

The Star Report

Essentials for
Healthy Living
www.vitalhealthline.com

STAR MOREE, GOLD: HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION VOL: 5 ISSUE: 2

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A Man on a Mission:

On March 13th, 2008 we were blessed with an awesome opportunity to hear "D. Gary Young...or perhaps better known as "A Man On A Mission" present at the Marriott Hotel in Downtown Minneapolis, MN. It was an experience that still moves me as I write this article! D. Gary Young could have easily retired years ago. However, this is a man that does not care to know the meaning of the word! His passion to find new plants, new oils and new opportunities to change the world are much more important than money, fame or retirement! Young Living will not be a company to rest on its "laurels!"

Gary shared with us the exciting adventures of his new "Ecuadorian" family and farm. Currently, Young Living has more than 2,200 acres of farmland in Ecuador. He shared how the Palo Santo is chipped then pulverized into sawdust before distilling into the essential oil. Palo Santo has been effective in helping to lift depression and works as a great pain reliever. The Ruta graveolens herb is farmed, harvested and distilled in Ecuador. Use of the rue herb dates back many centuries and is referenced in the Bible as an herb to be tithed. The blend consists of Lavender, Valerian and Ruta.

New *Lichia trees on the Young Living farm in Ecuador have historical promise of ability to aid in the fight against cancer. Gary noted that Lichia is similar to NingXia Red in chemical and nutritional make up but is 5 times higher in iron and chlorophyll. *Canela is a new herb and essential oil to us that has constituents similar to eucalyptus, pine and mint oils. Canela is helpful for weight loss and assists in balancing the hypothalamus, pineal and pituitary glands! *Lippia Citriodora is beneficial in helping balance the immune system in Hodgkin's patients. It is an immune stimulant, aides in balancing the sympathetic nervous system and in balancing many hormones including increasing Human Growth Hormone production.

Our more traditional herbs grown in new soil are showing significantly different chemical constituents! Oregano grown in Ecuador has more chemical constituents and does not irritate the skin! Likewise, the Cypress grown there has more compounds and a much richer fragrance, much more like a perfume! Gary has also sampled 29 new plants that have no botanical name! Wow! Young Living in the future will have a collection of the most unique oils in the world!

As they were preparing a field on the farm, an ancient village was discovered. A partial skeleton was carbon dated to be over 1500 years old. In honor of this discovery an archeological museum and replica village will be created around the site. I am pleased to know that Gary is working to preserve the history from this area of the world! He has the insight to respect all that is sacred, in the soil. Perhaps because the soil always gives back, in kind!

Gary helps the local people, that are helping us make the Young Living Farms a huge success! The farm workers are paid more than double the going rate in the area. He is assisting these families in building a better life. He is building a new school that is close to the farm for the children to attend. The Young's are also funding the yearly costs to run the school. If you would like to be a part of this project you can make contributions to the Freedom of Health Foundation through the Young Living Corporate office. For more information on the Young Living Farms please go to www.garyyoungfarms.com. We thank you Gary... A Man On A Mission!



Food Sensitivity

—Shanna Sequin, N.D., CNHP

Food Sensitivities (Part II)

What do symptoms such as depression, irritability, stomach problems, joint aches and headaches have in common? All of these symptoms can be triggered by food sensitivities. Food sensitivities differ from food allergies in that the symptoms may not show up from an hour up to three days after eating a food that is offensive to the system. Generally, with a food allergy, there is a quick reaction caused by an immune response. With a food sensitivity, digestion tends to be the main issue, and symptoms show up when foods pass undigested through the intestinal wall into the blood stream (otherwise known as “leaky gut syndrome.”)

Causes of food sensitivities can be attributed to parasites, molds, yeasts, funguses, bacteria and other toxins that can cause a leaky gut. Stress and intestinal inflammation can also be factors in food sensitivities.

