

The Star Report

Essentials for
Healthy Living
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STAR MOREE: HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION FROM VITALHEALTHLINE.COM VOL: 8 ISSUE: 4

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* Saturday & Sunday
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with Carl Janicek

Releasing Emotional
Patterns w/ Essential Oils

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Bringing Back the Magic of Disney World and Young Living

We had such a great time at this year's Annual Convention! Wow...the fun of getting to enjoy all the Young Living excitement at such a magical place was really a once in a lifetime experience! I was a bit skeptical that I could focus on Convention with being in such an amazing place with so many things to draw my attention away... as the saying goes... "like a kid in a candy store." (We'll let Young Living products be our "candy" and we can all look forward to happier and healthier days while avoiding expensive dental bills!) Since this is such a jam packed newsletter... I'd better get to the part about sharing some tidbits on our amazing new products!

Slique Tea... The show stopper for all those looking for easier ways to lose weight! Ingredients: Jade Oolong Tea, inulin, ocotea leaf, Ecuadorian cacao powder, vanilla essential oil, frankincense powder, stevia extract. Helpful tidbits...Jade Oolong Tea...research from University of Tokushima shows it stimulates the fat burning process, those that drank 2 cups a day burned 157% more fat than those who drank the same amount of green tea. Other benefits of this high quality Jade Oolong Tea include decreasing signs of aging in the skin with decreased wrinkles and dark spots, helps prevent heart disease and cancer, beneficial for diabetics, reduces high blood pressure, lowers LDL cholesterol levels, it may even help prevent tooth decay and can help treat eczema and skin rashes, improve skin color in a short period of time, plus build a stronger immune system. The Frankincense powder many know of Frankincense ability to increase the cells ability to repair DNA. Ocotea helps to balance blood sugar levels, decreases triglyceride levels, decreases blood pressure and is anti-fungal, anti-parasitic and is anti-inflammatory. Vanilla has a calming effect on the brain. Amazonian Cacao is rich in anti-oxidants and magnesium which is low temperature prepared specially for Young Living at 140 degrees to preserve its nutrient value. So we can see that Slique Tea isn't just for those that want to lose weight!

* Helpful Tips from Marc Shreuder, Lisa Taylor and the field...Marc lost more than 45 pounds using the Slique Tea and Young Living oils, nutritional products and wellness tidbits to create his own path to optimal weight and wellness. 1) Recognize that food can be an addiction. 2) Find what motivates you...find a reason to change! 3) Find a natural and healthy way to deal with Stress... Try Stress Away Roll on... Marc notes he likes to drink it (try a drop or two in water) 4) Recognize emotional eating and find a healthy alternative (like oiling up with your favorite single or blend). 5) Break old bad habits... replace with good ones! 6) Read your labels and watch out for MSG, High Fructose Corn Syrup (HFC) and artificial sweeteners as both can create hormonal imbalances that lead to yep you got it... Weight Gain! 7) Eliminate Excess Sugar... goes along with HFC! 8) Avoid Artificial Sweeteners... go to Mercola's site to find out the average weight loss when someone goes off of artificial sweeteners... (average loss is around 17 pounds!) 9) Eat low glycemic index foods. 10) Eat minimally cooked food and raw food as much as possible 11) Block inflammation...We know many oils are good for that...try some Ocotea or Copaiba (Ocotea is in the tea) 12) Use aroma for satiety...oils like Peace and Calming, Stress Away applied topically and under the nose, Citrus oils and Peppermint or Spearmint to flavor your water and to be inhaled. Citrus Fresh has a blend of citrus oils plus spearmint and very tasty when added to water!

Oops...I ran out of room to say anything more about our other great products....

** To learn more about Slique Tea and our other new Young Living Products please open this newsletter!*

Sincerely, Star Moree

More Stories from your Oil Friends

Karla Scapanski **St. Cloud, MN**

Convention was another level of excitement this year with the new products along with the company of great friends. My husband and I were able to stay with people we met from prior conventions and Young Living activities. The individuals this business attracts is amazing. I would have to say my favorite class has to be Marc Schreuder's class on Slique tea. He always fills his audience with breathe taking information and the fact that he was the guinea pig with this product shows his dedication. How successful the tea has been makes me truly see his passion. Not that last year and risking his life to bring us home Frankincense wasn't. My husband did not make it to this class and he shared with me that the class that was the most informative to him was the class given by Melissa Shelton. He has been searching for someone to assist him in this area of animal care and now he not only has the help, but also a website to connect with when he has questions. This made his day.

