

The Star Report

Essentials for
Healthy Living

STAR MOREE, EXECUTIVE:

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

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Is Thirst Ruining Your Health?

Dear Friends,

Many of you may have heard of the book "Your Body's Many Cries for Water"....(You are not sick, you are thirsty! Don't treat thirst with medications!) by Dr. Batmanghelidj, MD. This is an easy reading book that explains in both medical and layman's terms how dehydration and low salt levels in the body can negatively impact your health and vitality. I highly recommend anyone interested in simple ways to improve your health take a good look at this book! It is so exciting to see that we can even lower cholesterol levels with adequate water intake! This book is not only filled with the science behind chronic dehydration, but also the testimonials of people that have reversed illness by increasing water intake!

Did you know that many of the most common diseases are linked to chronic dehydration? Chronic dehydration is very common as we age. In America, part of our weight problem is due to chronic dehydration being interpreted as hunger and not thirst. Your brain will crave sugar to keep functioning if water is not readily available. So how many of us are over-eating and even eating the wrong foods to compensate for what may be "Chronic Dehydration." Can we lose weight by just drinking water? One woman notes by getting off of soda pop, walking 15 minutes a day and drinking in ounces, one half of her body weight a day of pure water she was able to lose 35 pounds! It is important to understand that to burn stored fat we must have a good supply of water. So if you have extra fat that you would like to burn...you must drink water!

Another interesting process that occurs with dehydration is a significant increase in histamine levels. Most of us have tried anti-histamines for allergies. A simple way to lessen the severity of asthma and allergies is to drink water! Dr. Batmanghelidj recommends drinking water followed by a small amount of salt on the tongue to lessen the severity of an asthma attack!

Here is a list of the most common illnesses linked in part to "Chronic Dehydration!" Asthma, Allergies, Angina, Elevated cholesterol levels, Hypertension, Peptic ulcer pain, Colitis pain, False appendicitis pain, Gastric reflux, Rheumatoid Arthritis, Low Back Pain, Neck Pain, Head Aches, Stress, Depression, Unhealthy cravings such as alcohol, Excess Body Weight, Diabetes, Over-Eating, even a potential link to AIDS! This is such a compelling list of illnesses that most of us will be motivated to drink more water!

*So how much water should we drink? Many natural health researchers suggest one half of our body weight in ounces per day! So if you weighed 160 pounds that would equal 80ozs. a day (or 10 - eight ounce glasses a day. Your body only absorbs an estimated 4 ozs. per half hour, so spread out your intake.) The next question is how do we make bland water more appealing to drink when we have been hooked on sugar sweetened beverages? I would suggest flavoring your water with **lemon oil**, **peppermint oil** or **Citrus Fresh** essential oil blend or the **H2Oils Packets** to add to a glass pitcher of pure water! If you need some sweetness to your water consider using stevia or agave as a natural sweetener without the harmful side effects of sugar! Essential oils offer additional wellness benefits by increasing oxygen and the nutrients contained in the oils for our "thirsty" bodies to use! We also need to avoid caffeine and alcohol. They are dehydrating and increase the need for more water.*

Omega-6 & Sunblock Link to Skin Cancer

Sunblock Can Actually Increase Your Cancer Risk
By Dr. Joseph Mercola

The rising rate of skin cancer has put using sunblock right up there with flossing your teeth when it comes to healthy habits. In 2002, 50 percent-- approximately 1.1 million cases--of all cancers in the United States were skin cancers, of which nearly 10,000 cases were fatal. It is easy to understand why many people have become fearful of the sun's warmth and glow. However, it is not commonly appreciated, especially among traditional medical doctors, that the food you eat is far more important to the development of skin cancers than sun exposure.

At the beginning of 1900 we had very little processed vegetable oils in our diet. Now vegetables are great and we need them every day, but when they are processed and refined and consumed in large amounts they can cause major health problems.

