

# The Star Report

Essentials for  
Healthy Living

**STAR MOREE, EXECUTIVE:** HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION **VOL:4 ISSUE 1**

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*Dream Catchers...The Secret of the Goose!*

*Dear friends,*

*Next Fall, when you see geese heading south for the winter... flying in a V formation... consider what science has discovered as to why they fly that way:*

*As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a V formation, the whole flock adds as least seventy-one percent greater flying range than if each bird flew on its own.*

*People who share a common direction and a sense of community can get where they are going more quickly and easily because they are travelling on the thrust of one another. When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone... and quickly gets back into formation to take advantage of the lifting power of the bird in front.*

*If we have as much sense as a goose we will stay in formation with those who are headed the same way we are. When the Head Goose gets tired, it rotates back in the wing and another goose flies point. It is sensible to take turns doing demanding jobs with people or with geese flying south. Geese honk from behind to encourage those up front to keep up their speed. What do we say when we honk from behind?*

*Finally, and this is important, when a goose gets sick or is wounded by gunshots and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly, or until it dies; and only then do they launch out on their own, or with another formation to catch up with their group. If we have the sense of a goose, we will stand by each other like that.*

*\_Source unknown*

***Each honored Dream Catcher will receive a \$50 credit on their Young Living account to purchase products or materials to help support their dream! Honoring our V formation:***

***November 2006...Gary and Gloria Milks... have been members of Young Living for almost nine years. They have supported Star in her dream to share Young Living with others and was the first person that joined Star on her "Dream Team." They offer financial support for our Star Report newsletter to help support her organization! Thank you Gloria and Gary for all your encouraging love and support!***

***December 2006... Dennis and Ann Williams... were Star's first family friends that joined her "Dream Team" and the pursuit for better natural health. Dennis and Ann understand the value of eating fresh fruit and vegetables with their strong Iowa Family Farm roots. They enjoy using essential oils and sharing with friends when they can help! Thank you Denny and Ann for believing in the value of Young Living and my dream! Here is to your upcoming nine-year membership!***

***January 2007...John and Lisa Leonard... A special thank you to my long time friends who have always supported my dreams and understand my passion for natural health. They understand and practice the value of eating right and exercise for good health. Lisa enjoys planting a large garden every year and working to live a life of balance! Thank you for being a part of my V formation and supporting me through our Young Living and natural health adventure!***

# 30 Reasons Why You Need a Shot a Day!

## Here's a list of reasons you should drink this Super Berry Juice Daily!

- 1) Historically in China, those individuals that ate the Ningxia Wolfberry enjoyed a longer and more productive life, better eyesight, less heart disease and cancer than many of the cultural groups studied!
- 2) One of the "Ancient Chinese Health Secrets!" In fact, the Ningxia Wolfberry is the berry of choice for Chinese Olympic Athletes!
- 3) The Ningxia Wolfberry provides ample antioxidants to strengthen the immune system!
- 4) Antioxidants in the juice help fight free radical attacks that occur thousands of times a day to each cell of the human body!
- 5) Highest S-ORAC rating for fighting the most abundant free radical that causes damage to our cells...The Super Oxide free radical!
- 6) Eating Ningxia Wolfberries enhances Super Oxide Dismutase (SOD). SOD's scavenge free radicals that damage the DNA of cells! Ultimately this scavenging increases our ability to live healthier, longer lives.
- 7) Ningxia Wolfberries free radical scavengers help to strengthen and support the cell walls. This supports efficient transport of flavonoid nutrients across the cell membrane or wall.
- 8) Strengthens the brain neuro-transmitters against free radical activity, possibly slowing age related memory loss!
- 9) Ningxia Wolfberry is powerful in helping the liver function properly! Boosting Glutathione levels! Glutathione is the most important antioxidant and detoxification enzyme in the liver!
- 10) Helps promote good eye sight and eye health! Ningxia Wolfberry is high in antioxidant carotenoids including beta-carotene and zeaxanthin. Beta-carotene is good for the retina. Zeaxanthin is needed for good eye sight. Ningxia wolfberry has the highest amount of zeaxanthin and other carotenoids of any food known!
- 11) The main constituent in the Ningxia Wolfberry according to studies in China is Lycium Barbarum Polysaccharide (LBP). LBP helps to rebuild white blood cell counts! Phagocytes and the activity of Natural Killer cells are increased which can bind to cancer cells.
- 12) Studies have shown that consuming Ningxia Wolfberry led to the regression of cancer in 75% of its patients!
- 13) Other nutrients found in the Ningxia Wolfberry have been shown to help prevent Liver Cancer.
- 14) Other studies show Ningxia Wolfberry useful in the regression of malignant melanoma, Renal cell carcinoma, colorectal cancer, lung cancer and other cancers.

