

The Star Report

Essentials for
Healthy Living
www.vitalhealthline.com

STAR MOREE, GOLD: HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION VOL: 5 ISSUE: 4

Contributors:

Star Moree, PT, CNHP
Kari McDermott

Editor:

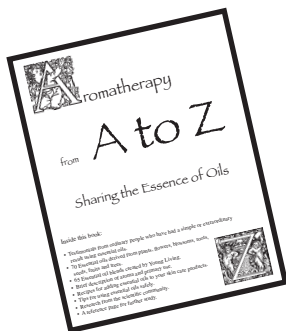
Kari McDermott, CNHP
Studio 4:44, Inc

In This Issue:

Aromatherapy A to Z
Almost finished!!!

Handouts from the A-Z
Appendix for fall classes!

- ♦ The Original A to Z
- ♦ 67 Oil Uses to Begin
- ♦ Chemicals are Poisons
- ♦ Mercola Headlines



<http://star.younglivingworld.com>
www.vitalhealthline.com
email:
vitalhealth@warpedriveonline.com

Aromatherapy A-Z Project!

Dear Young Living Friends!

We thank you so much for all of your support during this year of the A-Z project! Our title for the approx 70 page book is... *Aromatherapy A to Z: Sharing the Essence of Essential Oils!* The project is in the editorial stages. We have taken our time developing this tool so that we could be simple, yet complete for the *Essential oil Beginner!*

We thank you all for submitting your testimonials! We have been able to utilize more than 125 testimonials for our book! As promised each individual that had a story utilized in the book will receive a free complimentary copy! We have sent a couple sample copies that are not quite finished to a few leaders outside of our organization. Their comments were, "we can't wait," "this is great," "awesome," "can you overnight them!" "Wow, this is a great resource to be able to share with all of our 'new' as well as longtime Young Living members!"

Our goal is to have a small run of books by mid October to send to all of the people that shared their stories in our book! We would like each of you to review the book and give us any comments by Saturday November 1st! We would like to make sure no one finds any major or minor concerns before printing a large number of copies! We will begin taking orders for books by October 24th! We will fill orders in mid November!

Enclosed in our Fall Newsletter are samples from the Appendix of the book! We know many of you will be doing Fall Aromatherapy Classes and may enjoy using some of these as handouts to share with your friends and contacts!

Wishing you health and abundance!
Star Moree PT, CNHP, Young Living Member

Aromatherapy from A to Z: Sharing the Essence of Oils

Inside this book:

- * Testimonials people who have had extraordinary results using EO's
- * 70 Essential Oils derived from plants, flowers, blossoms, roots, seeds, fruits & trees
- * 65 Essential Oil blends created by Young Living Essential Oils
- * Brief description of their aroma and primary use
- * Recipes for adding essential oils to your skin care products
- * Tips for using essential oils safely
- * Research from the scientific community
- * Wellness tips to improve overall health and wellness
- * A reference page for further study
- * Appendix for handouts

Natural Aromatherapy

Home Remedies from

A to Z



This is for educational purposes only. Consult your health care professional about any serious disease or injury. Do not attempt to self-diagnose or prescribe any natural substances such as essential oils for serious health conditions.

A **acne**

Allergies
Aches & Pains

Tea Tree Oil (melaleuca), Geranium, Vetiver, Lavender, Patchouly, Chamomile, Rosewood, Cedarwood, Melrose, Gentle Baby, Purification, JuvaFlex, JuvaCleanse
Lavender, Ledum, Chamomile, Harmony, Valor, Juva Cleanse
PanAway, Peppermint, Relieve It, Wintergreen, Aroma Siez

B **listers**

Bone Spur
Bruises
Burns (minor)

Lavender, Sandalwood, Melissa, Melrose, Purification
RC, Wintergreen, Peppermint
Cypress, Helichrysum, Lavender, Geranium
Lavender, Idaho Bal. Fir, Helichrysum, Blue Cypress, Gentle Baby, Australian Blue

C **anker Sores**

Colds (minor)
Constipation

Melissa, Clove, Lavender, Thieves, Australian Blue
Peppermint, Thyme, Oregano, Melaleuca alternifolia, Rosemary, Mountain Savory, Thieves, Australian Blue, Purification, ImmuPower, RC, Christmas Spirit
Ginger, Peppermint, Fennel, Tarragon, DiGize