Most vegetables are very high in omega-6 fats. In the last 100 years the U.S. population has gone from consuming virtually no vegetable fats to consuming more than 70 pounds per year. Fats from corn oil, safflower, sunflower, sesame and other oils are virtually 100 percent omega-6 fats. This high consumption of omega-6 fats totally distorts the important omega 6:3 ratio, and this ratio is one of the keys to obtaining any type of cancer, but especially skin cancer. So not only will we benefit from consuming additional omega-3 fats, but it is vital to reduce the omega-6 vegetable oils as much as possible. Ideally, the ratio should be 1:1, but most Americans have a 15:1 ratio. The Japanese are the longest-lived culture on earth, and their ratio is about 3:1.

If you don't believe me on this one, I encourage you to check out one of the top cancer journal articles *Cancer Res* 2000 Aug 1;60(15):4139-45:

"Epidemiological, experimental, and mechanistic data implicate omega-6 fat as stimulators and long-chain omega-3 fats as inhibitors of the development and progression of a range of human cancers, including melanoma."

Ten years ago an Australian study showed a 40% reduction in melanoma for those who were eating fish, and this was without any attention to lowering omega-6 fats. Two years ago, the prestigious National Academy of Sciences published a compre-

hensive review showing that the omega 6:3 ratio was the key to preventing skin cancer development.

So, do I recommend you pop some fish oil pills and go out and get as much sun as you would like? Absolutely not.

You must exercise caution. At the beginning of the season go out gradually, perhaps as little as 10 minutes a day. Progressively increase your time in the sun so that in a few weeks, you will be able to have normal sun exposure with little risk of skin cancer.

Remember, never get burned, that is the key. Remember also, never to use sunscreen, another key. You can creatively use your clothing to block the sun's rays during your build-up time. The bottom line is: please avoid getting sucked into the hype that sunlight is dangerous. It is only dangerous if you are clueless about fat nutrition, which most medical doctors are. If you choose to ignore your omega 6:3 ratio and stay out of the sun, you could limit your risk of skin cancer, but is that worth the risk of getting MS, breast or prostate cancer?

From "Saving Face" _by Dr. Sabina DeVita

Certain natural vegetable oils and essential oils have been found to provide some protection: sesame oil can block or reduce about 30% of burning rays; coconut and olive oils about 20%, and aloe vera inhibits about 20%.

Sunblock (no spf rating available)

Mix 3-6 drops **Helichrysum** with 100 drops of sesame oil or olive oil. Apply on skin every few hours.

Sunscreen (no spf rating available)

1 oz. sesame oil	10 drops Helichrysum
1 oz. coconut oil	5 drops Lavender
1 oz. olive oil	3 drops Chamomile

Mix and apply

Sunburn Relief

LavaDerm Cooling Mist followed by 2-3 drops **Lavender**

Sunburn Blend

2 oz. sesame oil
12-25 drops Lavender
5 drops Helichrysum
4 drops Chamomile
2 drops Patchouli or 5 drops Geranium

Home blend 2: Chamomile, Helichrysum, or Peppermint
(1 drop of any above mixed with **V6**, or organic veg. oil)

Vitamin D Deficiency is Major Health Risk

Vitamin D deficiency has placed many Americans, particularly African Americans, in the higher risk bracket for developing bone problems and several other kinds of diseases. Evidence of this increasing problem could be seen in the number of cases popping up of children afflicted with rickets, a vitamin-D-related bone disorder once thought to be a condition of the past. Also, doctors have been experiencing a number of adults who suffered with serious muscle pain and atrophy until they were treated for vitamin D deficiency.

Studies have also suggested that vitamin D deficiency might heavily impact the elderly by making them prone to developing bone-thinning diseases such as osteoporosis and other bone-related problems including fractures. Some of the other health problems associated with vitamin D deficiency include certain types of cancer, high blood pressure, depression and immune system disorders. Because of these concerns, many scientists have requested official vitamin D recommendations. Experts who advise more sun exposure as a way to get vitamin D have stirred up many emotions among skin cancer experts who expressed concerns over people ignoring the warnings on protecting their skin while spending time in the sun.