- 15) Also the Ningxia Wolfberry enhances T-cell function!
- 16) In many cases eating the berry helps to lower or stabilize blood sugars!
- 17) Minerals and Vitamins in the Ningxia Wolfberry act as enzyme cofactors in the digestive process!
- 18) Has a B vitamin complex essential to the body!
- 19) Anti-fungal properties due to an amino acid called Solavetivone.
- 22) Anti-bacterial properties due to Solavetivone amino acid.
- 21) Anti-viral properties due to Solavetivone amino acid, as well.
- 22) Reduces pain caused by inflammation. The wolfberry contains Beta-Sitosterol, a natural anti-inflammatory!
- 23) Ningxia Wolfberry contains natural Vitamins including multiple B's, C and E!
- 24) Trace minerals including rare Germanium contained vary rarely in food today!
- 25) 6 Essential Glyconutrients... the good sugars necessary for optimal health and enhanced cellular communication!
- 26) Amino Acids like L-Arginine... necessary for maintaining, building and repairing our cells!
- 27) High Acid binding ability...to gobble acid in the body that creates inflammation and stress in our system, slowing down the process of aging, illness and disease.
- 28) The micronutrients found in the berry counteract mutations leading to cancer!
- 29) Eating Ningxia Wolfberries have been shown in research studies to decrease the amount of oxidation to cholesterol (fat) which leads to a process that creates plaque in the arteries! Oxidized cholesterol creates "sticky foam cells" that build up on artery walls!
- 30) A Super Whole Food for a Super Whole Body!

### Information taken from the Books:

The Ningxia Wolfberry: A Powerful, Natural Ally Against Disease and Aging, by Dr. Hugo Rodier, MD.

Discovery of the Ultimate Superfood, by Gary Young ND, Ronald Lawrence, MD and Marc Schreuder.

This information is for Educational Purposes only and is not meant to treat or cure any disease. Please seek proper Medical Advice if you are dealing with any Disease or illness.

## NingXia Red

1 liter	Code: 3003
2 pk	Code: 3024
4 pk	Code: 3043
Sampler 30 pk	Code: 3168
Sampler 100 pk	Code: 3169
Starter Kit	Code: 3180



# Ningxia Wolfberry (*Lycium barbarum*)

## Wolfberry Nutrition Facts

**Polysaccharides:** essential sugars (glyconutrients) needed for cell membrane function and structure.

**Polyphenols:** they include flavones (like carotenoids,) isoflavones (genistein, dedstein, etc.) catechins (like green tea.) quercetin, proanthocyanidins (like grape seed extract,) galloylated tea, ellagic acid and anthocyanidins.

**Zeaxanthin esters:** antioxidants in wolfberry, other berries and several herbs.

**Betaine:** micronutrient indispensable for liver function, digestion, DNA function. Also very important in B-complex metabolism. Betaine is also found in wheat germ, spinach, beets, shrimp, and pretzels. Also contains: B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, C, E, protein and betacarotene.

**Vitamin C:** wolfberry has the highest content of vitamin C of all fruits and vegetables. It contains 148 mg/100gm, according to the USDA,1999. Other foods, such as parsley, spinach and cruciferous vegetables contain from 93 to 133 mg/100gm.

**Calcium:** wolfberry has 110mg/100gm, compared to 107 mg in Taro leaves. Cruciferous vegetables have about 50mg, and cherries 16mg (USDA 1999)

**Beta carotene:** wolfberry has 12,600 IU/100gm, compared to 12,100 in chicken liver, 11,000 in carrots and 2,500 in apricots.

**Fiber:** four ounces of wolfberry contain 215 mg of fiber. Other antioxidants: beta-sitosterol, with anoilides, P-coumaric acid, pyrroles, cerbrosides, lutein, cyclic peptides, acclid diterpene glycosides, biotin, B vitamins, trace minerals, amino acids, and lyciumins.