There is a broad range of symptoms that go along with food sensitivities. It is difficult to determine what food sensitivities are causing issues is due to the delayed reaction before the symptoms appear. Some of the symptoms include; bedwetting (food sensitivities swell the bladder), depression, behavioral changes, digestive issues, acne, hives, eczema, headaches, hyperactivity, poor concentration, sinusitis, fatigue, irritability, drowsiness, indigestion, joint aches and many more. Food sensitivities can also exacerbate symptoms that are already present from autoimmune disorders such as rheumatoid arthritis and irritable bowel syndrome.

Why is it sometimes you can eat an offending food without any symptoms? If you think of your system as a bird bath, it is able to maintain its water level through rain, evaporation and outside influences. When something in the bird bath (body) is out of balance (leaky gut), the bird bath fills up and overflows. In the body, when this overflow happens, symptoms are experienced. Rotation diets are helpful to avoid symptoms because by eating a variety of foods, the body has the opportunity to heal in between foods that cause issues.

In order to determine what food sensitivities may be making your system stressed, there are numerous avenues that can be taken. Traditional allergy testing is available through your doctor or allergist. There are many sensitivities that may not show up, due to the fact that they are not caused by an immune response, but there may be valuable information obtained through this process. Another option that can be done at home, is an elimination diet. Some people eliminate many foods from the diet and then reintroduce them one at a time, to see if they experience any side effects. Or, one food at a time is eliminated to see what reaction is caused when it is reintroduced. The difficulty with an elimination diet is that symptoms can be caused by additives in the food, as well as by the food itself. I have had success using electrodermal screening to determine what foods an individual may be sensitive to and to determine what may be out of balance in the body (parasites, molds, yeasts, etc.).

When foods have been identified that are sensitive to the system, numerous things can be done to bring the body back into balance and alleviate the symptoms. Because food sensitivities can be attributed to digestive issues, removing toxins from the system begin the healing process. Reintroducing friendly bacteria and digestive enzymes can also be helpful in this healing process. Avoiding the offending foods will also benefit the system.

Overall, if your system is out of balance, even healthy foods can cause a negative reaction in the body. If the body is in balance, it has the ability to heal itself.

By: Shanna Sequin, N.D.; Electrodermal Screening Technician
www.itsallgoodhealth.com

Shanna Sequin, N.D. is a special education teacher (18 years teaching high school kids with behavior issues). She currently works part time teaching and part time doing Electro-dermal screening (EDS) from her home. Shanna has a Masters in Special Education, and a Doctorate in Classical Naturopathy. She has also completed her CNHP (Certified Natural Health Professional). Shanna lives in Sartell, MN with her husband and two daughters. She loves to travel, read, and spend time with family and friends. You can contact her at: www.itsallgoodhealth.com

Testimonials from the Star Team!!!

Melissa Poepping Melrose, MN

Lavender & Rosemary:

When I had discovered that my 3 year old daughter had “picked up” head lice. My first reaction was to panic and my second reaction was to consult my Young Living Desk Reference for help. I chose two oils from the list and followed Dr Gary Young’s protocol. Within minutes of applying the oil combination the lice literally fell out of her hair - dead. This oil combination can also be used as a lice repellent and smells incredible, no one would ever know this is what it is being used for!

Peppermint and Fennel:

My daughter became extremely constipated after the holidays so I mixed a massage oil with 4 drops of peppermint and 4 drops of fennel to my carrier oil and massaged onto her tummy in a firm clockwise circle and within 20 minutes the problem was taken care of and everything was functioning perfect!

Helichrysm:

I pinched my finger in the door and immediately started to get a blood blister. I put one drop of Helichrysm on the spot and rubbed it in and applied a little pressure and about 6 hours later. I could not even tell that there had been a spot there what so ever.

Jana Hupman Leawood, KS

Helichrysum to the rescue! I cut myself with a knife! It was bleeding a lot! I was concerned I might need stitches! Luckily, I got out the helichrysum oil and put on a drop or two and it stopped bleeding! Yey, for Helichrysum!

I used to suffer from a “sense of emergency” when it came to bathroom issues! I started taking YL enzymes of Essentialzyme and the problem went away!