Vitamin D Facts

Skin has the natural ability to produce vitamin D when struck by ultraviolet rays in sunlight. The amount of vitamin D a person needs depends on factors such as where they live, their skin pigment, age and other factors. African Americans and other dark-skinned people and those living in northern latitudes make significantly less vitamin D than other groups. Very few people get their vitamin D requirements through their diet. Studies showed very low levels of vitamin D among children, the elderly and women. One nationwide study of women revealed that almost half of the African American women of childbearing age might be vitamin D deficient.

Washington Post May 21, 2004

Dr. Mercola's Comment:

Unless you are getting significant sun exposure on large amounts of your skin, in fact, I would advise reading the article right now!

As I have been saying for years now, vitamin D is an extremely important nutrient and you must optimize your levels if you want optimal health. Unfortunately, many Americans do not get enough vitamin D, largely because of experts' recommendations to avoid all sun exposure. Now, in

a much-needed turn of events, increasing numbers of scientists are agreeing that many Americans, particularly African Americans, may be suffering from **unrecognized deficiencies of vitamin D, which increase the risk of bone and muscle problems and perhaps a host of other diseases including:**

- * **Many forms of cancer**
- * **High blood pressure**
- * **Depression**
- * **Multiple sclerosis**
- * **Rheumatoid arthritis**
- * **Diabetes**

Winter, when sun exposure is at its lowest, is the time of year when you need to be most concerned about the amount of vitamin D you are receiving. Although the majority of Americans are deficient in vitamin D during the winter, it is essential to understand that in order to know how much vitamin D you should be taking, you should get your blood level checked. Unfortunately, very few doctors do the blood test for vitamin D.

Even as the word leaks out about vitamin D to the traditional medical community, testing for vitamin D will not skyrocket like cholesterol or other testing because there is no expensive drug to push, thus making the public more aware. If you are uncertain about your vitamin D levels, you can read my past article on vitamin D testing and get up to date on this important topic before it is too late.

If you live in an area that doesn't get much sunshine I would highly recommend you take a high-quality cod liver oil as it is the best source of vitamin D (other than the sun, of course). It is the healthiest way to assure you are getting the proper amount of vitamin D and to decrease your risk of cancer and other diseases associated with vitamin D deficiency.

Safe Sunscreen Sources:

Coconut Oil has a natural spf of about 6-8
I recommend "**Saving Face**" by **Sabina LaVita**
There are a number of essential oil recipes on page 52 of her book and reprinted here on page 2.

Websites to try:

aubreyorganics.com
lavera-usa.com
mexitan.com
oleda.com
shadyladyproducts.com
tropicaltraditions.com (organic coconut oil)

Skin Safety for Every Season

_by Aubrey Hampton

If you want natural products, you have to be willing to search them out. Learn to read labels, and refuse to settle for half-natural hair and skin care. I've listed and described the "10 most wanted"—the ten chemicals I most want to see off the labels of so-called natural hair and skin care products.

