

The Star Report

Essentials for
Healthy Living

STAR MOREE, EXECUTIVE: HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION **VOL:4 ISSUE 2**

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*(All printable material for your
group is also available on
Star's website / handouts:
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Electro Magnetic Fields (EMF's)... Not a Field of Dreams!

Dear Friends,

As Spring is starting many of us may be planting our fields of dreams, however there are other fields that affect our lives in negative ways we may not have even thought of... they are Electro Magnetic Fields or EMF's. Many of us are aware of the potential dangers of living too close to large power lines. Some of us are becoming more aware of the dangers that Microwaves in the environment and in our food can have on our health. However, what do we really know about Electro Magnetic Fields and the scientific research? EMF's interfere with our bodies own natural frequencies adding additional stress to our organ systems including our hormones and immune system, as well as damaging our DNA through free radical damage. EMF's actually 'fracture' our natural frequencies.

Electromagnetic Pollution is now the 'Invisible Pollutant' according to the book *Electro Magnetic Pollution: A Hidden Stress to Your System* by Dr. Sabina DeVita. Electromagnetic pollution has now become an occupational hazard of our high tech world. As we move swiftly into the wireless world of communications, including internet access, we are being exposed to more and more electromagnetic impulses. It is estimated that more than one thousand scientific papers are written on the subject each year! In the book by Dr. Sabina DeVita, researchers estimate that the "typical American is exposed to 200 million times more intense electromagnetic radiation than our forefathers took in from the sun, stars and other natural sources over their lifetime."

Electromagnetic Field sources include electrical wiring, lights, and all electrical appliances! Scientists have discovered that the more we are exposed to EMF's the more likely we are to damage DNA and pass mutated DNA down to our children. In fact scientists have documented higher incidence of birth defects and Down's Syndrome born to fathers working in high EMF conditions such as radar operators and electrical workers. These workers are also more likely to get certain forms of cancer such as leukemia.

According to Dr. O. Becker (1990) we are now discovering people are becoming "allergic" to EMF's. He describes people that become sensitive to common devices including TV's, stereos, telephones, and other electrical appliances. There is also a much higher than normal incidence of Chronic Fatigue Syndrome in the electronics industry. Workers exposed to high EMF's are also estimated to be 3 times more likely to develop Alzheimer's disease. In Sweden, EMF's are considered a Class II carcinogen along with tobacco!

What can we do to protect ourselves from the hazards of EMF's? We can limit our exposure to electronic devices including the television! Avoid the use of electric blankets and heating pads. Purchase a flat screen computer monitor (safer than the thick TV style monitors) and have it 3-4 feet away from your body! Live at least one half mile away from high voltage power lines and transmission towers that send TV, Radio and cell phone signals. Replace fluorescent lights with full spectrum light bulbs. Replace dimmer switches and minimize the use of hair dryers and handheld appliances.

We can defend ourselves by eating more whole foods and take plenty of whole food supplements like **NingXia Red** and **Multigreens** (formerly VitaGreen), full of natural nutrients, vitamins, minerals and antioxidants! We can take **Longevity** and **Omega Blue** to make sure we are getting enough Omega 3 fatty acids with essential oils to protect against free radical damage. We can use our essential oils to enhance wellness and decrease our stress levels. Make sure to get plenty of rest, and fresh air. Drink plenty of water. You can carry essential oil bottles in your pockets or on your person to always have your oils readily available for when you need them! Essential oils help to enhance your bodies polarity which is under attack from EMF fields. Other energy devices may be utilized as well to maintain your bodies polarity. We are complex beings operated by an extremely complex bio-computer system that can be short -circuited by too much electricity!

Finding the Foundational Cause of Illness _Dr. Mercola

Learn the art of Muscle Response Testing

One of the most exciting tools that I have learned in medicine involves the ability to gather information about some of the foundational causes on why people get sick. These tools rely on using the body's energy circuits and the autonomic nervous system (ANS).

