

The

# Star Report

Essentials for  
Healthy Living

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

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All printable material for your  
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Star's website / handouts:  
[www.vitalhealthline.com](http://www.vitalhealthline.com)

## The Mind Body Nutrition Connection!

*It is so interesting for me to be attending Continuing Education Classes for Physical Therapy that are finally addressing the nutritional component for health. It has taken western medicine years to catch up to those of us involved with Young Living and other natural wellness companies. Researchers estimate that 80% of our health is created by our diet and lifestyle, genetics may only play 20% of the role in our health. So again, it comes back to looking for natural ways to enhance our health before we lose it!*

*When it comes to the Mind Body Nutrition Connection we could learn a lot by looking at what our grandparents used to do. I recently attended a class called Understanding Older Minds by Dr. William Cone, Ph.D. Years ago rather than drugs to enhance memory, at age 65 many people would go to the doctor for a Vitamin B12 shot. In older adults, Vitamin B12 deficiency is the most common nutritional deficiency and it is the most common cause of dementia. You ask - why not supplement? Good question. Due to the weakness of the digestive system, a shot or sublingual forms (under the tongue) were preferred. Today we may also work on restoring intestinal flora and enzymes! For balance problems doctors could check Vitamin D levels. As an adult, Vitamin D is the 2nd most common nutrient to be deficient and could cause problems with balance! So we need Vitamin D for more than just strong bones!*

*Many of us know someone suffering from Bi-Polar disorder, which can be caused by certain medications and even antibiotics! We now know there are nutrients that offer some relief. Omega 3 fats from fish oils help, and Vitamin E and Vitamin B12 with Folate! Another disorder that many of us have heard of, Huntington's disease (associated with involuntary body movements, dementia and behavioral changes), is now showing improvement with Japanese researchers using a sugar extract from mushrooms called "trehalose." Trehalose has also been found to be helpful for people with ALS. Other nutrients are being studied in combination with the sugar "trehalose" include blueberry extract, CoQ10, creatine, cysteamine, and omega 3 fatty acids!*

*Dr. Cone notes that one of the major causes of dementia is poor circulation to the brain! So someone with a history of vascular problems should work on improving their nutrition to promote good circulation. Interesting studies have been done in China to improve circulation to the brain and the outcome was that memory improved! A preventative program includes exercise, antioxidants, nutrients that promote higher glutathione levels, and anti-inflammatories (natural sources are best). Dr. David Perlmutter claims that IV Glutathione slows the degeneration of the brain by limiting free radicals by 80-90% with many clients improving dramatically within weeks! We can eat more raw fruits and vegetables! Foods such as fish, certain meats, walnuts, asparagus, and avocados can help raise glutathione levels in the brain. Supplementing with Omega 3 Fish oils, essential oils (Longevity capsules), whole food sources of B vitamins, and Wolfberries may improve our chances of having a great memory for a lifetime!*

*When it comes to dealing with dementia (with depression), natural solutions may be the ticket as 817 medications have been linked to causing depression in the first place. For more info check out: [www.wrongdiagnosis.com](http://www.wrongdiagnosis.com) or [www.worstpills.com](http://www.worstpills.com).*

*To learn more about mental disorders and what you may be able to do to relieve them please check out Dr. Cone's website: [www.soundminds.net](http://www.soundminds.net). Also check out [www.brainrecovery.com](http://www.brainrecovery.com). For information on Huntington's Disease <http://www.hddrugworks.org>.*

# Young Living: The Experience!

**A**t a Young Living training I attended in June of this year, Justin Harrison reminded us all “old and new” that we are part of an “experiential” company. Most of us joined Young Living because of a personal experience. We all have so many testimonials to share! Our experiences are often amazing! For me years ago, the essential oils and supplements helped to heal acne and overcome chronic pain related to a problem called pelvic girdle instability. I put on the oil blend Peace and Calming every morning to relieve the internal stress my dislike for my work created.

Giving our friends and family a Young Living experience can create a chain effect of people giving others the YL experience! This effect could be the fastest way to grow your YL organization. Even with the technology advances of the internet, studies show the majority of sales occur with direct face to face contact. In the face of new technology, 74% of people will still get involved with our products the old fashioned way! A whopping 65% of sales occur in the home! So when you are trying to decide how to work hard or work smart, you can let the statistics help you choose your mode of sharing! We are blessed to be a part of a company with high integrity, a strong Biblical and historical connection and a desire to help improve our health and the quality of life of our future generations!