- 1. Methyl, Propyl, Butyl and Ethyl Paraben** — Used as inhibitors of microbial growth and to extend shelf life of products. Have caused many allergic reactions and skin rashes. Studies have shown that they are weakly estrogenic and can be absorbed by the body through the skin. Widely used even though they are known to be toxic.
- 2. Diethanolamine (DEA), Triethanolamine (TEA)** — Often used in cosmetics as emulsifiers and/or foaming agents. They can cause allergic reactions, eye irritation and dryness of hair and skin. DEA and TEA are "amines" (ammonia compounds) and can form cancer-causing nitrosamines when they come in contact with nitrates. Toxic if absorbed into the body over a long period of time.
- 3. Diazolidinyl Urea, Imidazolidinyl Urea** — These are widely used preservatives. The American Academy of Dermatology has found them to be a primary cause of contact dermatitis. Two trade names for these chemicals are Germall II and Germall 115. Neither of the Germall chemicals contains a good antifungal agent, and they must be combined with other preservatives. Both these chemicals release formaldehyde, which can be toxic.
- 4. Sodium Lauryl/Laureth Sulfate** — A cheap, harsh detergent used in shampoos for its cleansing and foam-building properties. Often derived from petroleum, it is frequently disguised in pseudo-natural cosmetics with the phrase "comes from coconuts." It causes eye irritation, scalp scurf similar to dandruff, skin rashes and other allergic reactions.
- 5. Petrolatum** — Also known as petroleum jelly, this mineral oil derivative is used for its emollient properties in cosmetics. It has no nutrient value for the skin and can interfere with the body's own natural moisturizing mechanism, leading to dryness and chapping. It often creates the very conditions it claims to alleviate. Manufacturers use petrolatum because it is unbelievably cheap.
- 6. Propylene Glycol** — Ideally this is a vegetable glycerin mixed with grain alcohol, both of which are natural. Usually it is a synthetic petrochemical mix used as a humectant. It has been known to cause allergic reactions, hives and eczema. When you see PEG (polyethylene glycol) or PPG (polypropylene glycol) on labels, beware—these are related synthetics.
- 7. PVP/VA Copolymer** — A petroleum-derived chemical used in hairsprays, styling aids and other cosmetics. It can be considered toxic, since inhaled particles can damage the lungs of sensitive persons.
- 8. Stearalkonium Chloride** — A quaternary ammonium compound used in hair conditioners and creams. Developed by the fabric industry as a fabric softener, it is a lot cheaper and easier to use in hair conditioning formulas than proteins or herbals, which are beneficial to the hair. Causes allergic reactions. Toxic.
- 9. Synthetic Colors** — Used to make cosmetics "pretty," synthetic colors, along with synthetic hair dyes, should be avoided at all costs. They will be labeled as FD&C or D&C, followed by a color and a number. Example: FD&C Red No. 6 / D&C Green No. 6. Many synthetic colors can be carcinogenic. If a cosmetic contains them, don't use it.
- 10. Synthetic Fragrances** — The synthetic fragrances used in cosmetics can have as many as 200 ingredients. There is no way to know what the chemicals are, since on the label it will simply read "fragrance." Some problems caused by these chemicals include headaches, dizziness, rash, hyperpigmentation, violent coughing, vomiting, skin irritation—the list goes on. Advice: Don't buy a cosmetic that has the word "fragrance" on the ingredients label.

For more information on products free of synthetics and petrochemicals: "Saving Face" by Sabina DeVita, "Cosmetic Ingredients - A Consumer's Dictionary," Aubrey Organics and www.mercola.com

A Natural First Aid Kit for Summer and the Travel Season

Many people wonder which essential oils they should purchase to start their own natural first aid kit. This is often a matter of opinion. So keeping this in mind, here is my opinion on the first oils I would carry in a first aid kit for summer and for traveling. I find the oils from the **Essential 7 kit** very beneficial. They are **Lemon, Lavender, Peppermint, Purification, Joy, PanAway**, and last but not least is **Peace & Calming**. Each of these oils has special uses for everyday, when traveling or in cases of minor emergencies.

I put **lemon** in my water for purifying and better flavor. I use **lavender** for my skin and in case of cuts scrapes or burns. **Peppermint** is great for cooling me down, especially if I am running a fever or over heated from the summer sun. It tastes great in my water and helps to keep me awake when driving. **Purification** is great to freshen the air in your hotel room and keep those Minnesota bugs and mosquitoes at bay. **Joy** is great to improve my emotions. I use **Peace & Calming** for perfume and to help me sleep at night. **PanAway** is great for the aches and pains I may experience from sitting too long on a long car trip or overdoing it with yard work.

I also like to have these 3 blends along anywhere I may go. **Valor** for structural balancing, its nickname "**Chiropractor in a bottle**," is well deserved. My husband and I note that when we use **Valor** we hold our adjustments longer. **Di-Tone** is great for relieving any menstrual cramps I have had and is great if I think I may have mild food poisoning or just a minor tummy-ache. **Thieves** I find great for the "Cold & Flu Season" and helps me to get rid of a sore throat.

