

The Star Report

Essentials for
Healthy Living

STAR MOREE, EXECUTIVE:

HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION. VOL:3 ISSUE 2

Contributors:

Star Moree
Kari McDermott
Mary Marsh
Vicki Opfer
D. Gary Young
Dr. Rosedale

Editor:

Kari McDermott
of Studio 4:44

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[http://
star.younglivingworld.com](http://star.younglivingworld.com)
vitalhealth@warpriveonline.com
www.vitalhealthline.com

Is Exercise Without Supplementation Suicide?

1936 Medical Advice

Dear friends,

You may remember an article written a number of years ago that had a similar title. Joel D. Wallach, BS, DVM, ND wrote the thought provoking article! There seems to be an ongoing argument that if we eat "right" that we should not need to supplement. The problem becomes: if our soils are deficient in nutrients, then no reasonable amount of food will be able to supply what we need. Then add in the fact that we are a "fast running society." Many of our athletes are pushing even harder than ever before to set new records. Setting new physical standards for this type of reward could be a recipe for disaster.

Joel Wallach in his postdoctoral work did many autopsies on animals as well as humans that died of natural causes. What he found was that they all had died of nutritional diseases. He also notes that it is not just the elderly developing nutritional diseases, but also young athletes. In fact, unsupplemented high-output athletes, amateur and professional, are more susceptible to emotional, traumatic and degenerative diseases that the classic "couch potato" (taken from the article Exercise without Supplementation is Suicide). When we sweat we lose more than just water; we lose precious minerals. Sweat out enough selenium without replacing it and we could develop Cardiomyopathy. Sweat out enough chromium, vanadium and we may develop blood sugar imbalances, diabetes, depression and anti-social behaviors. Sweat out too much copper and you could be at risk for joint and cartilage problems, varicose veins, or a potential aneurysm.

Many Americans are not aware of the fact that they can not get the nutrients they need anymore, from foods grown on much of the American soils, as it is very nutrient depleted. It is almost impossible to get the nutrients we need from food alone. Please note that US Senate Document 264 from 1936 notes that farm and range soils are depleted! In the document is also noted how laboratory animals depleted of nutrients, had less intelligence and problem solving skills, such as finding their way out of a maze. They became more aggressive and easily stressed. However, when given proper vitamins and minerals these patterns were reversed! Plants rich in mineral nutrients were less susceptible to pests and lasted longer once picked from the garden!

*So what can we do? We can eat organically grown raw fruits and vegetables when possible. We can get enough protein, carbohydrates and fats to maintain our health, but not excess that would be stored as fat. We can look for concentrated "whole food" source supplements when possible. We can't make in a laboratory, for the most part, what God created in nature. Personally, I look to products like **NingXia Red**...our Young Living nutrient dense juice, **Vitagreen** (concentrated greens with essential oils), **PowerMeal**, **Mineral Essence**, **Super Cal**, **Longevity** capsules, and **Sulfurzyme**. We need both minerals and vitamins/antioxidants along with essential fatty acids rich in omega 3's and 9's. We should not overdue the omega 6's. The typical American diet has too many omega 6's, which actually cause inflammation in our body. Chronic inflammation is what scientists are now linking to many degenerative diseases including heart disease. Work on living a less stressful lifestyle. Slow things down with more time for peace and quiet! Grow your own garden to have a better appreciation of nature and the work required to maintain a healthy food supply!*

Wishing you healthy spring days!...Star

Super Size Me...



Filmmaker Morgan Spurlock unravels the American obesity epidemic by interviewing experts nationwide and by subjecting himself to a "McDonald's only" diet for 30 days straight. His Sundance award-winning feature is as entertaining as it is horrifying as it dives into corporate responsibility, nutritional education, school lunch programs and how we as a nation are eating ourselves to death!

To purchase this DVD go to www.hartsharvideo.com or www.naturalovens.com

Cholesterol—Part 3 & 4

_ provided by Doug Mills, article from Dr. Rosedale/mercola.com

Cholesterol; Wrongly Accused?