Janis McGrath *Fox Lake, IL*

During cold and flu season, I apply Thieves and Copaiba to the bottoms of my feet to support my immune and respiratory systems. I'll also put a drop of Thieves oil in a cup of hot tea. If I have a sore throat, I'll put a drop each of Thieves and Ocotea on my tongue, hold the oils there for about 30 seconds and then swallow. When I take a bath, I add a couple drops of Release and Frankincense to relax my sore muscles and joints. Before going to sleep at night, I apply a drop of Peace and Calming to the bottoms of my feet in a circular motion to draw the energy down and calm my body. I fall asleep quickly and sleep soundly.

Vicki Burg **Albany, MN**

I started my amazing journey with Young Living about 5 years ago. At the time my husband and I were trying to get pregnant. I didn't know much about the oils at this time so I wasn't really sure on what to try. I was diagnosed with a disease called Endometriosis in which doctors had told us that we would never get pregnant on our own. After we tried getting pregnant for 3 years with no success we started to believe the doctors. We finally got frustrated enough and we decided to try In-Vitro. Our first attempt with the In-Vitro was not a success. We tried it a second time and got pregnant with our first son and he was born June of 2006. Then we tried to get pregnant again for 3 more years and one more failed In-Vitro attempt before we decided to do the In-Vitro one last time. We were incredibly blessed with our twins December 2009. I started really learning and working with the oils when I was pregnant with the twins. I used the oils throughout my pregnancy with the twins and even used them to stop contractions. I educated myself through reading books and other materials to see what I could really do with these amazing oils. Once the twins were born I decided I was going to finally take control of my own hormones for once. The doctors had never been able to balance my hormones so I decided I would try. I was not going to continue to take narcotics for two weeks every month during my cycle until I reached menopause. At this point I had purchased a Zyto Compass and so when I was done nursing my twins I started doing my Zyto scans every 2 weeks. The first couple times I did the Zyto it called for some emotional oils. Then all of a sudden it was calling for Liver Cleansing and Thyroid support. I did exactly what the Zyto said every time I rechecked myself. The funny thing is; my goal was to get the hormones under control so that I no longer needed narcotics to get through my menstrual cycle, but guess what... I got pregnant. What a huge blessing and a huge surprise. I even told my doctor two weeks before I found out I was pregnant that I have never felt this good in my life. She asked what I was using and I said Progessence Plus. She was perfectly fine with me using it as long as it was natural and nothing synthetic had been added. I told her a little about it and she told me to keep doing what I was doing. When I called her two weeks later to ask her to do a blood pregnancy test because we had a positive pregnancy and that I didn't believe the home pregnancy test, we both laughed. Then we both cried when it was really true and I was pregnant. The baby is due December 3rd and I am feeling great. We were given a huge blessing and we have the Young Living oils and supplements to thank for that.

These stories were submitted for educational purposes. They are not meant to diagnose, treat or prescribe. Always seek support from a health care professional for emergencies and critical care. Individual results will vary.

...bringing home the Magic of Disney World!

Kate Kowalczyk Arlington Hts, IL

I was introduced to Young Living oils by my best friend Gloria Milks. When she gave me the oils I didn't realize their medicinal powers, even though I used them for massages and had wonderful results in muscle relaxation. It took me 8 years to really grasp the concept. 2 years ago I went to convention in Minneapolis. What an eye opener! I got a lot of education I wouldn't have received otherwise. Last year I was invited by Star Moree to attend a seminar in Indianapolis with Dr. Purser as the speaker. That seminar has changed my life and the lives of all people I come in contact with.

I drove from Chicago late that night, fighting the symptoms of menopause all the way there: hot flashes (more like waves), extreme sweating and irritability. As I arrived at the hotel, Star shared with me the new Progessence Plus that Dr. Purser has helped formulate. That night I slept ALL NIGHT LONG! I didn't even have one hot flash! In the morning I purchased 3 bottles. I have not had another episode of a hot flash or a sweat since!

Now, I can't stop sharing my experience with everyone I come in contact with. It's not important to me how many distributors I will sign up today, but how many people I will share my experience with to help them. The process is very rewarding, as I observed one person got rid of allergies, another got rid of chronic sinus infection, another regulated blood sugar, blood pressure and cholesterol level. It's absolutely thrilling when some lose weight or get rid of a serious skin condition including eczema or rosacea.

I use the oils and other products on a daily basis, even when I go on vacation. The more I use them the more amazed I am. I got healthier; I got my family members and friends healthier. To me the oils are my first aid kit: for cuts, and burns, and digestion. I also clean my house with oils. I spray the filter in the furnace with Thieves and Purification. I use the Thieves household cleaner in my laundry and on my hardwood floors. I use Orange oil to polish my furniture. As a reward, I don't have as much dust and the house smells amazing!

