

The Star Report

Essentials for
Healthy Living

STAR MOREE, EXECUTIVE: HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION **VOL:3 ISSUE 5**

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SAD and Depression... You can avoid the Holiday Blues!

Dear friends,

During this time of year many of us suffer from some affects of Seasonal Affective Depression Disorder (SADD). As we have less daylight many of us feel more stress. Adding to our duress is holiday shopping, coordinating family visits, work parties, more eating on the run, forgetting to drink enough water, and if your from the northern states... rushing around just to stay warm becomes a top priority! Wow...that is a whole lot of stress! This is not the worst of our problems. Did you know that many of us suffer from year round depression in part caused by the real SAD...the Standard American Diet!

Changing our diet is very important now, and any time of year. The Standard American Diet (SAD) is known to be part of the problem that keeps our body in the "fight or flight" sympathetic response mode. Sugar, Chocolate, and Coffee are some of the major culprits in our diet that keep our adrenals in overdrive. Exhausted adrenal glands are very common in both men and women today. Limiting our intake of foods containing these ingredients will be helpful. We can focus on eating more raw foods and dried foods such as our NingXia Wolfberries, plus raw nuts would be a healthy start to a great holiday!

Drinking plenty of water this holiday season can help us stay away from excess carbohydrates and the "bad" sweets. Dehydration will create sugar cravings in the brain as it is looking for a fuel source to run its 24/7 operations! Most natural health educators recommend: 1/2 ounce of water per pound of body weight daily. (If you weigh 160 lbs that's 10 eight ounce cups of water per day!)

This holiday season we can make some simple changes to create a better environment to combat both the winter and holiday blues! We can purchase full spectrum light bulbs. This type of light bulb should be used in areas of the home where you spend a lot of time. Full spectrum lighting is helpful in maintaining your energy levels. It also helps our body produce more supplies of Vitamin D. Lack of enough Vitamin D has been linked to many cancers! We need enough Vitamin D to produce strong bones and for better digestion!

Most of us could benefit from more rest. If you do not get enough sleep at night you may opt for a nap during the day. You can try essential oils such as Lavender or the blend Peace and Calming for improved sleep! Create total darkness for optimum REM sleep.

Supplementing with whole food supplements is key for most of us, as we just do not eat properly! Many natural health researchers and educators also find that we lack enough nutrients even if we eat the right foods! Try our new Products...NingXia Red, Omega Blue, and Longevity capsules, Pure Protein Complete and Balance Complete along with some of my all time favorites...Sulfurzyme, Super Cal and Vitagreen.

Happy and Healthy Holidays!

Essential Oils • Biblical Oils • Today's Answers

Gold, Frankincense & Myrrh

Matt 2:11 "...they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense and myrrh."

So why were the oils as valuable as the gold?

For thousands of years, these rare plant essences have been highly prized in the Holy Land for their healing properties. They are mentioned many hundreds of times in the Bible. They were so valuable that in Isa 39:2 and 2 Kings 20:13 Hezekiah even displayed them as part of his treasure trove.

What is "anointing?" Oils were used in "anointing." Anointing is the process of rubbing or massaging oils onto a person's feet or head, for the purpose of healing, or for showing reverence. Usually, in Biblical times, olive oil was the carrier oil for other oils and resins, like almond, cinnamon, castor, myrtle, cypress, cedar, frankincense and myrrh.

In Ex 30:22-26, God prescribes a holy anointing oil: "Then the LORD said to Moses, "take the following... liquid myrrh, fragrant cinnamon, fragrant cane, cassia, and olive oil. Make these into a sacred anointing oil, a fragrant blend." Later, in Psalm 89: 20-26, God anointed David with this sacred oil. The Psalmist says "You anoint my head with oil; my cup overflows." Isaiah 61:1 tells of the Prophet's being anointed to do prophetic work by the "Spirit of the Lord, God."

How were the oils used 3,000 years ago? Oils were used for divine healing. In Matthew 6:17-18, Jesus says to use anointing oil when fasting. Mark 6:13 says; "They anointed many sick people with oil and healed them." In Luke 10-13, Jesus tells a parable in which bandaged wounds are soaked with oil to help them heal. And John, in Rev 3:18 tells of a vision of Jesus saying metaphorically to use "salve to anoint your eyes so that you may see." James 5:14 says of healing oils; "Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord."

Ezekiel 47:12 "Fruit trees of all kinds will grow on both banks of the river. Their leaves will not wither, nor will their fruit fall. Every month they will bear, because the water from the sanctuary flows to them. The fruit thereof shall be your meat, and the leaf your medicine."

