeneration and for anti viral uses. He was so excited when he found this that he began yelling over and over to his scout "This is Lippia?" The scout said "Si - why so excited?" Gary said "I've been looking for this for 10 years, all over the world!" The scout said "It grows wild all over Ecuador!" They distilled it and are producing it now.

3 weeks ago Gary found another plant that exploded with fragrance, Palio (not sure of spelling). He asked if there was an abundance of this and was told "yes, it grows like a weed". They distilled it to find out more about it. The fragrance is beautiful, like a perfume. Gary said it smells like a combination of spearmint/melissa/frankincense/lemongrass.

They do not understand the absolute gold mine that the plants will produce in oil for Young Living. 1600 aromatic plants! They also found a tree similar to Balsam - could be remarkable.

Gary participated in 68 operations on patients assisting the surgeon and using EO's in pre and post op care, diffusing in the operating room and for bleeding and pain control. **100% pain control: 20d Valerian, 10d helichrysum, 5d clove, 3d peppermint** administer in small amount of water every 1/2 hour then back off as required. Complete surgical pain control. **Control Bleeding: Cistus & Helichrysum**

Convention 2006: 2 surgeons will speak at convention and share their experiences in the operating with essential oils. Video, pictures!

**90% of our current Young Living oils grow wild in Ecuador!
There is sandalwood in Ecuador - Gary just needs to find it!**

Gary will be presenting his findings in Chicago on February 18th, 2006!

Reserve your seat for only \$45.00!



Aromatherapy: The Essential Beginning

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 their 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 sensitive skin. One must be careful not to get essential oils in the eyes. If you apply essential oils to 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.

References: Essential Oils Desk Reference; Aromatherapy, The Essential Beginning by D. Gary Young, ND;
Essential Oils & Symptoms (out of print) Revised as: Make a Healthier Choice with Essential Oils _The Science of Living Young

A New Look at Cholesterol – Part 1

__provided by Doug Mills, article from www.mercola.com

"Cholesterol is not the major culprit in heart disease or any disease. If it becomes oxidized it can irritate/inflame tissues in which it is lodged in, such as the endothelium (lining of the arteries). This would be one of numerous causes of chronic inflammation that can injure the lining of arteries. However, many good fats are easily oxidized such as omega-3 fatty acids, but it does not mean that you should avoid it at all costs. Common sense would indicate that we should avoid the oxidation (rancidity) of cholesterol and fatty acids and not get rid of important life-giving molecules. Using the same conventional medical thinking that is being used for cholesterol would lead one to believe that doctors should reduce the risk of Alzheimer's disease by taking out everybody's brain. In fact, cholesterol is being transported to tissues as part of an inflammatory response that is there to repair damage. The fixation on cholesterol as a major cause of heart disease defies the last 15 years of science and deflects from real causes such as the damage (via glycation) that sugars such as glucose and fructose inflict on tissues, including the lining of arteries, causing chronic inflammation and resultant plaque."

This Series is by Ron Rosedale, MD @ www.mercola.com/fcgi/pf/2005/may/28/cholesterol_heart.htm



Aromatherapy from A to Z

This is for educational purposes only. Consult your health care professional about any serious disease or injury. Do not attempt to self-diagnose or prescribe any natural substances such as essential oils for serious health conditions.