I had a bout of red eye...which I thought might be pink eye! So I used my old EODR and tried Purification and ImmuPower on my toes (vitaflex points) and the redness went away! In the new Essential Oils Desk Reference it recommends Lavender as another choice!

Bernice Bates Peculiar, MO

I ordered the Thieves Cleaner, which will almost be a year ago, because my daughter-in-law and I clean 26 homes every month. We use 1 teaspoon per gallon of water and use it on everything, allowing us to get rid of all the chemical products we used previously. We only spent \$25.00 on one bottle of Thieves Cleaner saving us over \$700.00 in one year. After cleaning with the Thieves Cleaner we feel better by not breathing in chemicals, our hands are smoother and the homes smell great.

Mary Finestead Louisburg, KS.

Di-Gize was definitely a life saver for my son when he managed to get the flu. After several days, he just couldn’t seem to shake it and his stomach continued to be upset. I sent him home with clear capsules and Di-Gize. Just ten minutes after the taking the first capsule of Di-Gize, he could not believe how much better he felt, saying, “Di-Gize worked like a miracle!”

Deb Kurowski Annandale, MN

Here are some ways I have enjoyed oils:

Since last fall I have been getting hot flashes. Last December I bought SclarEssence and started taking it internally. I put a few drops of olive oil and SclarEssence in a capsule in the morning and sometimes also in the evening. My hot flashes were still there, but not as often the first week. Over Christmas vacation, I got very busy and forgot to take it a few times. My hot flashes got worse. So, after the holidays I took it everyday. The last two weeks I have not had one hot flash! I am so excited about this. The oils took awhile, but are worth the wait.

I have classes until 9:00 pm and need to drive home an hour. Once I get home I can’t unwind quick enough. I put lavender on when I go to bed and that helps me sleep. I started to diffuse Peace and Calming on my long hour ride home to jump start the winding down process from the evening. Now I get home and can get to sleep much quicker now. I use the car diffuser from www.newlifeways.com, but a cotton ball in a vent would do the trick also.

Melissa and Jana have each one tickets to Young Living’s 2008 Convention (or a gift certificate worth \$125 of products of their choice.) We have 1 more drawing coming up, but you must submit your testimonials as an email to qualify. Please keep them short (3 or 4 sentences) to be published in Star’s new project.

Chemicals in Kids ♦ Drugs in Water

CNN: October 22, 2007 *_Jordana Miller (Edited for space)*
Article available at www.cnn.com/2007/TECH/science/

Most Americans haven't heard of body burden testing, but it's a hot topic among environmentalists and public health experts who warn that the industrial chemicals we come into contact with every day are accumulating in our bodies and endangering our health in ways we have yet to understand.

"We humans are in a dangerous and unnatural experiment in the United States, and I think it's unconscionable," said Dr. Leo Trasande, assistant director of the Center for Children's Health and the Environment at the Mount Sinai Medical Center in New York City. Trasande says that industrial toxins could be leading to more childhood disease and disorders.

"We are in an epidemic of environmentally mediated disease among American children today," he said. "Rates of asthma, childhood cancers, birth defects and developmental disorders have exponentially increased, and it can't be explained by changes in the human genome. So what has changed? All the chemicals we're being exposed to."

Trasande said children up to six years old are most at risk because their vital organs and immune system are still developing and because they depend more heavily on their environments than adults do. "Pound for pound, they eat more food, they drink more water, they breathe in more air," he said. "And so [children] carry a higher body burden than we do."

Studies on the health effects of PBDEs are only just beginning, but many countries have heeded the warning signs they see in animal studies. Sweden banned PBDEs in 1998. The European Union banned most PBDEs in 2004. In the United States, the sole manufacturer of two kinds of PBDEs voluntarily stopped making them in 2004. A third kind, Deca, is still used in the U.S. in electrical equipment, construction material, mattresses and textiles.

Another class of chemicals that showed up in high levels in children are known as phthalates. These are plasticizers, the softening agents found in many plastic bottles, kitchenware, toys, medical devices, personal care products and cosmetics. In lab animals, phthalates have been associated with reproductive defects, obesity and early puberty. But like PBDEs, little is known about what they do to humans and specifically children.