### 17 Trace Elements

Chromium	Molybdenum
Cobalt	Nickel
Copper	Phosphorus
Fluorine	Selenium
Germanium	Silicon
Iodine	Tin
Iron	Vanadium
Lithium	Zinc
Manganese	

### 4 Major Minerals

Calcium
Magnesium
Potassium
Sodium

### 6 Glyconutrients Essentials Sugars

### 18 Amino Acids

Aspartic Acid	Threonine
Serine	Valine
Glutamic Acid	Methionine
Glycine	Isoleucine
Alanine	Leucine
Cysteine	Phenylalanine
Tyrosine	Lysine
Arginine	Tryptophan
Proline	Histidine

**Ningxia Red** (with additional high antioxidant ingredients to enrich its salutary affects and ORAC value)

**Pomegranate** - represents life and regeneration in ancient Greece. In Buddhism, it is one of 3 blessed fruits. The National Institute of Cancer has reported on "the extraordinary medicinal properties of the tree, and idea that dates to Biblical times and which has oddly been overlooked by Western medicine." (J. National Cancer Institute 2003;95:346). Pomegranate has three times the antioxidant activity of green tea, or red wine. Has been shown to reduce cholesterol levels.

**Blueberry** - juice is also rich in proanthocyanidins. Tuft University studies have shown that it protects blood cells against free radical oxidation, and slows brain aging. Studies at Mainz University show that it protects cell DNA.

**Raspberry** - juice has high levels of Ellagic acid, a polyphenol also found in wolfberry. Ellagic acid has become known for its anti-carcinogenic/anti-mutagenic effects. These traits help inhibit the growth of tumors and reduce the incidence of cancer. Ellagic acid is also known for its anti-bacterial and anti-viral properties.

**Lemon and orange essential oils** - like limonene, helps combat cell mutations and increase glutathione levels in the liver. Glutathione is the end-product of all antioxidants.

# 101 Uses for the Essential Oil Starter Kit

**Obligatory Disclaimer:** The following information is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from a serious disease, illness or injury should consult with a physician. THE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.

The Essential Oil Starter Kit was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. The Kit contains three single oils: Lavender (*Lavandula angustifolia*), Lemon (*Citrus limon*) and Peppermint (*Mentha piperita*), and four oil blends: Joy, PanAway, Peace & Calming and Purification.

All single oils may be used as dietary supplements. All of the oils may be diffused. All of the oils can be applied to the Vita Flex points on the feet, added to bath water mixed with YLEO's Bath Gel Base, applied topically or used with body and foot massage. Diffusing allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. It also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners.

**LAVENDER** - (*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing -- physically and emotionally.

1. Rub on feet for calming.
2. Rub on your pillow to help you sleep.
3. Put a drop on a bee sting or insect bite to stop itching & reduce swelling.
4. Put 2-3 drops on a minor burn to decrease pain.
5. Drop Lavender oil on a cut to stop the bleeding.
6. Mix several drops with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. To alleviate the symptoms of motion sickness, place a drop on the end of the tongue, around the naval or behind the ears.
8. To stop a nosebleed, put a drop of oil on a tissue and wrap it around a small chip of ice. Push up under the middle of the top lip to the base of the nose and hold.
9. Rub a drop over the bridge of the nose to unblock tear ducts.
10. Rub Lavender oil on dry or chapped skin.
11. Rub a drop of Lavender oil on chapped or sunburned lips.
12. To minimize the formation of scar tissue, massage on and around the affected area.
13. Rub 2 - 4 drops over the armpit area to act as a deodorant.
14. Put a drop between your palms and inhale deeply to help alleviate the symptoms of hay fever.
15. Rub several drops of Lavender oil into scalp to help eliminate dandruff.
16. Place a few drops on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
17. Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
18. Place a few drops on a wet cloth and throw into the dryer.
19. Put a drop of Lavender oil on a cold sore.
20. Diffuse Lavender oil to alleviate the symptoms of allergies.
21. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
22. Drop Lavender oil on a cut to clean the wound and kill bacteria.
23. Apply 2-3 drops of Lavender to a rash to stop the itching and heal the skin.

