

The Star Report

Essentials for
Healthy Living
www.vitalhealthline.com

STAR MOREE, GOLD: HELPFUL INFORMATION FOR YOU AND YOUR ORGANIZATION VOL: 8 ISSUE: 1

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*March 4th and 5th
*AZ Order Form

<http://>

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NEW email:

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Dear Young Living Oil Friends, Share Because You Care!

We have been so inspired by all the excitement created by our new campaign officially kicking off in February for the Share Because You Care Campaign. Over my many years involved with Natural Health and Young Living I have always been inspired to share with others the value of what we have in Young Living! The famous saying is to any complainer in a 10 foot range, "I've got an oil for that!" However, life gets busy, kids, work, travel, family time, and volunteering at school can drain me of the energy and passion I once had, to share more often! So I thought, "that's it!" We are a team. Let's start acting like a team and get out there and share like a team! Let's cheer each other on in our triumphs and be there when we need a "pick me up." Remember that old phone slogan "Let's reach out and touch someone today." Well, I think that this applies to many of us today. "Let's reach out and oil someone today." The world needs our help if we are going to bring the oils to every home in the world and save them from all the harsh and harmful chemicals that are on the market today. Let's do our part to make the world a safer place to live by educating others about the value of natural health and wellness!

How many of us have lost touch with why we joined this amazing company in the first place? Share Because You Care is about re-connecting with old friendships and making new ones. Let's pick up the phone and see who needs a "Home Experience" program in their neck of the woods. Let's reach out to those we do not get to see so often and let them know we are here to help! We are only a phone call or an e-mail away. If you say your friends aren't interested in what you have to offer, ...we say make new ones! There are many like minded people in the world today looking for a healthier, safer and environmentally friendly way to live. Create your Dream Board or Vision Board and focus on the positive things you can create in your life. You can attract new friends once you set your intention! A great quote to live by is, "YOU must be the change you want to see in the world." by Mahatma Gandhi. (A special thank you to Kari McDermott for using this amazing quote on the back cover of our latest book!)

Living a life by example is perhaps one of the major keys to success with our "Share Because You Care Campaign." As an incentive to improve our overall wellness, which will increase our power of attraction for the positive things in life, we are renewing our commitment to health by offering a 90 Day Core Wellness Challenge. For those that choose to participate we are including a monthly log sheet. You can make copies and keep track of your progress using the Core Essential supplements, Balance Complete, NingXia Red, and more. You can customize your program as long as you track it and let us know your progress. We are also creating the Biggest Gainer Contest with winners announced each month. Please see the next page to learn more about our Contest!

Sincerely,

Star Moree

90 Day Wellness Challenge for the...

As part of our **Caring is Sharing Campaign** we are also challenging each willing participant to create a plan that can help each individual work on their own personal growth chart or path toward **Wellness, Purpose and Abundance**. So we are dividing the **Biggest Gainer Program** into 3 Categories for people to track themselves! Please see enclosed monthly log chart on the back of the Young Living Events insert.

Wellness: How are you creating wellness in your own life?

* **Try the 90 Day Core Essentials Complete Super Nutritive Health Challenge:** based on Dr. Tom Reed's clinical study using these core Young Living Products... **NingXia Red, Balance Complete (Power Meal** may be substituted), **Omega Blue, Longevity, True Source** whole food source vitamin/mineral supplement, and **Life 5** Pro-biotic formula. Additional products may be added such as enzymes like **Detoxyme and Essentialzyme** for aiding in the digestion of foods. Products that offer glandular support such as **Thyromin** may also be used. Products for your nervous system, joints, and other organ systems like **Sulfurzyme, Super Cal, BLM, Multi-Greens** may be part of the Core program. And of course, you can use your favorite Young Living Essential Oils!

Dr. Reed's protocol* includes **4 ounces a day of NingXia Red, 2 scoops of Balance Complete, 1 Longevity capsule, 3 Omega Blue, and 1 True Source pack** which contains 3 different capsules of these Whole Food Nutrients daily. Again you can modify the program and use **Power Meal** if preferred over **Balance Complete** and the other Young Living Products you like to use daily for your body's preference.