My suggestion to each of you is to consider a new fun upbeat way that is easily replicated: Experiential Young Living Parties! Most people attend many meetings in their work place...so avoid the word meeting or class as much as possible. Use terms that refer to having a good time...such as “Party”! You can have Home Spa Parties, or Bath & Body Care Parties creating your own homemade products using our oils!

You can have Footsie parties pampering the feet. Spa parties can offer foot soaks, neck wraps enhanced with essential oils. Don't forget to throw in the NingXia Red smoothies! Keep the parties going by asking for referrals! Help your new members throw their own parties! The fun part of sharing Young Living with others is that the list of ideas is truly endless! You can utilize the Young Living Essential Oils DVD and other tools to enhance your gatherings! There is no right or wrong way to share Young Living! The only wrong choice that one can possibly make is to let fear stand in the way of ever getting started!

## Go Green! Experience YL Products Today

**“Go Green!”** It's all the rage. Sounds like another marketing crusade, but we at Young Living have already been investing in organic, natural products for our home and our health. Young Living has always been a “Green” company. Most of us have had life experiences that led us to this company that devotes themselves to the wellness of people and the Earth we love. Most of us have already been aware of what's wrong with many of the chemicals used in our world. Some of us have recovered from very toxic situations - forced to an alternative lifestyle.

**Every product** we buy from Young Living is consciously harvested, blended and packaged with the highest level of “Go Green” standards. Young Living holds the leading standard of therapeutic-grade essential oils others strive for. Young Living's nutritional supplements all have essential oils blended in them for their ability to maintain the ‘life force’ necessary to allow our body's to absorb the nutrients we need. Our entire Thieves® product line has an incredible (99.99%) antimicrobial effective rate.

**Young Living** cultivates thousands of acres of farmland with devoted employees, holds cooperative partnerships with worldwide organic growers and world class testing laboratories. Young Living's corporate leadership works with passion and integrity for over 150,000 members who embrace hope and opportunity. If you're not a member of Young Living, think seriously about joining your friends and family. We are part of a trend that can't and won't fail if we all invest in safe, natural products. Our economy always adjusts to consumer trends. You can be a leader with Young Living, not just a follower of the “Go Green” sound bites.

# *Believe Before You See It* —Mary Marsh, PhD, Wellness Coach

By Mary Marsh, PhD, Wellness Coach  
www.naturallyhealthyllc.com

*I have spent my life with the attitude that I will believe it when I see it. However, I am learning that according to quantum physics I will see it when I believe it! The nothingness of space is waiting to be created according to our beliefs. It seems we do not have the miracles and excitement of life because we do not believe they will happen. You know Jesus could not work many miracles in His hometown because of their doubt. If you want miracles in your life, you have to believe that it can happen and that it can happen to you. It has nothing to do with deserving it or not. Why should anyone be more blessed than anyone else? No one is more perfect or better than you are; some people just expect and believe blessings and miracles will come their way even before they happen. They expect good things to happen so that is what they get. It does not mean that everything goes their way, but it does more than if they did not believe and expect things to go well for them.*

*Did you know that people with split personalities have different health problems depending on what personality they are in? For instance, some personalities have cancer, some need glasses, some have diabetes but not all of the personalities have the same health concerns. That body eats the same food, drinks the same amount of water, gets the same amount of sleep, exercise, sunshine, oxygen, supplements and the things that are important for health, but depending on the personality or the beliefs of the psyche, the health is different.*

*To improve your health, your finances, or your relationships examine your beliefs especially in the areas of your life that you are not happy with right now. Start saying positive things about yourself and the people around you. I was at a Joyce Meyer (Christian speaker) Conference this weekend and at one point, she put her hands on her husband Dave and said, "I have such an awesome husband." How many people say that about their spouses? I am sure you can give me a list of why your spouse is not so awesome, but if you start focusing on how awesome a partner is they will become more awesome, as well as your children, boss, coworkers, friends, and family.*