Phthalates were also the topic in a PBS report called "Toy Toxins." (aired 3/19) California is working on legislation to ban chemicals in toys following a recent lawsuit in San Francisco. While our government isn't assessing what is safe, Europe and many industrialized countries are far more advanced in chemical safety. The U.S. hasn't banned a chemical in 16 years. Europe's stance is to use "precautionary principals, rather than evidence." The Environmental Pollution Agency statement on chemical toxicity is, "prove it!" Sponge Bob fans, beware!

NY Times: March 10, 2008 *_by Mike Nizza*
There Are Drugs in Drinking Water. Now What?

There are traces of sedatives in New York City's water. Ibuprofen and naproxen in Washington, D.C. Anti-epileptic and anti-anxiety drugs in southern California.

A 2,550 word article from The Associated Press is drawing attention to the widespread problem of trace amounts of pharmaceutical chemicals turning up in the drinking water supply of millions of Americans, but no one seems to know how to react. The report itself culminated with a doctor offering: "That can't be good."

"We recognize it is a growing concern and we're taking it very seriously," said Benjamin H. Grumbles, the Environmental Protection Agency's water chief. But the government has not established any safety limits for pharmaceutical drugs in drinking water, as it has for many other chemicals; the agency is just learning how to detect low concentrations of drugs in water, let alone assess the risk.

The American Water Works Association, a trade group representing thousands of water utilities, seemed to suggest that the problem is the testing data, not the water. A California water official warned The A.P. before it published the article that the public "doesn't know how to interpret the information" from the tests.

Tom Curtis, the deputy executive director explained. "Today's advanced technology has allowed scientists to detect more substances — at lower levels — than ever before," he said. He called for calm, saying there was no research demonstrating "an impact on human health" from the detected levels of drugs in public water supplies.

So why has this burdensome fact of life been dropped on the shoulders on Americans? The lack of scientific proof of a threat does not rule one out, of course. Little study has been devoted to the long-term effects of low-concentration exposure on humans. But as the A.P. relates, research on the effects on wildlife has yielded some scary examples: Pharmaceuticals in river and lake water are being blamed for "feminized" male fish and other changes observed in earthworms and zooplankton.

So how are all these drugs getting in the water in the first place? Some fraction of every dose a person takes passes through unmetabolized and is evacuated by the body and flushed into sewage systems. Sewage treatment plants are meant to remove the more familiar kinds of pollutants, and typically do not remove pharmaceuticals from waste water as it is cleaned up and released back into the environment, eventually to find its way into water supply systems. In some places, treated sewage water is reused directly for drinking water after several filtration processes to make it safe, although none of the systems in wide use effectively remove pharmaceuticals.

That Brita filter in your kitchen is not likely to do the trick, either. As for bottled water, it, too, may come from a tap, rather than some remote mountain spring. And the trade group representing bottled-water sellers told The A.P. that they aren't testing for the presence of trace drugs anyway.

My Compliments to Alternative Medicine

US News Today: Review by Kari McDermott:

CAM (Complimentary Alternative Medicine) is in the mainstream news! US News Today published a 10 page article "Embracing Alternative Care" January 9, 2008. I was pretty impressed, at first. I smiled to see it sitting at the top of a stack, on a coffee table, in the Heart Clinic of a major suburban hospital. The headline caught my attention, so did the length of the article. It was kind of exciting.

I began to read it while I waited for my mother to return from some tests. It was thorough, but I began to notice it was not really written to convince the general public that there's anything to embrace. The author obviously didn't embrace the integration of alternative medicine in conventional hospital settings or perhaps anywhere for that matter. It was written with a tone of cynicism and carried the usual slanted statements and quotes many of us are getting tired of: "Prove that it can produce medical results beyond simply reducing stress or anxiety. "We want patients to have access to these therapies in a responsible fashion. "Most CAM therapies remain relatively untested. "All of the evidence is not in. "A few CAM therapies have produced at least modest results." Sub headers in the article like: Unorthodox, Thicket of Therapies, Mixed bag, and Varied results, hit me like a subliminal advertisement, without the SUB! This was more than a subliminal head banger, but of course if you turn the page... you're bound to find a full page ad for your favorite pharmaceutical. So I used the same sentences for each ad I read: "Prove that it can produce medical results beyond simply reducing the symptoms, We want patients to have access to these drugs in a responsible fashion, Most drug therapies remain relatively untested, All the evidence is not in, A few drugs have produced at least modest results." Ahh, that made me feel better.

It left me wondering how come I feel so good surrounded by natural health practitioners, massage therapists, chiropractors, yoga teachers, Reiki masters and a company like Young Living? How come I am willing to take responsibility for my own health, based on an abundance of information available to me from so many intelligent and caring people. How come I'm not concerned about whether or not my insurance is going to pick up the tab? Why did I end up feeling I am way ahead of my time and still am left feeling sorry for the public. They are being fed what the government wants them to eat... which leads me to review another freedom of choice you still have as a consumer:

Looking for Natural Health Services? Here's a few in the St. Cloud area:

Dr. Lee Aberle: Edgewater Natl Fam Med
(320) 253-4112 www.natfammed.com

Dr. Sult MD at Williams Integracare
(320) 251-2600 www.icareclinics.com

Energy Health & Wellness (EDS)
Carol Athman and Kathy Hagemeister
(320) 253-1917

Jane Reckow, CMT (320) 251-4263

Mary Hoppe (EDS) (320) 266-2900

Mary Marsh PhD, CMT
www.marymarsh.com

Shanna Sequin (320) 255-1984
www.itsallingoodhealth.com

StillPointe Natl Health (320) 203-8266

Woodlands Chiropractic (320) 240-0300

www.frequency-specific.com
www.spectracell.com

My Compliments to Alternative Food & Locovore

It's spring. Minnesotan's know how to embrace the season. And even though harvesting from our own garden is a LONG way off we can still make healthy choices about the food we must purchase elsewhere, until the asparagus tips start wiggling out of the cold soil. I buy local, organic, and conventional foods because no location in life, is perfect. All my needs cannot be met by one field. Local, doesn't necessarily mean better and organic isn't necessarily organic! Alternative to me, means: what is it, who stands behind this food product?

I have nothing against low prices and convenient shopping. I'm just stay aware of the damage that we are ultimately paying for in air & water pollution, toxic pesticides and herbicide exposure, unhealthy livestock, the end quality of our food and the loss of small family farms (who stood behind their products). The total bill doesn't show up at the cash register but we do pay for it. And part of the payment is our health. I let my purchases move the consumer market in a small way. My conscious choices invest my values into the larger equation.

Its the same with Alternative medicine. Our choices move the health and wellness industry in small ways. Our food choices effect our health. I'm trying to minimize the damage of some poor ideas in western medicine and pharmacology. I'm trying to undo the damage left from the past bad food choices and farm practices, toxic environments and ignorance. Please think about what you're buying. If you want local food, buy local. If you want organic, buy organic. If you want alternative health care, support it. Make a conscious choice, because as we invest our money as "values in the market," businesses respond and things change. There's power in what we do collectively.

Cholesterol – did God make a Mistake?

Al Watson, author of “21 Days to a Healthy Heart” has submitted another gem for us....

According to the shadowy National Cholesterol Education Program (NCEP), cholesterol can never be low enough. “Lower is better,” they say, even if your cholesterol is low. “For the first time,” lamented British cardiologist Malcolm Kendrick, MD, “a normal level of a normal vital body substance (cholesterol), is a disease.”

Cholesterol has no calories and is not burned for energy. Cholesterol is a sterol or high molecular weight alcohol. (Sitosterol and stigmasterol are nearly identical sterols that predominate in algae and plants.) Cholesterol plays a key role maintaining optimum cell membrane fluidity in animals, including humans.

“Different sterols are characteristic of different organisms,” says Michael I. Gurr, author of the Oxford textbook, *Lipid Biochemistry*. According to Professor Gurr, of all sterols occurring in nature, “only cholesterol will allow animal membranes to function as required.”

