

# The Star Report

Essentials for  
Healthy Living

**STAR MOREE, EXECUTIVE:** HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION **VOL:4 ISSUE 3**

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[www.vitalhealthline.com](http://www.vitalhealthline.com)

*All printable material for your  
group is also available on  
Star's website / handouts:  
[www.vitalhealthline.com](http://www.vitalhealthline.com)*

## Simple Ways to Lose Weight and Get in Shape!

*Now that summer has arrived, many of us will be looking for ways to get in shape and lose our winter fat. We can often be drawn to the latest fad diet, but often gain the weight back. Looking for simple ways to enhance our health through diet and lifestyle changes can make it easy and fun to lose weight and stay in shape!*

*Start your new day by reaching for a glass of essential oil flavored water. Many of the **Young Living Citrus Oils** are great for flavoring our drinking water. Citrus oils are also packed with limonene a chemical constituent researched to be a cancer preventative. Drinking **Peppermint** oil flavored water throughout the day can be a refreshing way not only to beat the summer heat, but also control your appetite. Most researchers recommend individuals drink one half ounce of water per pound of body weight a day. So if you weigh 160 pounds you could drink ten 8 ounce glasses of water a day. Sipping water all day long at the rate of only 4 ounces per one half hour is best! Our bodies need more water to metabolize fat!*

*Find an activity you enjoy! Choose one activity for outdoors and one that you can do indoors. Yard work during the summer is great! Taking long walks is a wonderful way to enjoy the day and let your mind unwind as well as get some needed Vitamin D from healthy sun exposure. Pick times earlier in the mornings or late afternoon/evenings to avoid the peak sunburn hours! More hours outdoors will help you get a better night's sleep!*

*Rebounding on a mini-trampoline can be a great way to burn calories, build muscles, and even enhance creativity (stimulates the brain). You can bounce to your favorite music, dance and just have fun. Bouncing is a great way to enhance bone density and flush the lymphatic system as well. This is an activity that is much gentler on the joints than pounding on the pavement. Children love to bounce, they seem to know instinctively how good it is for them. Quality re-bouncers can be purchased at many stores. Some are available with a balance bar! Weight training is an excellent activity to build muscle and burn extra fat at any age. Muscle tissue burns way more calories than fat tissue! Plus, weight training not only burns calories slowly and shapes deep muscle tissue, it is more likely to become a habit compared to intense cardio workouts.*

*Last, making simple diet changes to include more raw fruits and vegetables can be an excellent way to enhance any weight loss program. Eat small meals throughout the day. Eat your last meal about 4 hours before your bedtime. When you feel hungry drink water first, before reaching for a snack! Young Living's 5 Day Nutritive Cleanse is an excellent way to jumpstart your new get fit lifestyle! You're never too old or too out of shape to improve your quality of life!*

- Drink more water (flavor it with essential oils!)
- Do an enjoyable physical activity: Jump, Bounce or Dance!
- Eat raw fruits and vegetables
- Use Agave and Stevia for your sweet tooth alternative
- Try Young Living's 5 Day Nutritive Cleanse
- Don't forget to smell essential oils for appetite control!  
Peppermint and Spearmint are good choices!

# CNHP Certified Natural Health Professional

**The National Association of Certified Natural Health Professionals, Inc. (a not-for-profit corporation) was founded in 1988 for the purpose of training and certifying individuals who sought to counsel others in natural health techniques. Initially, many attended the classes just for personal information concerning how they could improve their own health and those of their family members.**

From our humble beginnings, the association has grown, holding several hundred classes each year from coast to coast as well as some Spanish-speaking countries. Our faculty has grown from one to sixteen dedicated practitioners who give of themselves so that others may learn. Over nine thousand health professionals have participated in the seminar program. The National Association of Certified Natural Health Professionals is the world's largest group of individuals committed to natural health and individual responsibility.

We invite you to become involved. Your health is your wealth. People are continually seeking ways to live happier, healthier, and more meaningful lives. We believe that the Certified Natural Health Professionals can contribute to that end. The knowledge and professionalism you will experience in the seminar program will prepare you for a meaningful life of service to your fellowman as well as acquaint you with numerous other like-minded people who share your commitment and interest.

