



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

## GRATITUDE AND ABUNDANCE IN ECUADOR

I am so fortunate to be able to travel the world with Young Living. In November 2009, I globe-trotted with Platinum Club to the Young Living Farm, Finca Botanica Aromatica, in Guayaquil, Ecuador. I am amazed at how things flow when I am with like-minded spirits. Some of the many gifts I received from this particular adventure were:

Knowing that many of the people of Ecuador live in their hearts instead of their heads and are willing to share from their hearts over and over;



Finding Angels in so many forms;

Witnessing the fantastic flow of abundance that Young Living and the Gary Young Foundation have brought and shared with the people of Ecuador in the form of an amazing school, clinic, farm and distillery;



As 2009 comes to a close and I introspect during a quiet moment, I find myself having so much to be grateful for and wish these kinds of blessings upon all of you and your companions in this wonderful world we call home. *Blessings and Gratitude, Carl Janicek*



Experiencing the power of the Ecuadorian oils like Ocotea (balances blood sugar and kills parasites) and seeing them distilled first hand; Being blessed by the power of nature in a part of the world I might never have seen and last but not least, multiple lessons in Spanish! Mucho Gracias Amigos!



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## Scientific Research on Highest Quality Essential Oils

There is a good deal of research interest in essential oils in the United States and around the world, often dealing with the antimicrobial effects of the oils. "In France today," wrote Julia Lawless, an expert in aromatherapy, "many medical doctors and hospitals prescribe essential oils as an alternative to antibiotic treatment, whereas in most other countries the idea of using natural aromatics as a form of medical treatment is still very radical."

### What does the research say?

Research studies on essential oils show positive effects for a variety of health concerns including infections, pain, anxiety, depression, tumors, premenstrual syndrome, nausea, and many others. The resources in this article highlight a few examples. *Sources are listed at end.*

### Q: Is there any research documenting the properties of therapeutic oils?

A. Oils, such as peppermint, have been reviewed for their ability to block pain, reduce headache, and block indigestion (Dvorshak et al., 1995). Melaleuca oil has been used to treat acne (Bassett et al., 1990). And lavender oil has been examined for its role in inducing relaxation, (Hirsch, 1991), counteracting travel sickness (Bradshaw et al., 1998), reducing blood cholesterol, and protecting blood vessels (Siurin et al., 1997; Nikolaevskii et al, 1990).

Coriander and dill oil have been studied for their effects on diabetes in animal studies (Farag et al., 1984). In an article entitled, "Anticarcinogenic Effects of the Essential Oils from Cumin, Poppy and Basil", some essential oils were also researched for their effect on tumor growth (Aruna et al., 1996).

### Q: Is it true that essential oils can kill different kinds of fungi, bacteria, and viruses?

A. Extensive studies have discussed the antibacterial, anti fungal, and antimicrobial properties of many essential oils. Research published by the university of Georgia, Weber State University, the Journal of the American Pharmaceutical Association, and numerous other journals have documented the ability of essential oils to kill many strains of fungi, viruses, and Gram-negative and positive bacteria. Some of these include staphylococcus pneumoniae (responsible for lung and throat infections), Herpes simplex, Salmonella, typhosias, and Pseudomonas aeruginosa.

An interesting study compared a standard medical treatment of acne, benzolperoxide, a topical antibiotic, with tea tree essential oil. Both treatments worked equally well, although the chemical treatment had more side-effects of skin scaling and pruritis, dryness, redness, stinging and burning than the tea tree oil. The essential oil took more time to work, but the lack of adverse side-effects was thought to make up for its slow onset. ("A comparative study of tea-tree oil versus benzolperoxide in the treatment of acne," Medical Journal of Australia, Vol. 153, 15 Oct. 1998, 455-458)

In a Russian study on humans, doctors tried essential oils of peppermint, lemon, sage and lavender on patients with chronic bronchitis residing in a health resort. They found that inhaling the oils speeded up conventional treatments offered in the resort, as well as demonstrated anti-inflammatory responses. (Shubina LP, Siurin SA, Savchenko VM, "Inhalations of essential oils in the combined treatment of patients with chronic bronchitis, Vrach Delo 1990 May;(5):66-7)

Research in the 1970's had demonstrated that the essential oils of thyme, oregano, turmeric, savory, romemary and sage, all containing thymol, were effective against Cl. botulinum (source of botulism) and staphylococcus aureus (staph infections), as well as other organisms. This is particularly important because in hospitals, certain strains of staph have become so virulent from overuse of antibiotics, that there is only one antibiotic left that will kill them. When the staph germs become resistant to that, they say, there will be nothing that can work. However, essential oils do not create such a resistance; they remain effective. In other words, bacteria and viruses do not adapt or create resistance to essential oils; they simply die, and the body's immune system is enhanced rather than depleted. Thymol, as contained in the oils we just mentioned and others as well, also inhibits the growth of and toxin production of various molds.