A Acne	Tea Tree Oil (melaleuca), Geranium, Vetiver, Lavender, Patchouly, Chamomile, Rosewood, Cedarwood, Melrose, Gentle Baby, Purification, JuvaFlex, JuvaCleanse
Allergies	Lavender, Ledum, Chamomile, Harmony, Valor, Juva Cleanse
Aches & Pains	PanAway, Peppermint, Relieve It, Wintergreen, Aroma Siez
B Blisters	Lavender, Sandalwood, Melissa, Melrose, Purification
Bone Spur	RC, Wintergreen, Peppermint
Bruises	Cypress, Helichrysum, Lavender, Geranium
Burns (minor)	Lavender, Idaho Balsam Fir, Helichrysum, Blue Cypress, Gentle Baby, Australian Blue
C Canker Sores	Melissa, Clove, Lavender, Thieves, Australian Blue
Colds (minor)	Peppermint, Thyme, Oregano, Melaleuca alternifolia, Rosemary, Mountain Savory, Thieves, Australian Blue, Purification, ImmuPower, RC, Christmas Spirit
Constipation	Ginger, Peppermint, Fennel, Tarragon, DiGize
D Diarrhea	Peppermint, Nutmeg, Ginger, Oregano, Mountain Savory, DiGize, Thieves
Dizziness	Cypress, Tangerine, Peppermint, Basil, Aroma Life, Clarity, Thieves
E Ear Ache	Thyme, Lavender, Melaleuca alternifolia, Rosemary, Melrose, Purification, PanAway
Eczema	Cedarwood, Lavender, Rosewood, Tender Tush Ointment
F Fever (minor)	Peppermint, Eucalyptus radiata, Lavender, Rosemary, Ledum, ImmuPower, Melrose
Food Poisoning	Tarragon, Patchouly, Rosemary, Peppermint, DiGize, Exodus II, Thieves
G Gingivitis	Mtn. Savory, Clove, Melaleuca alternifolia, Peppermint, Wintergreen, Exodus II, Thieves
Thieves Mouthwash, Dantarome toothpaste	
H Halitosis	Nutmeg, Peppermint, Spearmint, Lemon, Cinnamon, Thieves
Hot Flashes	Sage, Clary Sage, Peppermint, Mister, Dragon Time, Endo Flex
I Insect Bites	Lavender, Citronella, Tea Tree (melaleuca), Peppermint, Purification, Melrose, PanAway
Insomnia	Valerian, Lavender, Cedarwood, Lemon, Idaho Balsam Fir, RC, Harmony, Gentle Baby
Irritability	Lavender, Peppermint, Joy, Peace & Calming, Valor
J Joint Ache	Spruce, Douglas Fir, Elemi, Idaho Balsam Fir, Wintergreen, PanAway, Relieve It
K Kidney Stress	Wintergreen, Geranium, Juniper, Helichrysum, Fennel, Lemongrass
L Liver Spots	Idaho Tansy, JuvaCleanse, Lavender
Lung Congestion	Rosemary, Ravensara, Thyme, Wintergreen, Oregano, Idaho Balsam Fir, Exodus ImmuPower, RC, Thieves, Purification

Natural Home Remedies



M enstrual Muscle Cramps	Clary Sage, Sage, DiGize, Lavender, Roman Chamomile, Tarragon. Cypress Rosemary, Cypress, Marjoram, Lavender, PanAway, Relieve It
N ausea Nosebleed	Peppermint, Patchouly, Ginger, Nutmeg, DiGize Helichrysum, Geranium, Lavender, Cypress
O ral Hygiene	Clove, Peppermint, Thieves, Dentarome (Ultra/Plus), Thieves Mouthwash
P ain (muscle) Pink Eye	Peppermint, Wintergreen, Marjoram, Basil Purification, 3 Wise Men, ImmuPower (diffuse at night while sleeping, never put oils in eyes!)
R ash Ringworm(fungus)	Lavender, Cedarwood, Roman Chamomile, Tender Tush, Rose Ointment Tea Tree Oil (melaleuca), Melrose, Lavender, Australian Blue
S inus Problem Snoring Stress	Eucalyptus radiata, Thyme, Ravensara, RC, Thieves, Exodus II Peace & Calming, Lavender Lavender, Chamomile, Blue Tansy, Marjoram, Frankincense, Humility, Valor, Joy
T eething Pain Throat Pain Trauma (emotional)	Lavender, Thieves, Clove (dilute for children!) Lavender, Lemon, Thieves, Clove, Cinnamon, Citrus Fresh, Thieves Mouthwash Idaho Balsam Fir, Frankincense, Lavender, Valerian, Peace & Calming, Joy, Trauma Life
U pset Stomach	DiGize (formerly DiTone), Lavender, Peppermint, Lemon (add to water, drink lots of water)
V aricose Veins	Lavender, Cypress, Helichrysum
W ounds(minor) Wrinkles	Lavender, Cypress, Helichrysum Geranium, Lavender, Frankincense, Sandalwood, Myrrh
X ray Exposure	Melaleuca alternifolia, Neroli, Melrose
Y east Overgrowth (topical/skin type)	Melaleuca alternifolia, Lavender, Cedarwood
Z -Z-Z's Zits	Lavender, Peace & Calming, Roman Chamomile Lavender, Melaleuca, Roman Chamomile, Geranium
& Zoo...	Oils are for animals, too! (Refer to the EODR for application)