Before we can begin to talk about the real cause and effective treatment for heart and blood vessel disease, we must first look at what is known, or I should say what we think we know. The first thing that comes to mind when one hears about heart disease is almost always cholesterol. Cholesterol and heart disease has been almost synonymous for the last half-century. Cholesterol has been portrayed as the Darth Vader to our arteries and our heart. The latest recommendation given by a so-called panel of "experts" recommends that a person's cholesterol be as low as possible, in fact to a level so low they say it cannot be achieved by diet, exercise, or any known lifestyle modification. Therefore, they say cholesterol-lowering drugs; particularly the so-called "statins" need to be given to anyone at high risk of heart disease. Since heart disease is the number one killer in this country that would include most adults and even many children. The fact that this might add to the \$26 billion in sales of statin drugs last year I'm sure played no role in their recommendations. Or did it?

Expert Conflict of Interests

Major consumer groups think so. They found out that eight of the nine "experts" that made the recommendations were on the payroll of pharmaceutical companies that manufacture those drugs. Major scientific organizations have chastised medical journals for allowing the pharmaceutical industry to publish misleading results and half-truths. There is a major push under way to force the pharmaceutical industry (and others) to publish results of all of their studies, and not just the ones that appear positive. The studies that showed negative results would be forced to be published also.

It could be that lowering cholesterol might not be as healthy as we are being told. More and more studies are coming out showing just how unhealthy lowering cholesterol might be, particularly by the use of statin drugs. In particular, statin drugs have been shown to be harmful to muscles causing considerable damage. A common symptom of this damage is muscular aches and pains that

many patients experience on cholesterol-lowering drugs, however most do not realize that these drugs are to blame. Hmm...isn't the heart a muscle?

HEALTHY FOOD CHOICES AND NUTRITIONAL SUPPLEMENTATION

The Super Size Me movie drives home the fact that the typical American diet is bad for our health. If we care about our health and wellness we will consider healthy food choices and supplementation. Here are some simple ideas to exchange bad habits for good ones!

Exchange carbonated beverages for water, flavored with fresh lemons and or **lemon oil**. On hot days add a drop of **peppermint oil** to a gallon container of water and drink it throughout the day.

Choose to eat at least one raw fruit or vegetable with each meal.

Choose to eat the meat of a sandwich without all the bread. Try one slice of bread for a sandwich instead of two. Eat raw less processed grain breads such as Ezekiel Bread.

Eat fruits and vegetables of many colors. Give yourself the variety experience! Cook lightly, leave some crunch ...al dente!

When eating on the run...have **Wolfberry Crisp Bars** on hand so you can avoid eating junk food!

Have 1oz sample packs of **NingXia Red** on hand so you can add to bottled water for extra anti-oxidants and nutrients! **Power Meal** is also great for a meal replacement!

Find better fat choices for your diet...such as using olive oil, coconut oil or palm fruit oil. For more information go to www.mercola.com. Try supplementing with flaxseed oil and clean fish oils rich in omega 3's. Avoid fats rich in Omega 6 fatty acids that can cause inflammation in our tissues.

Look for Whole Food Supplements...like our Young Living products **Vitagreen** and **NingXia Red**! And our very potent **Longevity** capsules! Let's not forget to "Dine without our Enzymes"...my favorite's are Young Living's **Detoxzyme** and **Essentialzyme**!

Your best bet is to be prepared with these foods and supplements on hand so you are always ready to eat healthy even when you are in a hurry!



NingXia Red

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

Toxic Brew DVD • Surgery in Ecuador

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.**

Think Outside the TOXIC BREW!



Thieves Household Cleaner code: 3743
Sold separately from the Thieves Kit code: 3173

Use the "Toxic Brew" DVD from Canada to bring awareness to the toxic every day uses of household cleaning products, cosmetics, and junk food. Call Star to use her pre-designed postcard invitations. Just slap on a label and a stamp! Share Young Living's fabulous, natural, and super-safe products!

Copies of "Toxic Brew" available @ RM Productions
1-888-209-0510

Surgery in Ecuador... High rate of gallstones and gallbladder removal.