I am ever so grateful to Gary Young for dedicating his life to bringing the finest oils to us. I am very grateful to Gloria Milks for her generosity and the gift of these wonderful oils. I am also very grateful to Star Moree for believing in me and giving me the gift of the seminar.

Betty Ann Henrichson, TN, CNHP San Antonio, TX

I've been a Young Living Member for about 6 years, only using the oils myself and for my immediate family, just a little here and a little there. After Young Living Convention in Florida.... I'm already registered and looking forward to next year!

Which one is my favorite? Impossible to name just one. Peppermint got rid of my son's fever; it kept me awake so I could drive safely for hours after no sleep the night before; it works fast on nausea; it stops a headache instantly. Wintergreen got rid of my sciatica in just a week and a half; it has become a must for numerous friends for relief from pain, including my mother's pain when she fell and almost broke her arm. Pan-Away and Deep Relief roll-on both stop muscle cramps. The Thieves collection is wonderful; the Thieves Spray stops a sore throat with, usually, just one application; Thieves foaming hand soap is in my kitchen and both bathrooms and I carry a small-size bottle in my purse, along with Thieves Hand Sanitizer. Stress-Away roll-on smells so wonderful, people want to know what perfume I'm wearing. I don't go anywhere without oils in my purse.

I learned a lot about Ocotea at the convention and all the new products. Because of the convention, and the confidence it gave me that our oils are the best and DO help people, I am more willing to speak up and share what I am learning with others to help them as well.

The essential oils Young Living has are wonderful tools for accomplishing my passion of helping others regain their health. I'm looking forward to many more years of using and telling others about Young Living essential oils!

Lori Kay Thuestad _Elburn, IL

About a month ago my Grandson, Caleb, 5 months old at the time, had a respiratory infection and pink eye. The Dr. gave him Amoxicillan and eye drops and told my daughter to use them until the symptoms went away. That took about 7 days, and she stopped, and it all started right back up again. So, she started round two. Same results, stopped the medication, and he was miserable. I had her start putting Thieves oil diluted with V6 on the bottom of his feet every night, and adding Lavender oil to his bath water. (No meds at this point) In four days, all the symptoms were gone and didn't come back!

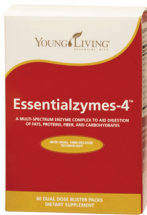
2011 Convention ~ Share the Magic!



Slique Tea is formulated with natural ingredients to help support individual weight goals.* This blend is rich in flavonoids, a dietary compound generally associated with helping maintain certain normal, healthy body functions. It also contains polyphenols, which may be useful as part of a guilt-free weight-management regimen when combined with a healthy diet and physical activity. This unique blend is enhanced with 100% pure therapeutic grade Arabian frankincense powder, exclusively sourced from Young Living's distillery in Salalah, Oman. **4560** \$18.75



Essentialzyme is a multi-spectrum enzyme complex specially formulated to aid the critically needed digestion of dietary fats, proteins, fiber, and carbohydrates commonly found in the modern processed diet. **3272** \$29.75



Essentialzymes-4 The dual time-release technology releases the animal- and plant-based enzymes at separate times within the digestive tract, allowing for optimal nutrient absorption. **4645** \$49.75



AlkaLime® is a precisely-balanced alkaline mineral complex formulated to neutralize acidity and maintain desirable pH levels in the body. Infused with lemon and lime essential oils and organic whole lemon powder, AlkaLime also features enhanced effervescence and biochemic cell salts for increased effectiveness. A balanced pH is thought to play an important role in maintaining overall health and vigor. **3199** \$34.75



Sulfurzyme® combines wolfberry with MSM, a naturally occurring organic form of sulfur needed by our bodies every day to maintain the structure of proteins, protect cells and cell membranes, replenish the connections between cells, and preserve the molecular framework of connective tissue. MSM also supports the immune system, the liver, circulation, proper intestinal function and works to scavenge free radicals. **3243** \$54.75

"When I first started with Young Living I was on medication for GERD. I had been diagnosed 11 years before. It was so bad at the time, I was hospitalized and put on a morphine drip! I started drinking a glass of water with 3-4 drops of lemon oil in it every morning, and using the Alkalime as needed when I felt a flare-up coming on. In less than two weeks, I was off the medication! That was about 2 years ago!" _Lori Thuestad

Share for the Holidays!

There are some Great Collections available in the Seasonal Essentials 2011 Holiday Catalog!

The Young Living Favorite Every Year...

Essence of the Season Oil Collection #3118
Frankincense, Myrrh and Christmas Spirit, plus myrrh and frankincense resins!