- 1) **Avoid harmful chemical cleaners... use Thieves products for cleaning etc...**
- 2) **Avoid harmful personal care products... choose from many of the Young Living products**
- 3) **Avoid processed foods as much as possible**
- 3) **Avoid artificial sweeteners and sugars, especially High Fructose Corn Syrup (*corn syrup/corn sugar*)**
- 4) **Consume more fresh fruits and vegetables**
- 5) **Be a smart shopper and read the labels**
- 6) **Exercise! Do something fun. Walk for 30 minutes, 3 times a week. Try rebounding! It's fun and easy.**
- 7) **Implement the Core Essential Complete plan and commit to it for 90 days for maximum benefit!**

* **Track you daily progress on the calendar provided in the newsletter!** (We recommend making copies so you can keep this going each month for a minimum of 3 months.) At the end of each month you may submit your stories and share your progress. Each month we will pick a number of winners for special **FREE Young Living Products. February you could win a FREE 5 day Nutritive Cleanse pack!**

Purpose: Finding purpose in life creates a world full of achievements and fulfillment. Purpose for your life gives you a reason to get up even when the sun is not shining (trust me...on the west coast...my purpose must be big to get up in the dark every day!)

- 1) **Create a Mission Statement to keep a focus on your purpose!**
- 2) **Create a Dream Board or a Vision Board so your Purpose is clear and you can focus on your intentions!**
- 3) **Make a list each day, each month, each year of what you will do to fulfill your Purpose!**
- 4) **Overcome your fears by making your dreams bigger than your reality. What is FEAR... False Evidence that Appears Real!**
- 5) **Partner with a friend to keep your focus! Find a mentor.**
- 6) **Share Your Dreams and Visions with others to create a team of people to hold you accountable! Create a DREAM TEAM!**
- 7) **Share Young Living with others! What does that look like, parties, classes, one on one meetings! Put that on your board!**
- 8) **Track your progress on your monthly log sheet provided or create your own!**

...Biggest Gainers ♦ Go For Your Dreams

Abundance: Abundance comes in many forms it may be financial, it may be emotional, or spiritual. Abundance really represents different things for different people! What does ABUNDANCE mean to you! Write it down!

1) Visualize “Abundance” in your life... what does it look like...put pictures on your dream board or vision board!

2) Make a list of the ways you choose to create Abundance in your life!

3) Do you have an income amount in mind? Visualize it. See it. Plan to achieve it!

4) What will you give back to others as you create Abundance in your own life.

5) How many new leaders will you help to create in Young Living?

6) Write down your action plan to create more abundance in your own life!

7) Track your progress on your monthly log sheet provided or create your own.

Submit your stories by the last day of each month so you can be placed in our monthly drawings. Track your progress for creating more wellness, purpose and abundance in your own life! The best stories will be shared in our quarterly newsletter. Ideas for part of your monitoring: have you lost weight, how do your clothes fit, how are you sleeping, has your attitude for life changed, are you more confident about sharing the benefits of natural health and Young Living with others? **February winners will win a FREE 5 day Nutritive Cleanse kit!**

Submit your stories to Star at: dsmoree@gmail.com.

You can also choose to create your own contest for your own teams and let us know how it is going! We are here for you!

FORGET RESOLUTIONS... GO FOR YOUR DREAMS!

_by Marcia Weider

If you are still thinking about your New Year's resolutions, or perhaps have already blown them, I have a better solution. This year, why not go for your dreams? Do you dream of doing less and having more? Would you like to be more successful and less stressed out? How about being healthier or in better shape? Do you want more quality time with friends and family? A new job, more passion, more money, greater ease? How about more fun? These are all great dreams and probably have far more chance of happening than your resolutions.