**PEPPERMINT** - (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.

24. Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
25. Add Peppermint to herbal tea to aid in digestion and relieve heartburn.
26. Massage several drops of oil on an injury to reduce inflammation.
27. Apply Peppermint oil immediately to an injured area (bruised shin, put on the foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.
28. Rub several drops of oil on the bottoms of the feet to reduce fever.
29. Apply Peppermint oil topically on unbroken skin to stop itching.
30. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
31. Inhale before & during a workout to boost your mood and reduce fatigue.
32. Massage several drops on the abdomen to relieve nausea.
33. To relieve a headache, rub on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
34. To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the base of the neck).
35. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
36. Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.
37. Rub 4 drops on chest and stomach to relieve travel sickness.
38. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
39. Add Peppermint oil to food as a flavoring and a preservative.
40. To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.
41. Mix one 15 ml. bottle of Peppermint into a 5 gals. of paint to dispel the fumes.
42. Place a couple of drops in a cup of hot water and enjoy in place of coffee.
43. To kill aphids, add 4-5 drops to 4 ounces of water and spray the plants.
44. Drink a drop mixed in a glass of cold water to cool off on a hot day.
45. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
46. Place a drop of Peppermint oil on the tongue to stop bad breath.
47. Inhale the fragrance to curb appetite and lessen the impulse to overeat.
48. Remove ticks by applying a drop of Peppermint oil on a cotton swab. Wait for it to unhedge its head, then remove from your pet.
49. Mix Peppermint oil in a footbath to relieve sore feet.

**FRANKINCENSE** - (*Boswellia carteri*) also known as "olibanum," or "Oil of Lebanon." Considered the holy anointing oil. Used in religious ceremonies for thousands of years. Known as "liquid gold" in the time of Christ.

50. Rub on temples or place a drop on tongue and push to roof of mouth to relieve stress and sadness.
51. Diffuse to increase spiritual awareness and uplift the spirit.
52. Diffuse or inhale directly to stimulate the limbic system of the brain (memory and emotional center).
53. Take as a dietary supplement for immune stimulation
54. Rub on skin to decrease signs of wrinkles. In vitro studies have demonstrated DNA repair using Frankincense.
55. Rub on skin to lighten age spots, decrease inflammation of acne & boils.
56. Rub around orbit of the eye for improved vision.
57. Anointing oil with Biblical references to protect from illness & disease.

# cont..... 101 Uses for the Starter Kit

**PANAWAY** - A blend of wintergreen (*Gaultheria procumbens*), which has an active constituent similar to cortisone; clove (*Syzygium aromaticum*), which contains eugenol, used by dentists to numb gums; peppermint (*Mentha piperita*), which is calming for nerves; and helichrysum (*Helichrysum italicum*), which is soothing for localized discomfort. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.

58. Apply PanAway oil topically on an injured area to reduce inflammation and bruising.
59. Apply PanAway oil topically to sore muscles after exercising.
60. Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache.
61. Mix with massage oil and massage on location to stop growing pains.
62. Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain.
63. Rub 2-3 drops at the base of the spine to relieve sciatic pain.
64. For arthritic pets, massage PanAway oil diluted with V-6 Vegetable on location or a drop in the food.

**PEACE & CALMING** - A gentle, fragrant blend of Tangerine (*Citrus nobilis*), orange (*Citrus sinensis*), ylang ylang (*Cananga odorata*), patchouly (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.

65. Rub 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
66. Diffuse in the room to calm overactive or hard to manage children.
67. Mix with massage oil for a relaxing massage.
68. Mix with Bath Gel Base in warm water for a relaxing bath.
69. To help stop nocturnal teeth grinding, diffuse while sleeping.

**PURIFICATION** - An antiseptic blend of Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosemarinus officinalis*), melaleuca (*Melaleuca alternifolia*), lavandin (*Lavandula x hybrida*) and myrtle (*Myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

70. Diffuse Purification oil to clean the air and neutralize foul or stale odors.
71. Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
72. While traveling, inhale Purification oil during flights to protect yourself from pathogens found in the recirculated air.
73. Put a drop of Purification oil on insect bites to cleanse and stop the itching.
74. Apply a drop of Purification oil on blemishes to clear the skin.
75. Rub on the outside of a sore throat when it is first beginning.
76. Rub a drop of Purification oil on a blister to cleanse and disinfect.
77. Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.
78. Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
79. Dilute Purification oil with V-6 Vegetable Mixing Oil and swab the nasal cavity to ward off the flu.
80. Spritz several drops of Purification oil mixed with water to repel insects.
81. Apply Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs.

**THIEVES** -A blend of highly antiviral, antiseptic, antibacterial, anti-infectious oils. Includes: clove (*Syzygium aromaticum*), lemon (*Citrus limon*), cinnamon bark (*Cinnamomum verum*), eucalyptus (*Eucalyptus radiata*), rosemary (*Rosmarinus officinalis*). Named after a band of Thieves who used essential oils to avoid the Plague while robbing the sick and dying.

