



February, 2011



Greetings! Happy Valentine's Day to My Young Living Family!

Dear Friends,

Thank you for being in my Young Living family. Since the month of February is Heart month, Young Living has given us a special offer on two excellent products, **Omega Blue** and **Longevity**, which promote a healthy heart. They also have taken 10% off the **5 Day Nutritive Cleanse**.

Since it is heart month, I wish to talk to you about my heart problems. A year and a half ago on July 3rd, I put myself into the hospital because my blood pressure was 200/100 with extreme irregular heart beats. I probably was having a mild heart attack. Of course they kept me over night and we initiated tests to determine my heart condition. The doctors put me on a product called Lisinopril, which helped to regulate the kidneys to reduce the blood pressure. Since it was the Fourth of July, I checked myself out in the morning and went home and started my own heart program. The first oil I looked at was **clove**. I knew that **clove** stopped the stickiness of the red blood cells. After taking 20 drops of **clove** oil in a capsule, I could breathe without difficulty. I learned this from another Young Living distributor, Shannon Hudson. While on the cruise we discussed her illnesses and she informed me that she took up to 60 drops of **clove** oil daily.

Three months prior to this incident, I noticed that when I tried to walk for more than ten minutes, my lungs would become constricted and I could not breathe. I would cough and cough and head for home. I found that taking a capsule of **clove** oil helped eliminate this. Other products that I used for this problem were **AromaLife** and **RC**. Since I had a meter which tells blood oxygen levels, I found that if I put a drop of **RC** on my wrists and held them together for a half a minute, it would raise my blood oxygen level. I have since found that **AromaLife** and the new roll-on **Breathe Again** will work the same way. So I carry these products with me at all times.

Since I am a dowser, I dowsed out the oils that would help me with this heart condition. I made up a capsule of 5 drops of **Thyme**, 5 drops of **Goldenrod**, and 7 drops **Wintergreen**. After looking at Doug's notes, we find the importance of **Thyme** with heart problems. The **Goldenrod** is the poor man's **helichrysum** and works on causing the blood to flow without clotting. However, if you need to stop bleeding, it will clot the blood. It works the same way as red pepper. Red pepper will clot the blood in an open wound but will allow the blood to flow if it is clotted. It is often used in heart attacks. Dr. Christopher, a famous herbalist, used red pepper to stop heart attacks. The last oil, **wintergreen**, allows the blood to be thinned.

Through my dowsing techniques, I found that the formula that I made up for my husband's compound fracture of his L2 vertebrae, mimics the drug Lisinopril. Dean had a compress fracture of his second lumbar vertebrae, which regulates the flow of the kidneys, etc. Because of his back ache, I made up a capsule of 5 drops **AromaSiez**, 5 drops of **TraumaLife**, and 7 drops **Thyme**. After giving this to him a couple times a day for his back pain, I no longer had to give him lasix, a drug for water build up due to his congestive heart failure, which also causes high blood pressure. So I started taking the back pain formula instead of the Lisinopril. This helps keep my blood pressure down because it helps eliminate the build up of water due to the lack of kidney function.

Now I carry with me capsules of **clove**, the back pain formula and my heart formula. I find that when my breathing becomes constricted, be it just walking through the mall or sitting in a movie theatre I pull out my capsules and dowsed which one I need to regulate my heart and kidney function so that I can breathe without gasping for air. I can usually tell when this situation is coming on because it feels like cold fingers walking up to my heart and I have pain down my left arm. But taking one of these capsules usually stops all of this problem. When I go to my health practitioner and have a blood test, they tell me that everything is within normal range and that I am in perfect health. But, I am a constant user of **Omega Blue**, because I understand the glia brain, and **Longevity** for my digestive problems. I feel it is important that everybody understands the value of Young Living's heart products and looks into setting up a program for themselves.

I have many wonderful distributors in my Young Living Family who promote special techniques to heal the body and provide health and wealth to their friends and family. Carla and Bill Green are just such distributors. I am happy to post their message here: "If you are interested in a protocol that reverses the signs of aging AND grows your Young Living business, contact Carla Green, Second Chance Facial Rejuvenation, for upcoming training dates: www.secondchanceface.com or www.bit.ly/secondchanceintro"

I hope everyone has a Happy Valentine's Day. If you have any questions or need help with your downline, please contact me at: mhardy@allegan.net, or (269) 673-4849.

Love and Light,
Mary Hardy

The Glia Brain and Young Living's Essential Oils

Rev. Mary Hardy, Ph.D.



The body has two brains. One is the electrical brain called the glia brain, which is a seamless organ that covers all the nerves in the body and the brain itself. It carries the electrical signal throughout the body, just like the wires in a home carry a signal from a transformer to a lamp. The glia brain is made up of essential fatty acids and is stimulated by the calcium element. The neuron brain is fired by the signals from the glia brain, which can be chemical or electrical in nature. It operates on the sugars (glucose) in the body which stimulates the chemicals and how they operate in the body.