__by Kari McDermott

The high incidence of gallstones and the entire removal of gallbladders may have some influence on our crusade to get to the core of the cholesterol problem. The problems with our 'affluent' diets may bear similarities in the mountains of Ecuador. The surgeries Dr. Young has assisted in, have revealed fatty livers in 12 year old children. Gallstones are appearing in children as young as 5! Ecuador is the largest exporter of bananas in the world. It is known as the country of 'eternal spring.' But the people of Ecuador even fry their bananas! Is there a correlation? Is the method of frying foods as detrimental to the body, as the type of oil foods are fried in? Open air markets in larger cities sell many types of fruits and vegetables, but these are not available in more remote villages. Meats and canned goods are expensive and prohibitive. The problem is not in the food groups available, the problem lies in the preparation. Most of their food is fried. Soy, peanut, and sunflower oils are sold, but vegetable oil, butter and pork fat are most commonly used. (Note: not the "good oils" like olive, coconut, fish and flaxseed oil that we have been promoting!) Reversing liver disease with diet, good fats and essential oils (Clove, GOF, JuvaCleanse, etc.) will eventually be part of Gary's work in Ecuador.

Ecuador's introduction to therapeutic-grade essential oils, is currently with their use in surgery. Diffusing **lemon** for its antiseptic qualities and **peppermint** for mental alertness, in the cramped operating room has allowed the surgical team to put in long, hard hours. Using **helichrysum, valerian, vetiver, peace and calming, peppermint, lemon and cistus** in pre-op and post-op care has reduced blood loss, pain, disorientation, surgical trauma, and post surgical complications to 0.5% (compare to modern medical surgeries at 1%). Patients have had no deviation to vital signs during surgery. Blood pressure, heart rate, respiratory and oxygen levels have all been stable using 50% less anesthesia than before the oils were introduced to the mobile surgical unit. Patients have come out of anesthesia with less pain, agitation, confusion and without crying. The effectiveness of the oils have already played a significant role in building trust with the people in the remote areas of Ecuador. These results are bringing positive attention to Dr. Rodas, Gary Young and Young Living's essential oils to the Presidential office and four Universities in Ecuador.

Perhaps the value Ecuador's people place on natural medicine, will ultimately increase our courage to let our health care system take notice, too. Maybe we could amend the U.S. Constitution to reflect Ecuador's and include their belief...

"in sustaining and supporting natural medicine."

Dr. Rodas is a world reknown physician who has been operating the surgical mobile unit for 11 years.

90 Day Wellness Challenge

Many of my friends are concerned about improving their health. Often they note problems with feeling fatigued, low energy, chronic sinus problems, sore throats and swollen glands, yeast infections and a general lack of zest for life. As I have been reading in the **Essential Oil Desk Reference** and other books that address the issue of poor pH balance, it is easy to understand why so many of us have these complaints. It doesn't take long to see that if we don't take care of ourselves today that we may not be healthy tomorrow. However, one thing I have noticed with many individuals is the problem of giving up too soon. **D. Gary Young** has noted that it often takes **90 days** for the cells to rejuvenate!

Lack of Proper pH balance is linked to many degenerative diseases. As a Physical Therapist many of the clients I see seem to have this issue as well. When we start to address these concerns, we often see an improvement in many of the above complaints plus a decline in the aches and pain problems that they came to Physical Therapy to alleviate in the first place. To achieve pH balance it may take a person a minimum of 90 days to achieve the optimal pH balance. A good friend of mine noted that it takes at least **60 days to break a bad habit and replace it with a good one!** So make sure whatever health endeavor you work on, that you give it enough time.