Aromatherapy works best with good nutritional support. Please check individual label precautions when using essential oils. Refer to Young Living's guidelines for safe use. Essential oils can react with toxins built up in the body from chemicals in food, water and work environments. Certain oils may cause a burning sensation and should be diluted. For detailed information on the safe use of EO's, please refer to the Essential Oils Desk Reference available at ESP Essential Science Publishing -www.essentialscience.net
Look for current research on essential oils at pubmed.com. Search engine available.

The Star Team Report

Comments from the field about what they do when they start to feel run down.

Gloria Brinker "When Somethings Coming..."

If I feel a virus or bacteria that may be starting to infect my body I do the following: Try to alkalize my body. I do this by increasing my amount of **Vitagreen** and **NinXia Red** and also add **Super C** or **Immupro**. I also start taking "hot" baths mixing in 2 cups of Baking Soda and 5-10 drops of an essential oil. I stay in the water for at least 45 minutes. When I get out, I rub **Peppermint, Eucalyptus or Thieves** on the bottom of my feet. I rub the oils of my feet at least 3 times per day. During my bath, I also mix hot water with the **NingXia Red** and a little stevia if I want. I sip this mixture like a tea during my bath. Before bed, I will take some homemade lotion mixed with **Thieves** oil and rub in on the back and sides of my neck and head and of course on my feet!!!

Julie Stoesz "Home Therapy Tips"

I am a full time massage therapist and a busy mom of three boys, age 20,18 and 7. We have NO time to get sick! At the first sign of any health issues for myself and my 7 year old I will put essential oils on my feet. I use different oils for different symptoms: **DiGize (DiTone), Thieves and Peppermint** for stomach issues; **RC, Purification and Frankincense** for congestion and I may do a **Raindrop** series on my feet as well. Then I draw a nice warm bath and add 1-2 ounces of **Thieves Cleaner** and soak away my ills. I also love to drink the mouthwash (1 capful per 8oz. glass). It settles my stomach and helps for diarrhea. I drink a capful each time I have a movement or vomit, it works wonders. The **Longevity** caps are great to help our immune systems get back on track as well.

As a family, we drink 1 ounce of **NingXia Red** daily to maintain great health. The **Wolfberry Crisp** bars are a great way to get my kids to have an immune-healthy snack!

I like to diffuse **Purification, Lemon and Thieves** to keep our home smelling great and germ free. I clean with the **Thieves Cleaner** and use it in a spray bottle around the house to keep the environment healthy. I also add 2-3 ounces of the **Thieves Cleaner** to my laundry mixture and make it stronger if anyone in the house has been ill.

These tips have kept my family very healthy, not to say that we never get sick, but when we do it doesn't seem to last longer than a day or two, when others are sick for a week or more.

Kari McDermott "Taking care of adult Kids."

My son called from college in November with a serious infection and a temperature of 104.2. From 150 miles away I couldn't help him. The Urgent Care clinic handed him a five day Z Pak. He came home for Thanksgiving with very low energy. I did give him a Raindrop treatment and reminded him to use his **Thieves** oil when he got back to school. Five days before Christmas, he went to the clinic again and had a positive Strep test. After 10 days of even stronger antibiotics, he felt better. But two days following a New Years party and (dancing all night), his throat pain was back, along with the white spots.

With Star's authority (because mine sometimes runs out around here....) he began taking 'serious' doses of **Thieves** and

Peppermint oil: single drops of **Thieves** to the back of the throat every hour, lozenges in between, and **Peppermint** in his drinking water. I rubbed **Thieves, ImmuPower & Raindrop**

oils on his feet that first night, then **Thieves** and **Immupower** a couple more times. (He's 19 and not exactly a captive, sick child.) After 2 days, he was down to a mild sore throat at night and the spots were gone. After 4 days his energy was back to normal. I think he believes in the **Thieves** now. And maybe has grasped the lesson: "If you don't use it, it doesn't work." Just like his classes: If you don't study, you don't get good grades!