Any person interested in learning more about the natural health field can receive training by a competent, experienced and dedicated faculty. Candidates will be required to attend and complete five institute seminars dealing with the various theories and techniques used by natural health practitioners. Each seminar will involve a minimum of thirteen hours of study, classroom participation and practical demonstration. Certification is dependent upon the successful completion of a written exam given at the end of each seminar. **The basic 5 Core Classes are:**

**Nutrition:** This seminar discusses the various theories and basic elements of good nutrition. Students will learn the importance of diet, vitamins, minerals, amino acids, herbal supplementation and Muscle Response Testing.

**Body Systems:** Emphasizes the practical aspects of maintaining homeostasis in the body and maximizing health. This seminar will deal with the organs, glands, tissues and structures of the body. Special note will be made of the function and interrelationship of the various organs.

**Iridology:** Enlisting the latest European Iridology methods, as well as the traditional Jensonian American Iridology method, this seminar will focus on the practical application of iris analysis and interpretation. Students will learn how to incorporate their knowledge of nutrition and body systems in an effort to address health weaknesses revealed through the eyes.

**Body Work:** Focuses on enhancing the proper relationship between body function and structure. Students will observe demonstrations which utilize the least invasive methods to normalize weakened body structures in an effort to strengthen diminished body functions.

**Practicum:** Seminar shall deal with professionalism and the practical aspects of helping others. Emphasis shall be given to a study of the ethical and legal aspects of the natural health field as well as techniques of enhancing the practitioner-client relationship. The interdependence of body, mind and spirit in maintaining health will be demonstrated.

**Capstones:** After completion of the first five seminars, an individual can maintain his/her CNHP certification by enrolling in one advanced capstone per year or by reattending one of the five basic seminars. Advanced capstones may cover a wide variety of modalities such as Homeopathy, Polarity, Midwifery, Magnetism, Kinesiology, Chinese Herbal Therapy and Constitutional Physical Analysis. These continuing educational capstones are designed to enhance the skills and abilities of the Health Professional, providing the resources to assist others in the pursuit of balanced living, disease prevention and proper health maintenance.

## **Empower Your Wellness Opportunity with CNHP**

“If you are looking for additional education and a hands on opportunity to enhance your natural health knowledge, we recommend the CNHP program. This program will give you a solid foundation to build your wellness business or advance your level of knowledge in the field of natural health. As a Young Living member, there have been very few educational opportunities outside of our YL training that I found worthy of sharing with others. CNHP qualifies as one of them!

Empower yourself with the tools to live a healthier lifestyle while learning valuable skills to share with others! Knowledge is Power! I have found that the Certified Natural Health Professional's education, compliments my skills as a Physical Therapist as well as my work with Young Living Essential Oils.” \_Star Moree

**CNHP information available @ [www.cnhp.org](http://www.cnhp.org) or call 1-800-321-1005**

# EO Massage & Emotional Release *\_Jane Reckow*

**N**ever underestimate the power of touch. Combined with the power of essential oils you have one great healing combination. I am a massage therapist and I use these powers on a daily basis. My name is Jane Reckow and this article is a little bit about how I got started and continue to use Young Living Essential Oils.

Several years ago I was introduced to YL essential oils by Star Moree. She was a physical therapist at my Chiropractor's office. After being in an auto accident, I was referred to her for treatment. It was a moment in time that changed my life for the better. I became a distributor and learned more and more about the oils, attending classes through Young Living training and Star's local classes. She has always been there to encourage me and support me on various levels. There have been numerous occasions where she gave me the push I needed to move forward. I still look to her for that ear to listen and the nudge to get me going. This article would not be complete without giving her credit for much of what I have learned along the way. Thank you Star!!

In my body work practice I use many techniques to assist my clients in their healing process. Some of the techniques I employ are: Raindrop therapy, auricular therapy, emotional release, reiki, integrated energy therapy, acupressure, acutonics (tuning forks), cranio sacral therapy, vita-flex reflexology, color therapy, therapeutic massage, healing stone massage, and various chair massage techniques. I also teach classes in yoga, breathework, and essential oils.

I have found that essential oils enhance the results of all the therapies that I use with my clients. I rarely have found a person who refuses them and more often than not they go home with a new tool to work with. Many have become distributors themselves and continued to grow and learn more about these special healing oils.