*Many people are struggling with our current government ideals and the upcoming election but the more we say and think all politicians are crooks, that you cannot believe anything they say, or that they are just out for themselves, the more of that we are going to get! I suggest you start seeing and believing we have strong spiritual people in our government who want to do the best for our country and the world. Believe they represent us so we can become a positive influence in the world again.*

*Do you believe Young Living is a great company? Do you have an awesome thriving business or are you coming up with excuses of why you cannot have an awesome business? Remember you get what you believe - not what you currently see!*

## **Certified Natural Health Professional**

The Basic Five Core Classes will complete your certification, as well as expand your knowledge in natural health. Sharing a passion for health and wellness is easier when you have valid information. **CNHP** delivers at a professional level!

As Young Living members we already take pride in the high standards of our essential oils and nutritional supplements. Those standards become our expectation for learning and sharing what we do. The **CNHP** courses meet those standards.

I highly recommend investing in this program.

The growing enthusiasm in Central Minnesota has created a commitment from Arlene Bushard, N.D., (Healthy Alternatives, Inc.) and the National Organization of Certified Natural Health Professionals to offer classes more often in order to complete the certificate requirements faster.

**Here's the new 2007/2008 schedule:**

### Certification Classes in Alexandria, Minnesota

**November 17th & 18th • Body Works**

**March 29th & 30th • Body Systems**

**April 19th & 20th • Iridology**

**June 28th & 29th • Practicum**

**October 25th & 26th • Nutrition**

### Capstone Classes in Alexandria, Minnesota

**May 17th & 18th • Preparation for Success**

**September 20th & 21st • Bach Flowers**

*Please register early to keep the faith that we want these courses to continue in our area. The CNHP instructors are in high demand and are scheduled 6 months in advance.*

*Bring 3 new people and your class is free! That's \$175 reimbursed tuition you wouldn't mind spending on these great courses anyway.*

**You can form your own CNHP Program in your community. You need the commitment of 25 people to take the 5 core classes (14 hours per course). The National Organization of Certified Natural Health Professionals will schedule the training in your area. These courses are a great opportunity for continuing education in the field of natural health. For more information: [www.cnhp.org](http://www.cnhp.org) or call: 1-800-321-1005**

# New Products Unveiled \_2007

now  
available

New Products 2007



*Note: Product information sheets are available on the Young Living website!*

**True Source** uses nutrient-dense super fruits, vegetables, and other plants to deliver the full spectrum of bioactive vitamins, minerals, antioxidants, and phytonutrients in their whole synergistic glory. As more demands are made on our time, convenience foods have become a norm. This has left a nutritional gap in our daily diet. The Journal of the American Medical Assoc. stated in 2002 that “most people do not consume an optimal amount of all vitamins by diet alone.” True Source is a synergistic combination of nutrients found in whole foods and is far superior to vitamins isolated and prepared in a lab. Daily dosage conveniently packaged in sets of three.

**Inner Defense** contains potent essential oils like oregano, thyme, and Thieves®. In today’s toxic environmet, it can be difficult to maintain healthy immune function. The combined essential oils strengthen the bod systems by creating an unfriendly environment for yeast and fungus, improving digestion, and supporting the respiratory system.

**Life 5** builds and restores core intestinal health. The scientific industry is exploding with interest as study after study testifies to the amazing health-promoting benefits of viable probiotics. Probiotics are sometimes known as healthy intestinal flora or beneficial bacteria, and have long been used to culture yogurt, sauerkraut, and other fermented foods. Science is revealing that probiotics are especially important because of their positive effect on the bowel. This is where the all-important transfer of nutrients to the bloodstream takes place. The bowel is also the command center of the immune system and eliminator of waste products. If the bowel is not working properly, optimal health is impossible and the body is vulnerable to a myriad of conditions. Uncorrected, severe bowel or gastrointestinal conditions sometimes develop. Young Living’s new Life 5 provides a daily boost of five of the most clinically proven and advanced probiotics, including three super strains that represent the most health-promoting and viable strains ever prepared in a supplement! (See Probiotic article on page 7.)

