



May the Scent of the Oils Bring You a New World

May, 2005

Dear Friends,

I am sending this newsletter to anyone who is interested in building their business. If there is any way I can help, please contact me at (269) 673-4849, or email me at: mhardy@allegan.net. I feel that *Young Living* has the best products available in any MLM program. This newsletter's article is a reprint of the Joy Internet Groups compilation of 101 Uses for Young Living's Essential 7 Kit. Thanks to Annette Kemper for sending this information to me.

On April 1, 2005, Young Living launched a new marketing program. The purpose of the new program is so that it can be more easily explained, and to help beginners make more money. If you desire a further understanding of this new marketing program, please look on Young Living's website (www.youngliving.com) under Virtual Office. or, contact me, and I will send you three sheets of explanation and go over it with you on the telephone. This plan is not so different than the old plan, however, it has some tremendous bonuses for the beginners. The first bonus is the preferred customer bonus. Young Living is launching this marketing program on three products: The Essential Seven Kit, Berry Young Juice, and the ART skin care products, which are very easy to sell. If you enroll 6 personally sponsored preferred customers (a preferred customer is a customer who enrolls in a monthly \$50 autoship order), you will qualify for this \$100 bonus, plus you will be paid on the PV from their orders. The second bonus is the Distributor TEAM Performance Bonus, which is designed to correctly build your business so that you can advance into the Star to Crown Diamond Program. Here is where you make your money.



In the next month or two, I plan on building my own website to promote the Essential 7 Kit, the ART skin care program, and the Berry Young Juice products. Young Living will help us design our own websites so that we can sell these marvelous products. This way, if you wish to sign someone up, you can just send them to your website. I believe this will be a tremendous marketing boost for all of us that take advantage of it.

The first product that we wish to promote is the Essential 7 Kit. By using the power of the oils, we can reestablish the proper spin within the blood so that we can become the Christed beings that God intended. We as distributors must understand this knowledge. Aromatherapy is the only way to reestablish the proper frequency within the blood.

The second product we want to promote was introduced at October's conference. **The Art and Science of Skin Care, a superior concept in skin restoration. Young Living's A.R.T., (Age Refining Technology) combines DNA recovery enzymes - an advanced technology - with a proprietary Anti-Aging Peptide Complex to reduce the look of fine lines and wrinkles, diminish age spots, even-out skin tone, and increase the elasticity and density of your skin.** Test subjects for this new product have been accused of having face lifts! This product was tested on nine women before the convention. Before and after pictures were shown, proving the benefits of this product. ***This new product has the potential to take your business to unlimited success.*** Not only will it reduce the wrinkles, the product will help clean the liver and restore the collagen within the body.

The third product is the Berry Young Juice. Many companies, like Noni, etc., have built their businesses on selling juice. I personally believe that we have the best juice on the market.

It is time that our distributors benefit by introducing new clients to the magic of the oils by first introducing them to these 3 marvelous products.

101 Uses for Young Living's Essential 7 Kit

By the Joy Internet Group, Thanks to Annette Kemper

Welcome to the wonderful world of Essential Oils! Here are 10 reasons why you should NEVER LEAVE HOME WITHOUT YOUR ESSENTIAL 7 KIT:

1. You or someone you know, your, dog or horse might have a mishap or accident.
2. You might be sleepy after lunch and having trouble concentrating.
3. You might have eaten something that did not agree with you.
4. You might have met someone that did not agree with you.
5. You might be stuck in traffic and feel agitated.
6. You might find yourself in a public restroom that doesn't have soap or hat water.
7. You might get stung by a bee or other insect.
8. You might get a painful sunburn.
9. You might have sore muscles after exercising
10. You just simply want to smell good and feel even better!

VALUE OF THE ESSENTIAL 7 KIT:

The Essential 7 Kit was created by Young Living Essential Oils (YLEO) so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. The Kit contains three single oils: *Lavender* (*Lavandula angustifolia*), *Lemon* (*Citrus limon*) and *Peppermint* (*Mentha piperita*), and four oil blends: *Joy*, *PanAway*, *Peace & Calming* and *Purification*. Read on for many ideas on how to enjoy each of these seven powerful oils!