When I am working with someone who has had a trauma such as an auto accident, I may start with only oils and craniosacral work combined with some gentle effleurage. I trust my intuition to choose the combination of therapies that my client needs at that time. Sometimes it may be the higher frequency emotional oils that call to me for someone, especially in times of turmoil and major change in a persons life. At other times I have seen accidents that trigger deep emotional issues that must be cleared before the physical healing can proceed. Some of the emotional oils I like to use are: **Valor, Release, Joy, Acceptance, Frankincense, Lavender, Peace&Calming, Clarity, Dragon Time, Believe, Awaken, Harmony, Gratitude, Hope, Forgiveness, Trauma Life, Inner Child, Transformation, and Surrender.** The names pretty well express what you might use them for. There are times that I have had an oil "jump" out at me and I couldn't tell you why. It is then that my **Essential Oils Desk Reference** comes into play and it becomes quite clear why that oil was needed. Always trust your intuition when choosing oils, that's the best advice I can give you. If you don't think you have intuition – keep using the oils!!

Everyday can be a challenge. That is why I also take care of myself with oils using **White Angelica** to protect myself from negative energies that are often released in the process of a bodywork session. Any time you are work closely within a person's energy field, you can be zapped. It is an occupational hazard and grounding yourself is as essential as your oils. I also like **Sacred Mountain** and the oil **Grounding** if I feel a bit out of sorts after working on a tough case. The conifer oils like **Spruce, Idaho Balsam Fir, White Fir, Pine, Sacred Mountain, Cedarwood** and others that come from trees always seem to have a grounding effect. I like to think it's because of those deep grounding roots!!

For my clients and my own sore muscles I have found that **lavender and peppermint** top my list. The combination of **frankincense and Idaho balsam fir** has got to be one of the best in my book. **Marjoram, basil, black pepper, lemon, lemongrass, Aroma Siez, cypress, Relieve It, Pan Away, nutmeg, clove, pine, Roman Chamomile, spruce, M-grain, and Clarity** are all good for muscle aches and pains. Experiment with different combinations. One of my instructors said that if it doesn't work within 10 minutes try a different oil. I have to agree with this. The addition of a hot or cold compress can also do wonders. Castor oil compresses used along with essential oils is also something worth trying. (For more information on this contact me). Epson salts, baking soda, sea salts are all wonderful when combined with essential oils in a hot bath. Star has a great booklet with recipes for body care ideas. Use caution with **peppermint** and some of the "hot" oils in your tub, some shouldn't be used in that application. For best results always consult the users guide or EODR for safety and cautions. Most importantly **USE** the oils and experiment with them, get to know them, they are friends to be cherished along with all the great company of oils users out there. Here's to happiness and health through Young Living!!!

If you are interested in more information about me and my therapies visit my website at [www.janereckow.com](http://www.janereckow.com). My Young Living site at <http://janereckow.younglivingworld.com>. I see clients in the central Minnesota area in my home (St Cloud), at Stillpointe Natural Health in Sartell, HairCut Co. in St Cloud, and Lee and Friends in Clearwater. I also teach weekly yoga classes at



Mind Body Spirit Yoga Studio in St Cloud. I teach oil classes and do home massage and spa parties. I can be reached by email: [jrmedicinwmn@hotmail.com](mailto:jrmedicinwmn@hotmail.com) or phone me 320-493-8494.

## REGAINING OPTIMAL HEALTH USING ESSENTIAL OILS

I suffered with severe gastric reflux for a couple of years and lived on antacids, especially after eating. One day at work I was drinking my Pepto Bismol and telling Star about my reflux. Out came the essential oil Di-Gize. Star told me to rub it on my stomach. I thought she was crazy. Rub this oil on my stomach to help my reflux. I did. I could not believe that within 10 minutes my pain was gone! I was hooked with feelings of gratitude and appreciation.

In 2001, I was fortunate to go to Young Living's Convention. Gary Young spoke on the importance of colon and liver cleansing. This changed my life! I did both cleanses and could not believe that my horrible bad breath and reflux was gone. I lost the feeling that I was rotting internally.

I discovered that all I had to do was a good old flush and fill. Flush out the toxins from my colon and liver with the Cleansing Trio and JuvaCleanse products then fill my system with the right nutrients such as: 1) Omega fish oils, 2) Fiber, 3) Vitamins, 4) Minerals and, 5) Essential oils.

I feel so much better. I changed careers hoping to empower those who have the same thirst for better health and knowledge. I hope to see you at the Young Living Convention this September. I know the seminar will change your life.