D **iarrhea**

Dizziness

Peppermint, Nutmeg, Ginger, Oregano, Mountain Savory, DiGize, Thieves
Cypress, Tangerine, Peppermint, Basil, Aroma Life, Clarity, Thieves

E **ar Ache**

Eczema

Thyme, Lavender, Melaleuca alternifolia, Rosemary, Melrose, Purification, PanAway
Cedarwood, Lavender, Rosewood, Tender Tush Ointment

F **ever (minor)**

Food Poisoning

Peppermint, Eucalyptus radiata, Lavender, Rosemary, Ledum, ImmuPower, Melrose
Tarragon, Patchouly, Rosemary, Peppermint, DiGize, Exodus II, Thieves

G **ingivitis**

Mtn. Savory, Clove, Melaleuca alternifolia, Peppermint, Wintergreen, Exodus II, Thieves
Thieves Mouthwash, Dentarome toothpaste

H **alitosis**

Hot Flashes

Nutmeg, Peppermint, Spearmint, Lemon, Cinnamon, Thieves
Sage, Clary Sage, Peppermint, Mister, Dragon Time, Endo Flex

I **nsect Bites**

Insomnia

Lavender, Citronella, Tea Tree (melaleuca), Peppermint, Purification, Melrose, PanAway
Valerian, Lavender, Cedarwood, Lemon, Idaho Balsam Fir, RC, Harmony, Gentle Baby

J **oint Pain**

Spruce, Douglas Fir, Elemi, Idaho Balsam Fir, Wintergreen, PanAway, Relieve It

K **idney Stone**

Wintergreen, Geranium, Juniper, Helichrysum, Fennel, Lemongrass

Natural Aromatherapy A to Z (cont.)

L iver Spots	Idaho Tansy, JuvaCleanse, Lavender
Lung Congestion	Rosemary, Ravensara, Thyme, Wintergreen, Oregano, Idaho Balsam Fir, Exodus Immupower, RC, Thieves, Purification
M enstrual	Clary Sage, Sage, DiGize, Lavender, Roman Chamomile, Tarragon, Cypress
Muscle Cramps	Rosemary, Cypress, Marjoram, Lavender, PanAway, Relieve It
N ausea	Peppermint, Patchouly, Ginger, Nutmeg, DiGize
Nosebleed	Helichrysum, Geranium, Lavender, Cypress
O ral Hygiene	Clove, Peppermint, Thieves, Dantarome (Ultra/Plus), Thieves Mouthwash
P ain (muscle)	Peppermint, Wintergreen, Marjoram, Basil
Pink Eye	Purification, 3 Wise Men, ImmuPower (diffuse at night while sleeping, never put oils in eyes!)
R ash	Lavender, Cedarwood, Roman Chamomile, Tender Tush, Rose Ointment
Ringworm(fungus)	Tea Tree Oil (melaleuca), Melrose, Lavender, Australian Blue
S inus Problem	Eucalyptus radiata, Thyme, Ravensara, RC, Thieves, Exodus II
Snoring	Peace & Calming, Lavender
Stress	Lavender, Chamomile, Blue Tansy, Marjoram, Frankincense, Humility, Valor, Joy
Stomach Ache	DiGize, Peppermint
T eething Pain	Lavender, Thieves, Clove (diluted for children!)
Throat Pain	Lavender, Lemon, Thieves, Clove, Cinnamon, Citrus Fresh, Thieves Mouthwash
Trauma (emotional)	Idaho Balsam Fir, Frankincense, Lavender, Valerian, Peace & Calming, Joy, Trauma Life
U lcers	DiGize (formerly DiTone), Lavender, Peppermint, Lemon (add to water, drink lots of water)
V aricose Veins	Lavender, Cypress, Helichrysum
W ounds(minor)	Lavender, Cypress, Helichrysum
X ray Exposure	Melaleuca alternifolia, Neroli, Melrose
Y east Infection (topical/skin type)	Tea Tree Oil (melaleuca), Lavender, Cedarwood
Z -Z-Z's	Lavender, Peace & Calming, Roman Chamomile
& Zoo Care	Oils are for animals, too! (Refer to the EODR for application)

This educational material does not provide details on how to use each oil. Please refer to the Essential Oils Desk Reference or Guide to Essential Oils for further explanations. Check individual label precautions when using essential oils. Certain oils may cause a burning sensation and should be diluted. Some oils are photo-sensitive (sunburn). Essential oils can also react to toxins built up in the body from chemicals in food, water, cigarettes, alcohol, cosmetics and work environments. Aromatherapy works best with good nutritional support.