Why don't resolutions work or typically last very long? Consider this. Your dreams and desires have more power than your doubts and dislikes, so it's easier to move towards what you want, then it is to get rid of or move away from what you don't want. Getting a healthier more vibrant body will be easier than losing weight. Building a successful business is more exciting than getting rid of debt.

FIVE PRINCIPLES TO CHANGE YOUR BUSINESS & YOUR LIFE

One of five key values practiced and lived by big dreamers, I call Principles for Living On Purpose. Add any one of these to your life and to your team's lives, and you are guaranteed to see results, including happier people and a more profitable business. They include: setting an intention, living with integrity, sharing your dreams, taking action, and building DreamTeams.

1. Intention – It is the setting of your intention that will allow wonderful resources, opportunities and people to show up to support you. You have to be clear, I mean crystal clear, about where you are going, the end result you are aiming for. What do you intend to do, create or accomplish?

When should you set an intention? You may be surprised by my response. You could set an intention every day, even every moment of each day. Do you intend to live on purpose? Do you intend to learn and grow? Do you intend to be loving and kind?

Here are some times to consider setting an intention:

- Before you go to sleep, intend to rest.
- Before you open your eyes, intend to have a quiet and focused mind.
- Before you get out of bed, intend to have a fun and productive day.
- Before you eat breakfast, or any meal, intend to taste and enjoy it.
- Before you leave the house, intend to have a heartfelt moment with your family.
- Before you start your car, intend to have a safe ride or walk to work.
- Before you dive into work, intend to learn something new for success.

....And so on. The operative word here is Before. You set an intention and then you take action. These are simple intentions. We also want to have deeper, meaningful intentions about how we live our lives. How do you intend to feel every day? How do you intend to express your love? How do you intend to express your creativity? How do you intend to have fun, to make a contribution, to take a risk? How do you intend to live?

Do to space limitations this article has been edited. We will explore all Five Principals with Marcia Weider in upcoming newsletters. Go to: www.soulfulliving.com if you can't wait!

90 Day Wellness Calendar

MIND • BODY • SPIRIT

Month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Calendar Key:

Category	Code	Devoted Hrs
Healthy Diet	HD	1/2, 1, 2+
Physical Activity	PA	1/2, 1, 2+
Business Activity	BA	1/2, 1, 2+
Learning Activity	LA	1/2, 1, 2+
Friends & Family	FF	1/2, 1, 2+
Personal Care	PC	1/2, 1, 2+
Nutritional Care	NC	Supplements

You can use the time elements to map the general areas you are devoting your time and challenges to each month. Create a code for supplements: NingXia Red (nr); Digest & Cleanse (dc); Balance Complete (bc); Omega Blues (ob)... You could also use a color code for quick visual tracking.

Challenge Rewards:

For your:
 Healthy Diet = Lunch or Dinner out w/Dessert!
 Physical Activity = Massage, Facial, a Movie!
 Business Activity = Try a new oil or product!
 Learning Activity = Buy a new Book or DVD
 Friends & Family = Celebrate Your Dreams!
 Personal Care = Maybe 'treat' someone else!
 Nutritional Care = Buy a new Mirror!

Keep a journal along with your calendar to purge toxic thoughts and memories that do not serve you. Write down your biggest dreams. They can't come true if you can't put them into words first. Writing is a powerful step to believe and manifest your dreams. The action will follow!!!

Make three copies and track your daily investments toward your personal goals. The seven categories we have named should cover the general areas in life we wish to benefit from and achieve our goals together. You can of course make up your own categories and codes, but seeing a monthly calendar may help you visualize and interpret where you are spending your time and energy. When you see results from the areas you invested in, Celebrate! If you've neglected areas, adjust your focus next month. At the end of 90 days (3 months) look for overall strengths and weaknesses. Look for a balance each month and reflect on creating the balance in your life.

From Zero to Silver ♦ Can I Afford to be SpOiled?