## ELECTRO-DERMAL SCREENING: A NEW TECHNOLOGY

Electro-dermal Screening is a device invented in the early 1950's by a German medical doctor. This device gives you a resistance reading on all of the acupuncture meridians letting you know which organ system is stressed (irritated/inflamed), balanced (healthy), or weakened (distressed). The technology works much the same as an EKG, non-invasive and painless. After getting all of your readings you go through "stress" testing to determine what may be stressing, or weakening your meridians. You are tested for the "signatures" of parasites (over 90% of people are affected!), mold/fungi, virus, bacteria, chemicals, heavy metals, pesticides and many more. If any of these "signatures" stress or weaken your meridians the next step is to determine what remedy is needed to strengthen your system. The Chinese believe when the body is in balance and in this case when all of your meridians are balanced the body should heal itself.

The coolest part of this machine is that it can test homeopathic, Bach Flower remedies, oils, supplements, etc against your system to see if your body even likes it. For example, I had someone complaining of constant ear pain, the ear/lymph meridian was out of balance and the EDS showed which specific oils would be best for that individual. NingXia Red often helps bring the liver meridian into balance for many individuals. I can test various oils and supplements to determine which oil or nutritional supplement strengthens your meridians, taking the guesswork out of what works best for you.

I feel fortunate to be able to practice at Woodlands Chiropractic using this new technology. I see it change the lives of hundreds of people along with Young Living Essential Oils, which has changed my life too. I have seen people find hope when they felt that they had exhausted every other avenue to regain their health. I can not tell you how many times I hear this comment, "I spent thousands at very expensive medical clinics known around the world and they could not get at the underlying cause of my problem. Thank heaven for electro-dermal screening."

**Please note EDS testing is for wellness purposes only and does not diagnose. The goal of EDS is to find natural supplements, essential oils, whole foods, etc., that will bring the meridian system into balance. Thus providing opportunity for the body to heal itself. For more information on Electro-dermal screening please visit: [www.biomeridian.com](http://www.biomeridian.com) or email me at [Brenda@woodlandschrio.clearwire.net](mailto:Brenda@woodlandschrio.clearwire.net). I would love to answer any questions you may have.**

God Bless,  
Brenda Schuler

30 Reasons  
to drink a  
Shot a Day of  
NingXia Red

1

Wolfberry  
Ingredients

2

NingXia Red  
A Very Berry  
Packed Juice

3

Great 3 page handout for NingXia Red available on Star's website: [www.vitalhealthline.com](http://www.vitalhealthline.com)

Click on handouts and run copies of the 30 Reasons to Drink a Shot a Day, Wolfberry Ingredients and now the NingXia Red, a Very Berry Packed Juice!

# NingXia Red, a Very Berry Packed Juice

Nothing will combat disease or lessen the incidence of common illness more than a strong immune system. No other juice, known today has such comprehensive, powerful, free-radical fighting abilities. Besides the incredible wolfberries in NingXia Red, there is a synergistic blend of additional fruits which provide antioxidant benefits plus heart and DNA health benefits. When combined with wolfberry juice, this produces a product we are proud to claim as “The World's Most Powerful Antioxidant Juice.”

**Pomegranates** are a multifunctional superfood themselves! Their makeup simultaneously combats DNA mutation and cancer growth, fights heart disease, and stops the growth of candida in the intestinal tract. **Pomegranate** juice reduces the oxidation of cholesterol (one of the key risk factors for developing heart disease). **Pomegranates** have significant antiviral, antibacterial, and antifungal activity. This is rare among fruits in its ability to inhibit the growth of harmful yeast, fungi, and bacteria in the intestines. The addition of **Blueberries** have a unique profile of polyphenols that protect the body from oxidative damage caused by inflammation and aging. They operate on a distinct and different mechanism (than the wolfberry), retarding and even reversing age-related decline in brain function and cognitive and motor performance. **Blueberry** juice also combats urinary bacteria (similar to cranberries). **Blueberries (and raspberries)** offer some of the best protection against superoxide, hydrogen peroxide, hydroxyl radicals, and singlet oxygen free radicals. **Raspberries** also add concentrations of quercetin and other antioxidants to the formula and has one of the highest levels of ellagic acid (blocks cancer cell growth). **Apricot's** increase potassium levels with 1377 mg (per 100 food gram -next highest level after the NingXia wolfberry 1600 mg) with proven cardiovascular protection, including hypertension, stroke, arrhythmia prevention and congestive heart failure. Potassium increases the resistance of HDL & LDL cholesterol oxidation. **Lemon and Orange citrus essential oils** are high in limonene– proven to combat cell mutation. There are over 50 studies to support the fact that limonene strongly inhibits the initiation of cancer growth and animal studies that documents tumor growth reduction.