67 Uses for Essential Oil Beginners

The following information is intended for educational purposes only. These statements have not been evaluated by the FDA. 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 health care professional.

THE SUGGESTED USES APPLY ONLY TO THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS. To “dilute” means to mix with an organic vegetable or massage oil. To use “neat” means to apply full strength to the area of concern. These four oils can help anyone immediately use and appreciate the benefits of therapeutic-grade essential oils:

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 and 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 Mixing Oil and use topically on eczema and dermatitis.
7. For motion sickness, place a drop on the end of the tongue, around 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. (Keep away from eyes.)
10. Rub Lavender oil on dry or chapped skin.
11. Rub a drop of Lavender oil on chapped or sunburned lips. (Do not use during sun exposure.)
12. To minimize the formation of scar tissue, massage on and around the affected area.
13. Rub 2 – 4 drops over armpit area 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, put 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 to alleviate 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.



LEMON - (*Citrus lemon*) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin. **CAUTION:** Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hrs.

24. Use 1 drop of Lemon oil to add flavor to baked goods or beverages.
25. For homemade lemonade, blender 2 drops of Lemon oil, 2 tablespoons of honey and two cups of pure water.
26. Use 1-2 drops to remove gum, oil, grease or crayon.
27. Rub a drop on a corn, callous or bunion mornings and evenings.
28. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Be sure all surfaces of the fruit contact the lemon water.
29. Add 2-3 drops to water and spray counter tops to sterilize them.
30. Soak your dishrag overnight in water to disinfect and kill germs.
31. Add a drop of Lemon oil to your dishwasher before the wash cycle.
32. Rub a drop of Lemon on your hands after using a public bathroom.
33. Place a drop of Lemon oil on cold sores or fever

34. Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction.

35. Rub 2 drops of Lemon oil topically for athlete's foot.

36. Rub a drop on a wart morning and night until it disappears.

37. Put 10-15 drops of Lemon oil in a gallon of carpet cleaning solution to pull out stains and brighten the rug.



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. 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.

38. Rub 4-6 drops over stomach and around the navel to relieve indigestion, flatulence and diarrhea.

39. Add Peppermint to herbal tea to aid in digestion and relieve heartburn.

40. Massage several drops of oil on an injury to reduce inflammation.

41. Apply Peppermint oil immediately to an injured area to relieve pain. If there is a cut or open wound, apply the Peppermint oil around (not on) the open wound.

42. Rub several drops of oil on the bottoms of the feet to reduce fever.

43. Apply Peppermint oil topically on unbroken skin to stop itching.

44. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Mixing Oil.

45. Inhale before & during a workout to boost your mood and reduce fatigue.

46. Massage several drops on abdomen to relieve nausea. (Dilute if sensitive. Add Lavender if too strong.)

47. To relieve a headache, rub on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.

48. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.

49. Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.

50. Place a drop of Peppermint on tongue and palms of your hands, inhale deeply into the nose and sinuses to relieve congestion from a cold.

51. 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.

52. Mix one 15 ml. bottle of Peppermint into a 5 gals. of paint to dispel the fumes.

53. To kill aphids, add 4-5 drops to 4 ounces of water and spray the plants.

54. Drink a drop mixed in a glass of cold water to cool off on a hot day.

55. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.

56. Place a drop of diluted Peppermint oil on the tongue or (undiluted) into a glass of water to stop bad breath.

57. Inhale the fragrance to curb appetite and lessen the impulse to overeat.

58. 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.