Healing Oils of the Bible by Dr. David Stewart references essential oils in over 500 scriptures. His book is available through Abundant Health, ESP and Care Publications.

Twelve Oils of Ancient Scripture

Code: 3143

Essence of the Season

Code: 3118



12 Oils of Ancient Scripture

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

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

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

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

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

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

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

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

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

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

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

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

Health, Wealth and Happiness

Restore Your Core

5 Day Nutritive Cleanse Kit is a starting place for a simple energizing cleanse. Four short days a year by following the menu and program will help balance the extremes of our modern American diet.

Digest + Cleanse is part of Young Living's Purely Oils supplement line. Many people who use essential oils are also acquainted with herbs. Thus, it is easy to assume that essential oils work in the same manner as herbal formulas. But, EO's are highly concentrated forms of fresh or dried herbs. It often takes many pounds of herbs to make a mere ounce of essential oil. Because of their concentrated potency, it takes only a very small amount of EO's to achieve the desired cleansing effects and better support digestive function. Digest + Cleanse soothes gastrointestinal upset and supports healthy digestion with clinically proven – time-tested peppermint, caraway, lemon, ginger, fennel and anise essential oil.

Omega Blue There are good fats and bad fats. Omega-3 essential fatty acids found in fish oil are among the best good fats. Volumes of research confirm that Omega-3 fats reduce systemic-inflammation and support cardiovascular, joint, eye and brain health. Omega Blue contains fish oil free of mercury and other toxins, blue (German) chamomile, myrrh, lemongrass and clove oils. The Omega Enhanced blend keeps the fish oil 10 x more stable to ensure freshness throughout preparation and during metabolism!

Longevity Caps a daily multivitamin and part of the 5-day Cleanse program. A potent, proprietary blend of fat-soluble antioxidants from thyme, orange, clove and frankincense essential oils. Longevity protects DHA levels, a nutrient that supports brain function and cardiovascular health promotes healthy cell regeneration, and supports liver and immune function.

Balance Complete This superfood meal replacement is both a powerful nutritive energizer and cleanser! Whole Ningxia wolfberry powder, nutrient-dense brown rice bran, and a wide assortment of superfoods deliver 11 grams of V-Fiber™ per serving.

NingXia Red is a nutrient infused super juice! NingXia Red™ outperforms the competition in every measurable way! This is Young Living's gift to the future of wellness and part of an every day supplement program and one of the 5 Day Cleanse recommendations. It is a whole food supplement and water-soluble antioxidant to complete the "restore your core" challenge!



The Number One Investment

Today's measure of health is based on skewed numbers from the drug companies, the AMA and the NIH, then "reported" by advertisers and media who revolve on their profits from Big Pharma, Big Chema, and Big Ag.

We are 39th in the world in health care. Our HMO's and private health insurers continue to adjust their language to bar us from "preventive medicine." We are being categorized with "pre-existing medical conditions and diseases" at an alarming rate and every time our records are passed on, we are stamped as another risk to their profit margins. And if you believe American's are healthy, and will retire comfortably with their investments, you will regret listening to mass media propaganda generated by all the "Bigs".

Natural health researchers estimate that 80% of our diseases are caused by poor diet and lifestyle. Every dollar you invest in your health will save you \$20 when you retire. (That formula is now outdated... it may save you even more considering a 70% rise in American health care costs over the last few years!) The U.S. government studies on "longevity and aging" proved that the people who live the longest have the highest antioxidants in their tissues. (Hunza, Azerbaijan, Ningxia, etc.) Start listening to your body. Start listening to and reading the wealth of information available about true health. Search the internet and use websites that promote health and wellness based on whole foods, nutrition and plant based medicine. Start investing more time and money in your health. Sacrifice the "Latte" and transfer the funds!

If you haven't been listening to your best friend, or family member... the one that keeps talking about Young Living products, **START** now! They may not be the experts, but they are learning at an accelerated rate. And as they experience the heightened energy and vibrancy that essential oils and sound nutrition give them, they may appear to look like a young stock broker in a bull market! They are excited for a reason. They are already reaping the benefits!

Go to: www.youngliving.us

"What's New" has links to all the New Product Sheets, data, pictures, 5 Day Cleanse Calendar, new oil Serums for specific skin conditions and direct links to order.

World Map of Events -----

Digest + Cleanse

Longevity

Omega Blue

Balance Complete

Pure Protein Complete

5-Day Nutritive Cleanse

Restore Your Core

Essential Beauty Serums

Regional Trainings begin in January. Look for one coming to your town!