**Thieves Foaming Hand Soap** contains Young Living’s Thieves® blend, a potent combination of clove, cinnamon, rosemary, Eucalyptus radiata, orange, and lemon essential oils, all known for their powerful cleansing properties. The oils penetrate deep beneath the skin’s surface, providing a barrier of protection long after you wash your hands.. This gentle foaming hand soap also contains vitamin E, aloe vera, and Ginkgo baloba to moisturize and soften the skin. No harmful chemicals and fragrances! Thieves hand soap is formulated with natural ingredients which have been university tested and found to be highly effective against bacteria. This product has been dermatologist tested and found safe for all skin types, including those with sensitive skin.



**Thieves Hand Purifier** is an all-natural hand cleanser designed for good hygiene without the use of water. Today’s busy society takes us out of our homes and into more public environments. Most portable hand cleaners on the market contain antibiotic and synthetic ingredients increasing the risk of resistance. The answer to this resistance lies within essential oils and their complex nature.

**Check the Young Living website for all the new Autoship Packs for savings and daily supplement convenience! Core Essentials Complete #3482 and Core Supplements #3498**

# Testimonials 2007

*—notes contributed by Nancy Sanderson*

Marlena Carey -- Young Living Independent Distributor

"I had the great opportunity to attend a Young Living seminar presented by Gary Young on April 8, 2006 in New York City. During this seminar Gary introduced a new essential oil called Ruta.

I have suffered from endometriosis for years. I have been prescribed birth control pills to help regulate my menstrual cycles without any success. I even had surgery to remove the lesions to provide relief from the immense pain. I did find some relief from the surgery, but it was only short lived. The only permanent solution to my problem is a hysterectomy. I have really been considering going through with having the hysterectomy because I just can't stand the pain any longer. I eat pain relievers like candy just to be able to function normally. The pain relievers only dull the pain but never really take it away.

While in New York I started my period. I was so afraid I would be unable to attend the entire meeting due to the pain I was sure was to come. However, during the meeting Gary showed us a new product called Ruta, and even had some volunteers try the new oil. A few members were able to get a bottle to try; my mom, (Nancy Sanderson) being one of them. I was very attracted to the fragrance of Ruta and decided to apply it to the back of my neck as I had seen Gary apply it to the volunteers. Within a few minutes the cramping pain I was experiencing began to alleviate, and within an hour I was pain free. AMAZING!!! My mom (bless her heart) gave me her only bottle of Ruta. I have applied Ruta everyday since the meeting and I am happy to report I have had no more pain with my period. Also I usually have a heavy flow that lasts more than seven days. After applying the Ruta I had a very normal to light flow and my period only lasted five days. Thank you God!!! Thank you Young Living!!!

Cyndi Klepper

During our seminar you told us about your daughter and the severe problems she has with her menstrual cycle. You had given her a new oil, Ruta, that Gary had given you on your last trip to New York. You told us that her symptoms had disappeared with in an hour of use. You had my full attention. You see that morning my cycle had just begun, and like your daughter, I become very ill with severe cramping, heavy flow, mood swings, depression, nausea, headache etc., I was actually having trouble concentrating on your lecture. Well to my surprise you pulled out a sample bottle of Ruta oil and passed around the cap for all of us to smell. (I had to restrain myself from running up there and grabbing the bottle from you ! Ha Ha) I really wasn't sure if this was going to work. In the past I had already tried Dragon Time, Panaway, Lavender, Aroma Siez, etc. just about everything I could think of to help dull my symptoms. Nothing helped. So, when the cap came to me I inhaled deeply 3 times, and passed it on. Most people did not like the smell, but to my surprise I liked the smell of Ruta. What happened next was astounding. With in 1 minute, I felt a cooling sensation start at the top of my uterus and move down through the vagina and out of my body. The cramps were completely gone. I have not had a menstrual cycle without pain for 10 years. I felt like I was 16 again. A few hours later I had an opportunity to tell you my experience, you asked me how I was feeling. I told you that dull cramping had begun to return. You generously pulled out the oil and gave me 1 drop to apply to my brain stem area. Immediately the ache was gone and I felt great and also happy. (The area I applied the oil felt warm for about 2 hours.)

What I didn't tell you was I have battled depression for many years. Long ago I had tried an anti-depressant drug for about a year with therapy. The therapy was great, but I did not like the side effects of the drug and took myself off of it and began to look for a natural cure. Prayer and exercise have been my tools to fight it, but sometimes it seems to get the best of me. Being 42 I have been having more difficulty with it lately. But right now as I write this, I feel fantastic, normal again. I haven't been this content in a long time.