59. Mix Peppermint oil in a footbath to relieve sore feet.



WINTERGREEN - (*Gaultheria procumbens*) has been used to increase lung capacity as well as to help prevent tooth decay! It has been incorporated into many linaments and ointments to help soothe muscles, joints and nerves! The major chemical constituent Methyl Salicylate is anti-inflammatory, acts as an anti-coagulent and vasodialator, as well as pain reliever.

60. Put 1 drop on toothbrush for extra clean feeling!

61. Massage 1 drop with carrier oil (olive or other fatty oil) and massage on gums to help relieve a toothache.

62. Massage 1-2 drops "neat" over sore stressed muscles for deep relief. To intensify apply wet cold or warm wash clothe, to decrease intensity apply carrier oil!

63. For sore back or neck massage 1-2 drops Wintergreen with 1-2 drops Peppermint over the stressed area.

64. Mix 1 drop with 1/4 tsp. baking soda use as home-made toothpaste!

65. Make a natural vapor rub by mixing 1-2 drops Wintergreen with 1-2 drops Peppermint in 1/2-1 Tbs carrier oil and apply over chest and back.

66. Apply 1-2 drops over swollen joint to reduce inflammation. Intensify with wet towel over the affected joint.

67. Massage 1-2 drops in palm of hands, massage into shoulders and back of neck, then place hands over nose and inhale the aroma to help relieve a head/neck ache.



It's Elementary: Chemicals are Poisons

Reference: *The Politics of Poison* _Nina G. Silver, Ph.D., 2000, Government agencies, medical institutions, and product Manufacturers

If a product has a warning on the label, *it is poison!* *“What is the cumulative effect on our health after using many, many products that contain small amounts of dangerous poisonous chemicals?”*

Spending every night breathing vapors from chemical poisons in the mattress or pillow and sleeping between sheets washed in poison, a typical U.S. male might start the day grooming with a shower, shave, and using colognes in an enclosed area using products containing poisonous ingredients; he then dresses with clothes washed in poison. According to the U.S. Government and the product manufacturers, the following is only a partial list **chemical poisons** found in personal care products, not common household cleaners, that are **inhaled and absorbed by the body before you even eat breakfast!** *“Do you think these poisons might also cause our children to have health problems?”*

<u>Product</u>	<u>KNOWN Poisonous Ingredients</u>	<u>Product</u>	<u>KNOWN Poisonous Ingredients</u>
MATTRESS & PILLOW4.....7...	Laundry	
• AIR FRESHENER	1.....4.....7..8	• DETERGENT *	1.....3..4..5..6..7...
• BATH SOAP * OR BODY WASH3..4..5..6..7..8	• FABRIC SOFTENER3..4..5.....7...
• HAIR SHAMPOO	1.....3..4.....8	• Chlorine BLEACH	1..2.....
• HAIR CONDITIONER	1.....4.....8	DRY CLEANED CLOTHES	1.....7...
• SKIN CREAM OR LOTION	1.....3..4..5..6..7..8	Feminine Products:	
• SHAVING CREAM3..4.....8	Cosmetics (lipstick, eye shadow, face powder, rouge, etc.)	1.....3..4..5.....7..8
• AFTERSHAVE LOTION	1.....4.....8	• FEMININE DEODORANT4.....7...
• SKIN RASH/ACNE MEDICATION	1.....3..4..5..6..7..8	SANITARY NAPKINS4.....7...
MOISTURIZERS	1.....4..5.....7..8	PERFUMES	1.....4.....7..8
ANTIPERSPIRANT	1.....4..5.....7..8	• FACIAL CLEANSER3..4.....8
COLOGNE	1.....4.....7..8	NAIL POLISH4..5.....7..8
• UNDERARM DEODORANT	1.....4.....6..7..8		
• HAIR SPRAY4.....7...		
• TOOTHPASTE3..4..5..6.....		
• MOUTHWASH4..5..6.....8		
• FOOT DEODORANT POWDER4.....6.....8		
PLASTIC GLASS TO RINSE MOUTH8		

(*) Anti-bacterial products contain poisonous pesticides and fungicides as ingredients that create more serious health risks.