Seasonal Roll-On Collections are a Great Savings for Gifts and for "Self!" (do the math-I'm busy!)

Deep Relief & Stress Away #4783

Deep Relief & Tranquil #4784

Breathe Again & Valor #4785



Buy any combination to equal 30 Books and we'll SHIP FREE! Aromatherapy Home Remedies from A to Z; A Natural Experience from A to Z; or Body Care Naturally.

Buy the Natural Experience from A to Z in sets of 3 for \$20.00 (...so that's \$6.67 each!!!)

These are all great introductory books to give as gifts, new member thank-yous, or use for classes.

*NEW interactive Healing Energy Divining Chart

Based on the wall poster and the dynamic relationships of energy (and the laws of attraction), you can use this chart to combine the healing frequencies of essential oils, music, gems and your "Divine Power" to balance your Chakras. Kit includes 17" x 17" canvas chart, Brazilian rose quartz pendulum, 32 page instruction book and love from Kari!

Email for details:
mcd@lakedalelink.net
\$40.00 Special w/FREE Shipping until Dec. 15th!



New Oils and... 15ml Sacred Frankincense

Angelica oil (*Angelica archangelica*) has soothing qualities that help relax nerves and muscles. In Germany, angelica was historically referred to as the “oil of angels,” in part because of its ability to calm anxiety, restore happy memories, and bring peaceful sleep. Traditional medicine practitioners used angelica as a stimulant, digestive tonic, and expectorant. Item: 3078

Blue cypress (*Callitris intratropica*) essential oil is steam distilled from the wood of the tree, which is indigenous to Australia. It has a wide variety of traditional uses, which include supporting the body’s natural response to irritation and injury as well as aiding normal breathing. This oil also has historical use as an additive in perfumes and as an adhesive. Item: 3083

Blue tansy (*Tanacetum annuum*) essential oil is steam distilled from the flowering plant and has a slightly sweet, herbaceous aroma. It has also been called Moroccan chamomile, and is rich in sesquiterpenes similar to those found in German chamomile. Item: 3084

Cardamom (*Elettaria cardamomum*) essential oil is a member of the ginger family of botanical plants. Cardamom has historical uses that include internal consumption to protect the stomach and inhalation to invigorate the mind.* Cardamom has also been used traditionally to alleviate mental fatigue and nervous strain. *Modern scientific research has not yet validated these traditional claims. Item: 3080

Carrot seed (*Daucus carota*) essential oil has a mildly sweet aroma with earthy, herbaceous hints. Traditionally, it has been used for digestive complaints due to its tonic properties. This oil also has historical use in aromatherapy for joint conditions.* *Modern scientific research has not yet validated these traditional claims. Item: 3081

Celery seed (*Apium graveolens*) Steam distilled from the dried seeds of celery, this essential oil was historically used to soothe the physical discomforts. Item: 3082

Citronella (*Cymbopogon nardus*) essential oil is popularly used as an insect deterrent. Traditionally it has also been used to prevent food spoilage due to fungus and bacteria. Item: 3085

German chamomile (*Matricaria recutita*) has been used to support the body’s natural response to irritation and injury. This oil contains chamazulene, a compound studied for its ability to help the body’s natural inflammatory response. Item: 3086

Melaleuca quinquenervia (*Niaouli*) essential oil supports skin health. Item: 3089

Neroli (*Citrus sinensis*) has a citrusy, floral scent and in ancient times was highly regarded by the Egyptians for its healing properties. Item: 3088

Petitgrain (*Citrus sinensis*) is mentally refreshing and emotionally balancing used aromatically. It is also beneficial for skin and hair health. Traditionally, petitgrain has been used to support a healthy nervous system—particularly with nervous exhaustion and stress—as well as to improve instances of excessive perspiration. Item: 3717

Please refer to the Young Living website under New Products for prices, ordering and to try the new essential oils we have had in our blends, but are now available as 5ml singles.

Boswellia sacra

Omani frankincense is regarded the world over as the rarest, most sought-after aromatic in existence. In Juliet Highet’s book *Frankincense: Oman’s Gift to the World*, she writes: “The international aromatic trade has a grading system for frankincense depending upon size, colour, degree of transparency, and of course fragrance, but it is generally acknowledged that the premium resin comes from *Boswellia sacra*.”