Jasper C. Maruzzella and Nicholas A. Sicurella (Journal of the American Pharmaceutical Association, Vol, 49, No. 11, pp. 692-694) investigated 133 essential oils to see if they killed bacteria. They point out that as early as 1887, essential oils were proven to be effective against anthrax! Over the years, various researchers have looked into the anti-bacterial action of essential oils. Maruzzella and Sicurella tested the oils against Staph aureus, B. subtilius, S fecalis, and E.coli. They pointed out that the Gram-positive bacteria was more susceptible to essential oils than Gram-negative bacteria. They provided an extensive chart demonstrating the effectiveness of the various oils.

### Q: What are some issues in conducting research on essential oils?

A: There are some unique issues in conducting research on essential oils.

**1. Essential Oils Are Not Standardized.** The chemistry of essential oils is influenced by the local geography and weather conditions, as well as the season and time of day when the plants are harvested, how they are processed, and how they are packaged and stored. Each plant is unique in its chemistry so essential oils are never exactly the same-this is different from pharmaceutical drugs that are synthetically reproduced to be identical every time.

Essential oils can be altered to achieve standardization (for example, a certain chemical that was found to be at a lower concentration in the whole oil in a particular year can be added to make it the same percentage as last year's batch). The problem with standardized essential oils is that they are no longer natural, genuine, and authentic.

This variability in essential oils by time, place and conditions is a big challenge to conducting valid research. Currently the International Standards Organization sets standards for each essential oil that include a range of acceptable concentrations for its major chemical constituents.

**2. It Is Difficult to Conduct Blinded Studies with Aromatic Substances.** Typical research studies involve testing two groups—one group gets an experimental substance and another group gets a placebo substance (this group is referred to as the "control" group). When using aromatic substances, it is very difficult to conduct a blinded study. Some researchers have used masks or other barriers to blind participants. Other researchers have used alternate scents assumed to have no therapeutic properties as controls. These approaches are problematic, however, because people associate smells with past experiences. Thus, it is difficult to account for individual variation in how essential oils affect people.

**3. It Is Difficult to Get Approval and Funding for Research on Essential Oils.** Essential oils have been used on humans for thousands of years. As a result, they don't fit into the conventional clinical science approach of testing a substance in the lab first, then on animals, and then on humans. As a result, if a researcher proposes to test an essential oil with humans first, they may be turned down. This is because research review boards tend to approve research studies that follow the more usual scientific research path. Many conventional drug studies are funded by the pharmaceutical industry. There is little motivation for these companies to fund research on natural plant substances because they cannot easily be patented, limiting the potential for profit. Thus, finding funding for essential oils studies can be challenging.

**4. It Is Difficult to Tell What Caused the Outcome.** In conventional research studies, it is important to be able to determine exactly what caused the outcome. In essential oil therapy, the oils are sometimes applied with massage, which makes it difficult to tell whether or not the outcome was due to the essential oil alone, or the massage, or the combination. Also, essential oils are composed of hundreds of chemical constituents, and it is hard to determine which ones may have produced the desired effect.

For more information, visit:

<http://www.takingcharge.csh.umn.edu/explore-healing-practices/aromatherapy/what-does-research-say-about-essential-oils>

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OR

[http://antiagingchoices.com/Aromatherapy/about\\_aromatherapy/research\\_reference\\_eo.htm](http://antiagingchoices.com/Aromatherapy/about_aromatherapy/research_reference_eo.htm)

## 110 USES FOR THE EVERYDAY OILS KIT

The Everyday Oils Kit was created by Young Living Essential Oils so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils.

The Kit contains Four single oils:

Lavender (*Lavandula Angustifolia*), Frankincense (*Boswellia carteri*), Peppermint (*Mentha piperita*), and Lemon (*Citrus Limon*) plus five oil blends: Valor, Thieves, PanAway, Peace & Calming, and Purification.

- All single oils may be used as dietary supplements.

- All of the oils may be diffused. Young Living's diffuser is a special air pump that is custom designed to disperse the oils in a micro fiber vapor. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. It also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners. The diffuser disperses the oils without heat, which could render the essential oils less effective. When inhaling it takes 22 seconds for an oil to reach the brain.

- All of the oils can be added to bath water mixed with Bath Gel Base, applied topically, or used with body and foot massage. Applied topically, it takes 2-3 minutes for an oil to reach the bloodstream; 20 minutes to affect every cell in the body; then metabolized within 2 1/2 hours.

- Order at [www.youngliving.com](http://www.youngliving.com) or contact the person that gave you this newsletter.