The body is first electrical, then chemical, and then mechanical. Wellness occurs when all three systems are operating. The glia brain runs all the electrical processes of the body including the firing of the neurons. Since essential oils carry a frequency, which is an electrical signal, the glia brain reacts to a drop of oil within seconds of its application to the body. There isn't a cell in the body that does not have a receptor cell attached to the glia brain. Every electrical signal is processed through this brain. This is why it is important that the products Young Living produces have an electrical frequency because the herbs and minerals that make up the supplements are sprayed with essential oils and carry the frequency of the essential oils. So that is why our products act on the glia brain and can carry the frequency signal throughout the whole body in seconds after they are ingested, absorbed or inhaled. Standard herbs and other products are not sprayed with the essential oils so they have to go through the digestive system and may take 10 or 20 minutes to react in the body, while Young Living's products react in seconds.

The glia brain is fed by essential fatty acids in the system. Much of our processed food eliminates the healthy fats from our food supply and causes many diseases, like heart disease. Young Living has two products that feed the glia brain the beneficial fats, such as essential fatty acids. They are **Omega Blue** and **Longevity**. If the body does not have these healthy fats, it is open to heart disease. The heart is the electrical organ in the body and is stimulated by the glia brain.

This month Young Living is promoting **Longevity** and **Omega Blue** by explaining the importance of the fats in the body. Doug Corrigan, who is Vice President of product management with Young Living, has traveled the world teaching the importance of the healthy fats and the extreme importance of **Longevity** and **Omega Blue**. The rest of this article is excerpted from his conference call. If you missed the call, it is now available on line. Just log in to your virtual office, click on Distributor Resources and on the bottom right hand side, click the tab that says "Young Living Video's. Click on the February 2011 Promotion link and listen.

There is confusion in the marketplace about fats and how **Longevity** and **Omega Blue** fit into this. Fats have been demonized, but there are healthy fats, which are

necessary to promote a healthy body. This confusion began with the number one killer, heart disease. Even our young people are becoming susceptible to heart disease. The misperceptions about fats have led to some of this increase in heart disease, when we started to believe that cholesterol caused heart disease. We know that fats are an essential nutrient. There are unsaturated and saturated fats and there are misperceptions about each.

Unsaturated fats are the fluid fats. They are liquid at room temperature. They are important for the body, support cardio vascular function and hormonal balance and help build the major organs in the body. All organs are made of cells, and every membrane of every cell is made up of fat. What we take in is what makes up the cellular membrane. If we take in the right kind of fats, the cell will be working well. If we take in damaging fats, we will damage cellular structure, cause inflammation, and have general health problems. In the last 80 years, because of processed food, we have begun to consume damaging fats known as trans fats. While the consumption of omega-3's (a healthy polyunsaturated fat) has decreased by 80%. These misperceptions have been leading us in the wrong direction.

In 1986, Elaine Bloom published this quote about trans fats: "From margarine to tater tots, they don't pose a threat to health. These oils are benign." This is why margarine replaced butter. Now, science has reversed this position. According to a Harvard University study, 3,000 premature deaths were contributed to an increase intake of trans fatty acids. These deaths occurred due to heart disease, inflammatory diseases, breast cancer, diminished brain function, and diminished nerve cell activity. The glia brain is fed by essential fatty acids. If you do not feed the glia brain the Omega 3's through products like **Longevity** and **Omega Blue**, the electrical system in your body is weakened. Science is just beginning to comprehend the importance of the glia brain and essential fatty acids necessary to stimulate the growth through hormones and cell structure.

50% of all people who die from heart attack have no prior history of heart disease. Research has found that high blood level of omega 3s reduced sudden cardiac death by 80%! Those who died had low levels of omega 3's.

Bad trans fats are often lumped into omega 6's. But there are healthy omega 6's. It is important that we keep the ratio of omega 6's in balance with the omega 3's. The optimal ratio of omega 3's to omega 6's is: 1 omega 3 to 3 or 4 omega 6's. The average is 1 to 10 or even up to 50. If you do not keep the optimal ratio of omega 3's to omega 6's, you can develop Crohn's disease, diabetes, cancer, brain disorders, and heart disease. Hormone balance is helped by omega 3's. These essential fatty acids are

found in fish, legumes, and nuts. Processed food removes the healthy fatty acids.

In the past, fats were highly regarded, especially animal fats. They had to be protected from rancidity. They used aromatics to do that. Clove and thyme were used.

Because of processed foods, we now need to supplement our omega 3's with **Longevity** and **Omega Blue**. The downside of omega 3's is that they are temperamental molecules that can be easily damaged by heat and oxygen (hydrogenation). By adding essential oils to omega 3 fatty acids, we see a synergetic effect. Fish oil enhanced with essential oils adds ten times the stability to the molecules.