What is the ANS? It is the part of our brain that is responsible for controlling many varied aspects of our health. It controls our breathing, heart rate, sweating, digestion and all vital functions. If this system is impaired or not functioning properly, there will be major dysfunction in the body.

The tools involve determination of the factors that are blocking energy in the autonomic nervous system. This is done by stressing the body with challenges and determining if there is an effect on the flow of energy in the ANS. There are many issues that can cause the ANS to not function properly. Most are included in this group:

- Electromagnetic
- Jewelry: glasses & watches
- Cell phones, pagers & beepers
- Heavy Metals
- Geopathic Fields
- Solvents, pesticides, herbicides
- Toxic Nerve Ganglia
- Food Allergies
- Dehydration
- Nutritional Deficiencies
- Infections
- Structural Problems
- Man made prosthesis
- Psychological Issues
- Spiritual Issues
- Visual Issues
- Synthetic clothing, underwire bras
- Malocclusion
- Scars
- Reverse Organ Spin

Measuring ANS Blockages Conventionally

There are several ways to determine if one of the above stresses is causing a problem with the ANS. The most commonly appreciated one would be a lie detector test. When most people tell a lie, the stress causes their sympathetic nerves to send signals to the sweat glands in the skin. The sweat will change the electrical resistance in the skin that will show up as a positive result on the polygraph instrument. One can also use more sophisticated equipment to measure heart rate variability that will also demonstrate the stresses to the sympathetic and parasympathetic system.

Fortunately, investigators have done the hard science and validated the usefulness of simpler and much more efficient tool to measure these changes. The one that we use in our office is checking a person's ability to resist a force in by holding one of their muscles straight. We generally use one of the arm muscles, but other muscles can be used. The challenge is performed by applying one of the items mentioned in the above list on the person's body and checking the muscle resistance.

All the substances have specific vibrational frequencies, or pulsed magnetic fields, which your body has the ability to recognize. Some people have a difficult time making the logical transition, but this concept in many ways is no different than placing a magnet on one's body. One cannot visualize the magnetic field, but all of us would recognize and acknowledge this exists and can have an influence on our environment.

All of the above items are checked to determine which ones are blocking the energy flow in the ANS. Whatever is blocking the flow tends to be the major reason contributing to the person's ill health. Having this understanding allows us to provide a cost-effective approach that specifically addresses the main impairments to your healing.

This is most obvious with silver fillings. Most people have them and recognize that the mercury in the fillings does not promote health. Ideally they should be removed in everyone. However, this can cost over \$15-20,000 in some individuals and they simply can not afford it.

Using the above-described system to check the ANS allows us to find out if in fact the silver fillings are the big ones and absolutely need to be removed before your health turns around. Our experience is that for most people it is not the issue blocking the ANS. Foods, jewelry, emotions and spiritual issues seem to be far more common reasons why people are suffering from their chronic health issues.

Specific Techniques at Lower Cost:

You may have heard of the terms "muscle testing" or kinesiology before. There are many different forms of muscle testing one can use to achieve these results. It started in the chiropractic profession with Dr. Goodhart who had a technique that is widely used today called Applied Kinesiology. There are many variations that are around today.

The actual specific techniques are not critical but our therapists have taken many of the more effective hybrids of Applied Kinesiology such as Total Body Modification (TBM), Data Collection of the ANS (DCA), Neuro Emotional Technique (NET), Applied Psycho Neurobiology (APN), Autonomic Reflex Testing (ART), Psycho Kinesiology (PK), and Touch for Health. I simplify the naming by just calling it muscle reflex testing.