### ◆ LAVENDER - Single

1. Calming
2. Sleep Aid
3. Bee Sting / Insect Bite
4. Minor Burn
5. Cuts / Abrasions
6. Eczema / Dermatitis
7. Motion Sickness
8. Nosebleed
9. Unblock Tear Ducts
10. Dry / Chapped Skin
11. Chapped / Sunburned Lips
12. Scar Tissue
13. Deodorant
14. Hay Fever
15. Dandruff

16. Moths & Insects
17. Water Fountains
18. Sweeten Laundry
19. Cold Sores
20. Allergies
21. Sunburn
22. Rashes

### ◆ FRANKINCENSE - Single

23. Concentration
24. Immune System
25. Blisters
26. Insect Bites
27. Depression
28. Brittle Nails
29. Stretch Marks
30. Cysts
31. Skin Health
32. Warts
33. Breast Health
34. Health Maintenance

### ◆ VALOR - Blend

35. Emotional Strength
36. Back Pain / Injury
37. Joint Pain / Injury
38. TMJ
39. Sciatica
40. Anxiety
41. Sleep Apnea
42. Stiff Neck
43. Spinal Adjustment

### ◆ PEPPERMINT - Single

44. Indigestion / Flatulence / Diarrhea
45. Heartburn
46. Inflammation (unbroken skin)
47. Injury / Bruise (unbroken skin)
48. Fever
49. Itching
50. Poison Ivy / Poison Oak
51. Working Out
52. Nausea
53. Headache
54. Hiccups
55. Alertness / Concentration
56. Concentration / Recall
57. Travel Sickness
58. Congestion
59. Flavoring / Preservative
60. Rodents / Ants / Cockroaches
61. Paint Fumes
62. Tea as Coffee Substitute
63. Aphids
64. Summer Cooler

65. Arthritis / Tendonitis
66. Bad Breath
67. Curb Appetite
68. Ticks
69. Sore Feet

### ◆ THIEVES - Blend

70. Cold & Flu
71. Strep Throat
72. Household Germs
73. Gingivitis / Bleeding Gums
74. Mold
75. Bronchitis
76. Cold Sores & Fever Blisters
77. Fungal Skin & Toe Infections

### ◆ PANAWAY - Blend

78. Inflammation / Bruising
79. Sore Muscles
80. Headache
81. Growing Pains
82. Arthritis Pain
83. Sciatic Pain
84. Arthritis in Pets

### ◆ PEACE & CALMING - Blend

85. Sleep
86. Overactive Children
87. Relaxing Massage
88. Relaxing Bath
89. Teeth Grinding

### ◆ PURIFICATION - Blend

90. Air Purifier / Mold
91. Air Purifier / Smoke
92. Air Purifier / Toxins
93. Insect Bites
94. Skin Blemishes
95. Sore Throat
96. Blisters
97. Sneaker Odors
98. Humidifier
99. Flu
100. Insect Repellent
101. Cat / Dog Ear Mites

### ◆ LEMON - Single

102. Air Freshener
103. Gum, Oil, Grease Spots and Crayon
104. Varicose Veins
105. Lemonade
106. Calluses / Bunions / Warts
107. Prolong Life of Fresh Fruit
108. Counter Tops
109. Acne / Oily Skin
110. Public Bathrooms

## **No Sweeteners For You and That Includes Agave!**

Nancy Appleton Ph.D. & G.N. Jacobs  
www.nancyappleton.com  
December 14, 2009

We get asked about every new sweetener put out by the purveyors of unhealthy sweetness, and agave nectar or syrup is the most recent. Put a gun to our heads and we'll tell you not to eat it. Actually, we'll do that without the pistol and dramatics, we're quite consistent that way.

Our basic position is always in favor of whole foods, because when a food processor converts a naturally sugary food like an apple or generous hunk of agave cactus into a syrup or nectar everything good about the whole food is lost in the production vat.

Whole foods have fiber, and slow down the sugar hit to the body that comes from glucose and fructose. So when a food distributor converts this semi-solid goodness into liquid sweetness, you are loading the revolver for a game of Russian roulette.

In the specific case of agave, the debate comes down to whether glucose or fructose is more harmful to the body. Natural agave, the plant from which tequila is derived, is approximately half and half glucose to fructose. The nectar or syrup appears to be 90% fructose according to published statistics from agave distributors.<sup>1</sup> "It's almost all fructose, highly processed sugar with great marketing," said Dr. Ingrid Kohlstadt, a fellow of the American College of Nutrition and an associate faculty member at Johns Hopkins School of Public Health. "Fructose has a low glycemic index so it doesn't raise blood glucose." But it raises blood fructose, which is worse.<sup>2</sup>

Fructose has been linked to raised triglycerides<sup>3</sup>, more belly fat and contributes to fatty liver disease,

diabetes, heart disease and hypertension<sup>4</sup>, which can all be collected together as Metabolic Syndrome. Fructose doesn't raise glucose levels in the bloodstream, but there seems to still be an insulin response which does not make it better for diabetics or anyone.<sup>5</sup>

Agave seems to have other drawbacks. The first one that sets our teeth on edge is the thought that agave nectar might not actually be agave nectar. According to reporting by the Chicago Tribune, products labeled as being from the blue agave plant may in fact be mostly corn syrup or high-fructose corn syrup. Tequila manufacturers get first call on the expensive blue agave cactus that grows in Mexico. There are strict requirements for tequila to come from the blue agave in the same way the German Beer Purity Law says beer is wheat or barley, hops, water and fermenting yeast. So the nectar producers have a demand for agave that can't be met by supply and decide to cut what agave they have with similar corn-based fructose.