In achieving pH balance I have found the following products very helpful: **Coral Sea** for replacing mineral balance. Young Living has a new product called **MegaCal** that has a 1:1 ratio of Calcium to Magnesium. Natural Health Researchers estimate that 2 out of 3 American children are deficient in Calcium and Magnesium, which may contribute to the problem of ADD and ADHD. Researchers in natural health also are noting we need to increase Magnesium levels as Magnesium is responsible for the regulation of Calcium, Sodium and Potassium in the body. The calcium and magnesium in **Coral Sea** plus the additional 58 trace minerals that are important for proper mineral balance. **VitaGreen** is great for cleansing the blood and all the dark green nutrients are good for improving pH balance. **Mineral Essence** is good to put in your **NingXia Red Juice** and drink throughout the day. **Mineral Essence** helps to improve trace mineral balance. **Alkalime** is a great mineral salt blend with essential oils that quickly alkalizes your tissues. (These are options...You do not necessarily have to take them all!)

Once you achieve your proper pH, you should work to maintain it. For instance, eating foods that make your body more alkaline should be about 80% percent of your diet. To see a Food Ash pH chart refer to the **Essential Oils Desk Reference**. When possible we should limit the amount of refined foods and junk food such as soda pop and chips in our diet. Soda Pop with Phosphoric acid, like Coke and Pepsi seems to be the worst for creating mineral imbalance.

D. Gary Young has also designed products that bind to acid in our body. **NingXia Red** is not only great because of its antioxidant potency, but also its acid binding ability. **JuvaPower** and **JuvaSpice** are powdered products designed to bind with acid and spice up your life. They are quite tasty added to soups and salads or to really spice up V8 or other vegetable juices, preferably organic!

Royaldophilus and natural foods containing the healthy intestinal flora are important to maintaining alkalinity. Taking **Royaldophilus** on a regular basis helps to improve digestive functions. Digestive enzymes such as **Detoxyme** and **Essentialzyme** are important for aiding in the breakdown of food and ensuring that food is properly digested.

Use of **essential oils** can be enhanced by proper pH balance. The oils are more effective in a person that is closer to the optimal healthy pH. Often when individuals do not like the smell of oils, it is a sign of too much internal acidity. When our body is acid it holds onto toxins and we tend to have less oxygen in our cells. Less oxygen in our cells may set us up for a host of degenerative health conditions.

*See **Essential Oils Desk Reference** for more information. Books available through Essential Science Publishing @ 800-336-6308, or www.essentialscience.net

90 Day Wellness Calendar

Month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Calendar Key:

Healthy Diet	HD/	1/2, 1, 2+ (hrs.)
Physical Activity	PA/	1/2, 1, 2+ (hrs.)
Business Activity	BA/	1/2, 1, 2+ (hrs.)
Learning Activity	LA/	1/2, 1, 2+ (hrs.)
Friends & Family	FF/	1/2, 1, 2+ (hrs.)
Personal Care	PC/	1/2, 1, 2+ (hrs.)
Nutr. Supplement	NS/	did you take any?

You can use the time elements, but it isn't necessary to see the general areas you are devoting your energy to each month. You could use a color code for visual effect, also. Create your own code for supplements: NingXia Red (nr), VitaGreen (vg), Royaldophilus (rd), Sulfurzyme (sz) etc.

Rewards for most activity this month:

- Healthy Diet = Lunch or Dinner out, Dessert
- Physical Activity = Massage, Facial, a Movie
- Business Activity = Try a new oil or product
- Learning Activity = Buy a new book
- Friends & Family = Find solitude
- Personal Care = Maybe treat someone else!

Use this calendar to track your daily investment in your personal goals. The seven categories we have named should cover the general areas in life we wish to benefit from and achieve our goals. You can, of course make up your own categories, but seeing a monthly calendar may help you visualize and interpret where you are spending your energy. When you see results from the areas you invested in, you can celebrate. If you've neglected areas, adjust the amount of time next month to give those categories more time and energy. At the end of 90 days (3 months) look for overall strengths and weaknesses. Look for a balance in your chart and reflect on seeing the balance in your life. Continue for one full year and see what happens!