**Gloria Brinker, COTA, CNHP offers MRT sessions and nutritional guidance.
Her office is located in Avon, for Central Minnesota inquiries.
She can be reached at: 320-746-2766**

Are You Microwave Safe? or Sorry? *_Star Moree*

Do you have an "allergy" to something you just can't see? I do! Perhaps we all do! Since I have become so sensitive to the use of cell phones, which emit microwave radiation, I feel compelled to share more information with our readers. On a personal level using a cell phone for only seconds causes pains in my head and fatigue in my body. This occurs by just holding it in my hand with the phone on speaker! Many people report headaches and short term memory loss that use cell phones frequently. Microwave radiation does not only occur in our environment due to the use of cell phones, cell phone towers and radar, but more commonly many people cook their food with Microwaves!

If you go on Dr. Mercola's website you can find all kinds of helpful information on the detrimental use of microwaves and how to limit the harmful effects it may have on your health! One area that we can all limit Microwave exposure is to purchase a toaster oven and unplug or throw away your Microwave! We chose to unplug ours! We find that food re-heated in our \$35.00 toaster oven tastes much better than food re-heated in our microwave. All the more reason to get rid of it! If you need more reasons to consider banning your microwave oven please read below!

10 Reasons to Throw Out Your Microwave Oven! *Conclusions from Swiss, Russian and German Scientific and Clinical Studies!*
For more info go to www.mercola.com.

- 1) Eating Microwave Food causes long-term permanent brain damage by shorting out electrical impulses in the brain!
- 2) Human Body cannot break down/metabolize the unknown by-products created.
- 3) Male and Female hormone production shut down or altered by continued eating of microwave food.
- 4) Microwave food by-products have a long term/residual effect on the human body.
- 5) Minerals, Vitamins, and nutrients reduced or altered, little or no benefit.
- 6) Minerals in vegetables are altered into cancerous free radicals.
- 7) Microwave food causes stomach & intestinal cancer growths/tumors...potentially linked to colon cancer rise in the US...Wow!
- 8) Cancer cells increased in human blood.
- 9) Immune system deficiencies, lymph and blood serum alterations.
- 10) Decreased memory, concentration, emotional instability, and decreased intelligence.

Tidbits on microwaves...*1976 Soviet State Law banned the use of microwaves due to just the exposure to the energy field itself which created illness and many of the above listed concerns, you didn't even need to eat the food! EEK! Brainwashing proven in the 1970's by Russian Research. Soviet standards for microwave radiation has been restricted to 1,000 times lower than previously allowed. WOW! Dr. Hans Hertel, a Swiss Food Scientist completed study in 1992 published in 1998 after Gag order lifted. Hans Hertel's research of radiation power input of 1,000 watts or more causes destruction and deformation of molecules of food which result in the formation of new compounds (radiolytic compounds) unknown to man and nature. His study showed cholesterol levels increased rapidly after the consumption of microwaved VEGETABLES; hemoglobin decreased significantly after eating microwaved foods; lymphocytes (white blood cells) showed a distinct short-term decrease; signs of stress on the body were evident by the increase of leukocytes. University of Minnesota research notes that baby formula and milk should never be placed in microwaves as it changes the protein structure, which could cause harm to our babies.*

Suggestions: *Limit our use of cell phones and cordless phones! Choose to live in an area at least 1/2 mile away from TV, Radio, Radar and Cell phone towers. Avoid living close to large power lines as well to limit your exposure to EMF's! Take a walk out in nature! Spend time with our feet in the grass! Enjoy the art of cooking. Slow down and enjoy the time it takes to heat your food in the oven or on the stove. Eat more RAW foods. Dr. Mercola recommends a 30% RAW diet. Take up Gardening to have a deeper respect for our food! Support Young Living and companies like it that support organic farmers and caring for the land as well as the people. Avoid eating on the run. Take life at a slower pace!*

Find out what supplements you need through blood or hair analysis, kinetic biofeedback or kinesiology (muscle testing). Use essential oils for their life-force, regenerating and oxygenating immune defense properties. They are 50 times more potent than herbs! Besides their incredible immune power they also contain bioelectric frequencies that are several times greater than that of herbs and food. Essential oils have a profound effect on raising the frequencies of the human body and aiding in the prevention of disease. Carry them in your pocket for added protection when you are unable to avoid EMF environments.