"Agave is really chemically refined hydrolyzed high-fructose syrup and not from the blue agave plant, organic or raw, as claimed," says Russ Bianchi, a food and beverage formulator. The Food and Drug Administration says there is no evidence of safety concerns. But in the past, agave products may have been "economically adulterated or misbranded by adding corn syrup or high-fructose corn syrup [HFCS]," said FDA spokesman Michael Hernon.<sup>6</sup>

The Chicago Tribune also reports some less well-documented effects of agave nectar consumption that may be a concern. Apparently, some agave products and other sweeteners may have botulism spores and thus shouldn't be given to small children.

There are assertions that agave may cause miscarriages and/or other

harm to pregnant or lactating mothers and agave, like many other sugary products, has also been linked to increased acne.<sup>7</sup>

Dr. Ingrid Kohlstadt of the American College of Nutrition and the Johns Hopkins School of Public Health tells us, "Fructose interferes with healthy metabolism when taken at higher doses. Many people have fructose intolerance like lactose intolerance. They get acne or worse diabetes symptoms even though blood glucose is OK."

Our body can handle two teaspoons a day for any added sweetener to avoid the many related health effects. We live in the same world you do and we understand about occasionally unavoidable sugars and falling off the wagon, but any sweetener removed from its natural state is a refined sweetener that should be avoided as much as possible. Agave is no different. Now you know.

*Editor Note:* Young Living's Agave Nectar is listed on their website as "Organic nectar from Agave Tequilana." It states, "Organic Blue Agave is much sweeter than sugar, but with a glycemic index of only 11 (sugar has a glycemic index of 68-85). In recipes, use 1/2 to 3/4 cup in place of 1 cup sugar.

### References:

- <sup>1</sup> Sweet Cactus Farms, www.sweetcactusfarms.com/products.htm
- <sup>2</sup> Agave Provokes a Bitter Debate as a Sweetener, Chicago Tribune March 23, 2008 <http://archives.chicagotribune.com/2008/mar/23/food/chi-0323deardorffmar23>
- <sup>3</sup> Bantle, J.P. "Effects of Dietary Fructose on Plasma Lipids in Healthy Subjects." Bantle, J.P. "Effects of Dietary Fructose on Plasma Lipids in Healthy Subjects."
- <sup>4</sup> Hallfrisch, J., et al. "The Effects of Fructose on Blood Lipid Levels." Am J Clin Nutr.1983; 37(3): 740-748.
- <sup>5</sup> Basciano, H. et al. "Fructose, Insulin Resistance, and Metabolic Dyslipidemia."
- <sup>6</sup> Blue Agave Form. "Agave Provokes a Bitter Debate." www.ianchadwick.com/forum/index.php?/topic/4205-agave-provokes-a-bitter-debate/
- <sup>7</sup> Chicago Tribune. www.chicagotribune.com/features/chi-0323deardorff-mar23,1,7478086.story

## ***146 Reasons Why Sugar Is Ruining Your Health by Nancy Appleton, Ph.D. [www.nancyappleton.com](http://www.nancyappleton.com)***