82. Make a Spritzer to use as a disinfectant. (Combine water and vinegar, or alcohol, with Thieves oil.)
83. Diffuse to kill airborne microbes and pathogens. (Research shows a 99.96% decrease in airborne pathogens.)
84. Diffuse and use directly for toxic molds.
85. Use Thieves oil, natural soap and water to clean external surfaces like concrete, wood and siding to stop toxic molds on outdoor surfaces.
86. Make your own disinfectant handwipes for home and travel. (Paper towels, bath gel base, water and Thieves oil.)
87. Mix water, vinegar and Thieves oil for internal digestive cleanse.
88. Dilute and use for teething, mouth and dental pain.
89. Dilute and use for sore throats, swollen glands and tonsils.
90. Dilute and apply around ear area (never directly in ear) for infection.
91. Rub 3 drops directly on bottom of feet to enhance immune function.
92. Use directly on toenail fungus.
93. Dilute and dab on pimples, boils and acne.
94. Dab on warts, until eliminated.
95. Use *Thieves Household Cleaner* to eliminate and prevent airborne pathogens from home, school and work environments.

**VALOR** -A blend of rosewood (*Aniba rosaeodora*), blue tansy (*Tanacetum annuum*), frankincense (*Boswellia carteri*), and spruce (*Picea mariana*).

96. Chiropractor in a bottle! Use to relieve pain and stress.
97. Apply 3-4 drops on feet or spine for improved spinal alignment.
98. Use in Raindrop Technique® for general structural balancing.
99. Apply topically or diffuse for calming and stress relief.
100. Apply topically on temples and back of neck for improved focus and mental clarity.
101. Wear as cologne! It's perfect for men and women.

Some material used from the 101 Uses of the Essential 7 Kit. Courtesy of Young Living Groups@yahoo.com For educational purposes only.

Also included in the Starter Kit: Marketing materials, A•R•T samples, NingXia Red samples, DVDs, Audio Training Library, plus 10 Essential Oils.



**Young Living  
Essential Oil  
Starter Kit**

**Code: 3106  
Price: \$149.99**

**For more information go to [www.vitalhealthline.com](http://www.vitalhealthline.com)**

# Business Building on a Penny

## The Value of a Penny \_by Vicki Opfer

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

1. **.01** The model at left will help you understand the financial possibilities of network marketing, also called a business of duplication. It will also demonstrate why it's important not to give up before the value of this kind of business becomes obvious.

2. **.02**  
3. **.04**  
4. **.08**  
5. **.16**  
6. **.32**  
7. **.64** By day 7, the value of the penny is only 64¢ - not very interesting is it? If this model duplicates network marketing, can you understand why so many people give up building a business right away? By the middle of the month, on day 14, the value of the penny would only be \$81.92. Well, again that's nowhere close to the \$1,000,000 check that I offered to write to you. This can be very discouraging.

8. **1.28** Even by day 21 basically 2/3 of the way through the month, the value is \$10,485, which is a lot of money, but nowhere close to \$1,000,000. But then watch what happens in that next week, and you'll discover the true power of not only this model, but of network marketing which duplicates this mode. This is the power of duplication... and the power of the network marketing model.

9. **2.56**  
10. **5.12**  
11. **10.24**  
12. **20.48** Now look at the model as the check you will receive on your business, once it has grown... Perhaps \$10 Million a month is very unrealistic, but realize that in the industry, those who have built large organizations over a period of several years can earn \$25,000 - \$150,000 per month. Their secret? Simply continuing to share and not giving up. It's sad to realize that most people will become discouraged long before their business has a chance to become large. And, they actually might have been so close to success... They may even join other network marketing companies, thinking that diversification might be better, only to discover that they cannot get past the 64¢ or \$82 position in any of them.

13. **40.96**  
14. **81.92**  
15. **163.84**  
16. **327.68**  
17. **655.36** There are two kinds of people who will be successful in a network marketing venture. One is the professional network marketer who knows that to be successful, you have to ignore what appears to be a business model that is not working, and keep going anyway - they know the system. And the other is someone who loves the products so much that they're willing to share them, even if they don't earn a lot of money. In Young Living, many of the leaders have become successful because they loved the oils and products so much, that they were willing to continue sharing them, even if it appeared that they weren't earning as much money on their efforts as they would have liked. Eventually, their checks began to exceed their dreams, and they had to learn to dream bigger!