Young Living's New Enrollment Process and Improved Distributor Application Launching Soon!

Young Living has made it easier and simpler for someone to enroll as a new distributor and begin participating in the Essential Rewards Program at the same time. The enrollment options begin with a "Start Living Kit" for \$40. (This will replace the Success Kit.) The kit includes Product Guide, Policies & Procedures, company forms, brochures for Restore Your Core, 5 Day Cleanse, Every Day Oils, DVD's for A•R•T, NingXia Red, Gold of the Ages, 5ml Lavender, 5ml Peppermint and 3 NingXia Red singles. The Enrollment Packs are the same as the new Autoship Packs with the addition of the "Start Living Kit." New members can choose immediately to start saving on the Essential Rewards Program, or opt out until they're ready. Help them get ready for the 10, 15 & 20% product points on their orders early. All New Enrollment Pack: The Core/Cleanse Combo Pack (not shown on pg 6) includes 5 Day Cleanse Pack (Balance Complete), NingXia Red (1), Digest & Cleanse (1), Core Essential Pack (Balance Complete-2), NingXia Red (1), Omega Blue (1), Longevity (1). This pack is \$275.00 & 240 PV!

Dreamers Overcome the Fear of Failure _Star Moree

“Failure” can lead to success!

Often times we get caught up in the fear of failure so we never really put our dreams to the test. Many of us believe that if we never really try to make our dreams a reality than we never have to worry about what others may think or what it would feel like to fail. If you take the time to read some of Marcia Wieder’s articles (www.marciaw.com) about dreaming you will find that some of the most successful people have experienced failure. It may be far more rewarding to pursue your dreams than to live your life without ever going for it!

Ben Franklin said, “ Show me a man who has never failed and I will show you a failure.” Basketball great, Michael Jordan said, “I have failed over and over again in my life, that is why I succeed.” Last, the founder of IBM, Thomas J. Watson, Sr. said, “ If you want to succeed, double your failure rate.”

Many successful companies including the investment firms have found different ways to view the word “failure”. I often do not like to even write down the word failure, because I do not believe the word truly exists for successful people. Each time I do something to expand my dream and Dream Team along, be it advertising or brochures, and class ideas that do not drum up the desired response, I view what some may call a failure as a “learning experience.” I truly believe that if we were to take away the power that the word f_____ stirs in each of us, we would all choose success, because we would not even have a term to express otherwise!

Here are 5 key values practiced by many “big dreamers”!

- 1) **Intention- First, you must be crystal clear about what it is that you plan to accomplish and how you plan to do it!**
- 2) **Integrity-Keeping your promise and being clear on your promises is essential to maintaining the momentum, as well as relationships that will help you succeed.**
- 3) **Sharing your Dreams- Share your dreams with those who will support you!**
- 4) **Take Action- “Actions speak louder than words!” Create a WOW as Marcia would say...within one week, I will accomplish “_____” to move toward the dream!**
- 5) **Build Dream Teams...Find like minded people that will support your dreams and you will be unbeatable!**

I honor the dreamer in each of you and support your spirit in your pursuit! Each of our honored Dreamers will receive a \$50.00 dollar credit on their Young Living account to purchase products and brochures to support their YL dream!

February 2007...Judy Rose CMT...Judy has used essential oils for years educating the Franciscan Sisters as well as her clients and friends. Judy loves to share by doing classes including the Biblical use of essential oils! Judy we honor you and your dreams. Thank you for being a part of our Dream Team!

March 2007...Lori Johnson OT...Lori loves to use the essential oils and offers Raindrop therapy as one of her services. Lori is enjoying the opportunity to share essential oils with therapists as well as lay people. Lori enjoys making learning fun! Thank you Lori for sharing your positive energies and your excitement for the oils!

