

# Testimonials - Convention September 2006

Sylvia Schoenewe  
Broken Arrow, KS

When we were trying to rid of the moles in our front yard we were using smoke bombs. A smoke bomb has a fuse like a big fire cracker. Once it is lit it shoots a forceful line of sparks and fire.

I light the fuse with a match and my fingers hit directly in line with the fuse. I got a bad burn on my index finger and thumb. I ran into the house and put my finger in the vinegar bottle until I could get my lavender. Lavender went on my finger and thumb every few minutes. I had a painful condition. Before long I didn't have to apply it as often. By this time I found the lavender also. I alternated between the two. After the first day I would apply the oil or spray whenever I thought of it. My skin did not blister. A couple of weeks later a small thin layer of skin sluffed off.

Mary Finestead  
Louisburg, Kansas

My first exposure to the Young Living oils was during a massage. The massage therapist dripped oil on my back. I had no clue what it was but the aroma was certainly pleasant. A few minutes later I commented to the massage therapist, "Wow, all of a sudden I feel like STRONG WOMEN!" She responded, "Well, now isn't that interesting...the name of the oil I just used on your back is Valor!" Coincidence? I don't know but what I do know is I feel more confident when wearing Valor.

Bonus: Valor smells so wonderful. It's a great alternative to toxic cologne or perfume. A minister of thirty years, my husband, "Dr. Dave" was a professional lover of people. Ministry was his focus; unfortunately his health was not. We were still very new to the oils in those last months of his life. When my husband (a cologne man from way back) decided he would switch to the Valor oil as his "stinkum" and he insisted on Valor soap in the shower I knew there had to be something powerful in these oils. Toward the end of his life my daughter and I were pretty convinced he couldn't have gone through an entire church service without valor on his shoulders, on his wrists and inhaling Valor prior to first service and then again before it was time to preach his second sermon. He preached up until the Sunday before passing from this life to a far greater life. The Young Living oil, Valor, made an empowering difference for this mighty man of God.

My upline sponsor just happened to forward an email which definitely caught my attention. "Use this mood elevating oil protocol every day!!! This most profound oil protocol keeps me balanced, thinking clearly and completely out of depression." Vicki Opfer.

I feel very grateful to have found this restoring "oils protocol". The enclosed oils routine has become a daily habit. For adrenal support I have added to my routine.....a drop or two of Myrtle on the big toes.

Oil protocol (taught by Gary Young in a class in Wyoming, 1994)

VALOR - bottoms of the feet, a single drop on one wrist and hold the other wrist to it for a few moments to balance the entire system!

HARMONY - a single drop over the solar plexus area

JOY - a single drop over the heart

WHITE ANGELICA - a single drop in one hand, rub hands together, and brush over the head, face, chest, shoulders, down the body, right over the clothes as though applying an angelic shield.

Inspiration for "Good grief"

My reflexologist recently mentioned she believed the oil Inspiration "is good for grief." She said, "The only way I can describe it is that it's inspiring. I just feel down right inspired when I take big whiff!" My friend is correct; the Young Living oil Inspiration is not only uplifting I have found it to be "down right inspiring"!

Nancy and Richard Gould  
Aitkin, MN

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

Mary Kron  
Buffalo, MN

I've been a distributor for about three years and started very slowly just using a couple of oils. Then I decided to start using NingXia Red and noticed a difference in my energy level and my mood. So I invested more in oils and attended the NingXia Red tour and caught the excitement. I made a commitment to purchase and use the Young Living products regularly. I didn't have a "wow" experience but over time I have been able to look back at changes in myself and my children and can identify the benefits of Young Living. I am excited that last year none of my four children missed a day of school for illness, and no one was sick more than a day! (Drinking 10 oz of Ningxia Red a day and using Thieves before school and RC before bed and a few other oils occasionally.)

Favorite product – NingXia Red. I love the wellness I feel – just stabilizing my mood swings and depression and increasing my energy.

Young Living Convention – I am so energized and excited about learning so much and bringing information back to share with family and friends. I am looking forward to adding additional products to our family's usage to better our health.

Comments – I love the packaging of products into kits so it's a "one-stop-shop" to make things convenient. I love to share the products with someone else and they try it and have success. I used Rose Ointment for skin irritation and it went away. That is so rewarding.