I never dreamed that I would come away from your seminar with a miracle. I have struggled for years with depression and my menstrual cycle. With 1 drop of oil my life has changed dramatically. I am anxious for the launch of this oil, I can only wonder how my life will improve further using the oil more often. My husband too.

You have been a blessing to me, thank you. Your whole family is a blessing to the world. Caring enough about the integrity of the oils, their source, who it will help financially (farmers), etc. to give us something from God to will heal us. I truly believe that your family has been anointed with an incredible gift that is changing our world. There are not enough words to express the love and gratitude I feel for all of you, thank you so very much.

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Ruta: (Graveolens) – Improves the attitude, depression and modulates the brain function, fevers, menstrual cycle, rheumatism, aches and pains of all kinds, (like a source of a modern aspirin), to reverse stickiness of the blood platelets. Ruta comes from the Greek word meaning "To set free" freeing people from disease. Ruta graveolens - has a carbon chain that goes from C8 to C16 - not seen in any other plant before - works as a brain modulator - says there will be no need for Prozac anymore! The local people use the Ruta to calm their children down if they are unruly just by waving the branches over them. Ruta has been distilled before, but not in 30 years. It has long carbon chains, and nonynol 2 – which modulates brain function. Chemical imbalances from diet create chemical transformations in the body, which makes it hard to get out of depression.

The Young Living farm in Guayaquil is 2000 acres, with thousands of Palo Santo trees already on the farm. They have cleared 100 acres and have started filling the greenhouse which has 40,000 starts. With luck they will have 3 crops a year. There are also 5 native plants growing on the property and they will be distilled. Gary's first crop on the new farm in Guayaquil is 8,000 Ruta plants. The other's are Lemongrass, Geranium and Helichrysum.

Watch for the new Young Living Blend "Ruta VaLa." A blend of Ruta graveoleons, Valerian and Lavender. This blend may be available sometime in Oct. 2007.

*-This article was edited for space.*

# Cooking With Essential Oils

—Lori Johnson

Have you ever thought about cooking with Young Living Oils, but were intimidated? Well, not anymore. I love to cook, and I have experimented with the oils in my cooking, so the recipes and advice I give to you will be user friendly. Plus, these are not recipes from the Young Living Cookbook, so they should be new, and, hopefully, exciting. If you have access to Training CD #85 "Cooking with Essential Oils" it has some good, basic information on it. What could be more essential to your health than what you eat? "You are what you eat", you know, and more of the scientific community is finally realizing the reality of that statement. So, let's get cooking!

## **Fresh Dill & Pepper Veggie Dip**

We all know that we should be eating at least 6 servings of fruit &/or vegetables a day, but do we? NO, that's why the V8 company has been hitting people in the head for many years. (Don't you love those commercials? Such an old bit, but still funny.) Anyway, a great way to get your family, and yourself, to eat more vegetables, especially raw vegetables, is to have a good dip to dip them in. Let's face it, no matter how much you may like celery, it just tastes better with something on it. Take an 8 oz. container of sour cream (organic, preferred). Add 3 drops of Dill oil & 3 drops of Black Pepper oil. That's it!! Is that easy or what?!? However, this is a very dull looking dip, if you leave it as is, so I usually add some snipped fresh chives. If you don't have fresh chives or herbs to add for color and taste, then just add some dried Dill or Parsley, or add some Mrs. Dash or Veggie Sal. (Even a little Ranch dressing will do the trick in a pinch.) This dip is so full of flavor, you will ditch the pre-packaged dips in a minute.