Cold & Flu Season _reprinted from The Sunshine Team Times

Donald W. Laman N.T.S., R.P.P., Ms. T

In the past ten years, the various forms of influenza have seemingly become more pernicious. Flu season seems to start earlier and last longer. Each year the strains are becoming more and more virulent. Standard medications seem to have less effect on these strains as recovery time increases and reinfection and/or contracting other illnesses has become almost inevitable. In reality, the Flu will reach epidemic (if not Pandemic) proportions. In the years to come we may expect to see the death rate increase while the effectiveness of standard medical treatment protocols decrease.

If this seems like a bleak picture, remember we have only described a scenario based on the exclusive use of traditional (Allopathic) treatment. The good news is the rediscovery of the gift God has provided us in the powerful healing qualities of pure therapeutic-grade essential oils— that is Young Living Essential Oils. These oils are bound to play an increasingly important role in the prevention and management of influenza and other diseases.

At the Institute for Craniosacral Research, the following has become the protocol for flu protection and management: Alternate diffusing **Purification and Thieves**. Apply one or more of the following blends over the Thymus area or the Vita-flex points of the body: **ImmuPower, Raven, RC, and Thieves**. I also recommend the same use of the single oils, Cinnamon, and Cistus. (Because these oils have a high phenol content, remember to dilute them with V-6 massage oil base before applying them to the skin.) Also, **Clove, Eucalyptus, Fir, Melaleuca, Myrtle, Orange, Peppermint, Rosemary, Thyme and Wild Tansy** may be used as analgesics, decongestants, and for their anti-catarhal, anti-viral, anti-infectious and immune stimulating properties. They may be used by themselves or in combination. Apply over the chest and upper back as well as the Vita-flex points. For joint aches and pains associated with the flu, apply **PanAway** and the single oils of **Wintergreen, Ginger and Lavender**.

To build your immune system and aid in avoiding the flu altogether, consider supplementing with **NingXia Red, ImmuneTune, Master Formula His/Hers, Mineral Essence and Super C**. Don't neglect common sense measures – proper rest, diet and water intake. These precautions will help you increase your ability to combat this year's influenza outbreak. Stock up and start supplementing and diffusing now to be flu free! ~



Thieves is a “favorite” for every home, especially during the cold and flu season. Some of you may know that D. Gary Young developed the **Thieves** formula based on the English Archives. The oils in this blend are the oils that the Thieves used to rub on their bodies in the 16th Century to protect themselves while they robbed the homes and bodies of the Plague victims.

This formula has a high concentration of **Cinnamon**. Now, modern research has shown that **Cinnamon** and several other **Young Living Essential Oils** are often as effective, and in some cases have been shown to be more effective, than Ampicillin. (2005 YL Convention CD-Rom/www.essentialscience.net) Many essential oils have been shown to be highly anti-bacterial, as well as anti-viral and anti-fungal. Yet, essential oils produce none of the dangerous side effects associated with the use of antibiotics.

The overuse of antibiotics during the past several decades has created more and more virulent strains of bacteria and viruses as they mutate to become resistant to man-made drugs. We are now seeing strains of tuberculosis (airborne) that do not respond to any antibiotic or combination of antibiotics. New strains of bacteria produce enzymes that render antibiotics impotent. And a new bacteria has recently been discovered that actually feeds on antibiotics!

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In contrast, essential oils possess some phenomenal properties which radically distinguish them from antibiotics. First, bacteria do not become resistant to essential oils. They can be used effectively again and again without the concern of creating a resistant strain.

Essential oils isolate and attack only the pathogenic bacteria and leave the beneficial bacteria intact.

(Recognition is based on the fact that pathogenic bacteria is anaerobic and beneficial bacteria is aerobic.)

We all know what it's like to take a round of antibiotics and experience the effects of having all our beneficial bacteria wiped out. Our immune system is compromised and often we are left with the symptoms of yeast overgrowth (Candida). Essential oils oxygenate our cells, building our immune system, while they combat bacteria, virus and fungus.

Essential oils such as **Young Living's Cinnamon, Oregano, and Thieves** may one day be all that we have to fight mutated microbes, the new diseases, and new forms of old diseases.

THIEVES HINTS – Be sure to use **Thieves** for prevention! People who are in contact with the public can use **Thieves** on the bottom of their feet daily. Doctors, nurses, teachers, clerks, airline personnel (80% of the air in an aircraft is recirculated), children in day care or attending school should consider this protective oil.