LAVENDER: (*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing - physically and emotionally. **This plant is grown and distilled at the Young Living Farm**

1. Rub on feet for a calming effect on the body.
2. Rub a drop on your palms and smooth on your pillow to help you sleep.
3. Put a drop on a bee sting or insect bite to stop itching and reduce swelling.
4. Put 2-3 drops on a minor bum to decrease pain.
5. Drop on a cut to stop the bleeding.
6. Mix several drops with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. To alleviate the symptoms of motion sickness, place a drop of oil on the end of the tongue or around the navel or behind ears.
8. To stop a nosebleed, put a drop of oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).
9. Rub a drop of Lavender oil over the bridge of the nose to unblock tear ducts.
10. Rub on dry or chapped skin.
11. Rub a drop of Lavender oil on chapped or sunburned lips.
12. To reduce or minimize the formation of scar tissue, massage on and around the affected area.
13. Rub 2 - 4 drops of Lavender oil over the armpit area to act as a deodorant.
14. Rub a drop of Lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.
15. Rub several drops of Lavender oil into the scalp to help eliminate dandruff.
16. Place a few drops of Lavender oil on a cotton ball and place in your linen closet to scent linens and repel moths and insects.
17. Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
18. Place a few drops of Lavender oil on a wet cloth and throw into the dryer, which will deodorize and freshen your laundry.
19. Put drop of oil on cold sore.
20. Diffuse Lavender oil to alleviate the symptoms of allergies.

21. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
22. Drop Lavender oil on a cut to clean the wound and kill bacteria.
23. Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin.

LEMON (*Citrus Limon*) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin. **CAUTION:** Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.

24. Use 6 drops of Lemon oil, 6 drops of Purification oil in a squirt bottle mixed with distilled water to use in the bathroom as an air freshener.
25. Use 1-2 drops of Lemon oil to remove gum, oil, grease spots or crayon. ;
26. Use 1 drop of Lemon oil to add flavor to baked goods or beverages.
27. For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 tablespoons of honey and two cups of pure water. Adjust the amount of each ingredient to suit your own taste.
28. Rub a drop of Lemon oil on a corn, callous or bunion mornings and evenings.
29. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
30. Add 2-3 drops of Lemon oil to water and spray counter tops to sterilize them.
31. Soak your dishcloth overnight in a bowl of water and a drop of Lemon oil to disinfect and kill germs.
32. Add a drop of Lemon oil to your dishwasher before the wash cycle.
33. Rub a drop of Lemon oil on your hands after using a public bathroom. "
34. Use a paper towel soaked with several drops of Lemon oil to sanitize bathroom fixtures.
35. Place a drop of Lemon oil on cold sores, herpes or other mouth ulcers to lessen pain and aid in healing.
36. Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction. .
37. Put a drop on oily skin or acne to balance sebaceous glands (oil glands).
38. Rub several drops of Lemon oil on cellulite to improve circulation and help eliminate waste from the cells.
39. Rub two drops of Lemon oil topically to clear athlete's foot.
40. Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins. ;
41. Rub a drop of Lemon oil on a wart morning and night until it disappears.
42. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces- "
43. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leaves a fresh smell in the room.

PEPPERMINT: (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals. Peppermint is grown and distilled at Young Living Farms.

44. Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
45. Add a drop of Peppermint oil to herbal tea to aid in digestion