We use **Lavaderm Spray** to clean cuts and scrapes before applying **Lavender** oil. Our daughter Madalyn heals very quickly using these products. **Lavaderm Spray** and **Lavender** oil are a must to have in our home during the summer months. **Lavaderm Spray** quickly takes away sunburn pain and seems to speed the healing process. We love the **Young Living Lotions** to apply after a day in the sun to moisturize and there are no harmful ingredients to worry about.

We are always sure to bring extra purified water on our trips and flavor them with **Lemon** and **Peppermint**. Now our neighbor's children ask for the "**special water**", because it tastes so good! This is a great way to get children to drink more water and stay away from those sugar-laden beverages!

Summer Refreshments

Simply add a drop of **Lemon, Orange, Grapefruit, Citrus Fresh, or Peppermint** to your drinking water! You'll drink more water, because you'll enjoy the flavor.

Create **NingXia Red Freezer Pops** by mixing NingXia Red with your favorite juice or lemonade and filling ice cube trays.

Make NingXia Slushies! Blend wolfberry juice with shaved ice and serve!

For **NingXia Smoothies** add other fresh fruit in season, Kefir, frozen yogurt, or ice cream.

Be creative!

Be cool!

H₂Oils

Add YL H₂Oils to water for great flavor so you'll drink more water! Hydro-infusion of essential oils in water.

H₂Oil Packs w/s \$15.75

3601 H₂Oils Lemon

3400 H₂Oils Lemon-Orange

3600 H₂Oils Peppermint

One pack flavors up to 40-50 gallons of water in our home!

Summer Spa Parties

Summer Spa Parties can be a great way to share the value of Young Living with others. The Home Spa recipe

book is designed to make it easy and fun to create natural home spa party products. You can learn to make bath soaks, lotions and scrubs all enhanced with our Young Living oils plus recommended suppliers for containers and basic supplies. This 16 page recipe booklet makes a great gift for your new Young Living friends!



Recipe books available for your Home Spa Parties from Essentials for Healthy Living. Book includes Bath Soaks, Body Polish, Masks, Lotions, Baby Wipes, Spritzers and resources for organic suppliers! Contact Star for details. Wholesale prices available.

A Mother's Story

_testimonial by Debra Fisher

Almost four years ago, I purchased my first bottle of Young Living Essential Oils. Little did I know, my family's life was about to change drastically.

My life used to be quite different than it is now. I was tired all the time. I suffered from chronic back pain, bursitis, and had the beginning stages of arthritis. I was moody. I couldn't concentrate. I had previously been diagnosed with clinical depression (bi-polar disorder) and the medication they gave me made me nervous, and caused anxiety, which they gave me more medication for. In addition, I took pain killers, muscle relaxants, and anti-inflammatory medicine and was experiencing horrible side effects from them as well. After an intentional overdose, which nearly took my life, I decided prescription medication wasn't for me. I stopped taking them and I started looking for natural ways to feel better.

My children had been suffering a great deal through all this as well. All the medication I was on affected my ability to be a mother to my children. I forgot important events, or was just too tired or in too much pain to get out of bed. My children often commented about the "mad look" I wore on my face all the time.

My son Joey had been diagnosed with ODD, ADHD, Bi-Polar Disorder and Aspergers Syndrome. He had been taken out of public school and placed in a school for kids with behavior problems (due to his violence and tantrums). He had been on numerous different medications as well, none of which helped. In fact, he became more violent and psychotic with each one. He gained weight, and was so constipated that they had to prescribe large doses of stool softeners so he could have regular bowel movements (according to the doctor, "2-3 movements a week was sufficient.")

My daughter Jordan always seemed to have a sinus infection. Each morning, she would hack and cough until what we call "the morning blow out" would occur. Mucus would sometimes hang down to her knees. It was disgusting.

My son James had recurring ear infections. Each time he got one, we had to go through at least two rounds of antibiotics, sometimes three. **Then came Young Living!**

I bought oils for the back pain first - Valor and PanAway. I couldn't believe how well they worked. I had to apply them often at first but after a couple weeks, I was able to just apply them once a day and be pain-free all day. The PanAway also took care of the shoulders and took all the inflammation out of my hands (from the arthritis). I invested in an Essential Oils Desk Reference so I would know what to do for everything else my family and I struggled with, and kept buying oils a few at a time.

I used Joy for the depression and it worked. I could get out of bed. And my "mad look" softened. My kids actually started asking me what I was smiling about! I bought a diffuser and started diffusing various oils. We also bought Berry Young Juice. I started having more energy and thinking more clearly. I used Thyme oil and Purification on James for ear infections. He has had fewer infections since then and we've only had to use one antibiotic for him in 3 1/2 years.

Jordan's morning "blowouts" stopped happening somewhere in there. We're not sure when exactly or which oil was responsible. (By this time, we were using several oils throughout the day.) We just realized one day that she hadn't had one for a long time. Jordan got a 2nd degree burn on her arm. I made a homemade mixture for her with Idaho Balsam Fir, Helichrysum, and Lavender. It healed beautifully without drugs.

But by far, the most amazing thing that took place was with my son Joey. I started using Lavender on him at night and Peace & Calming on him before school as well as some Frankincense, Vetiver, or Sandalwood. We were able to take him off all medications and the change was unbelievable. We had been told by Joey's school, that if we took Joey off medication, charges of medical neglect would be filed. But after they saw the change in him, what could they say? They held a special meeting one month after Joey went off medications and on to Essential Oils and placed him back into a mainstream classroom in public school. Joey carries his own bottle of Peace & Calming with him now and uses it whenever he feels he needs to. He knows it helps, and won't get on the bus without it.

One more thing, I was a Massage Therapist years ago and gave it up. After finding Young Living Essential Oils, I knew I had to re-open to be able to share what I've learned with others. I use only Young Living oils in my practice, because I continue to see amazing things happen with them. I love Young Living massage oil. It doesn't ruin the sheets like other oils I've used in the past.

Young Living has changed our lives; not just because of the oils, but also because of the education that Gary Young provides to us about nutrition. I listen to his lectures over and over and over. We have changed our eating habits and our thinking habits. I have drive and ambition now. I know I'm a much better mother off medication. My mind is clear. I'm calm. I'm pain free! My kids are healthier and happier. My son appears more normal each and every day. No one in my house is on medication for anything now. Do you know how rare that is? Do you know how good that feels? I do, and I thank Young Living for it!

NingXia Red Live Tour • DreamCatcher Award

The Minneapolis NingXia Red Live Tour! Wow! What a lot of people! What a lot of fun!

7:00 p.m. ticked by and registration lines still extended down the hall, hotel staff scurried for more racks of chairs, and Young Living staff gratefully accepted our Minnesota-Nice-volunteer-spirit. I think we were all caught “**red handed**” underestimating the excitement for **NingXia Red** in Minneapolis. Young Living sold out of every thing they brought. New sign ups and orders were stacking up faster than questions could be answered. (Call your leaders or Young Living customer service if you still have unanswered questions 1-800-371-3515.)

Cheri Ross opened with sincere appreciation for the leadership we have growing in Minnesota. Star Moree reminded us about the great marketing materials we all have access to to promote natural health and wellness in this country. Young Living was well represented and honored for their incredible products by over 500 attendees.

Marc Schreuder spoke for an hour covering the research on antioxidants, free radicals, super oxide dismutase, and presented critical material on “oxidized cholesterol.” Although the science sometimes soared over my head, the crowd seemed to be absorbing the information they personally needed to share with friends and family about this incredible super food. I say, “just drink it daily. Science never tasted so good!!!”

We all know someone with heart disease, diabetes, high cholesterol, fatigue, and other health concerns. NingXia Red covers each category with the highest level of antioxidants known on the planet and its perfect balance of sugars wins again, on the glycemic charts. Every chart presented, put NingXia Red in the lead against every competitor, even our homegrown produce and wild berries, the pride of Minnesota! Nothing compares to this Super Food!