MIND • BODY • SPIRIT

Business Building Makes Good Scents _by Star Moree

Find a penny...pick it up and all day long have good luck! So many times we say this...but the true reality of it is that if we work with our pennies we can find financial success! I was so inspired by the benefits of the oils and the products that I immediately started sharing the information with friends and family. The size of my check wasn't important because I knew with my desire to help others that someday it would provide a full time income for me. Before I joined Young Living I prayed and searched for things that would help people more than I could as a Physical Therapist that I could share from my own home. My goal was to work from home helping others improve their health and wellness and have time for a family! God really does answer our prayers. Each of us can do it with prayerful work and desire to help others! I am very thankful for what wonderful gifts we have in Young Living. It is an amazing organization with wonderful history and passion to improve the world. The key is to never give up, dig your heels in and consistently share the opportunity for health, wellness, and prosperity. Watch your pennies "bud" into a full bloom! Sharing Young Living and Building a Business makes good "scents!"

The Value of a Penny _by Vicki Opfer

What would you say if I gave you a choice - I'll give you a penny today, and then double it's value every day for a month, or, I'll write you a check for \$1,000,000 right now. Which would you choose?

The model at left will help you understand the financial possibilities of network marketing, also called a business of duplication. It will also demonstrate why it's important not to give up before the value of this kind of business becomes obvious.

By day 7, the value of the penny is only 64¢ - not very interesting is it? If this model duplicates network marketing, can you understand why so many people give up building a business right away? By the middle of the month, on day 14, the value of the penny would only be \$81.92. Well, again that's nowhere close to the \$1,000,000 check that I offered to write to you. This can be very discouraging.

Even by day 21 basically 2/3 of the way through the month, the value is \$10,485, which is a lot of money, but nowhere close to \$1,000,000. But then watch what happens in that next week, and you'll discover the true power of not only this model, but of network marketing which duplicates this mode. This is the power of duplication... and the power of the network marketing model.

Now look at the model as the check you will receive on your business, once it has grown... Perhaps \$10 Million a month is very unrealistic, but realize that in the industry, those who have built large organizations over a period of several years can earn \$25,000 - \$150,000 per month. Their secret? Simply continuing to share and not giving up. It's sad to realize that most people will become discouraged long before their business has a chance to become large. And, they actually might have been so close to success...

They may even join other network marketing companies, thinking that diversification might be better, only to discover that they cannot get past the 64¢ or \$82 position in any of them.

There are two kinds of people who will be successful in a network marketing venture. One is the professional network marketer who knows that to be successful, you have to ignore what appears to be a business model that is not working, and keep going anyway - they know the system. And the other is someone who loves the products so much that they're willing to share them, even if they don't earn a lot of money. In Young Living, many of the leaders have become successful because they loved the oils and products so much, that they were willing to continue sharing them, even if it appeared that they weren't earning as much money on their efforts as they would have liked.

Eventually, their checks began to exceed their dreams, and they had to learn to dream bigger!

1.	.01
2.	.02
3.	.04
4.	.08
5.	.16
6.	.32
7.	.64
8.	1.28
9.	2.56
10.	5.12
11.	10.24
12.	20.48
13.	40.96
14.	81.92
15.	163.84
16.	327.68
17.	655.36
18.	1,310.72
19.	2,621.44
20.	5,242.88
21.	10,485.76
22.	20,971.52
23.	41,943.04
24.	83,886.08
25.	167,772.16
26.	335,544.32
27.	671,088.64
28.	1,342,177.28
29.	2,684,354.56
30.	5,368,709.12
31.	\$10,737,418.24



Starter Kits are available for new members for \$149.95.

Each kit comes in an attractive case with product samples, YL policies and procedures, educational materials, catalogs, price lists, DVD's, and 5ml bottles of Lavender & Peppermint to begin using Young Living oils.

Essential Oils Starter Kit Code:3106
Contains 5ml each: Peppermint, Lavender, Frankincense, PanAway™, Peace & Calming®, Purification™, Thieves®, and Valor®

NingXia Red Starter Kit Code:3180
Contains 2 liter bottles of NingXia Red, 18 Sampler size (1 oz.), 6 DVD's/Brochures

ART Skin Care Starter Kit Code:3158
Contains 1 complete Skin Care System, 18 Day & Night Samples, 6 DVD's/Brochures



D. Gary Young in Chicago

I am always impressed with the kind of people who feel “at home” anywhere in the world. Gary Young reflects “home is where the heart is.” Whether in The Windy City at -20°, or hiking through a mountain jungle at the center of the world, his heart is with him. His heart leads him across this Earth, and leads us, to help bring the world new discoveries and unveil her ancient secrets once again.