## **Basic Meat Marinade**

Young Living may not promote meat, but I can't help it. I am part carnivore and I love a good piece of meat. You can use this marinade for Beef, Pork, or Poultry (or even wild game, if you have a family member who hunts).  
1/2 cup oil; This can be Olive, Grape Seed, or Sesame,(Organic, preferred). If all you have is Canola, that's okay, but the meat will not have as much flavor.  
1/4 cup lemon or lime juice (squeezed fresh, preferably, but bottled will work)  
1/4 cup Vinegar (Balsamic adds a nice flavor to beef or wild game, Apple Cider is good for pork, and White Wine for poultry)  
6 drops of Young Living essential oils (Go crazy with this. If you want it to have an Italian flavor, add Oregano & Basil. If you want a more Chipotle flavor, add Black Pepper & Cumin. A basic for poultry flavor combination is Rosemary & Thyme.  
Mix these ingredients together in a plastic, sealable, container, or Ziploc bag that is big enough to hold your meat. Add the meat and thoroughly coat. Let it sit in the marinade for at least a half an hour. If the meat is already thawed, marinate in the fridge. If you are doing this last minute, (believe me, I've been there! Just yesterday, I think) and the meat still needs thawing, let it marinate on the counter, it will be okay. If you are grilling you can also use this to pour over the meat as you grill, but make sure it gets cooked. You do not want raw meat juice tainted marinade on your meat as a sauce. Discard any unused marinade. If baking, you can put the entire contents of the meat & marinade in your baking pan before cooking. This will keep the meat juicy and can be a nice start to a gravy or sauce to go with the meat.  
Well, happy cooking, but get out of the kitchen as much as you can & enjoy the summer outdoors, before we are all cooped up for winter again. Take time to stop & smell the aromas of life, especially if they are coming from your food.

## **Clean Up the Kitchen**

Thieves cleaner dilution for kitchen counter tops and sinks will leave your surfaces free of harmful germs and bacteria. It also keeps your kitchen smelling wonderful leaving a fresh hint of cinnamon and clove behind. If you prefer the scent of citrus, add a few drops of Lemon, Citrus Fresh or Purification to your wash rag. Peppermint essential oil will also repel ants, spiders, and flying insects, keeping them outdoors where they belong.

Now the convenience of a pump bottle of foaming hand soap placed by the sink makes washing hands easy. You'll walk away with a smile not only feeling clean, but knowing there are no harmful chemical residues left on your skin or flushing down the drain.

## **Clean Up our Schools**

Let's try to get the Thieves cleaner, hand soap and waterless hand purifier into our schools! Schools are currently allowing harmful, toxic, chemical-based hand soaps and cleaners to be used in classrooms, hallways and lavatories. Can we persuade the adults in the "field of education" to be re-educated about the fact that chemicals are absorbed through the skin, inhaled into our lungs and are known to cause allergic reactions, asthma attacks, alcohol poisoning and cancer! Can we show them a safe alternative to an inconvenient truth.

# The Benefits of Probiotics

*—submitted by Doug Mills*

**Y**ou will never know enough about nutrition! You can try to keep it simple. You know that what you are eating is affecting your digestive system and your health. You know you are either absorbing the nutrients your body needs for optimum function and efficient elimination, or you are harming the system to some degree. Food is simply two things: nutrition or waste. Food is either whole (alive, organic and naturally cultivated), or it is manipulated in some way (then -not whole -lots of waste). Still simple? Is this a Life or death question..... eventually it is! I just received an article on Probiotics from Doug Mill's "Down on the Farm" newsletter. If science is zeroing in how to be healthy and maintain energy, then you'll be happy to know that Young Living is always on the cutting edge!

**"Doctors say, 'Death begins in the colon.'** This is now confirmed by coroners' new findings, as autopsies revealed people's colons are often clogged with as much as 80% waste material. The following symptoms may result from a lack of probiotics:

- |                                  |  |
|----------------------------------|--|
| Gas, bloating and indigestion    | Frequent colds and flu                           |
| Diarrhea and/or constipation     | IBS (Irritable Bowel Syndrome)                   |
| Bad breath and body odor         | Skin problems such as acne, eczema and psoriasis |
| Candida yeast infection          | Delayed development in children                  |
| Chronic fatigue and fibromyalgia | High cholesterol levels                          |