Omega Blue: Our Young Living product. It is smarter than other products on the market. It contains the essential oil of clove for stopping lipid degeneration and slowing rancidity. Eugenol reduces inflammation an additional 30% over and above the antiinflammatory effects of omega 3's. Clove is an anti-thrombotic (blood clot). It reduces the stickiness of blood. It has the same effect as aspirin, without the negative effects. Clove oil increases circulation. Clove is the ultimate antioxidant. It is 400 times more powerful than blueberries or pomegranate or acai. German chamomile, an antiinflammatory, also in **Omega Blue**, contains chamazulene and bisabolol molecules. Lemongrass increases the heart protective property of fish oil. Lemongrass helps reduce cholesterol. Myrrh is pro-digestive, antiinflammatory, and antioxidant, and helps with skin conditions. The fish oil in **Omega Blue** is totally pure. We go to great lengths to source the fish oil. If the fish oil contains heavy metals (mercury), PCB's or dioxins, they can concentrate into the fats and muscles of the fish. Our fish oil comes from small fish, and goes through a purification process, to protect the levels of DHA (the ones we want) to EPA. We have a special coating on the **Omega Blue** to deliver the fish oils directly to the intestines, making it absorb three times better because it goes right into the tissues from the intestines instead of being reduced by the stomach acid. **Omega Blue** helps stop the aging process.

Longevity oil or capsules also contain high levels of omega 3. **Longevity** is a great companion to **Omega Blue** because of its antioxidant oils. Other oils we would have liked to put in **Omega Blue** are in **Longevity**. When taken in tandem, they have a synergistic effect, which protects the organs. The oils in **Longevity** are amazing. Orange, thyme, frankincense, clove. Thyme is the lead oil in **Longevity**. It puts the body in a parasympathetic state to help with healing. Thyme has the second highest ORAC score followed by Mountain Savory. It protects DHA and is beneficial in the cerebral cortex function which controls logic and reasoning. When oxidized by aging or free radical attacks, results are memory loss, dementia, and death. **Longevity** protects against this.

Thyme is an anti-rancidity oil. Thyme and clove protect omega 3 and DHA fats. Researchers in Scotland found that thyme and clove elevated the omega 3 and DHA levels in younger animals. The study was done with mice. They found that it reversed the aging process.

Dietary administration had a marked effect on fatty acid distribution, to levels observed in younger mice, slowing and reversing the aging process (study from 1999). Eyesight- lipid peroxidation: DHA is critical for eye health and preventing macular degeneration. 3.9 mg daily of thyme slowed degeneration in the eye. Thyme protects the liver. Thymol is comparable to milk thistle. If the liver is healthy we can balance many other conditions. Thyme helps with pathogens; fungus, mold, bacteria, and viruses.

The essential oil in plants repel invaders. When we put them in our body, we can reduce the levels of these pathogens. Listeria pathogen is associated with bad breath, but can become systemic. It comes from the food we eat. Do you have bad breath? One drop of **Longevity** oil on the tongue will purify the breath in a profound way. Other pathogens are viruses. Clove and thyme reduce proliferation of viruses, especially the herpes virus (cold sores, anyone?). Eugenol and thymol are antiviral, and anti mold, which includes toxic mold and black molds. Diffusing **Longevity**, which is not the most pleasant aroma, will purify your home and have profound effects on mold while also stimulating your immune system. There are many studies out on eugenol and thymol.

There are high amounts of limonene in orange and frankincense. A PubMed search on limonene shows it is unrivaled as an antitumoral. It is most active in inhibiting cancer in the initiation phase. It inhibits skin cancer initiation. A diet of 1% limonene reduced tumors. It protects the cell membranes and inhibits growth of all three stages of cancer, stopping mutations at their inception. Limonene studies: clinical trials are immense for breast and colon cancer. Highest limonene is grapefruit, followed by tangerine and orange. Limonene increases glutathione and detoxes the liver. Low levels increase heart disease and diabetes. Glutathione is all the rage right now. Everyone is trying to get a precursor to glutathione. Nothing is going to beat limonene. Take some **Longevity** oil, and you'll see the glutathione go up.

When speaking about Young Living products, always talk about quality. We guarantee our quality because we control our products from seed to seal. Our competitors may take short cuts with their products. For example, with clove, we use only the bud, which has the highest levels of eugenol. Others may use different parts, not just the bud. Another important point here is that we do not add synthetics to our products. Oils such as birch and wintergreen can become deadly if they are synthetic. With limonene rich oils, you have to beware of pesticides. A study showed pesticide residues in 148 different tested lemon, orange and mandarin oils. 64% of lemon oils on the market have pesticide residues. This was true with the orange and mandarin oils tested also. With Young Living, these oils have been tested to be pesticide free.

Take **Omega Blue** and **Longevity** on a daily basis. They will protect you. Long-term effects will be so beneficial. With these two supplements you can activate the glia brain and increase the electrical function in the body. This will protect you against the processed food that is highly contaminated with pesticides and trans fats.

Greetings From Your Upline!
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Young Living's Essential Oils
Stimulate the Glia Brain to Cause the
Healthy Function of the Heart
and Other Organs In the Body.
Longevity and Omega Blue
Carry the Essential Fatty Acids
to Feed the Glia Brain.