



## Greetings!

I have just returned from convention and once again am awed by this company, its products and its commitment to excellence!

New products introduced at convention:

### **INNER DEFENSE™**

#### **Total System Protection**

Item No. 3295 30 softgels

Whsl: \$23.75 / Pref. Cust. \$27.50 / Retail \$31.25 / PV 23.70

*Young Living's Inner Defense softgels* contain potent essential oils including oregano, thyme, and Thieves®. Designed to support well-being, Inner Defense strengthens the immune system, protects bioterrain, and energizes systemic defense.\*

- Creates an unfriendly terrain for yeast and fungus\*
- Promotes healthy respiratory function\*
- Rich in thymol, carvacrol, and eugenol for immune support\*

### **LIFE 5™**

#### **Hi-Potency Probiotic**

Item No. 3099 30 capsules

Whsl: \$24.75 / Pref. Cust. \$28.66 / Retail \$32.57 / PV 24.75

*Life 5* builds and restores core intestinal health by providing a daily boost of five clinically proven and advanced probiotics (meaning "for life").\* This includes three of the most health-promoting super strains ever prepared in a supplement.

- Provides greater energy\*
- Supports improved immunity\*
- Promotes intestinal health\*

### **TRUE SOURCE™**

#### **Daily Whole Food Multi-Nutrient**

Item No. 3502 90 capsules

Whsl: \$34.75 / Pref. Cust. \$40.24 / Retail \$45.72 / PV 34.75



*True Source* utilizes nutrient-dense super fruits, vegetables, and other plants to offer a full spectrum of bioactive vitamins, minerals, antioxidants, and phytonutrients in their whole synergistic glory.

- Protects vision, heart health, and youthfulness\*
- Builds strength and confidence\*
- Energizes the body and stimulates the immune system\*

### **THIEVES® WATERLESS HAND PURIFIER**

Item No. 3621 1 oz.

Whsl: \$5.00 / Pref. Cust. \$5.79 / Retail \$6.58 / PV 5

Item No. 3622 3 pk

Whsl: \$12.75 / Pref. Cust. \$14.76 / Retail \$16.78 / PV 12.75

As an all-natural product, *Thieves Waterless Hand Purifier* promotes good hygiene by cleaning and refreshing the hands without the use of water any time, anywhere.

- Contains Thieves essential oil blend, which purifies long after application
- Made with active skin-moisturizing ingredients including natural aloe and vegetable glycerin

And NEW AUTOSHIP packages have been introduced including these fabulous products. For more details on these new products, please see the Young Living website, or contact me at [mhardy@allegan.net](mailto:mhardy@allegan.net), or (269) 673-4849

# Using Essential Oils Internally to Promote Health and to Stop Pain and Infection

Rev. Mary Hardy, Ph.D.



When a person has a chronic infection that has lasted for years, the proper way to go after this infection is by taking capsules of essential oils internally. We have to move the infection. Since it is internal, we have to use the oils internally. Let's say you had a spider bite and the infection has been present for a long time. When you start taking the essential oil capsules internally, the infection can go one of two ways. It can either start oozing and seeping out, or it can go internally and allow the liver to manage it. The signs of healing are that the wound will either start seeping, or it will dry up and finally heal. When you have an infection like this, it is whole body or systemic. By using the oils internally, the natural defense system will start to go into action and the infection will be healed from the inside out.

The Essential Oil Desk Reference has many formulas for internal capsules. A couple that I like especially for infection are: 1. 12 drops Thieves, 6 drops Oregano, and 2 drops Frankincense. 2. 10 drops Lemon, 8 drops Mountain Savory, and 3 drops of Oregano. By taking capsules of these every two hours until the condition changes, the body will start to eliminate the infection. After healing starts, the first law is - never repeat the remedy until the symptoms come back. In the case of infection, there is usually pain. When you feel the pain, take the remedy. This will determine how often you take the remedy.

In my case, I recently had bladder repair. For many years I lived with a minor bladder infection since my bladder would not empty completely. Thirty years ago, my father, Dr. James Mahan, MD, suggested that I should have my uterus removed and that the supports from my uterus be used to hold up my bladder. He sent me to one of the top specialist in the area, and this specialist confirmed my father's diagnosis. My reaction was that I was too young for this type of surgery. So for 30 years I have been struggling with a chronic bladder infection. Because of this and other complications, I quit teaching school and studied natural medicine, and earned a degree in Nutrition and Homeopathy from the

Missouri College of Naturopathic Physicians. I have spent years trying to heal this condition without the surgery.