That’s worth repeating: “Only cholesterol will allow animal membranes to function as required.” Replace cholesterol in an animal membrane with a plant sterol and the membrane will die. Toss out those margarines containing plant sterols; they are not cell and life supporting!

The liver and most cells in the body are making cholesterol all the time. In many cells, nearly half of the membrane is cholesterol. The highest concentrations of cholesterol are found in the myelin that protects brain and nervous tissue. About 25 percent of all body cholesterol is in the brain.

In the liver, cholesterol starts out as something called acetyl Co A, a common protein-like building block that is recycled to make all sorts of things. Cholesterol, in turn, is the starting point for the formation of all steroid and adrenal hormones, including our sex hormones and hormone-like vitamin D.

Human milk is high in cholesterol because the developing brain and eyes of an infant require large amounts. Cholesterol is the main ingredient in bile, an emulsifier needed for digesting and metabolizing fat. Bile is recycled but the cholesterol in bile that leaves the body protects us by coating and stabilizing slow-moving feces.

We have 10-14 grams of cholesterol coursing through our blood at any given time. When we eat one egg, says lipid biochemist Mary Enig, Ph.D., we absorb no more than 50 percent or 135 mg of cholesterol. At most, two daily eggs provide no more than 270 mg of cholesterol—less than 2 percent of blood levels.

Our absorption of cholesterol is highly variable, but “it is not possible for humans to eat enough cholesterol containing foods every day to supply the amount the body needs,” says Dr. Enig. To make up the difference, our liver and other organs have “very active cholesterol-synthesis capability.”

Strictly speaking, we do not have “blood cholesterol.” Insoluble in water, cholesterol and fat are bundled together into special transport vehicles called lipoproteins. Lipoproteins come in various sizes but all contain fat and cholesterol and a protein backbone, which also serves as an identifier.

Chylomicrons (B-48 identifier) are the largest lipoprotein, assembled within the intestinal wall from dietary fat. They are released into the blood via the lymph. Chylomicrons are the main vehicle for the transport of dietary fat, including fat-soluble nutrients like vitamins A, D, E and K.

As chylomicrons give up their fatty bounty, they shrink and disappear. A few hours after a fatty meal, chylomicrons - identified as ApoB48 - are cleared from the circulation. That’s right – fat is efficiently absorbed and cleared from the blood in a speedy manner.

After a high carb meal (Cheerios and skim milk), glucose is sent into the blood. A little later, the liver starts converting excess circulating glucose into a body-made fat called triglyceride. The liver bundles this fat or triglyceride with cholesterol and sends it out into the blood as VLDL (very low density lipoprotein).

Liver made VLDL (B-100) delivers liver-made fat to the body. This process is very complex and can go on for several hours. As circulating VLDL gives up its fat, it shrinks into LDL or low density lipoprotein (also B-100), which becomes the main carrier of cholesterol to the body.

LDL has been referred to as “bad cholesterol.” But, as you can see, LDL is not cholesterol; it only transports cholesterol. LDL is the metabolic residue of VLDL which is made in the liver – from excess energy - mostly from carbohydrates.

The metabolic system tightly controls LDL by pulling any excess into the liver where it is recycled, as in bile production. Although any excess dietary energy can contribute to VLDL, carbohydrates in the diet are the dominant factor in VLDL production.

Cholesterol (cont.) ♦ Spring Tune Up

With this in mind, we can see that dietary fat – found in circulating chylomicrons – is not related to LDL. Heart disease can occur when LDL levels are low, average, or high; but elevated VLDL, made in the liver from excess carbohydrates, are associated with increased risk of heart disease.

Physicians measure Triglycerides (TG) in circulating VLDL. Elevated triglycerides are associated with a higher risk of heart disease. Secreted separately by the liver, HDL (high density lipoprotein) acts as a cholesterol mop, recovering excess cholesterol and delivering it back to the liver for recycling.