Negative Health Effects (partial list)

- Alcohols-Acid & Alkali:** rashes, muscle weakness, headaches, dizziness, nerve damage, vision problems, sleeping problems, stomach cramps, disorientation, depression, coughing, respiratory problems, anemia, organ damage, fatigue, heart damage, cancer, death.
- Chlorines:** headaches, mental function difficulties, pulmonary edemas and heart disease, anemia, diabetes, gastrointestinal and urinary tract cancer, organ and gland cancer, severe eye problems, immune system breakdown, child development problems and more.
- Detergents/Emulsifiers:** strip skin of protective oils, skin irritation, scalp eruptions, interference with nutrient absorption, hair loss, allergic reaction, cataract formation, organ damage, reproductive damage, blindness, cancer.
- Synthetic Fragrance & Dyes:** allergic reactions, skin rashes, stomach upsets, muscular aches and pains, violent coughing and sneezing, irritability, vertigo, hyperactivity, convulsions, emotional and behavioral problems, Leukemia, Hodgkin's, emotional problems, ADD, multiple tumors, reproductive damage, headaches, dizziness, organ damage, depression, cancer.
- Heavy Metals:** Abdominal cramps, nausea, joint and bone pain, muscle weakness, mouth sores, muscle, joint, and bone pain; cancer, motor difficulties, reduced intelligence, brain disorders, short attention span, hyperactivity, short attention span, emotional disorders, immune disorders, genetic damage, aging.
- Pesticides & Fungicides:** Flu-like symptoms (fatigue, muscle and joint pain), stomach cramps, nervous system disorders, insomnia, memory loss, swelling of body parts, dizziness, genetic mutations, birth defects, gland tumors, organ damage, cancers, death.
- Petrochemicals:** inhibit skin functions, pimples, rashes, splitting nails, sensitivity to sun, headaches, premature aging, allergic reactions, depression, fatigue, intestinal gas, asthma, respiratory failure, immune system disorders,
- Preservatives (synthetic):** headaches, shin rashes, eye damage, asthma, respiratory problems, tumors, cancer, digestive problems, mental confusion, organ damage, muscle weakness & cramps, loss of motor control, joint pain, reproductive damage, etc. **When using common household cleaners in the shower, on mirrors, toilet, etc., you inhale and absorb a whole new range of poisonous chemicals that can damage the organs, eyes, central, nervous, and respiratory systems.**

Day after day, week after week, year after year, people may be unaware they are being exposed to numerous poisonous chemicals found in common, everyday household and personal care products. By themselves there is reason for concern, but **when you combine them in your body, there is reason to worry.**

***Replace toxic personal care products with safe, all natural products!**

The Chemicals in Cosmetics

Headline Articles from Dr. Mercola's Website

www.mercola.com

The Number One Natural Health Site!

Can Cosmetic Treatments Kill You? - ... likely abound in cosmetic treatments such as liposuction and plastic surgery; though a couple ...

Chemicals in Cosmetics Detrimental to Your Unborn Son -... a widely used chemical, known as phthalate,

How Dangerous Are Your Cosmetics? - ...personal care and beauty product consumers would be unnerved ... nine products that contain 126 different chemical ..., the FDA has banned a mere nine personal care products

One Out of Five Cosmetics May be Contaminated With Cancer-Causing Impurity

... federal law allows cosmetic manufacturers to hide potentially dangerous chemicals, however, the Envi ...

Carcinogens Found in "Organic" Personal Care Products ... still claim to be natural or organic on the label. ... of what's in your personal care products is to become familiar with which ingredients to avoid, and ...

The Rise of Organic Makeup - Sales of organic personal care items reached \$350 million... majority of personal care products sold in the U.S. are actually chemical cocktails that ...

Not All Natural Beauty Products Are Natural - Truly organic personal-care products do not contain preservatives, although they may contain nat ... One Out of Five Cosmetics May Be Contaminated with Cancer-Causing

The Hidden Danger in Lotions and Sunscreens -...personal-care products like shampoos, conditioners, deodorants, and sunscreens fo ... a third of personal care products contain ingredients linked to cancer? ...

Should You Be Concerned About Lead in Lipsticks? - ... lotion, and other personal care products: ... Personal care products are a \$50-billion industry in the U.S., yet the U.S. government does ...