April 2007...Marlene Bragelman MH (Master Herbalist)... Marlene has been a long time member with Young Living. She shares her knowledge of essential oils and natural health whenever she has the opportunity. Marlene continues to study natural health working on her ND degree through Trinity College of Natural Health! Way to go Marlene!

“WHAT DO YOU DO?” *_By Mary Marsh, Phd [Refs: Suggestions from How to Sell Network Marketing by Michael Oliver]*

How do you answer that question? Do you say your day job, such as “I am an accountant, teacher, or massage therapist,” or do you say “I am a Young Living Consultant?” If you don’t mention Young Living, why not? Does your job seem to have more prestige, easier to explain or easier to fit into the average conversation. Actually, a job title doesn’t tell you much about what you do anyway, so here is a suggestion from Michael Oliver of Naturally Selling.

He recommends a three- part answer to that question. First, mention a problem that you helped solve with Young Living. Second, tell them what you do. And third, ask a question of your own to keep the conversation going. For instance, if you want to stress the products, you could say, “You know how people are struggling to keep their weight in a healthy range, well I give people options or alternative ideas to help them attain their goal.” What do you do? If you are stressing the business opportunity, you could say something like, “You know how businesses are downsizing and many people struggle after being laid off, well I help them start a business of their own.

So, “what do you do?”

Creating Edible Eco-landscapes _Kari McDermott

I made the decision a long time ago to stick with whole foods, or at least stay as close to the 'source' as possible. Maybe because I grew up with farmers and gardeners, but my vibrancy wasn't created by people and good advice, it was a gift of nature-from plants. My health is due to a supply of whole foods; fresh fruits, vegetables, herbs, whole grains and clean well water. When I look at old family pictures they carry a theme of food; huge abundant gardens, apple orchards, contented dairy cows grazing on rolling green hills, happy pigs and busy chickens who scratched around the farmyard all day, only to be coaxed into the brood house for the evening to avoid predators and deliver our breakfast. Food was in harmony with life.

Forty years ago my sources were all pretty safe. Today, I can't be so sure. My long observance of increasing herbicide use, pesticides and the persistence of a mass chemical-culture, keep me mindful of what is going on in the food chain. It seems when I honor the 'true source' of my food, I seem to stay healthy. When I take the short cut, I pay. If it is locally grown and picked fresh, the exchange I feel between what I eat and drink feels sacred. I like the fact that I am what I eat.

We are at crossroads to re-create a relationship with our Earth before its too late for our health and our children's future. If we leverage our dollars to the advantage of organic communities (and their "gardiens"), we can control the negative effects of competition for our dollars and limited land resources. We can purchase from organic-only growers - not from the Super Chains, but from the little guy. We can invest in lower maintenance costs in our own backyards by establishing native plant communities, orchards, gardens, and sod-free eco-landscapes around our homes. We can participate in creating a safer environment without synthetic materials and exotic plants that require toxic weed and pest control and constant replacement costs for exotic species that won't thrive where "they don't want to be." We can minimize the toxic effects we are now experiencing by paying upfront to farmers - and in the end, to fewer doctors, before we go down under! We could be major players in a sustainable future, but we have to establish boundaries for our beliefs and stand up to the chemical Goliaths from Merck to Monsanto and the alliance to the Superstores. We need to participate instead of spectate! Get off the sidelines and dig in!

Landscapes based on native plants and edible foods become easier to maintain and appreciate, because they carry out natural rhythms based on a Master Design. This includes food plants that live and thrive "where they want to be." Nature supplied an elegant process of natural selection for where plants will thrive. Why do we insist on fighting that? An organic landscape self-maintains by taking advantage of local beneficial systems and the rhythms of soil, rainfall, sunlight, companion plants and seasonal changes. This creates more disease resistant, hardy plant life and wildlife for an indigenous area. In turn, the defense mechanisms that plants naturally build are transferred into the fruit (and stored in the essential oil for our benefit, too). If you live in Minnesota, grow what is natural to our area. Sorry, wolfberries do not thrive here, (but when you find a good source for what you cannot grow - support the source!)

Our dietary needs for a variety of vitamins and minerals creates an exception to living off the land in the 21st Century. But in general, there is abundance on every continent. We should pay more to move good food around, rather than paying cheap for chemical preservatives, ethylene gassing, irradiating food and a chemical ideology which is quite frankly... a bully.

I didn't grow up around crabby people. It's impossible to be angry and toxic when you're planting seeds in soil, weeding after June rains, or harvesting plant energy throughout the summer and late into autumn. Good food is in harmony with a good life. Tear up your sod! Plant a garden! If you live in an apartment or restricted area, make friends with someone who will grant you some space and promise to NEVER SUE them if you step on a rake and smack yourself in the face. It's just a wake up call to remind you of where you are - outdoors. Really, this is where the Master Designer wants you to be...

Closer to the Earth.

Island of Self-Sufficiency

Samsø is a two hour ferry ride from Denmark. The people are living a "green dream." Ten years ago they accepted a challenge from Denmark's government: Could they run their farms; could they power their businesses; could they lead their lives in an entirely energy self-sufficient and carbon-neutral way? It turns out, they can.

They harness the wind from wind turbines they built. They sold shares in the turbines to everyone on the island so the machines not only produce local power, but also profits.

They burn straw to heat a water source that pumps through an underground network of pipes to everyone's home. Not only is this more efficient than individual furnaces, it's carbon neutral. There are NO greenhouse gas emissions from this process. Additional solar power sources keeps the Samsø experiment successful.

Can they teach us something? Do we have to picture collective living has to look like a 1960s commune where some work and others benefit, or can we cooperative to create energy sources that everyone shares in, while maintaining our individual homes and personalities? There is always something in the "middle ground" that we can all share, but we have to sacrifice what we are currently thinking and doing in order to live better. Samsø, proves it.

For more information on this subject (3/8/07) and related articles go to: cbsnews.com

NEW Enrollment Packs!!!

Young Living's New Enrollment Packs will make it easier than ever to start new members on Young Living's most popular and basic everyday products.



These have always been our favorites, now they're available in autoship packages with additional savings for everyone! Simplify your explanations about the great incentives Young Living offers us through the Essential Rewards Autoship Program. There's just no better way to try all the great nutritional supplements for your health, along with Thieves products for cleaning your homes and workplace.



Products that actually deliver antibacterial, antimicrobial and anti-fungal action SAFELY!



Promoting Young Living's pure therapeutic-grade essential oils requires a lot of education, but offering the best, most popular oils to new people will streamline their understanding and they will quickly realize why we all get so excited about our oils! This is like the Starter Kit collection - now available to everyone enrolled in the autoship program. Great for travel and sharing at classes. The only thing overwhelming about presenting this pack, is the awesome scents and sensibility of it!



Most people realize skin care is never complete using one item.

The A•R•T collection simplifies the answers to the questions that new members may have about where to start with skin care. Start with the new Autoship Pack!



Core Essential™ Autoship Pack - Save \$14.75

Focus on strengthening the building blocks of total body wellness with this essential collection of nutritional products. Pack includes NIngXia Red, Longevity softgels, Omega Blue, and 2 Balance Complete. Now Available!

Item No. 3297

Whsl. \$155.00 / Pref. cust. \$179.47 / PV 155

NingXia Red® Autoship Pack - Save \$9.00 plus 10 free singles!

Have your monthly nutrient infusion automatically shipped to your door to energize, fortify, and replenish your body. Step up to a whole new level of health with a monthly supply of NingXia Red. Pack includes (4) NingXia Red and (10) NingXia Red Singles. Now Available!

Item No. 3699

Whsl. \$150.00 / Pref. cust. \$173.63 / PV 150

Thieves® Autoship Pack - Save \$11.50

Receive the benefits of the purifying action of Thieves essential oil blend in a variety of products for the home. Featuring our newest addition to the renowned Thieves product line, Thieves Foaming Hand Soap. Pack includes (2) Thieves Household Cleaner, Thieves essential oil blend, Dentarome Ultra Toothpaste, Fresh Essence Plus Mouthwash, (3) Thieves Spray and (2) Thieves Foaming Hand Soap. Coming soon!

Item No. 3697

Whsl. \$115.00 / Pref. cust. \$133.16 / PV 115

Everyday Oils™ Autoship Pack - Save \$10.00

The essential oils in this collection offer ongoing benefits for your home, and body. Enjoy the relaxing benefits of lavender and Peace & Calming, the cleansing power of Thieves and Purification, the comforting touch of Valor and PanAway, and more! Pack includes 5 ml bottles of Frankincense, lemon, lavender, peppermint, Purification, PanAway, Peace & Calming, Thieves, and Valor. Coming soon!

Item No. 3695

Whsl. \$155.00 / Pref. cust. \$179.47 / PV 155

A•R•T® Autoship Pack - Save \$14.50

Ensure that your basic skin care needs are always met by adding this pack to your autoship order. It's the ideal way to take advantage of ART's advanced technology in skin restoration. Pack includes ART Day Activator, Night Reconstructor, Gentle Foaming Cleanser and ART Purifying Toner. Now Available!

Item No. 3765

Whsl. \$115.00 / Pref. cust. \$133.15 / PV 115

Testimonials • Convention 2006

Nancy and Richard Gould

Aitkin, MN

My husband Richard had the hiccups for twelve days straight. We tried everything under the sun we could think of, nothing worked. We went to the doctor and he could not help him. I had just received my first Essential 7 kit. I gave my husband every bottle to try. He tried all of them and by the next day he was rid of his hiccups.

Lori Bergmann

Milaca, MN

Over the past two years my husband and I have met couples out on weekend 4-wheeling trips. We've now become friends and started a monthly get-together weekend for riding. This past July (when the temperatures were so high) we met with one couple for riding.

I always bring seven or eight oils along (First Aid) that I think I might need in case of headaches, injury, stomach upset etc. Of course when you ride in the woods like we do, there is no breeze like out in the open and it can become much warmer. We carry only water on our trips and because of the heat, we carried double for that day. We are all 50 years old and older so we bring lunch and ride like old people. Jacky, the woman who rode with us that day, likes to bring coffee along as well. We stop a lot, enjoy the scenery, snack and visit throughout the day.

My husband and I were first on the trail and as always, check to make sure everyone is there. Mid-afternoon I noticed Jacky and her husband, Rick were not behind us. I signaled my husband to stop and wait. We thought they were just on a potty break and we waited. We realized this was not a short break. We went back and found Rick at Jacky's machine trying to hold her up and talking to her. It was apparent he was scared.

He looked to me for answers. I realized Jacky was suffering from heat stroke or heat exhaustion. I told the men to get her cooled down fast. She was incoherent, passing in and out, disoriented and quickly becoming non responsive. I remembered my oils and ran to my machine and grabbed them. I knew Peppermint would take a fever down. I removed the orifice and poured the oil on her head, neck, chest and back. I rubbed them in and told her husband to hang on to her and drive her back to camp or the nearest water puddle.

He flew down the trail with me behind on my machine. I knew there was nothing more to do in the woods but pray. As I was talking to God I noticed within 8-10 minutes of application, Jacky's head stopped bobbing. She started to sit on her own and hang on to Rick. 20-25 minutes later we were in camp. We undressed her, packed her with ice, and told her to drink water until she was coherent. The camper next to us was a paramedic and said we did everything we could. What was amazing to me was she had no residual or after trauma effects. That evening she was normal and felt fine.