Star Moree "Run Down and Out of Balance"

When I start to feel run down my body usually feels it first in the glands of my neck, tonsils and throat region. I have found that putting 2-4 drops of **Thieves** on my tongue 3-4 times a day helpful. Plus I put extra **Lemon** oil in my water and drink it throughout the day. I also like to put 1-2 drops of **Peppermint** on my tongue 3- 4 times a day. Additionally I have found massaging **Peppermint, Lavender** neat and **Thieves** diluted on my ears very effective. After a rough night with the kids, the combination of **Peppermint** oil neat massaged on and behind my ears, plus in my drinking can really pick me up. I increase the amount of **NingXia Red, Vitagreen, Super Cal, Longevity** capsules (plus add **ImmuPro** at night) taken on these days as well.

Measuring "energetically" for Imbalance

Today we are fortunate to have many tools to help us assess areas of imbalance or stress in our body. I have found forms of **Biofeedback & Electrodermal Screening (EDS) or Limbic Stress Assessment (LSA)** screening very effective tools, as well as **Muscle Response Testing** for stress and imbalances. In our Local Central MN area I would like to recommend the following places for options. If you live outside this area please check with local chiropractors and natural health professionals for options!

Gloria Brinker COTA and CNHP, offers **Muscle Response Testing** out of **Heart and Sol** in Holdingford, MN. Please call Gloria @ (320) 746-2766 for appointments and cost. **Muscle Response Testing** Cost Runs \$45.00/hour plus session. Gloria also offers **Healing Touch, Raindrop Technique & massage** with essentials as well as community education classes!

Mary Hoppe...Certified Health Consultant works with the computerized **Limbic Stress Assessment screening system (LSA)**. She offers services at **Medelberg Chiropractic** in St. Joseph, MN, and at **Aspiring Tranquility Massage & Wellness Center** in Albany, MN. To set appointment call (320) 837-5376 or (320) 266-2900. For appointments at **Back to Nature Wellcare Center, Litchfield, MN** please call (320) 693-2541.

Stillpointe Natural Health Center in Sartell, MN uses **Electrodermal Screening (EDS)** using the **BioMeridian** computerized Screening system. Ask for Kathy or Deb. Call (320) 203-8266.

Woodlands Chiropractic in Saint Cloud, MN also utilizes the **EDS/BioMeridian** computerized system. Brenda, Carol or Jean will be able to assist you. Call (320) 240- 0300.

Please let them know you would like to use **Young Living Products** to balance your system!

Cholesterol Part 2

“Hundreds of excellent scientific articles have linked insulin resistance and more recently leptin resistance to cardiovascular disease much more strongly than cholesterol, and they are in fact at least partially responsible for cholesterol abnormalities. For instance, insulin and leptin resistance result in ‘small dense’ LDL particles and a greater number of particles. This is much more important than the total cholesterol number. Because of particle size shift to small and dense, the total LDL cholesterol could still be low even though the number of particles and the density of the particles is greater. Small, dense LDL particles can squeeze between the cells lining the inside of the arteries, the ‘gap junction’ of the endothelium, where they can get stuck and potentially oxidize, turn rancid, and cause inflammation of the lining of the arteries and plaque formation. Importantly, many solid scientific studies have shown a mechanistic, causal effect of elevated insulin and leptin on heart and vascular disease, whereas almost all studies with cholesterol misleadingly only show an association. Association does not imply cause. For instance, something else may be causing lipid abnormalities such as elevated cholesterol and triglycerides, and also causing heart disease. This ‘something else’ is improper insulin and leptin signaling. Similarly, sugar does not cause diabetes; sugar is just listening to orders. Improper insulin and leptin signaling is the cause of diabetes. Likewise, cholesterol does not cause heart disease, but improper metabolic signals including improper signals to cholesterol (causing it to oxidize) and perhaps to the liver that manufactures the cholesterol, will cause heart and vascular disease and hypertension. Removing cholesterol will do nothing to improve the underlying problems, the real roots of chronic disease, which will always have to do with improper communications, and the generals of metabolic communication are insulin and leptin. They are really what must be treated to reverse heart disease, diabetes, osteoporosis, obesity, and to some extent aging itself.”