18. **1,310.72**  
19. **2,621.44**  
20. **5,242.88**  
21. **10,485.76**

22. **20,971.52**  
23. **41,943.04**  
24. **83,886.08**  
25. **167,772.16**  
26. **335,544.32**  
27. **671,088.64**  
28. **1,342,177.28**

29. **2,684,354.56**  
30. **5,368,709.12**  
31. **\$10,737,418.24**



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

.....a penny for my thoughts from Star Moree

# Testimonials • Convention 2006

## **Helen Sanford \_Princeton, MN**

On February 13, 2006 I went to the dentist for a cleaning and check-up. I had eleven #5 pockets, five #6 pockets and one #7 pocket. I was told by me dentist that I should have the gum disease surgery as soon as possible. However, I decided to try to heal my gums myself with the essential oil, Oregano. I started putting one or two drops on my toothbrush everyday along with my toothpaste.

Six months later I went back for another check-up. I had reduced my pockets to: two #6s, six #5s and three #4s. All the rest were back to normal. The hygienist said she couldn't believe I could heel the infection and close the pockets by applying oil. She had never heard of anything like that. She told the rest of the office and they all gathered around to find out what I had done. The receptionist ordered a bottle of Oregano. The dentist told me to continue doing whatever I was doing. So I am! However, I must warn anyone who wishes to try it that it burns your whole mouth. You might want to dilute it.

## **Renee Suchy \_Cottage Grove, MN**

About eight years ago I was diagnosed with ulcerative colitis. I went to the doctors, did what they recommended and steadily became worse. I got to the point of giving myself weekly injections of an anti-rejection cancer-causing drug. This did not work either and after about 6-8 months the rheumatologist wanted to start me on weekly IV infusions of an even more toxic drug. Then I was hospitalized. That was the point when I prayed to find out what I could do to heal. I knew that if I had faith I could be healed. I started to learn about the oils. I went to a naturopath who knew hot to use the oils. Within two months I was better. Within one year I was off all but one medication. Within two years I was off that medication and had lost about fifty pounds I had gained from them. Di-gize, Di-gize was one of the oils I used three times per day and I still use it occasionally for intestinal upset. Today I take no medications for ulcerative colitis and am back to the weight I was when I graduated from high school.

## **Naomi Iserman \_Onamia, MN**

A couple of years ago when I was just experimenting with NingXia Red I wasn't very faithful to take it and in the middle of winter I got a severe lung infection. My husband said, "You know if you just drank that whole bottle it would cost less than a doctor's appointment." So I decided to splurge that day and took two ounces. The next day my lung infection was gone and I attribute that to NingXia Red. Also, since taking NingXia Red more regularly I've noticed my focus is stronger and I no longer have fuzzy peripheral vision. "Convention" – Gary Young is such a man of integrity and I can trust him in making the oils as pure and powerful as they truly are. So I feel very confident offering them to my clients, family and friends to ingest, diffuse or rub on. These oils have kept me from burn out, so typical of massage therapists.

## **Bernard E. Iseman Jr. \_Onamia, MN**

When my wife got involved in Young Living Essential Oils I thought it was mostly for good smells for the gals. Then I learned about Oregano oil and its antibiotic properties and heavy metals and toxin cleaning. At that time I had a chronic cough and had trouble with gas fumes and small engine exhaust. I started taking the oil of Oregano in capsules and now have lost the cough and the sensitivity to gas fume or petro-chemicals.

## **Sarah McDermott \_Brainerd, MN**

I was bitten on the corner of my mouth by a pit bull. I had eight stitches and they healed quickly. I used St. Marie's Lavender, Sulfurzyme and Sandalwood. I have very little scarring and my settlement was much smaller because the insurance adjuster couldn't see much of the torn tissue. The damage was minimal. I am happy my face still looks good though. And I still feel comfortable with dogs.

Favorite product – Sulfurzyme. I had a broken back and pelvis. Now my pain is very tolerable and if I use Sulfurzyme everyday I don't feel any pain.

## **John McDermott \_Duluth, MN** *(Next Year's Convention submission)*

I told my Mom that all my new friends wanted to meet her. She was flattered to think I made her sound so cool, but actually they just want her to come and teach them more about the oils!