I know that the peppermint oil not only cooled her body down that fast, but also had to have prevented the damage usually caused by sever heat stroke or exhaustion.

Amanda Woidyla

Swanville, MN 56382

After wearing earrings my ear lobes get sore, so I rub a drop of Lavender on them and the pain goes away. We have used Melalueca Alternifolia to help get rid of cradle cap. It loosens the crusty skin so we can remove it and it doesn't come back. We have three kids and before bed I rub Valor on the bottoms of their feet to help them fall asleep faster and they aren't as restless before they fall asleep. My six year old daughter had an overgrowth of Candida. We used NingXia Red and chewable Super C and got rid of it using those two products. NingXia Red and Vitagreen (now called MulitGreens) give me stamina and energy to get through the day and keep up with my kids.

Where has my Vitagreen gone? Not to worry...it's still here with the same great formula and a brand new name!

Introducing...

Multi Greens code # 3248 with 120 capsules...formerly known as Vitagreen!

*Same great nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous, and circulatory systems to relieve stress, and promote energy metabolism and glucose utilization. *MultiGreens is made with spirulina, alfalfa sprouts, barley grass, bee pollen, eleuthero, Pacific kelp, and therapeutic grade essential oils of rosemary, lemongrass, lemon, melissa.*

Don't forget to support the businesses that allow us to grow in Young Living!

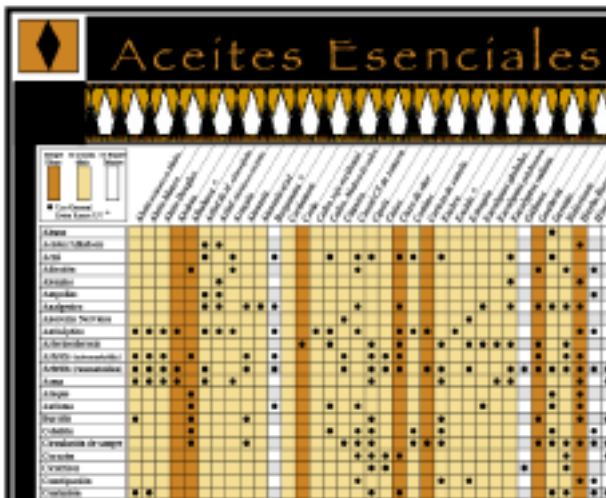
Abundant Health: abundanthealth4u.com / 888-718-3068 (*Aceites Esenciales Chart sold here!*)

Sound Concepts: essentialproductinfo.com / 800-524-4195

Essential Science Publishing: www.essentialscience.net / 800-336-6308

For upcoming natural health and essential oil classes in the St. Cloud area contact StillPointe Natural Health: www.stillpointe.net or call 320-203-8266. or Woodlands Chiropractic ask for Brenda: 320- 240-0300

The Essential Oils Cross Reference Chart now available in Spanish-Bilingual Version!
Aceites Esenciales - Referencia Grafica



The image shows the cover of a chart titled "Aceites Esenciales". The cover features a row of essential oil bottles at the top. Below the title is a grid with columns for various essential oils and rows for different properties or categories. The grid is partially filled with black dots, indicating which oils have which properties.

April 21st
All Day Spring Wellness Class
Rescheduled due to Winter Storm!
Kelly Inn, St. Cloud

A.M. Kari McDermott - "Dr. Mom"
Star Moree will share news from "The Year of Abundance"
and a New DVD on Toxic Molds
P.M. Gloria Brinker COTA, CNHP
Muscle Response Testing & Nutrition
Late afternoon: Mini-Raindrop Demonstration
& individual MRT sessions available 1st come basis (\$10 ea.)
Star's Young Living GARAGE SALE!

Monday night Conference calls.
Every Monday at 8:00 CDT. (620) 782-8200 (pin 24856#)

Essentials for

Healthy Living

Open Quickly! Don't miss the Spring Class Saturday, April 21st in St. Cloud!

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