REMINDER – Most people discovered that they can use **Thieves**, undiluted on their feet because the skin is thicker and less sensitive. **Thieves** is almost certain to produce a burning sensation on any other area of the skin. Therefore, be sure to use it in combination with **YL V-6**, or an organic carrier oil. Wherever you decide to use it, be sure to test a small area first.

My son contracted Strep Throat in late October last year. He was away at college and needed a friend to drive him to an urgent care facility suffering from a 104 temperature. The doctor prescribed Zythromicin (5 day Z-Pak). We saw John at Thanksgiving and he seemed tired and his appetite was not back to normal. Right before finals he called and said he was too sick to make it to school for a really important test. I asked him if he was drinking his NingXia Red and using the Thieves oil. He admitted he hadn't used much, because it's "too expensive." I advised him to go to Urgent Care again, since there was nothing I could do from 150 miles away. He came home for Christmas and was just finishing a 10 day round of antibiotics, shook the empty bottle in front of me and smiled, relieved he was done. New Year's Eve he went out dancing all night. Two days later his throat was seriously inflamed with white spots covering his tonsils and uvula. He was in a lot of pain and was needed at a job that day that he couldn't miss. My husband was angry and insisted I take him to our family doctor immediately. I dug in my heels and asked him to give me 3 days to try essential oils first. I called Star and asked her "just how much Thieves can I give him?" She recommended a drop to the back of throat as often as possible, Thieves on his feet, plus a drop of Peppermint in bottled water (while he was at work), to flush the system. We applied 3-4 drops on the bottom of his feet before he left. As soon as he got home I did a mini-Raindrop on his feet and ended with more Thieves. We repeated the Thieves in the morning. He took Thieves & Peppermint with him to take throughout the 2nd day. He was already feeling better the second day and on the 3rd morning he got out of bed, showed me his throat and smiled! His appetite was incredible that evening and he went back to college without a re-occurrence. (He still didn't follow my advice – about Royaldophilus and enzyme replacement!) The bottom table illustrates the financial statistics that have stopped me from EVER saying "Young Living oils are too expensive!"

10/24/05 Strep Throat	Billed	Health Partners Share	Patient Responsibility
St. Luke's Urgent Care (Duluth)	\$259.40	\$166.93	\$92.47
Prescription (Z-pak)			\$47.34
12/21/05	Billed	Health Partners Share	Patient Responsibility
St. Luke's Urgent Care (Duluth)	\$259.40	\$166.93	\$ 92.47
Prescription (10 Day Antibiotic)			\$184.81
Total Out of Pocket Expense			\$417.09
1/02/06			
15 ml bottle of Thieves™ (w/s)	\$ 29.95		
Approx. usage over 3 days (30 drops =approx. 10% of total volume)			\$ 2.95

Testimonials • Convention 2006

Judith Christ _Otsego, MN

Just the knowledge of Essential oils has changed every aspect of my life. My family's healths even the emotional climate of my home. It's what I've been looking for my whole life. We haven't had any major experiences but a slow and steady improvement in every aspect.

Strangely enough I'm now able to wear deodorant for the first time in thirteen years. I used to live in a fragrance free world. Now I live in a fragrance heaven. So many oils have helped us from improved eye sight, longer spans of concentration, back pain, bruises and abrasion. Even my fourteen year old knows the truth of Essential oils and is beginning to take ownership of his own health.

In our home NingXia Red is a prized commodity. We relish it like a fine wine. We looked forward to Holiday dinners so we can have more. How great is it to celebrate with truly health giving food and beverage. NingXia Red is the beverage of choice.

Convention – I don't know where to start. My life will never be the same. I have often thought that I'm a success story waiting to happen. I truly believe that Young Living is what I've been waiting for my entire life (next to my spiritual beliefs). Today, the light just kept getting brighter and bigger.

Mary Finestead _Louisburg, KS

My first exposure to the Young Living oils was during a massage. The massage therapist dripped oil on my back. I had no clue what it was but the aroma was certainly pleasant. A few minutes later I commented to the massage therapist, "Wow, all of a sudden I feel like a STRONG WOMEN!" She responded, "Well, now isn't that interesting...the name of the oil I just used on your back is **Valor!**" Coincidence? I don't know, but what I do know is I feel more confident when wearing **Valor**.