But then my friend Julie Chertow told me about her uterine surgery to remove a huge fibroid tumor in her uterus. Here is her testimony:

*First of all, I want to acknowledge Gary Young who formulated this very powerful formula. And for his never ending compassion, tenacity and steadfastness to bring us all his love, care and wisdom.*

*I have been diligently trying for a couple years to shrink or dissolve a fibroid tumor I have had in my uterus. Somehow it just kept wanting to grow and grow. So it got to a point that it was dangerously getting too big and I needed to have it surgically removed.*

*So, just last week, on Feb. 13th, 2007, I went into the hospital to have a hysterectomy surgery. As we all know, they told me to absolutely have nothing not even water from 12:00 midnight the night before. Well, I had to follow my wisdom and knowledge and so I did what Gary was doing with the pre-surgery patients in Ecuador and took the pain formula 1/2 hour before going to the hospital and then I took 20 drops of Helichrysum and 20 drops of Cistus oil in capsules with just a sip of water about 45 minutes prior to going into surgery. We were taught that this would help with any excessive bleeding during surgery along with helping support loss of white blood cells. Well, after all was said and done, my doctor said to me, "I do not understand, you hardly bled at all, this is so unusual." It worked!! Right when I came out of the recover room, I had written out instructions for my friends to immediately make me capsules of the pain formula:*

*20 drops Valerian, 20 drops Vetiver, 10 drops Helichrysum, 5 drops Clove, 5 drops Peppermint, 10 drops Idaho Balsam Fir.*

Because of Julie's testimonial, I decided to talk to a surgeon about my bladder repair. I demanded that she do the exact same surgery that my father had recommended so long ago. I told her to do the

bladder repair only. She agreed, although, like most surgeons, her original idea was to remove everything, like ovaries, appendix, gall bladder, etc.

This surgeon was a D.O. I went to a D.O. because they seem to be more lenient and receptive to this type of request. She agreed to allow me to use the oils after surgery. In fact, she was interested in seeing what the results would be during and after surgery. So on August 20, 2007, I went to the hospital with my RN friend, Dee Crill, who used to be one of my father's scrub nurses. I chose her because of her knowledge of the oils and she could help me with the oils in recovery. In fact, my doctor ordered the use of oils during recovery, so there were no complaints about the smell in the hospital. One mistake I made was that I told the anesthesiologist that I had taken capsules of cistus and helichrysum before coming into the hospital, so they delayed my surgery because they thought I would burp up the oil during surgery.

I used the same pain formula that Julie used: 20 drops Valerian, 20 drops Vetiver, 10 drops Helichrysum, 5 drops Clove, 5 drops Peppermint, 10 drops Idaho Balsam Fir. This formula cannot be pre-made into capsules because the capsules will dissolve and you will have a pocketful of oils! In my surgery, I had it made up into a one ounce dropper bottle that I could put into the capsules whenever I need it. This way I could get up in the middle of the night without anyone knowing what I was doing. The nurses were surprised that I asked for no pain meds!

Since I had no morphine or other drug therapy for the pain, my doctor allowed me to drive less than a week after surgery, if I promised to take it easy. She also said it was okay for me to fly 2 weeks after surgery, so I could attend convention.

Since I had a chronic illness, a bladder infection, I had to start taking the antibiotic formula, and I discovered that within a week, the pain was due more to infection than to the cut nerves. So whenever I began to have pain, I took either the pain formula or the infection formula. The way one knows when to take the oil capsule is when the pain starts to come back. As for the scar, I mainly used onycha oil (from the Twelves Oils of Scripture collection) and Animal Scents ointment, and I also used Frankincense and Myrrh on the scar.

Putting the oils in capsules can be very effective for many reasons. Last year my husband Dean had

open heart surgery. After surgery, the doctors wanted him to take water pills, which deplete all your minerals, but does eliminate swelling. For years, I had been using an oil formula to eliminate edema, or swelling, in the body. It is 10 drops tangerine, 5 drops Juniper, and 5 drops Cypress. At first, I would just use the oil on his feet and pulse it in on a daily basis. That is the technique of holding the right hand to the right foot and the left hand to the left foot and holding until you feel an even pulse. When the swelling totally disappeared, I started putting the oils into capsules and took his water pills away. The bad thing about water pills is that they remove all of the minerals in the body as well as the edema. For a whole year I have been able to maintain this problem for Dean by using tangerine, juniper and cypress capsules.

Since my surgery, I am going to explore many conditions, such as high cholesterol and high blood pressure, to see if we can put formulas together into capsules to reduce these problems.

Young Living has put together a wonderful program called "Restore Your Core," which is a must for anyone who wishes to use oil therapy along with healing chronic diseases. In many testimonials, the Ningxia Red helps to reduce cholesterol and other diseases and abnormalities. The Balance Complete helps to rebuild the flora in the bowel from all the excessive use of antibiotics. At convention we learned of two new products: Inner Defense and Life 5. These new products will help rebuild the flora within the bowel. The other products in the Restore your Core are the Omega Blue and the Longevity capsules. The Omega Blue is a necessity because a large percentage of your brain and the coverings of your nerves are made of essential fatty acids. Without these, you can have memory loss, nerve pain and arthritis. Longevity is a capsule filled with the essential oils that gobble up poisons in the body. Without suspecting it, most of us have been taking internal oil defense without even realizing where Gary has been leading us in the past couple of years. Since my surgery, I totally plan on putting together oil formulas to take internally. We have an abundance of these formulas in the new 4th edition of the Essential Oils Desk Reference, which is available through Essential Science Publishing.

[www.essentialscience.net](http://www.essentialscience.net). (800) 336-6308

Greetings From Your Upline!  
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New Products Introduced at Convention.

Information on the Wonderful

Stop Pain and Infection. Also

To Promote Health and to

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