## A Synergistic Blend of Juices

Synergy means that these juices combined have more antioxidant activity than the sum of the individual juices. It's the synergy of nature's best ingredients that makes NingXia Red the most powerful antioxidant juice anywhere. Read labels! Other health drinks contain "junk juices" such as white grape, apple, and pear. Sugary juices contain very little health benefit. NingXia Red has carefully selected rich, dark juices known to enhance longevity and health. These darker juices are extremely high in anthocyanidins, flavanoids, and carotenoids, which have been shown to strengthen collagen, protect against cardiovascular disease, and absorb free radicals. These natural sugars are based on the “essential sugars” our bodies (and brains) need to maintain health and an energetic system. The glyconutrient balance of NingXia Red is unsurpassed, providing 6 of the 8 essential sugars. The 6 sugars in this blend naturally initiate our own body system to form the other 2. That makes NingXia Red a super food!

NingXia Red is considered to be an ultra-high, wide-spectrum antioxidant, meaning it does more than just protect the body against a single “free radical.” (Free radicals in the body damage cells, proteins, and DNA by altering their chemical structure.) NingXia Red's capacity to absorb four of the most prevalent free radicals found in the human body is superior. Specifically, its capacity to absorb the superoxide free radical, the most abundant free radical in the human body, is many times more effective than the closest competing health drink! And the best way to stop the formation of oxidized cholesterol (sticky foam cells) is to raise antioxidant levels.

**Young Living** has gone to great lengths to attain perfect temperatures for *flash pasteurizing* and allowing *less than 2 minutes of dwell time* during the bottling process to stop any bacterial intrusion. This retains the bioactivity of a juice blend and guarantees that its nutrient content is never compromised. This diligence and integrity insures that the value we place on whole foods, is being practiced by Young Living. We can't hold anyone else responsible for our immune systems and our health. We can however, hold the highest standards to promote and choose whole foods that will build whole families, whole friends and whole people for a more vibrant future!

## NingXia Red's Rejuvenating Ingredients:

**Wolfberry: supports multiple biosystems; ultra-rich nutrient source; a miracle superfood!**

**Blueberry: contains ultra-high levels of antioxidants**

**Pomegranate: supports cardiovascular health**

**Apricot: revered for longevity support**

**Raspberry: contains ellagic acid, a DNA protectant**

**Lemon and Orange Essential Oils: contain the antioxidant d-limonene**



# Vaccines • Are You Safe or Sorry \_Mike Adams

**Article: "The Great Thimerosal Coverup." edited for space by Kari McDermott. Full reprint available at [www.newstarget.com](http://www.newstarget.com)**

Have you seen your nurse insert a syringe into a large vial, extract some liquid, and then leave a substantial amount of vaccine in the original container? If you've witnessed this seemingly benign procedure, you've seen how vaccine manufacturers are saving money at the expense of public health. In order to store larger amounts of vaccine at lower costs, companies began offering "multi-dose units" while adding preservatives to prevent contaminations. Preservatives saves 'them' money, while posing an undue risk to your health. But like many toxic preservatives found in food, a vaccine preservative kills more than just bacteria and fungi; it can lead to extensive neurological damage in your children, and has even been implicated in autism.

**Thimerosal** is the preservative of choice for vaccine manufacturers. First introduced by Eli Lilly and Company in the late 1920s and early 1930s, the company began selling it as a preservative in vaccines in the 1940s. Thimerosal contains 49.6 percent mercury by weight and is metabolized or degraded into ethylmercury and thiosalicylate.

The Department of Defense classifies mercury as a hazardous material that could cause death if swallowed, inhaled or absorbed through the skin. Studies indicate that mercury tends to accumulate in the brains of primates and other animals after they are injected with vaccines. Mercury poisoning has been linked to cardiovascular disease, autism, seizures, mental retardation, hyperactivity, dyslexia and many other nervous system conditions. That's why the FDA rigorously limits exposure to mercury in foods and drugs. Some common sources of mercury include dental amalgam fillings, various vaccines and certain fish contaminated by polluted ocean waters.