Peggy A. Fisher  
Avon, MN

I use the Thieves oil any time I notice that I'm getting a pimple or cold sore. They never come to the surface if I put oil on 3-5 times a day the first day. Tangerine and Citrus Fresh help to calm me when my days get long and overwhelming. I put them on my palms and breathe in deeply. I feel better immediately.

NinXia Red is what I use every morning. I feel more alert, have more energy and have more stamina to make it through the day. I don't have the stomach aches and pain that I normally had.

Favorite product – Thieves Household Cleaner. I use it to do laundry, in my dishwasher, to clean the tub and shower, to wipe down the counters in the kitchen and in a spray bottle to repel insects and stains on my clothes and carpet. 2006 Convention – It has helped my passion to grow even more for Young Living.

Helen Sanford  
Princeton, MN

On February 13, 2006 I went to the dentist for a cleaning and check-up. I had eleven #5 pockets, five #6 pockets and one #7 pocket. I was told by me dentist that I should have the gum disease surgery as soon as possible. However, I decided to try to heal my gums myself with the essential oil, Oregano. I started putting one or two drops on my toothbrush everyday along with my toothpaste.

Six months later I went back for another check-up. I had reduced my pockets to: two #6s, six #5s and three #4s. All the rest were back to normal. The hygienist said she couldn't believe I could heal the infection and close the pockets by applying oil. She had never heard of anything like that. She told the rest of the office and they all gathered around to find out what I had done. The receptionist ordered a bottle of Oregano. The

dentist told me to continue doing whatever I was doing. So I am! However, I must warn anyone who wishes to try it that it burns your whole mouth. You might want to dilute it.

Lori Bergmann  
Milaca, MN

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

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

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

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

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

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

Renee Suchy  
Cottage Grove, MN

About eight years ago I was diagnosed with ulcerative colitis. I went to the doctors, did what they recommended and steadily became worse. I got to the point of giving myself weekly injections of an anti-rejection cancer-causing drug. This did not work either and after about 6-8 months the rheumatologist wanted to start me on weekly IV infusions of an even more toxic drug. Then I was hospitalized. That was the point when I prayed to find out what I could do to heal. I knew that if I had faith I could be healed. I started to learn about the oils. I went to a naturopath who knew how to use the oils. Within two months I was better. Within one year I was off all but one medication. Within two years I was off that medication and had lost about fifty pounds I had gained from them. Di-tone, Di-gize was one of the oils I used three times per day and I still use it occasionally for intestinal upset. Today I take no medications for ulcerative colitis and am back to the weight I was when I graduated from high school.

Naomi Iserman  
Onamia, MN

A couple of years ago when I was just experimenting with NingXia Red I wasn't very faithful to take it and in the middle of winter I got a severe lung infection. My husband said, "You know if you just drank that whole bottle it would cost less than a doctor's appointment." So I decided to splurge that day and took two ounces. The next day my lung infection was gone and I attribute that to NingXia Red. Also, since taking NingXia Red more regularly I've noticed my focus is stronger and I no longer have fuzzy peripheral vision.

Favorite product- The enzymes for me are essential for digestion and keep me regular without feeling bloated for full after a meal.

Convention – Gary Young is such a man of integrity and I can trust him in making the oils as pure and powerful as they truly are. So I feel very confident offering them to my clients, family and friends to ingest, diffuse or rub on. These oils have kept me from burn out so typical of massage therapists.

Comments – when I started using the ART Skin Care my husband noticed how young I looked and I hadn't even told him I was using it. Wrinkles have disappeared and my skin's color is more even.

Sarah McDermott  
Brainerd, MN

I was bitten on the corner of my mouth by a pit bull. I had eight stitches and they healed quickly. I used St. Marie's Lavender, Sulferzyme and Sandalwood. I have very little scarring and my settlement was much smaller because the insurance adjuster couldn't see much of the torn tissue. I am happy my face still looks good though so I can feel comfortable with dogs.

Favorite product – Sulferzyme. I had a broken back and pelvis. Now my pain is very tolerable and if I use Sulferzyme everyday I don't feel any pain.

Convention – I got to see Gary Young speak. His experiences have made him a strong person but he still shows us emotion and love for the oils.