NingXia Red

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

Wolfberries (dried)	Code: 6360
Crisp Bars	Code: 6315

Dream Catcher's April, May, June, July 2006

Each Winner will receive a \$50 Young Living Gift Certificate!

Our April Winner is Debra Fisher! Debra has just completed Massage Therapy School to renew her certification after having to quit her work due to a back injury. Debra has seen tremendous results with her family...please read Debra's story featured in our newsletter. Debra uses the essential oils in her work and is excited to offer Raindrop Therapy as well! Congratulations Debra!

Our May Winner is Kathy Wruck! Kathy has inspired her family to become involved with essential oils! Originally Kathy would share the oils with her Day Care Parents, then it progressed to classes in her heated garage! Now Kathy is inspired to do Home Parties! She has learned that there are many ways to share Young Living! Great job Kathy!

Our June Winner is Peggy Fisher! Peggy and Kathy are sisters! Sharing Young Living with others is a great way to keep her family working together! Peggy is a hard worker juggling a full time job in which she works much overtime as well as doing home parties for her YL business! She is an inspiration to others!

Our July Winner is Amanda Woidyla! Amanda is the daughter of Kathy! She has 3 small children and is home schooling! She is very involved in the development of her children as well as doing a home based business! Amanda loves the oils as her first line of defense in keeping her family healthy!

We celebrate the dreamer in each of you! Congratulations to all of our current winners! You are an inspiration to each of us! We are excited to see each of you reach your highest potential!

FTC Ruling will make it harder to enroll in a network marketing company! Comments accepted until July 17!

To send a letter to the FTC, you must mail 2 copies to:

**Federal Trade Commission/Office of the
Secretary, Room H-135 (Annex W)
Re: Business Opportunity Rule, R511993
600 Pennsylvania Ave. NW
Washington, DC 20580**

or submit your letter electronically by using this link:
<https://secure.commentworks.com/ftc-bizopNPR/>
Attach your letter rather than use the comment box.
Refer to “**Business Opportunity Rule,**” R511993
Also send a copy to the House of Representatives:

**Fax: 1-202-225-1919 or mail to:
The Honorable Cliff Stearns
Chairman, Subcommittee on Commerce,
Trade & Consumer Protection
Re: Business Opportunity rule, R511993
United States House of Representatives
Washington, D.C. 20515**

GRAND CONVENTION FREE!!!

For first time members... don't miss this opportunity to participate in learning about new oils from Ecuador and new delivery systems for essential oils. Register now and receive \$175 (PV) back in products when you get to Convention.

YL Convention "Veterans" Incentive!!!

You receive \$25 (Product) per member you bring to Convention for the first time. (\$175 maximum)

Young Living Convention 2006!

September 27th - 30th.

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

Must pre-register with Star.

More details in the insert!

The Federal Trade Commission (FTC) has proposed a new rule (Business Opportunity Rule, R511993) that will negatively affect the direct market selling industry. The FTC wants to limit your rights to conduct a legal business. Take action by sending a letter (2 copies) to express your concerns. Sample letters are available from YL & www.mydswa.org/FTC.asp Please don't hesitate. The impact of this rule will make it burdensome to join a multilevel company and costly to comply to its mandates. If you did not receive the e-blast, please contact Young Living Corporate Office, or see page 7 for the FTC address.

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! Registration closes September 5th!

Essentials for



Healthy Living

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Summer 2006

Your Body's Cries for Water
Omega 6 & Cancer
Vitamin D Deficiencies Rising
Skin Safety
Summer Oil Kits
NingXia Red Live Tour
Dream Catcher's Award



Editor: Kari McDermott
of Studio 4:44

OSummer Special! \$65.00 Retail value...Free!
FREE 15 ml bottle of Thieves and Valor with 200 PV Order from June 15th- July 15th!
Go to www.youngliving.com for more details!

Deliver to:

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