There is just one species of frankincense that is native to the southern Arabian kingdom of Oman: *Boswellia sacra*. Botanists like Ahmed Al-Harrasi and Salim Al-Saidi, scientists at the Department of Chemistry Sultan Qaboos University in Oman, are united in stating that no other frankincense species grows in Oman. Young Living has recognized the benefits of *Boswellia sacra* in recent years due to its high levels of incensole acetate, known for its spiritual properties

Incensole acetate may be the reason frankincense has been part of religious and cultural ceremonies dating back to ancient times. Moussaieff’s team discovered that this chemical constituent triggered an ion channel in the brain with heretofore unknown effects. The areas of the brain affected are known to be involved in emotions. Incensole acetate had an anti-anxiety effect and significantly improved mood in the study.

Dr. Moussaieff’s studies have shown that incensole acetate is in fact responsible for frankincense’s remarkable spiritual effects. One article about Dr. Moussaieff’s work stated: “In his doctoral work at the Hebrew University of Jerusalem, Moussaieff isolated the active compounds in the [frankincense] resin. When tested on mouse models of human head injury, he found that some of these substances provide protection for the nervous system. He later noted the resin’s mood enhancement and anti-anxiety properties and, investigating further, found that they act on a previously unknown pathway in the brain that regulates emotion.”

This is a condensed version of the Frankincense Paper available @ youngliving.com/index or in your back office. When you view the pdf you can also view an entire video - VERY GOOD quality!!! The full research paper is soon to be published as a testament to the integrity of Young Living’s Essential Oils!



Hormonal Happiness from A to Z

This information is for educational purposes only.



By raising Natural P4 Progesterone and Estradiol levels many common ailments women complain about can be relieved...

A...Acne...sign of low progesterone...try 1-2 drops of Progessence Plus over the face and neck daily!

B...bloating...lack of progesterone causes bloating

C...Crabby....low progesterone causes lots of crabby women in the world...

D....Doepy...(okay spelling of the 7 dwarfs)Feeling like your brain isn't all there...common when progesterone is low.

Depression...can be sign of low progesterone...this should make us think twice

E...Excema can be exacerbated by a hormone imbalance.

F....Fatigue...Feeling fatigued is very common with low progesterone.

Fibromyalgia...just the sound of the word makes me hurt...but can be caused by low progesterone...Wow...more food for thought! This aging thing is no fun!

Fibrocystic Breast Tissue...Would have been nice to know that Fibrocystic Breast Tissue is caused by Low Progesterone! Using Natural P4 Progesterone will help make them light and fluffy instead of dense and SORE!

G....Grumpy....Yep...grumpy follows crabby and Doepy...

H....Huge...feeling huge like your weight is out of control!

Hot Flashes...a drop in Progesterone cause hot flashes contrary to popular belief... A hot flash is a sign of inflammation in the circulatory system! Eek!

I....Irritable...Okay...you got me...goes right along with crabby

J...Joints Aching...Arthritis and irritated joints are worse with low progesterone

Joy...loss of Joy very common when hormones out of whack...

K....Knowledge...lack of knowledge as how to correct hormonal balance can really hurt...in this case... "what you don't know may really hurt you"

L...Libido...What's that? Is your husband wondering where yours went? Mine is!

M...Moody...That is a new one the 8th Dwarf that your family may know all too well!

Menopause...the time when your ovaries shut down...and no more natural P4 Progesterone is being produced...Yikes!

Migraine Headaches...Low or No progesterone can be the cause - low Progesterone can create inflammation in the arterial system leading to the brain, causing massive headaches!

We've had some great educational classes as well as shared passion after our trip to Orlando at the 2011 YL Convention. We still want to SHARE that MAGIC! The next event is November 18th, followed by a weekend training on "Releasing Emotional Patterns with Essential Oils." This will be conducted by Carl Janicek, flying in from Colorado to teach this phenomenal technique so we can share with others!
Open quickly for more details and fliers in the insert page or go directly to register at:
<http://savorthemagic.eventbrite.com> (for 11/18) or <http://emotionsbalancewiththeos.eventbrite.com> (for 11/19&20)

Welcome to: Faribault, MN

Take NOTE:

Dave and Star have moved back to Minnesota!

**Their new address is:
722 Legacy Court
Faribault, MN 55021**

November Promo

225 PV and get

~ **FREE!** ~

Frankincense 15ml
(\$ 92 Value!)

10% off 3 Wise Men

Support from Iowa... Doug Mills

NEW: Essential Oils 5th Edition Desk References:
\$64 each or 6 books per box for handling courtesy.
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Essentials for

Healthy Living

Open Quickly! Share Because You Care!
Nov. Classes are HOTTER than the summer of 2011!

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Fall 2011

Disney Magic & Magic Tea

Star Team Testimonials

Products, Deals & Research

Hormonal Happiness A to Z

**Class Inserts - Time is of...
the Essence!!!**