The toxicity of mercury has never been in question. The real question is precisely how much mercury-laced thimerosal is toxic, and what are the possible consequences for our children at low doses?

Eli Lilly and Co. supposedly answered this question for us back in 1930. Andrew Waters, who is involved in a lawsuit against Eli Lilly, claims that most critical studies on the toxicity of thimerosal were suppressed by the company until now.

## **Banned around the world, but not in the United States.....**

Eli Lilly stuck to its "scientific" facts, but the truth began slipping between the cracks in 1999. After the number of immunizations rose to 12 to 15 per child, the public finally became privy to the possible dangers of thimerosal. One 1999 study revealed that some infants, due to a genetic or developmental factor, lack the ability to eliminate mercury. Trace amounts of mercury in these infants, when accumulated over several vaccines, could pose a severe health risk. Some vaccines, such as vaccines for hepatitis B, contained as much as 12.5 micrograms of mercury per dose. That's more than 100 times the EPA's upper limit standard when administered to infants.

Hepatitis B vaccines aren't the only immunizations under suspicion. According to Burton Goldberg in *Alternative Medicine*, scientists are finding stronger and stronger links between thimerosal and neurological damage. One report by Dr. Vijendra Singh of the Department of Pharmacology at the University of Michigan found a higher incidence of measles, mumps and rubella vaccine (MMR) antibodies in autistic children.

The National Vaccine Information Center in Vienna, Virginia, has noted a strong association between the MMR vaccine and autistic features. Reporting similar findings, the Encephalitis Support Group in England claims that children who became autistic after the MMR vaccine started showing autistic symptoms as early as 30 days after vaccination. The diphtheria, pertussis and tetanus vaccine (DPT) given at two, four and six months has triggered autistic symptoms, as well.

## **Links between autism and thimerosal**

Autism affects 500,000 to 1.5 million Americans and has grown at an annual rate of 10 to 17 percent since the late 1980s. California found a 273 percent increase in autism between 1987 and 1998. Maryland reported a 513 percent increase in autism between 1993 and 1998 and several dozen other states reported similar findings. Some scientists say the estimated number of cases of autism has increased 15-fold – 1,500 percent – since 1991, when the number of childhood vaccinations doubled. Whereas one in every 2,500 children was diagnosed with autism before 1991, one in 166 children now have the disease.

This increase in reported autism cases eerily parallels the increase in the number and frequency of thimerosal-containing vaccinations administered to infants. As of today, children are given as many as 21 immunizations in the first 15 months of life. After a number of scientists and concerned activists

noticed the correlation, an investigation was launched to get to the heart of the matter.

**The case against Thimersol began in Federal Court on Monday, June 11, 2007.**

**For more articles go to:**

**[www.mercola.com/](http://www.mercola.com/)**

**Autism 'Linked to Mercury Vaccine'  
When Your Doctor is Wrong: Hepatitis B  
MMR Links to 170 Cases of Autism  
The Truth Behind the Vaccine Coverup  
The Detox System: Detox. of Biotoxins  
or Mike Adams reports at:  
[www.newstarget.com/autism](http://www.newstarget.com/autism)  
[www.newstarget.com/vaccination](http://www.newstarget.com/vaccination)**

# Autism Help • Healthy Life *\_Mary Marsh, PhD.*

## **Better Outcomes For ADD, ADHD and Autism** *\_Star Moree*

As the media is now heating up on the topic of the vaccine link to Autism, it is important to know that many people have found natural solutions to lessen the severity of autism, as well as ADD and ADHD. Through Muscle Response Testing (MRT) and Electro-Dermal Screening (EDS) many people have been able to find supplements and essential oils that will help to balance many body systems to improve the outcome for these individuals. Summer is a perfect time to work with these children to naturally enhanced better brain function!

Dr. Terry Friedmann, MD conducted research with 3 different essential oils: vetiver, cedarwood and lavender for normalizing brain wave patterns in children with ADD/ADHD. All of these oils high in sesquiterpenes known for stimulating the limbic system of the brain aided in brain wave pattern normalization. He also conducted clinical work with children suffering neurological disorders. From his work these are some helpful options to help children afflicted with these disorders.