Bonus: Valor smells so wonderful. It's a great alternative to toxic cologne or perfume. A minister of thirty years, my husband, "Dr. Dave" was a professional lover of people. Ministry was his focus; unfortunately his health was not. We were still very new to the oils in those last months of his life. When my husband (a cologne man from way back) decided he would switch to the **Valor** oil as his "stinkum" and he insisted on Valor soap in the shower I knew there had to be something powerful in these oils. Toward the end of his life my daughter and I were pretty convinced he couldn't have gone through an entire church service without **Valor** on his shoulders, on his wrists and inhaling **Valor** prior to first service and then again before it was time to preach his second sermon. He preached up until the Sunday before passing from this life to a far greater life. The Young Living oil, **Valor**, made an empowering difference for this mighty man of God.

Mary Kron _Buffalo, MN

I've been a distributor for about three years and started very slowly just using a couple of oils. Then I decided to start using **NingXia Red** and noticed a difference in my energy level and my mood. So I invested more in oils and attended the **NingXia Red** tour and caught the excitement. I made a commitment to purchase and use the Young Living products regularly. I didn't have a "wow" experience but over time I have been able to look back at changes in myself and my children and can identify the benefits of Young Living. I am excited that last year none of my four children missed a day of school for illness, and no one was sick more than a day! (Drinking 10 oz of Ningxia Red a day and using Thieves before school and RC before bed and a few other oils occasionally.)

Favorite product – **NingXia Red**. I love the wellness I feel – just stabilizing my mood swings and depression and increasing my energy.

Peggy A. Fisher _Avon MN

I use the **Thieves** oil any time I notice that I'm getting a pimple or cold sore. They never come to the surface if I put oil on 3-5 times a day the first day. **Tangerine** and **Citrus Fresh** help to calm me when my days get long and overwhelming. I put them on my palms and breathe in deeply. I feel better immediately.

Favorite product – **Thieves Household Cleaner**. I use it to do laundry, in my dishwasher, to clean the tub and shower, to wipe down the counters in the kitchen and in a spray bottle to repel insects and stains on my clothes and carpet. Going to Young Living's Convention has helped my passion to grow even more for Young Living.

More to come! Catch the New Year Excitement. If you missed Convention and have a testimonial to share, please send it in. It is our "stories" that generate hope and trust that we are together for a reason!

Thanks for the support we receive, to grow in Young Living!

Abundant Health's New Products: The Essential Oils Cross Reference Chart (wholesale discounts available), 2007 Edition of The Reference Guide to Essential Oils, and New Quick Reference Guide, Diffusers, Bags, Jewelry, Massage accessories, and easy order website. abundanthealth4u.com / 888-718-3068

Sound Concepts New Products: The Essential Oils Cross Reference Chart, New Targeted Health Concerns Brochure Series, Omega 3-Essentials, 12 Oils of Ancient Scripture and Foundational Essential Oils & Applications; Discover Nature's Living Energy CD's (with Dr. Hill) and more! essentialproductinfo.com / 800-524-4195

Essential Science Publishing New Products: Aceites Esenciales - Guia de Referencia (Spanish Pocket Reference); New brochures: 15 New Discoveries That Will STOP Heart Disease; The Ultimate Antiseptic: 12 EO That Wipe Out Disease Causing Bacteria, Molds & Viruses; Essential Oils & Cancer; 7 Powerful Benefits of Raindrop Technique; and more! www.essentialscience.net / 800-336-6308



**Young Living Holiday
Promotion Nov 1 - Dec 31**

Diffusing Trio Purchase a Complete
Diffuser Set available in 5 color
options, plus a limited-edition
Holiday Red (while supplies last)
and receive three seasonal oils free!
Christmas Spirit™, Evergreen
Essence™, and Citrus Fresh™

a \$20 value.

**January 6th Dream Catcher's
Conference with Star.**

9:30-12:00, 1:00-3:30 & 3:30-5:00

Kelly Inn, St. Cloud

Start off the New Year with powerful natural
health updates and scientific research!
Dream Catcher's Dreaming, Goal Setting &
Business Planning.

"The Secret" to empower you in 2007!!!

February 24th

All Day Winter Wellness Class

Kelly Inn, St. Cloud



Monday night Conference calls. Drop in for the Holidays!
Every Monday at 8:00 CDT. (620) 782-8200 (pin 24856#)

Essentials for

Healthy Living

Open Quickly! The Holidays come and go fast! Don't miss winter classes!

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Holiday 2006

SAD
Biblical Oils
Health, Wealth & Happiness
Cold & Flu Season
Thieves

Testimonials Convention _06

New Products

True Forgiveness



Editor: Kari McDermott
of Studio 4:44

January 6th Class: Research & Sharing Young Living
February 24th: Winter Wellness & Dr. Mom

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