Dr. Rapp Gives You a Wake-Up Call You Can't Afford to Miss in "Our Toxic World - ... will help their personal health. ... thought of as chemical sensitivities or allergies. ... Use natural soaps, non-fluoride toothpaste, ...

Fat-Dissolving Injections Too Good To Be True? - ...chemical found in lecithin (phosphatidylcholine deoxycholate) is injected into fatty ... hard time accepting a chemical injection is the best form of a self-esteem boost.

New Sunscreens Can Cause Brain Damage... may have different chemical compositions than their larger derivatives, because nanoparticles ... products can claim "natural" or "organic" label, but those two terms are...

Body Absorbs 5 Lbs of Make-Up Chemicals Per Year - ...Another chemical, sodium lauryl sulfate, can cause skin irritation. ... When did these chemicals come in place, because the USA did not discover chemical

Perfumes Find Their Way Into Human Breast Milk -... are also under Cosmetic Law, ... of safety under US Cosmetic Law, many substances, chemical compounds, and non GRAS (Generally Recog ... products are ...

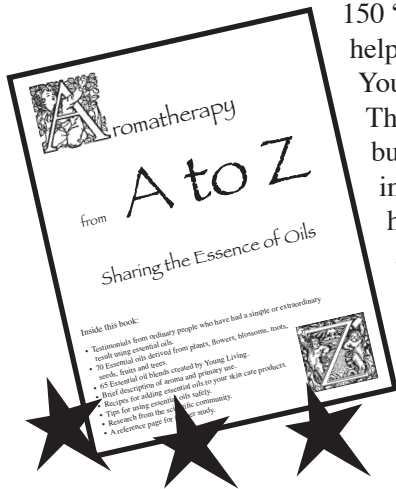
Do You Know the Dangerous Chemicals in Common Baby Products? -... statement from the Cosmetic, Toiletory and Fragrance Association: ... chemical exposure and adverse health conditions. ... of 7,500 personal-care

Are Lipstick Chemicals Changing Your Cup Size? - ...a chemical found in underarm deodorants and other cosmetics that has been shown to mimic the action ... I like to use this rule -- If you can't eat it, don't put it ...

Four Out of Five Sunscreens May Be Hazardous to Your Health - ... media and health care "professionals" have warned you of how dangerous and damaging the sun is....

Star's Website is www.vitalhealthline.com! You can download newsletters, forms, handouts and some PowerPoint presentations from past Conventions. Use the VitalHealthLine for class discussions, conference calls and to find Star's current and upcoming classes and monthly calendar. We try to post things that will be helpful to grow your business and inform your customers.

Almost Finished....



We're trying to keep, what we know is extraordinary and complex, simple and useful. Thank you for sending in over 150 "short" stories that may help others start using Young Living products! Thank you for your contributions. Not every story is in this small book, but they have all been loved and appreciated and will appear periodically in the Star Report!

Classes: *October 11th St. Cloud - Come see us at the Expo!*
October 24th EMF's - Kelly Inn, St. Cloud, MN
November 1st Fall Wellness - St. Cloud, MN
December 6th "The 12 Oils of Ancient Scripture"

Support from Iowa... Doug Mills

Essential Oils 4th Edition Desk References:
1-5 - \$36.00 per book \$4.00 dollars shipping per book.
6-8 (per box)- \$36.00 each plus \$2.00 shipping per book.
8 books per box maximum for handling courtesy.
Book weighs around 5#. Now in color. Many pages added.
Send Checks to Doug Mills:
Address: 595 Saint Catherine Road
Bellevue, IA 52031 • Phone: 563-773-2304.

Join Star, Jim & Doug Mills on the Monday night Conference calls. Every Monday at 8:00 CDT: (641) 594-7000 (pin 1750#)



Open Quickly! Fall Classes coming up!

Star Moree #117894
9303 Crestview Drive
St. Joseph, MN 56374
ph: 320-363-1017
fax: 320-363-0505
<http://star.younglivingworld.com>
www.vitalhealthline.com
e: vitalhealth@warpdiveonline.com

Fall 2008

A to Z book project!
Handouts for you!
Class Inserts!