Cleansing of heavy metals can be very helpful. Much of the concern with vaccines stems from mercury exposure. Many people have found the **YL Chelex** tincture, **Sulfurzyme** and **Vitagreen** products, along with the daily use of **NingXia Red** are good options for cleansing metals and toxins with nutritional support. Essential oils that are oxygenating to the brain such as **Helichrysum, Frankincense, Cedarwood, Vetiver, and Lavender**, and the blend **Brain Power** are helpful for improving mental focus and aiding in the cleansing process. Smelling the blends **Peace and Calming** or **Valor** can be very soothing during the cleansing process!

Digestive Issues are very common for individuals dealing with Autism, ADD and ADHD. Supporting the digestive system with good intestinal flora (**Royaldophilus**), digestive enzymes (**Detoxyme or Allerzyme**) and eliminating or limiting wheat, sugar and dairy may be very helpful. Working through food allergies or sensitivities with temporary elimination of potential irritants can be beneficial as well.

## **How to have an Exciting, Healthy Life**

*\_by Mary Marsh, PhD. Wellness Coach*

As a Wellness Coach and a Young Living Distributor for 8 years, people often ask me how to be healthy and happy. I have written and published a booklet containing the best advice I have received over the years. It includes the basics of breathing, drinking water, sleeping well, exercise, nutrition, and the importance of sunshine in your life. It also stresses the importance of Young Living oils, EFT (Emotional Freedom Technique), and healthy relationships. I tried to make it an easy beginner for everyone whether they have any knowledge about health or only what their doctor or the mass media tells them. I also encourage positive thoughts.

I incorporate information from "The Secret" and other sources that will help make the changes you want in your life. I have come to believe that if you want the life of your dreams you need to pay attention to your thoughts. Your thoughts create your beliefs, beliefs create your feelings, feelings create your actions, and actions create your life. When you want to change something in your life, you often try to change your actions. For instance, if you want to lose weight you go on a diet and start exercising. However, it often does not last very long because you are just changing your actions. To make lasting changes you have to change the thoughts, which will eventually change the actions. So decide what your goal is and get excited about it. Are you excited about losing weight? Probably not. Think about wanting to be healthy, looking good in your clothes, feeling good, feeling good about yourself, or having the energy to play with your kids. Whatever excites you, make that your goal. So stop worrying about losing weight and stop saying "I am so fat." Whatever negative things you say to yourself, change to "I have lots of energy, I eat what is healthy for my body, I look great in my clothes, or I am so excited!" See yourself in your minds eye, looking and feeling the way you want. Create it in your mind so you can create it in your life.

If you are building a house, you have a blueprint to follow. While you are building a life, have a plan so you can create the healthy exciting life of your dreams. Start your day with: "Something GOOD is going to happen to me!" This is the day that the Lord has made, and I WILL rejoice and be glad in it. God is good—all the time! His blessings are chasing after me and will soon overtake me. I have head-spinning favor everywhere I go, and I can do all things through "Christ Who Gives Me Strength." (by Joyce Meyer). See if starting your day with those thoughts creates an exciting, healthy day. My book "How to have an Exciting, Healthy Life, is currently available in paperback and will be available as an ebook by the end of August 2007. **For more info or to order the book go to [naturallyhealthy-llc.com](http://naturallyhealthy-llc.com) or call 320-982-6842.**

# Young Living Convention September 6 - 8, Washington D.C. Discover a life of wellness, purpose, and abundance through Young Living Essential Oils!

**Summer Events List** For more details go to: [youngliving.us](http://youngliving.us) Click on World Map of Events.

**Success Essentials June 27, 2007 Minneapolis**, MN Blmn. Marriot 2020 American Blvd Business Training

**Success Essentials June 28, 2007 Madison**, WI Concourse Hotel One West Dayton St Business Training

**YL Essentials - Thieves July 12, 2007 Minneapolis**, MN Bloomington Marriot 2020 American Blvd

Indepth Educational event and training. Updates on recent trip to Ecuador with Gary Young. Free Sample first 100 attendees. Enrollment incentives and giveaways!

**YL Essentials - Thieves July 10, 2007 St Louis** MO Hyatt Regency One St. L Union Station

Indepth Educational event and training. Updates on recent trip to Ecuador with Gary Young. Free Sample first 100 attendees. Enrollment incentives and giveaways!

**YL Essentials - Thieves July 10, 2007 Nashville** TN (location to be announced)

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