Optimum levels of HDL (over 60 in men; over 70 in women) - are associated with protection from heart disease. VLDL and Triglycerides have a teeter-totter relationship with HDL. As your body produces more and more VLDL from excess sugar or glucose, HDL molecules must give up their proteins and disappear.

Elevated Triglycerides and Low HDL is the most predictive risk factor for heart disease. High carbohydrate diets are associated with elevated Triglycerides and low HDL. An Atkins-style carbohydrate restricted diet promotes healthy levels of HDL and keeps blood sugar and triglycerides in a safe range.

Dr. Atkins – you were right all along! It Also turns out God doesn't make mistakes!

If you'd like more info and a copy of Alan's book email: dietheart@msn.com



The new edition of the Essential Oils Desk Reference now has "1st" recommendations for essential oils & supplements. www.essentialscience.net (800) 336-6308

Time for an Oil Change? _Kari McDermott

The future for Young Living is beyond exciting. As the world class leader in therapeutic grade essential oils we are always on the forefront because Gary Young is a pioneer, as well as a farmer, scientist, teacher and compassionate leader. Others will imitate, adopt or attack, depending on their true concern for your health - or your money. No matter how others react, we know the integrity of our products are unsurpassed from the Earth to the bottle. We know Gary and Mary Young are in Ecuador to secure the future of natural medicine for all. We know the structure of Young Living was created for all to benefit, not a limited hierarchy to dictate who shall receive the blessings of plant medicines.

I believe the future will reward the structure of this company as we head into more awareness of who is controlling our lives. As we seek teachers, mentors, and guides for our well being, we will shed our need for dictators, bosses and bullies. But, as independent distributors we will also be held to a higher standard as collective leaders. We need to take responsibility for our actions and inactions in matters of natural health and healing - be a product of the product! There are numerous websites, classes, books, conference calls and Young Living events to support your growth and knowledge. There are no other companies that offer this many opportunities to learn - often times for FREE!

There won't be any competing companies that have essential oils with the complexity of chemical constituents that will come from Ecuador. Young Living is currently evaluating 29 plants that don't even have a botanical name. Palo Santo and RutaVala are just the beginning of great things to come. With over 2,000 acres in Ecuador and another 800 acres being secured in the Andes (for ecosystem differentiation) Young Living will continue to bring the world (back) to the kingdom we all share - EARTH. Let's share it with knowledge, integrity, love and compassion.



-Body Care Naturally-

A fun and simple way to share Young Living in a Home Party setting. Over 20 recipes based on all natural products and therapeutic-grade essential oils to make together or treat your guests while learning more about healthy skin & natural choices!

Watch for our little book to be sold at:

www.abundanthealth4u.com



**YL Convention June 11th - 14th. Salt Lake City Utah! Visit the YL farm in Mona Utah
Theme: "Rise to Excellence!" • 4 Days of Fabulous Learning!**

Cost: New Distributors as of Aug. 31st, 2007 \$50.00 Meal ticket additional \$50.00.

Early bird rate for all other members...\$125.00 up to May 1st. Food Ticket additional \$50.00.

Meals at the Salt Palace are amazing! You will not be able to eat such wonderful meals at a cheaper price!

Price increases to \$150.00 after May 1st! Details: www.youngliving.us/events

Star's Young Living Group Block of Rooms:

Salt Lake Plaza Hotel at Temple Square
Great Location right next to the Salt Palace and
all the Downtown attractions!

Single/Double Rate: \$82.00 per night

Triple/Quad Rate: \$92.00 per night

Please call (800) 366-3684 or (801) 521-0130 to
book a room. Refs: Star's Young Living Group



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 Doug Mills on Monday night Conference calls.
Every Monday at 8:00 CDT: (641) 594-7000 (pin 1750#)

Star's New Health Investor's Club Conference Calls!
Wednesday's Lunch Potluck!!! at 12:30 PM Central Time!
Phone: (319) 279-1000 Pin: 1076921# (details inside!!!)

Essentials for

Healthy Living

Open Quickly! April Class Wellness Revolution!
Free Convention ticket - April 26th LAST CHANCE!
Details inside.

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Spring 2008

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Testimonials