1. Sugar can suppress the immune system.
2. Sugar upsets body's mineral relationships.
3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
4. Sugar produces significant triglyceride rise.
5. Sugar contributes to the reduction in defense against bacterial infection.
6. Sugar causes a loss of tissue elasticity and function; the more sugar the more elasticity you lose.
7. Sugar reduces high-density lipoproteins.
8. Sugar leads to chromium deficiency.
9. Sugar leads to cancer of the ovaries.
10. Sugar increases fasting levels of glucose.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar may make eyes more vulnerable to age-related macular degeneration.
14. Sugar raises the level of neurotransmitters: dopamine, serotonin & norepinephrine.
15. Sugar can cause hypoglycemia.
16. Sugar produces an acidic digestive tract.
17. Sugar can cause a rapid rise of adrenaline levels in children.
18. Sugar malabsorption is frequent in patients with functional bowel disease.
19. Sugar can cause premature aging.
20. Sugar can lead to alcoholism.
21. Sugar can cause tooth decay.
22. Sugar contributes to obesity.
23. Sugar increases risk of Crohn's and colitis.
24. Sugar can cause changes frequently found in people with gastric or duodenal ulcers.
25. Sugar can cause arthritis.
26. Sugar can cause asthma.
27. Sugar assists uncontrolled yeast growth.
28. Sugar can cause gallstones.
29. Sugar can cause heart disease.
30. Sugar can cause appendicitis.
31. Sugar can cause hemorrhoids.
32. Sugar can cause varicose veins.
33. Sugar can elevate glucose and insulin responses in oral contraceptive users.
34. Sugar can lead to periodontal disease.
35. Sugar can contribute to osteoporosis.
36. Sugar contributes to saliva acidity.
37. Sugar causes insulin sensitivity decrease.
38. Sugar can lower Vitamin E in the blood.
39. Sugar can decrease growth hormone.
40. Sugar can increase cholesterol.
41. Sugar can increase the blood pressure.
42. High sugar intake increases advanced glycation end products (AGEs).
43. Sugar can interfere with protein absorption.
44. Sugar causes food allergies.
45. Sugar can contribute to diabetes.
46. Sugar can cause toxemia in pregnancy.
47. Sugar can contribute to eczema in kids.
48. Sugar can cause cardiovascular disease.
49. Sugar can impair the structure of DNA.
50. Sugar can change structure of protein.
51. Sugar can make our skin age by changing the structure of collagen.
52. Sugar can cause cataracts.
53. Sugar can cause emphysema.
54. Sugar can cause atherosclerosis.
55. Sugar can promote an elevation of LDL's.
56. High sugar intake can impair the physiological homeostasis of many body systems.
57. Sugar lowers our enzymatic function.
58. Sugar intake is higher with Parkinson's.
59. Sugar can increase the size of the liver by making the liver cells divide.
60. Sugar can increase amount of liver fat.
61. Sugar can increase kidney size and produce pathological changes in the kidney.
62. Sugar can damage the pancreas.
63. Sugar can increase body's fluid retention.
64. Sugar is enemy #1 of bowel movement.
65. Sugar can cause myopia (nearsighted).
66. Sugar can compromise capillary lining.
67. Sugar can make the tendons more brittle.
68. Sugar can cause headaches and migraine.
69. Sugar has role: female pancreatic cancer.
70. Sugar can cause learning disorders.
71. Sugar can cause depression.
72. Sugar increases the risk of gastric cancer.
73. Sugar can cause dyspepsia (indigestion).
74. Sugar can increase risk of getting gout.
75. Sugar can increase levels of glucose over the ingestion of complex carbohydrates.
76. Sugar can increase the insulin responses of high-sugar diets compared to low-sugar.
77. Refined sugar reduces learning capacity.
78. Sugar can cause less effective functioning of blood proteins (albumin & lipoproteins) reducing our ability to handle fat and cholesterol.
79. Sugar can contribute to Alzheimer's.
80. Sugar can cause platelet adhesiveness.
81. Sugar can cause hormonal imbalance; some become underactive; others overactive.
82. Sugar leads to kidney stone formation.
83. Sugar causes free radicals, oxidative stress.
84. High sugar diet leads to biliary tract cancer.
85. High sugar consumption of pregnant adolescents is associated with a twofold-increased risk for a small-for-gestational-age (SGA) infant.
86. High sugar leads to substantial decrease in gestation duration of adolescents.
87. Sugar slows food's travel time through the gastrointestinal tract.
88. Sugar increases concentration of bile acids in stools and bacterial enzymes in colon, producing cancer-causing compounds and colon cancer.
89. Sugar increases estradiol (estrogen) in men.
90. Sugar combines with and destroys phosphatase, making digestion more difficult.
91. Sugar is risk factor in gallbladder cancer.
92. Sugar is an addictive substance.
93. Sugar can be intoxicating, like alcohol.
94. Sugar can exacerbate PMS.
95. Sugar given to premature babies affects the amount of carbon dioxide they produce.
96. Decrease sugar to increase emotional stability.
97. The rapid absorption of sugar promotes excessive food intake in obese subjects.
98. Sugar can worsen symptoms of ADHD.
99. Sugar adversely affects urinary electrolyte composition.
100. Sugar slows the ability of the adrenals.
101. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain.
102. High sucrose risk factor in lung cancer.
103. Sugar increases the risk of polio.
104. High sugar can cause epileptic seizures.
105. Sugar causes high blood pressure in obese.
106. In ICU, limiting sugar saves lives.
107. Sugar may induce cell death.
108. Sugar increases amount of food that you eat.
109. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.
110. Sugar can lead to prostate cancer.
111. Sugar dehydrates newborns.
112. Sugar causes low birth weight babies.
113. Greater consumption of sugar is associated with a worse outcome of schizophrenia.
114. Sugar raises homocysteine levels in blood.
115. Sweet foods increase breast cancer risk.
116. Sugar increases small intestine cancer.
117. Sugar may cause laryngeal cancer.
118. Sugar induces salt and water retention.
119. Sugar contributes to mild memory loss.
120. The more sodas a 10 year old consumes, the less milk.
121. Sugar can increase food consumption.
122. Exposing a newborn to sugar results in heightened preference for sucrose relative to water.
123. Sugar causes constipation.
124. Sugar causes varicose veins.
125. Sugar can cause brain decay in prediabetic and diabetic women.
126. Sugar can increase risk of stomach cancer.
127. Sugar can cause metabolic syndrome.
128. Sugar ingestion by pregnant women increases neural tube defects in embryos.
129. Sugar can be a factor in asthma.
130. The higher the sugar consumption the more chances of getting irritable bowel syndrome.
131. Sugar can affect the brain's ability to deal with rewards and consequences.
132. Sugar can cause cancer of the rectum.
133. Sugar can cause endometrial cancer.
134. Sugar can cause renal cell carcinoma.
135. Sugar can cause liver tumors.
136. Sugar can increase inflammatory markers in the blood stream of overweight people.
137. Sugar lowers Vitamin E levels in the blood.
138. Sugar can increase your appetite for food.
139. Sugar plays a role in continuation of acne.
140. Too much sugar can kill your sex life.
141. Sugar saps school performance in children.
142. Sugar can cause fatigue, moodiness, nervousness and depression.
143. Sugar is a common choice of obese people.
144. A linear decrease in the intake of essential nutrients is associated with increased sugar intake.
145. High fructose linked to liver disease.
146. Sugar adds to the risk of bladder cancer.

## Essential Oil DISTRIBUTOR TESTIMONIALS

### IMMUPOWER Oil Blend & H1N1

I have to share this story with you. I am not making claims, nor am I saying it will work for everyone. My son's roommate, who is 19 years old, was hospitalized with the **H1N1 virus**. My son called and told me that his roommate was on a ventilator. He said he would have died today with out the ventilator. Frantic, I called the mother and asked her what I could do. She said, "I believe in aromatherapy, do what you can." So, I reviewed the Essential Oil Desk Reference and decided it was best to use **ImmuPower** essential oil blend.

The mother took the **ImmuPower** to the ICU, and applied it to his feet while talking to him about what she was doing even though he was in a drug induced coma. She told him I had made the blend special for him and that it would help him and not to give up. He then squeezed her hand!!

The nurses came in to do his vitals and for some strange reason everyone loved the smell! Can you imagine in the ICU? Everyone was getting the benefit. They checked his stats and told the mother that he had stabilized and was breathing on his own. So they took him off the ventilator!

She called me and said that her son went from needing 100% oxygen to 70% after applying the **ImmuPower**. And they were taking him out of the drug induced coma!

If anyone has any doubt about Young Living oils, this should remove it. We have everything we need at our fingertips. Just use it! Thank you God and thank you Young Living!  
- *Chalyce, Wisdom By Nature, Golden, CO*

**Product Description:** ImmuPower™ is a powerful blend of therapeutic-grade essential oils that create a fragrant and protective haven while increasing positive energy.

**Ingredients:** Hyssop (*Hyssopus officinalis*), mountain savory (*Satureja montana*), cistus (*Cistus ladanifer*), ravsara (*Ravsara aromatica*), frankincense (*Boswellia carteri*), oregano (*Origanum compactum*), clove (*Syzygium aromaticum*), cumin (*Cuminum cyminum*) and idaho tansy (*Tanacetum vulgare*).

Item No: 3363



### GLAUCOMA, Frankincense, Myrrh and NingXia Red!

I have glaucoma and every morning I take a drop or two of **Frankincense** and **Myrrh** and rub them in my palms together. I cup them over my eyes and hold my eyes open for about 2-3 minutes and let the vapors of the oils penetrate into my eyes. My numbers dropped dramatically at my last eye appointment and I know that it is due to using **Frankincense** and **Myrrh**. In Gary Young's Integrative Medical Guide (my new favorite book!) the **Eye Blend** he suggests is as follows: **10 drops Lemongrass, 5 drops Cypress and 3 drops Eucalyptus radiata**. Dilute 20/80 and apply 2-4 drops in a wide circle around eyes 1 to 3 times a day. Never put directly into eyes. Also apply at temples and VitaFlex points on feet and hands (undersides of your big toes, index and middle fingers. Take **Clove oil** in a capsule. Fill an 0-size capsule and take one 2 - 3 times a day. This will work together with NingXia Red on the free radicals. Drink 2 - 4 ounces of NingXia Red every day to help heal glaucoma and also to help prevent further damage. Hope this helps, - *Annette*

I'm one of the people who had positive results from using **Frankincense** on my eyes. I "had" glaucoma - diagnosed over 5 years ago. This was confirmed by 3 different glaucoma specialists. I even had tests to rule out the possibility that I had thick eyeballs, which can sometimes give a false positive on glaucoma readings. I had a terrible time with the medicated drops they prescribed, and always experienced the side effects that went with them. One day I decided I would try **Frankincense**. Every morning I raccooned the oil around my eyes and then put a drop or two in my hands and cupped over my eyes. I also drank NingXia Red every day of course. I went for my checkup after doing this for about 6 months and my numbers were in the normal range (for the first time

in about 5 years). The doctor said, "We finally found drops that work for you." I told him that I didn't use the drops, but rather drank **NingXia Red** and used **Frankincense**. His reaction? He said that I probably never actually had glaucoma. God forbid that a doctor would acknowledge that God's products work better than theirs. *Abundant Blessings!*

I have a friend here in San Antonio whose brother had glaucoma and was on all kinds of medications that were not working. They did two eye surgeries on him, but he still was having very high pressure readings. They said a third surgery could make his eyeball collapse. My friend had been talking about Young Living products for years. Finally he agreed. Since drinking 6 ounces of **NingXia Red** daily his eye pressure has come down considerably. - *Jackie*

Sometimes I wake up with back spasms. I was taking medications my doctor gave me but they did nothing. So I had my daughter rub **PanAway** on my back and over the spasm, and it stopped hurting. Do you know how long I have had these spasms? And no one had said, "Hey, just rub this essential oil on it and it will feel better.?" Nope. Instead they gave me drugs that cost a lot and did nothing. I also have a chiropractor but nothing works as fast as the **PanAway**. I am sooooo excited and wanted to share! My husband has really bad back spasms and I told him the next time we are trying this on him as well. I love this company! *Thanks, Gail*

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## Divine Timing and Young Living Essential Oils by Martha Wertz

Most of us are very familiar with how our thoughts and words often determine our reality. Phrases such as, “the power of positive thinking”, “as you believe, so you achieve”, “as a man thinketh, so he is”, and “where there is no vision, the people perish”, are but a few quotes that have served to transform lives and guide people from darkness and confusion to enlightenment and clarity.

Repeating and writing positive thoughts and affirmations, along with utilizing Young Living oils, can serve to create powerful manifestations. Caroline Mein’s book Releasing Emotional Patterns with Essential Oils and Dr. David Stewart’s most recent book, Quantum Physics, Essential Oils and the Mind- Body Connection, are two of many informational texts that guide us on how to use Young Living essential oils to improve our lives in a dramatic fashion.

To emphasize just one example of how thoughts, words and essential oils come to play, I would like to share with you an account that happened to me recently. I attend a large (over 7,000 in congregation), non-denominational church in Northern Colorado. When I first came to the church several years ago and discovered that they have a ‘hands-on healing’ ministry, I started imagining that I could be of service with my Young Living oils. Over the past 3 years, there have been small and minor occasions for me to share the oils with others. I was disappointed that things weren’t happening faster, as I believe that these oils could be of enormous benefit to some of the ailments mentioned in the healing services. I wished to share the oils with interested individuals, but it never got any farther than that.

I kept praying and affirming that these oils would be used to serve others. In addition, I surrendered to the idea

that these oils would be used by God in an enormous way, in HIS timing and through Divine Appointment. I often thought, wouldn’t it be great to anoint the entire church and bless all those who sought out the healing they offer? Every time I enter the church, I ask that I might be of service to others. Last year, I was part of a mighty manifestation of how only a few drops of Young Living Egyptian Gold oil blend were used to infuse the air of the entire church (over 7,000 Sq. ft) in an incredible and extraordinary way.

Last week, another mighty manifestation of anointing occurred. One Thursday morning our prayer leader unexpectedly asked if anyone knew about the essential oil Hyssop. She had been dreaming about it for healing work. This woman knew I had some essential oil experience, but rarely acknowledged me or asked me about it. I gave her a sample of Hyssop oil and information about it. The next Thursday meeting, I felt very strongly inspired to bring my Young Living Holiday Collection oils: Frankincense, Myrrh, Christmas Spirit, Joy and Believe. I knew I could not leave the house without these. Those who use these oils frequently will find that their internal guidance strengthens. I was both excited and nervous that morning, not sure what was to transpire.

When I arrived at the prayer group, the entire group was walking around the church with the Hyssop oil I had given her on a tissue! She had told them to anoint and pray throughout the entire building. I was in awe! After twenty minutes, the group (over 50 people) was gathered up front. I was surprised when one woman I have met only twice told the story of how she and I met at the hair salon and how I eventually started telling her about the Oils of Scripture. She loved the information.

The group leader called out to see if I was there, and I told her I had brought several of those oils. They were passed around, and each person put a drop or two on a Kleenex, except that I held on to my Joy oil for some reason. As the leader spoke, I non-chalantly opened my Joy oil and she started to laugh. She kept giggling and said, “I don’t know why I feel like laughing so much! I also believe there are angels who have just entered the room.” The group spent the hour praying and anointing every area of the church with Young Living oils, including the large K-12 church school connected to it. I remained in the sanctuary, as there were several individuals that wanted to ask me about the oils and have me anoint them and pray over them. What an amazing and Wonder-filled Divine Manifestation!

I do not believe that this is anything that I did alone. I take no credit except that I listened to the guidance, followed it and showed up! I know there will be more ‘assignments’ to come: In Perfect Divine Timing!

So, to those of you who have a vision to serve and help others with Young Living oils, and who would be delighted to go out and anoint, educate and bless others, take heart! Do not give up! Think your visionary thoughts, affirm with positive words, pray fervently and often, learn about and use your oils daily and then, most importantly, BELIEVE that there are many Divine Assignments that await you! BELIEVE in the anointing and potential of Young Living Oils!

Fragrantly Yours,

Martha Wertz  
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'Twas the night before Christmas, and ESSENTIAL FOOD PACK had just run out, so I went down for a snack.

I went to the bathroom after eating my fill, And washed my face with SOAP OF CHAMOMILE.

The children were dreaming of tomorrow's new spoils, While the Mrs. and I diffused ESSENTIAL OILS.

We laid down in bed and breathed slow and deep, While the fragrance of LAVENDER put us to sleep.

When out on the lawn there arose such a racket, I threw on my new white YOUNG LIVING JACKET.

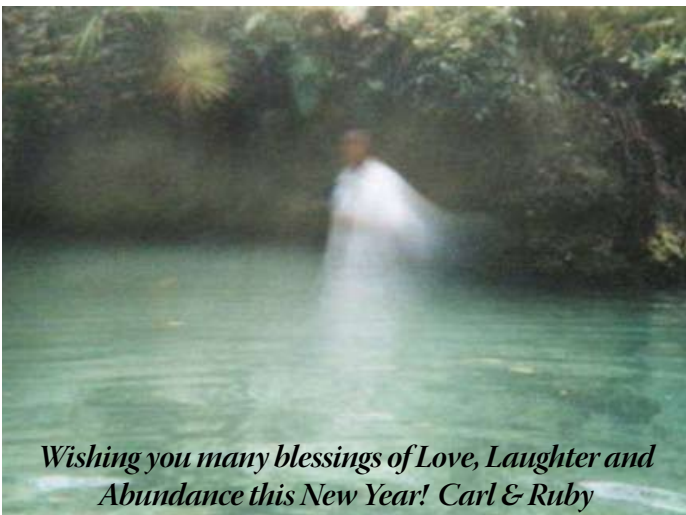
Away to the window I flew like a flash, Tore open the shutters and threw up the sash. The moon on the breast of the new-fallen snow, Made me think of MINT FACIAL SCRUB and my skin's lustrous glow! When, what to my awe and surprise should I see, But a little, round man, who filled me with glee. I stood there a moment, and watched him and smiled, When he pulled out a bag and eight tiny brown viles. More rapid than eagles his bottles they came, And he whistled, and shouted, and called them by name: Now CYPRESS! Now, CISTUS! Now, GINGER and LEMON! On, NUTMEG! On ORANGE! On, SPIKENARD AND LEDUM! Relax these old bones! And quicken my soul! Take away all that ails and make me feel whole! He was dressed all in fur, from his head to his foot, Except his YOUNG LIVING CAP, now covered in soot. A bundle of bottles he had flung on his back, And he looked like a peddler just opening his pack. His eyes--how they twinkled! His dimples how merry! His cheeks were like roses, his nose like a cherry! His droll little mouth was drawn up like a bow, And the beard of his chin was as white as the snow. I said to him then, "what shampoo do you use? Please tell me, kind sir and do not refuse." "Why, ROSEWOOD, my boy: First the WASH, then the RINSE, And the SEALER soon after makes me feel like a prince." Then with a quick wave he, all in one motion, Produced for me there some GENESIS LOTION. Then with a few tinkles of small silver bells, There appeared an assortment of BATH AND SHOWER GELS. I was speechless. My wife, I wanted to show her. St. Nick had brought us FRANKINCENSE as well as some MYRRH. He spread out GARY'S SUPPLEMENTS to surprise my dear wife, And told me they would lead us to a long, healthy life. The OILS, GELS, SUPPLEMENTS, and SHAMPOO Will help you relax like all of us should do. Then laying a finger aside of his nose, He breathed in real deep, and sighed as he rose:

He hopped in his sleigh, and not looking back, Tossed down to me a GOLDEN TOUCH PACK.

And I heard him exclaim, as he drove out of sight,"Merry Christmas to all, and to all a good-night!"

*by Richard & Shauna Dastrup (with apologies to Clement Clarke Moore)*

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*Wishing you many blessings of Love, Laughter and  
Abundance this New Year! Carl & Ruby*