Longevity capsules code # 3219

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Contains: Thyme, Orange and Clove oils combined with Lecithin.

Longevity Essential Oil capsules is the most powerful antioxidant supplement with an ORAC score of 150,000. This formula is

noted to provide 700 times the antioxidant power of carrots.

Orange oil contains Limonene, a powerful antioxidant known for its anti-mutagenic, anti-tumoral, anti-cancerous and cellular DNA protecting attributes in over 50 research studies. **Thyme** oil helps preserve fats in our system from degradation or becoming oxidized while significantly raising our antioxidant levels. **Clove** oil the most potent antioxidant helps to reduce stickiness of the red blood cells. The higher the amount of antioxidants in our body has a direct correlation to longer life expectancy as noted by US Government research studies on aging! Research is also suggesting that the lack of antioxidants may cause the process that leads to heart disease, diabetes, hypertension as well as vascular disease.

You can clean up your body on the inside, but don't forget the toxins in your home environment. You have as much control in your home as you do in your body. Make conscientious choices on the cleaning products you purchase and use!

We recommend reading labels, unfortunately the chemical industry is not required to list any ingredients in cleaning products. They are only required to list flammables and hazardous toxins that would harm your eyes, or “may cause harm” if you or your child drink them! Long term health effects from toxic brews are not public knowledge. And much of the public doesn't understand how easily chemicals are absorbed through the skin and inhaled daily.

Are You Exposing Your Children To a Toxic Brew In Your Home?

A DVD production created for Canada and the U.S. released in © 2003 by the Canadian Broadcasting Corporation investigates the potential dangers of our obsession with cleanliness. The cover jacket states our concerns perfectly: “We seem to be a society obsessed with cleanliness. We want our whites whiter and our bathrooms and kitchens hospital-grade disinfected. Industry has answered: today's cleaning products promise faster, easier, and better results with no scrubbing. But is our clean-freak-streak harming our kids? In this video, we ask several experts, including a toxicologist, a senior researcher, a prominent pediatrician, an indoor air quality specialist, and an expert on chemical hazardous information. You'll be shocked at what they tell us.

Many childhood illnesses are rising at a very worrisome rate. Respiratory illness is now the leading cause of admission to hospitals for children. Childhood asthma has jumped by 400 percent over the last 20 years. Learning problems like ADD are on the rise. After injuries, cancer is now the leading cause of death in children between the ages of 5 and 9. Incredibly, most of the 80,000 chemicals in common use today have never been checked for harmful effects to our children's immature brains and immune systems.”

“People assume that if it's on the store shelf, it has been tested and is safe...” _Kathy Cooper Sr. Environmental Law Researcher. **To order this DVD, contact RM Barry Publications at: 1-888-209-0510.**

Thieves Kit code: 3154



Thieves Household Cleaner code: 3743

Thieves cleaner is sold separately from the kit.

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! YL Executives (& above) are invited to submit articles for publication in the Team Report. All members are encouraged to submit testimonials & share family stories on how essential oils enhance your lives! Please continue to support organizations such as Young Living that help protect our rights to Natural Health Freedom! Blessings of Abundance to you and your family this New Year!

Gary Young will be in Chicago February 18th, 2006 for the latest research from Ecuador. I highly encourage you to attend this presentation on the inspiring findings of abundant plant sources and the Academic Programs being developed for the future of Agriculture and Medicine designed for the use of essential oils. For more information go to youngliving.com, click on Events (Illinois). **This is a full day event for only \$45.00!**

Certified Natural Health Professional

CNHP Training and Certified Classes offered for 2006
CNHP offers education to counsel others in Natural Health Techniques!
For More information go to <http://www.cnhp.org> or call (800) 321-1005.
4 classes are planned in MN, plus a week intensive class in Indiana in July.
Plus many classes planned in different regions of the country!

Is your account about to go inactive? The Star Report goes out to all active members. Check your Young Living ordering status!

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

Essentials for

Healthy Living

Inside: Hot News from Ecuador!!!

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New Year Issue 2006

Organizing
News from Ecuador
Oils Essential Beginning
A-Z Aromatherapy
Star Team Report
More Cholesterol Truths
Toxic Brew



Editor: Kari McDermott
of Studio 4:44

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