There are over 1600 unidentified plants in Ecuador. In less than a year Dr. Young has started testing, cultivating, distilling and using 8 new essential oils. The implications are so vast that Young Living will be creating and testing at a new level of clinical standards for pure therapeutic-grade essential oils, to validate their scientific importance and use in the Wellness industry, that we are a part of.

I have already fallen in love with **Palo Santo!** After Vicki Opfer’s 5 hour training and then an 8 hour drive back from Chicago which had me too wired to shut down, I put 2 drops of **Palo Santo** on and was asleep in about 3 minutes! I was lucky enough to get an extra bottle, but I love sharing the oils so much I keep giving them away, now I have to wait 7 months for a refill!

The anticipation for new oils like “**False Cinnamon, Aromatic Eucalyptus, Lippia albius**; new compounds in **Oregano and Jasmine** and especially **Ruta graveolens**,” has me excited about going to Convention in September!

Having dealt with clinical depression during the critical years of my daughter’s adolescence, I am especially interested in **Ruta graveolens** which promises to be effective for stimulation specific to the frontal lobe. My work 10 years ago in Gifted Education, once had me digging for brain development research on the frontal lobe. This part of our brain “waits” (in a somewhat dormant state) until our hormones have leveled off. As the frontal lobe begins to develop new neuron connections, it allows the two cerebral hemispheres to communicate with more complexity than ever before (similar to the extraordinary neuronal growth of infant brains), but now setting life-long patterns for adulthood. Pituitary stimulation at this growth period should release more dopamine to the frontal lobe, which heightens pleasure and lessens pain. (Know any teenagers that stimulate those feelings synthetically?) I hope **Ruta graveolens** is another opportunity for natural ways to keep our children safe from street drugs and antidepressants.

I can’t imagine the future impact of Young Living’s alliance with Ecuador and with the University of Azuay will have on all of us. But, I’m sure moving to Ecuador is the right thing to do. Young Living will continue to evolve, based on the same passion that “life on Earth” always holds for Gary Young. Let’s keep Young Living strong, so Gary and his family can feel at home, wherever our hearts are.

by_Kari McDermott

Business Training _Vicki Opfer in Chicago

Vicki Opfer shared her “Secrets of a Young Living Diamond” in Chicago on Feb. 19, 2006. I have great respect for Vicki. She shares her knowledge on www.joy-group@yahoo.com, has been in Natural Health for about 30 years and worked privately with Hannah Kruger and Dr. Bernard Jensen.

She wasn’t happy that YL was a network marketing company which I think a lot of us can relate to. She said after 2 years in YL 20 people had somehow snuck into her organization! Jeffery Lewis, YL Platinum was also at the meeting and both Vicki and Jeffery say they continue to study and learn about network marketing.

I didn’t want to take the time to learn about business. However, if you don’t understand, or don’t like this part of your business, you will have a very hard time sharing it with someone else and encouraging them to join you. Most of the past year I have spent a lot more time studying the network marketing business, learning how the big boys do it, how it works, and how to make it work for me. I, like Vicki have come to agree that Network Marketing is a great way to share our products. It is actually the most moral and ethical way of doing business available to us right now.

Economist Paul Pilzer says the “Wellness business will be the next trillion dollar industry.” Zig Ziegler and Robert Kiyosaki author of **Rich Dad, Poor Dad** (a great book) agree that NWM is the best way to break out of the daily grind. We have been taught to be employees or followers, not leaders and employers. We are told to go to school and get a good job. To run a business means learning a whole new way of life and requires moving out of our comfort zone which is why so few people do it. As we learn and use our oils, and products it gets easier. Two books I highly recommend are “**Wave Four**” by Richard Poe and “**How to sell NWM without fear, anxiety or losing your friends!**” by Michael Oliver.