## **Some of the many benefits of probiotics:**

- Acidifies the colon. Produces the essential byproducts of lactic and acetic acids, helps fight the growth of harmful bacteria such as Salmonella, Shigella and E. Coli. They produce a volatile fatty acid, making it difficult for fungus and yeast cells to survive and flourish in your intestines.
- Normalizes bowel movements. Greatly aids in the processing of bodily wastes, decreasing the amount of time it takes for waste products to travel through your digestive system.
- Improves immune system function. Stimulates the formation of antibodies, counteracting harmful substances and organisms that would otherwise result in infections and disease.
- Aids vitamin formation. Creates at least 7 essential B vitamins necessary for human health, including folic acid, riboflavin, biotin, pantothenic acid, pyridoxine and cobalamin as well as Vitamin K.
- Aids in the production of lactase. Aids in the digestion of milk and milk products.
- Helps de-activate various cancer-causing compounds. Numerous cancer-causing compounds from ingested foods and byproducts of other organisms are stopped dead in their tracks by the action of the friendly bacteria.
- Helps regulate cholesterol levels. Reduces the accumulation of cholesterol in the bloodstream, causing it to be excreted through the bowels.
- Helps regulate hormone levels. Without the activity of the friendly bacteria, hormonal levels can become thrown out-of-balance. For men, this can result in prostate trouble, hair loss, abnormal fat distribution and breast enlargement. For women, this can create aggravation of PMS, rapidly accelerating osteoporosis, water-retention, breast soreness, migraine headaches and more.
- Eliminates intestinal gas and bloating. Prevents harmful bacteria from taking over in the colon, where they often produce foul-smelling waste products and create painful intestinal gas and bloating. Excess gas resulting in chronic flatulence is often a direct result of having too few friendly flora in the colon, which in turn allows harmful bacteria and yeasts to proliferate and grow very quickly.
- Candida albicans can only grow and proliferate in the absence of healthy probiotic bacterial micro-flora in the intestines. Research shows that in sufficient numbers, the probiotic bacteria manufacture and distribute chemicals that suppress the growth of Candida yeast. And when they occupy sufficient space, the yeast has no place to take hold and multiply. In fact, given sufficient quality and quantity, the probiotic bacteria also clean the intestines sufficiently to remove the breeding ground for Candida and effectively destroy the yeast infection. This makes them equally effective against Candida as both a defense and preventative." *Probiotic information comes from Journal of Science & Health, Volume 3, Issue 5. Shared by Doug Mills*

**Regional training on new products and business building are available!** For details and dates in your area go to: [youngliving.us](http://youngliving.us) Click on World Map of Events or Contact Distributor Network Services at 800-37-3515. These are corporate sponsored training. Presented by regional teams, staff and depending on the schedule - Dr. David Hill.

**These Events are all FREE! Please try to attend.**



**Dream Catcher's Core Wellness Challenge! Our winner receives \$150 of their choice in Young Living Products!**

Be our next winner...see insert page for chart information! 3 month charting and a short story to summarize how it helped improve your ability to share Young Living products while putting your life into balance. Due by January 15th, 2008! 90 days to a new You!

**Our First Winner is Deb Kurowski**, a Para-Professional in Annandale schools and a Massage Therapy Student in Saint Cloud, MN. She decided this summer that the Core Wellness Challenge was just for her! Deb's comments, "I lost a few pounds, my stomach is flatter, my skin looks better, I feel better and to top it off a friend even commented how great my skin looks!" What is the secret? Make healthier food choices, exercise, use the Young Living Products, including our whole food supplements...they really work! When appropriate seek Natural Health Professional Services to facilitate a healthier lifestyle! You will have more energy, confidence and a new attitude to share Young Living with others!

The new edition of the Essential Oils Desk Reference is available from ESP @ [www.essentialscience.net](http://www.essentialscience.net) or 800-336-6308

Abundant Health's revised edition of the Reference Guide for Essential Oils & the Essential Oil Charts are available @ [www.abundanthealth4us.com](http://www.abundanthealth4us.com) or 888-718-3068

Sound Concepts has a new antimicrobial pack which includes new wellness reports, brochures, DVD and current research from Dr. Stewart. Support materials @ [www.essentialproductinfo.com](http://www.essentialproductinfo.com) or 800-524-4195

**Support from Iowa... Doug Mills**

Essential Oils 4th Edition Desk References:

1-5 – \$36.00 per book \$4.00 dollars shipping per book.  
6-8 (or more)– \$36.00 each plus \$2.00 shipping per book.  
8 books per box maximum for handling courtesy.  
Book weighs around 5#, now in color, many pages added

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