"I'm not smart enough. I don't know the oils well enough. I'm not certified. I'm not qualified. I don't know enough people. I live in a small town....." Sound familiar? I must admit, I was one of those excuse finders! I didn't think I could be successful with a Young Living business. I was scared to death of Network Marketing! Then one day, a statistic fell into my lap that MINNESOTA is #8 in NM success!! I found out that doctors, lawyers, business leaders, account executives were leaving their J-O-B to join NM companies and a wave of realization hit me like a freight train: YL is a NM company and I am already a part of it! Sadly, I was a fairly inactive, quiet, "keeping it to myself" kind of gal in YL. Sound familiar?

Sitting on my back porch, clutching my coffee while watching 9 kids run through my backyard I realized that I was not happy with my daycare business. It did not "complete me." I knew I wanted to be home with my kids and I knew I wanted to be a strong business woman once again. I picked up the phone on July 12th and called Star with a plea for help. I gathered my income goals and we developed a "plan." I got my current business issues in order, put my ideas and goals on my vision board and on September 1st, I put on my Valor, called my daycare parents and informed them of my decision to close my daycare. I needed to go full force and focus on my YL business for just 1 year and see where it would take me. After all, I knew I could always go back to daycare if I could not make an income with Young Living. (I laugh at that now.)

I started off 2010 with 12 people in my cozy little downline and I sit here today February 5th, 2011 looking at 120 of them! So how did I do it? I held my first team meeting on September 11th listened to everyone's goals and visions and identified those that needed a little "push" and support. In October, I replaced my net daycare earnings and made executive! I was doing small intimate home experience parties and my schedule was full. I thought "imagine if these small groups here and there got together on the same night at the same place..." so in November, I launched a Great Big Idea and co-hosted "The Great Big Home Experience." I duplicated that in December, January and February and have now exceeded my gross daycare earnings and made Silver! Did you follow along? Here is a recap: I officially launched my plan in September, made executive in October and Silver in January. My YL checks have a comma in them! And I'm NOT talking about the one separating city from state!

It's time to realize that our excuses can no longer hinder us from reaching abundance! It's time to close the door on the "itty bitty self pity committee" and step outside your comfort zone! Use Valor if you need it! Do the buddy system if it helps! If you can believe it, you can achieve it! If you have any members what-so-ever in your downline, you can duplicate this success!

Here is how to host your own Great Big Home Experience!

Pick up the phone and CALL your downline! Personally invite them to bring along 3-5 guests. Point out to them that if just one guest becomes a wholesale buyer with a premium kit, their bonus check will be \$56.63! Host this at the beginning of the month so that you can maximize that 25% bonus! In your invite, remind your team that YOU are going to do the hosting, cooking, cleaning, presenting and all they have to do is bring 3-5 friends along! Want to go bigger? Let them invite even more! Grab the Everyday Oils DVD and follow your class along with the DVD! Create excitement and enthusiasm and I promise, the energy will be contagious! My most successful evening was 54 guests, 9 new members that night with an additional 30 enrolled by month end! The Great Big Home Experience....a little brainstorming with a friend that turned into a great big idea that led to an abundance of success for everyone and from zero to silver in five months!

_by Melissa Poepping, CNHP

I attended Cherie Ross's three day event the first weekend in December. The timing seemed tight and I wasn't sure I could afford to go. "Afford," being the keyword for many of us these days... or maybe it has always been.

I just decided to get to the root of that word so maybe we can get to the root of our perception and our limitations: Afford: ¹ to be able to do or spare something, especially without incurring financial difficulties or without risk of undesirable consequences; ² to give, yield, or supply; ³ be the cause or source of...

1. I never really choose things that I will incur financial difficulties from (not a gambler), but there are things we can't control like the economy, accidents or even death.
2. I do 'give, yield to others and try to supply' some sort of service or product that contributes to the well being of others. (I can afford that!)
3. I don't like to be the 'cause of or source of....' that is a leadership position. I relinquished that role and responsibility years ago! Hmmmmm....

It took almost three hours to get to the event 'early' that Friday. An ice storm rolled in and I found myself stuck in traffic at ten miles an hour, my windshield icing down to about a twelve inch circle as I inched my way to the hotel. I called a friend to split the cost of a hotel room for Friday night as it was becoming obvious we'd need one. I added it to the list of accumulating fees for this event. I calculated how many more charts I'd have to sell just to break even. I thought about the tires I hadn't bought yet to make winter driving safe - plus, new wipers!!! (ha ha, too late):-

I played the 'money game' in my head as the weekend went on. I was happy to be there. I was impressed and inspired by every speaker. I took great notes to share with my friends and family. I exchanged deep hugs with the ones that were there. I balanced the 'outgo' against my 'in come.'

Sunday started with a morning meditation, hosted by Cherie with a beautiful background video, her fluid voice, and the powerful scents of orange, cedarwood and sacred frankincense that gently connected everyone in the room.

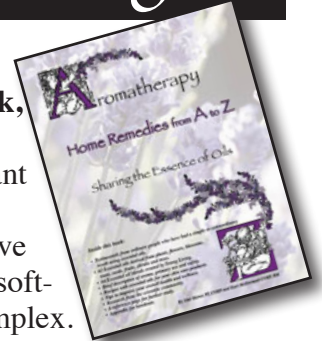
The turning point of what we can and can't "afford" happens in these sacred moments. The moments we connect with Spirit (ours and others). It happens in the silence and surrounds us with a sense of peace as well as purpose, to answer "why we are here." Here, being a Young Living educational event that teaches us more about natural health and community than any other forum I turn to. I never leave a Young Living class feeling my time or money was lost, wasted or stolen. I feel the solid sense of investment in myself and collective participation in the future of mankind and Mother Earth. My Dreams this year include understanding "what I can afford that makes me who I am and helps others find Wellness, Purpose and Abundance, too." I believe I can Afford to be SpOiled, so can you! _K.McD

Share Because You Care to "Be the Change!"

Aromatherapy Home Remedies from A to Z: Sharing the Essence of Oils

Wow! We can't believe its been 3 years since Kari and I launched our first book, **Aromatherapy Home Remedies from A to Z at the Minneapolis Convention.**

Many of you who contributed, were involved in early copies and were our constant motivation to make it better. We just printed an updated version to smooth out some minor kinks, add new oils and roll ons, and improve on the images and watermarks. We did not have time to reformat the book for more testimonials right now. Ever changing technologies and software upgrades might make things faster and better later, but the transitions are slow and complex. We're still gathering your stories and anticipate a relaunch in Florida at the 2011 Convention. Keep 'em coming!

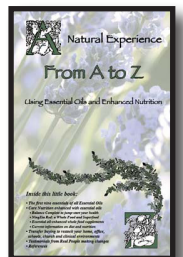


We're confident our simple, introductory books are a great place to start to "share because you care!"

Even if you know little about Aromatherapy or Young Living's commitment to be the World's Leader in therapeutic-grade essential oils, its a first step. It makes a great gift for enrolling new members, as a doorprize at your events and classes, to express gratitude to others for being a part of Young Living, or even to teach an introductory class used as a manual. We are trying to keep 'budgets' in mind during this economic phase so we offer it at the best rate possible. (Don't forgot one of the Universal Laws is: "what you receive... is equal to what you give"... and sometimes the return is tenfold – but please don't live beyond your means!) We offer discounts at various rates and post them on the website. An order form is available as a pdf to download, mail in and purchase for direct shipping. We're working on a PayPal account for our new website. Until the bugs are out (I wish Purification worked on cyber bugs), you can purchase books by sending a check along with the hard copy order form and letting us know by email that your order is coming. (Please allow 5-10 business days for processing.)

A Natural Experience from A to Z: Using Essential Oils and Enhanced Nutrition highlights the Young Living Starter Kits. They were specifically created to target other needs and a way to

Get Started using essential oils, Thieves, or nutritional supplements for RESULTS. People gravitate toward specific products based on their needs. Be a good listener when their story is unfolding. Help them choose the most beneficial way to start using Young Living products: Nine of the most commonly used Every Day Oils; Core Nutrition to balance energy, health and weight; NingXia Red to address the power of a truly Super-Whole food; or The Thieves Starter Kit as the answer to pressing questions and the desire to change the way we think about chemicals in our homes, our mouths, and how to naturally defend our immune system against viruses and bacteria that influence our health.



Both books are filled with testimonials from Young Living members with a vast array of lifestyles, knowledge and results. If the current research and scientific evidence isn't enough there are references to steer you further. If its 'too simple' there are volumes of technical and more complete books available. We still believe that using the products for at least 60 days (cell duplication opportunity to shed and recreate a new 'memory') is convincing enough, but every body has their own learning style: visual/auditory/kinesthetic. Throughout evolution, many times we have come back to the basics and found "simple is best: facts tell and stories sell."

Aromatherapy Home Remedies from A to Z

Updated November 2010

Highlights:

- The Science, History and Research of the oils
- Brief Descriptions of single oils and blends
- A-Z Health Tips and explanations of Raindrop, Vita Flex, Good Digestion & Nutrition, O-for ORAC scale and healthy cooking oils, bad EMFs to good Vibrational Frequencies...
- Chemical Free and Youthful Living, plus tips for getting your Zzz's (after you're done reading it all)!!!
- Over 150 A-Z stories from real people like you and me!
- * Handouts included in back of book for your class use.

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A Natural Experience from A to Z

First Print June 2010

Highlights:

- Focus on the Perfection of the Young Living Starter Kits
- Uses for the 9 Everyday Oils
- Core Nutrition
- NingXia Red
- Thieves Products
- History and Research
- Over 200 A-Z Real People Stories

"Be the Change you want to see in the World!"

Shoveling Out the “Deep” Winter Blues!

As I have hit those dreaded “Peri-Menopausal Years” compounded by the lack of sunny days in the West Coast Pacific Rain Forest, I realize that for many like myself the Winter Blues can be very challenging! When we look at the 31 symptoms of Menopause and then combine them with SADD...it is no wonder so many women feel deeply, mentally challenged during the winter months!

Here is a shortened list of 20 Menopausal symptoms:

- 1) Hot flashes and night sweats
- 2) Fatigue and Exhaustion
- 3) Irritability, Mood Swings, insomnia
- 4) Dryness...especially vaginal dryness
- 5) Thinning Hair, hair loss, increased facial hair
- 6) Weight gain and Muscle Loss
- 7) Trouble Sleeping through the night
- 8) Memory problems
- 9) Feeling Blue, Sudden Tears, over-emotional
- 10) Increasing Allergies
- 11) Osteoporosis (Bone Loss)
- 12) Loss of Libido
- 13) Itchy Skin
- 14) Breast Tenderness
- 15) Anxiety...feeling of dread
- 16) Aching, sore joints, muscles and tendons
- 17) Gastrointestinal Distress
- 18) Changes in Body Odor
- 19) Tingling in your extremities, hands and feet, burning tongue etc...
- 20) Tinnitus: Ringing in the ears, buzzing and “whooshing” type sounds

Many of these symptoms according to Dr. Dan Purser MD’s books and presentations that show declining levels of Natural P4 Progesterone is the major cause. He notes that by supplementing with Natural P4 Progesterone can help a majority of women recover from the above issues and regain their zest for life! A woman can feel like her old young, enjoyable self again!

Even better yet, try combining Progessence Plus, the 90 Day Core Wellness Challenge which is clinically tested by Dr. Tom Reed. His program includes simple diet changes, getting off of Sugar and High Fructose Corn Syrup, drinking water, eating more raw fruits and vegetables, avoiding commercial chemical cleaners and personal care products. Using key Young Living Products on a daily basis will significantly improve our chances for success!