Vicki recommends: 1-6 ounces of **Ningxia Red**, 1-3 **VitaGreen** once or twice a day, **Valor** on your feet, **Harmony** above the belly button, **Joy** on the heart, **White Angelica** one drop rubbed on your hands and brushed all over your body, do this for a month and your life will change. Marcella Von Harding, YL Diamond recommends **Present Time** and **Forgiveness** oils as well.

Vicki’s 5 Essential Steps to Success

1. **Introduce people to the oils and products-when she first started she thought she had to sign up thousands of people but the truth is you need a few people that will sign up a few people. If you and everyone in your organization enrolled one person every month your organization would double in size each month.**
2. **Show them how or help them to place an order.**
3. **Stay in communication**
4. **Show them how to share-one on one, home parties, internet, etc.**
5. **Identify, develop and support leadership, in yourself, and in others - educate yourself and others.**

By Mary Marsh, PhD

This month's special is a FREE Essential 7 Kit!

This is the perfect kit as an introduction to therapeutic-grade essential oils with seven of our most popular and versatile single oils and blends. Place an order of at least 200 PV and receive an Essential 7 Kit FREE! Participate in this special promotion twice by ordering once in March and again in April (prior to the 15th).

Good on Autoship, phone orders and fax. Automatic phone ordering will not qualify.

Our Dream Catcher's Club!

Winners receive a \$50.00 gift certificate for YL products!

February 2006 winner is YL Executive Gloria Brinker. Gloria has spent an extensive amount of time teaching individuals how to safely use essential oils to enhance their lives. Gloria has become a Certified Natural Health Professional.

She offers Raindrop Therapy, Healing Touch and Muscle Response Testing as part of her service to others. She is an excellent speaker and enjoys making, as well as sharing how to make natural bath and body care products, using Young Living Essential oils! Great Job Gloria!

Our March 2006 winner is Mickey Friedrich. Mickey's sponsor, Sandy Hartman notes how much she appreciates Mickey's enthusiasm to share Young Living with others. Mickey offers regular classes sharing the value of Young Living. She is never afraid to make a new friend. She has a child like zest for life and is always the life our meetings! She is a true inspiration! Congratulations Mickey!

**WOW!
FREE
Essential 7 Kit!**



Special Thanks to Gloria Milks & Mary Byker for helping to cover postage costs for our newsletter. The Star Report goes out to all active members. Check with your sponsor, or call Young Living Customer Service to find out your ordering status!

Need a place to stay for YL Convention 2006? Check out the Red Lion Hotel...Downtown Salt Lake. Free Shuttle to and from the Salt Palace! Great Rates! \$99.00 dollars a night with up to 4 people/per room! Features 2 restaurants, pool and great reviews from YL distributors that stayed last year! Check out <http://www.redlion.com> to view the hotel. Call (800) REDLION or (800) 733-5466 and request "Star's Young Living group reservations!"

Book your room with the number provided for the best rates available!

Young Living 2006 Convention is September 27th-30th. Registration opens Tuesday at 1:00 p.m.

Essentials for

Healthy Living

**Inside: Dr. Young's Chicago Presentation notes from the Star Team!
Open Quickly so you don't miss a class! April 6th Health Investor's Club**

Deliver to:

Star Moree #117894
9303 Crestview Drive
St. Joseph, MN 56374
ph: 320-363-1017
fax: 320-363-0505

<http://star.younglivingworld.com>
www.vitalhealthline.com
vitalhealth@warpdiveonline.com

Spring 2006

1936 Medical Advice Still Works
Super Size Me!
Cholesterol Series Part 3 & 4
90 Day Wellness Challenge
Business Building on a Penny
Dr. Young's Ecuador Update



Editor: Kari McDermott
of Studio 4:44

An Independent Young Living Member Newsletter!
Young Living Live Order Line 1-800-371-2928 or www.youngliving.com