Comments – I think NingXia Red will be really popular in a few years. Our health is so important and I feel it will help me to stay looking young.

Bernard E. Iseman Jr.  
Onamia, MN

When my wife got involved in Young Living Essential oils I thought it was mostly for good smells for the gals. Then I learned about the Oregano oil and its antibiotic properties and heavy metals and toxin cleaning. At that time I had a chronic cough and had trouble with gas fumes and small engine exhaust. I started taking the oil of Oregano in capsules and now have lost the cough and the sensitivity to gas fume or petro chemicals.

Wayne Woidyla  
Swanville, MN

When feeling sick or feverish I prefer to take a bath with Peppermint oil before going to bed. This also seems to help alleviate joint pain and muscle pain for me.

Favorite product – Denterome Plus toothpaste works very well as toothpaste and it also works as a very good deodorant. 2006 Convention – This has given me a much bigger prospective of Young Living and it gives me the desire to grow.

Amanda Woidyla  
Swanville, MN 56382

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

Favorite product – I have two favorite products. They are NingXia Red and Vitagreen. They give me stamina and energy to get through they day and keep up with my kids.

Sylvia Schoenewe  
Broken Arrow, OK

I had a “witches wart” or mole on my cheek. After using Clove oil (carefully) and then ART the mark is no longer there. Favorite product – Valor on my feet AM and PM. I sleep better and feel more balanced when I use the oil. 2006 Conference – Young Living conferences not only educate you but it also gets information and purpose from the outside in.

Deb Kurowski  
Annandale, MN

I started using Young Living products one year ago. NingXia Red was the first product I tried for the antioxidants. After two weeks I went to the grocery store and I didn't want to buy anything unhealthy. I believe this product tell you what is good for you and what isn't. I lost about ten pounds and my cravings for unhealthy foods are gone.

Favorite product – Thieves toothpaste. My last check up was the best one every. My gums are in great shape, teeth are whiter and no problems. I love Peppermint and Wintergreen for aches and pains instead of Advil. Convention – Confirms that we are definitely on the right track to our health.

Carol Maund  
Bloomington, MN

I have had tendonitis in my hands for over two years and have tried all different vitamins and minerals to alleviate it. Nothing helped. When I started using Young Living Essential oils I started using Pan Away and it went away in less than eight weeks! I use Peppermint in my drinking water to calm stomach and relieve sinus issues.

Favorite product – Pan Away – tendonitis, Peppermint – digestive and sinus issues (ran out once – won't happen again). Oregano – Candida, since I've been taking it I have been eating a healthier diet and lost four pounds.

Convention – I'm excited! I'm more convinced of the company's morals and ethics. I'm proud to be associated with Young Living.

Comments – I've lost four pounds. I love NingXia Red. I have more energy.

Renee Suchy  
Cottage Grove, MN

I used Grapefruit oil to help my girlfriend get latex paint out of her expensive jacket and sweater.

Favorite product – I have so many! I love Vitagreen. It gives me tons of energy. I love Sacred Mountain because it helps uplift me and feel peaceful.

Convention – I have more motivation to finish my natural health degrees so I can teach others and build my business. I also feel more motivated to teach those around me now about the oils and Young Living supplements.

Judith Christ  
Otsego, MN

Just knowledge of Essential oils has changed every aspect of my life. My family's healths even the emotional climate of my home. It's what I've been looking for my whole life. We haven't had any major experiences but a slow and steady improvement in every aspect.

Strangely enough I'm now able to wear deodorant for the first time in thirteen years. I used to live in a fragrance free world. Now I live in a fragrance heaven. So many oils have helped us from improved eye sight, longer spans of concentration, back pain, bruises and abrasion. Even my fourteen year old knows the truth of Essential oils and is beginning to take ownership of his own health.

In our home NingXia Red is a prized commodity. We relish it like a fine wine. We looked forward to Holiday dinners so we can have more. How great is it to celebrate with truly health giving food and beverage. NingXia Red is the beverage of choice.

Favorite product – Meadow Mist Deodorant. It works!!

Convention – I don't know where to start. My life will never be the same. I have often thought that I'm a success story waiting to happen. I truly believe that Young Living is what I've been waiting for my entire life (next to spiritual beliefs). Today the light just kept getting brighter and bigger.