The 90 Day Core Wellness Challenge includes adding NingXia Red, Balance Complete (Power Meal could be used if you prefer), Longevity Capsules, Omega Blue, True Source, and Life 5 Probiotic formula. Another suggestion is creating the Core Essentials Plus Enzymes program, adding Detoxyme and Essentialzyme to your daily regimen when eating cooked or processed food.

Research is also showing that Vitamin D³ plays a key role in maintaining our health in the winter months. It is a great way to help avoid SADD, improving glandular function (thyroid) which helps maintain our energy levels. Vitamin D³ helps to regulate cholesterol levels and decrease our risk of many diseases including cancer and heart disease. Dosage recommendations vary... many clinical researchers are suggesting more Vitamin D³ than ever before. We found a formula last year that suggests 35 IU’s per pound of body weight so if you weighed 100 pounds try 3500 IU’s of Vitamin D³ for maintenance and more when one is struggling with stress or illness. Lastly, in the early morning and during the daytime hours we should all consider Full Spectrum lighting. It is key to stimulate the brain to “wake up” and create hormonal harmony even in winter! (*More info. at www.mercola.com*)

_by Star Moree



4640 \$35.00

Progessence Plus is an innovative progesterone serum specially formulated by D. Gary Young and Dr. Dan Purser.

* The first-ever progesterone serum on the market, Progessence Plus blends all-natural, USP-grade super-micronized progesterone from wild yam with vitamin E and essential oils.

* Studies indicate that penetration of progesterone is facilitated by limonene from frankincense and bergamot and menthol from peppermint oil.

* Progessence Plus is portable, has a pleasant smell, and doesn’t require the cycling of application sites like other progesterone supplements.

Valentine's Specials: SHARE BECAUSE YOU CARE "Aromatherapy Home Remedies from A to Z"
NEW PRINTING! New oils added, new handouts free to copy for your classes, still a great way to introduce people to Young Living and the scientific backing of Aromatherapy. Our companion book released in June 2010: "A Natural Experience from A to Z" is still in its first printing! It's another fine starting point for new members to guide them toward the best Young Living Starter Kits in 2011 - to get results! Details in this issue.
* Presale Order Forms for case pricing and bundled packages available in this issue and posted on the website.

Aria Diffuser Special \$225 #4524. Purchase the New Ultrasonic Diffuser with remote control. Receive 5ml bottles of Citrus Fresh and Lavender. For a limited time you will get a **FREE 5ml bottle of Idaho Balsam Fir & Gratitude** in celebration of the winter harvest, and in honor of all the (lucky) volunteers who helped at the St. Marie's Farm!

Young Living Experience Kit

Finally! We have a beautiful and simple way to present Young Living essential oils and represent this fabulous company. The new black vinyl case includes the Every Day Oils Training Guide, Every Day Oils booklet, a DVD; invitations, order forms, sign up forms, thank you cards and more! You don't have to design a home experience or class from scratch. Just send out a postcard, grab your bag and GET STARTED sharing!!!

Code: 9851 Price: \$34.95

February Promo

200 PV and get
Omega Blue (90)
Longevity (15ml)

~ **FREE!** ~

10% off

5 Day

Nutritive Cleanse

Support from Iowa... Doug Mills

NEW: Essential Oils 5th Edition Desk References:
\$59.00 EACH! Includes Shipping!
8 books max/per box - for handling courtesy.

Send Checks to Doug Mills:

Address: 595 Saint Catherine Road

Bellevue, IA 52031 • Phone: 563-773-2304.

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

The Reference Guide to Essential Oils, by Connie and Alan Higley has been revised and released in a new color edition. Redesigned with a unique new color-coded system it is easier than ever to use, as well as more deeply informative for the seasoned professional. Abundant Health is a great source for books and supplies to grow your Young Living business. Go to: www.abundanthealth4u.com

Essentials for
Healthy Living

**Open Quickly! Share Because You Care!
Young Living Upcoming Regional Events!**

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Share in 2011

Biggest Gainer Challenge

Go for Your Dreams

90 Day Calendar

Zero to Silver

Afford to be SpOiled

Books to Share

Hormone Blues