- and relieve heartburn
46. Massage several drops of Peppermint oil on the area of injury to reduce inflammation.
 47. Apply Peppermint oil immediately to an injured area (bruised shin, hit on the foot or hand) to relieve pain. If there is a cut, apply oil around (not on) the open wound.
 48. Rub several drops of Peppermint oil on the bottoms of the feet to reduce fever.
 49. Apply a drop of Peppermint oil topically on unbroken skin to stop itching.
 50. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Mixing Oil.
 51. Inhale Peppermint oil before and during a workout to boost your mood and reduce fatigue.
 52. Massage several drops of Peppermint oil on the abdomen to relieve nausea.
 53. To relieve a headache, rub a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
 54. To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck).
 55. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
 56. Diffuse Peppermint oil in the room while studying to improve concentration and accuracy. Inhale Peppermint oil, when taking a test, to improve recall.
 57. Rub 4 drops of Peppermint oil on chest and stomach to relieve travel sickness.
 58. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
 59. Add Peppermint oil to food as a flavoring and a preservative.
 60. To deter rats, mice, ants or cockroaches, place two drops of Peppermint oil on a cotton ball and along the path or point of entry for these pests.
 61. Mix one 15 ml. bottle of Peppermint oil into a 5 gallon can of paint to dispel the fumes.
 62. Place a couple of drops of Peppermint oil in a cup of hot water and enjoy in place of coffee.
 63. To kill aphids, add 4-5 drops of Peppermint oil to 4 ounces of water and spray the plants.
 64. Drink a drop of Peppermint oil mixed in a glass of cold water to cool off on a hot day.
 65. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
 66. Place a drop of Peppermint oil on the tongue to stop bad breath.
 67. Inhale the fragrance of Peppermint oil to curb the appetite, lessen the impulse to overeat.
 68. Remove ticks by applying a drop of Peppermint oil on a cotton swab and swabbing the tick. Wait for it to unhedge its head and remove from your pet.
 69. Mix Peppermint oil in a footbath to relieve sore feet. Keep water agitated while soaking feet.
- JOY:** *An exotic, luxurious blend of Lemon (Citrus limon), mandarin (Citrus reticulata), bergamot (Citrus bergamia), ylang ylang (Cananga odorata), rose (Rosa damascena), rosewood (Aniba rosaeodora), geranium (Pelargonium graveolens), palmarosa (Cymbopogon martinii), Roman chamomile (Chamaemelum nobile), and jasmine (Jasminum officinale) that produces an uplifting magnetic energy and brings joy to the heart. When worn as a cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.*
70. Rub a drop of Joy oil over the heart and on the bottom of each foot to relieve feelings of frustration or depression.
 71. Put a drop of Joy oil on the tip of the nose to uplift your mood.
 72. Wear a drop of Joy oil behind each ear as a perfume.
 73. Rub a drop of Joy oil between your palms then spread over the face and neck after shaving.
 74. Rub two drops of Joy oil on areas of the body with poor circulation to improve blood flow.
 75. Rub two drops of Joy oil on the armpit area to use for a

deodorant.

76. Rub two drops of Joy oil on the heart and feet to increase libido.
77. Sprinkle a few drops of Joy oil into potpourri to improve the fragrance.

PANAWAY: *A blend of wintergreen (Gaultheria procumbens), which has an active constituent similar to cortisone; clove (Syzygium aromaticum), which contains eugenol, used by dentists to numb gums; peppermint (Mentha piperita), which is calming for nerves; and helichrysum (Helichrysum italicum), which is soothing for localized discomfort. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.*

78. Apply PanAway oil topically on an injured area to reduce inflammation and bruising.
79. Apply PanAway oil topically to sore muscles after exercising.
80. Rub a drop of PanAway oil on the temples, forehead, back of the neck to relieve a headache.
81. Mix PanAway oil with massage oil and massage on location to stop growing pains.
82. Rub 1-2 drops of PanAway on arthritic hands to lessen pain.
83. Rub 2-3 drops of PanAway oil at the base of the spine to relieve sciatic pain.
84. For arthritic pets, massage PanAway oil diluted with V-6 Vegetable on location or a drop in the food.

PEACE & CALMING: *A gentle, fragrant blend of Tangerine (Citrus nobilis), orange (Citrus sinensis), ylang ylang (Cananga odorata), patchouly (Pogostemon cablin) and blue tansy (Tanacetum annuum) specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.*

85. Rub 1-2 drops of Peace & Calming oil on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
86. Diffuse Peace & Calming oil in the room to calm overactive or hard to manage children.
87. Mix Peace & Calming oil with massage oil for a relaxing massage.
88. Put Peace & Calming oil mixed with Bath Gel Base in warm water for a relaxing bath.
89. To help stop nocturnal teeth grinding, diffuse Peace & Calming oil while sleeping

PURIFICATION: *An antiseptic blend of Citronella (Cymbopogon nardus), lemongrass (Cymbopogon flexuosus), rosemary (Rosmarinus officinalis), melaleuca (Melaleuca alternifolia), lavender (Lavandula hybrida) and myrtle (Myrtus communis) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors*

90. Diffuse Purification oil to clean the air and neutralize foul or stale odors
91. Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area
92. While traveling, inhale Purification oil during flights to protect yourself from pathogens found in the recirculated air
93. Put a drop of Purification oil on insect bites to cleanse and stop the itching
94. Apply a drop of Purification oil on blemishes to clear the skin
95. Rub a drop of Purification oil on the outside of a sore throat when it is first beginning
96. Rub a drop of Purification oil on a blister to cleanse and disinfect
97. Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors
98. Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air
99. Dilute Purification oil with V-6 Vegetable Mixing Oil, swab the nasal cavity to ward off the flu
100. Spritz several drops of Purification oil mixed with water to repel insects
101. Apply Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs