

# Healthy Living

With Young Living  
Essential Oils

**Giving Back with Generous Donations** - The new Chongon School in Guayaquil, Ecuador, a D. Gary Young Foundation project, is nearly complete. The building is finished and landscaping for the new soccer field is being laid. Gary and Mary Young have been working around the clock to get the school ready in time. Mary explains, "The children are so excited! They have never had anything like this before. They show up to school every day in freshly-pressed clothes, so eager to learn, and now they have the facility that matches their enthusiasm!"

More than just the structure, they can't wait to dive in to their new curriculum! In addition to traditional subjects, for the first time ever these children will learn:

- **Health:** The children will enjoy weekly health classes taught by the doctors from the clinic!
- **Hands-on farming:** Gary will teach the basics and help the children cultivate their own garden!
- **How to raise chickens and cows:** The children will learn invaluable skills that will last a lifetime!
- **Practical knowledge:** The children will learn how to apply what they are taught in the classroom to everyday life!

Through the D. Gary Young Foundation and generous donations from Young Living Essential Oils and their many distributors and other contributors this dream came true. The old one-room schoolhouse was overcrowded with children and situated right next to a busy dusty road. The children would choke on the dust stirred up by the large vehicles driving by. Children of all ages were taught in this one-room schoolhouse with little quiet study time. With everyone's generous donations, this wonderful state of the art school was built for the children of the future.



*"Until man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favor compared with the products of nature, the living cell of the plant, the final result of the rays of the sun, the mother of all life."*

*Thomas Edison*



## Lemon Essential Oil

Did you know that lemon oil contains 68 percent of d-limonene, a powerful antioxidant?

Lemon oil boasts the ability to enhance clarity of thought, improve circulation, and boost the immune system.

One or two drops of lemon oil will remove gum, oil, grease spots, glue or adhesive and crayon from most surfaces.

Place a drop of lemon oil on oily skin or blemishes to help balance oil glands and minimize oil production.

Soothe or prevent corns, calluses or bunions by rubbing lemon oil on the affected area morning and evening.

Massage lemon oil into cellulite to help improve circulation and eliminate waste from the cells.

## Join Our Young Living Family



*Start Enjoying Young*

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Join our Young Living family and enjoy the health benefits of pure, therapeutic-grade essential oils! Young Living makes it easy to do.

There are three ways to join:

1 – As a retail customer and order at retail pricing

2 – As a preferred customer, order \$50 USD per month and get a discount from retail pricing.

3 – As a wholesale buyer/distributor you can enjoy essential oil products at wholesale pricing. Becoming a wholesale buyer is easy. Sign up as a wholesale buyer/distributor with the purchase of a Start Living Kit (kits start at \$40.00) and your only obligation to retain your membership is to purchase only \$50.00 of Young Living products per year! That's it! No yearly membership fees!

With your Start Living Kit you will receive Start Living Brochure, 50% off coupon for the state of the art diffuser, Essential Rewards, Restore Your Core, 5-Day Nutritive Cleanse, Thieves, Everyday Oil brochures, Essential Oils User's and product guide, price list, DVDs, and much more. You choose which Start Living kit with essential oils or nutritional supplements. It's your choice!

# Spring Clean Your House and Your Body!

Spring time is a great time to clean both your house and your body. Cleansing and removing toxins from your body is important and can help jump start your weight loss so you look your best in those summer clothes. Young Living offers wonderful products to cleanse your body and supplements to keep your body healthy.

A great way to start your cleanse is the Cleansing Trio™ Kit, product code 3115. Cleansing Trio™ Kit contains the products you need to begin improving your health through cleansing your system and eliminating waste by specifically supporting normal liver function.\* Augmented with herbs that are rich in vitamins, minerals, enzymes, amino acids, fiber, and essential oils, the Cleansing Trio will give you new energy and an improved sense of well-being. Kit includes: Essentialzyme, ComforTone, and ICP.

Your intestines get waste build up just like the pipes in your home. Like pipes in your home, the intestines must be cleaned so they function properly. Built up waste in your intestines prohibits your body from absorbing the essential vitamins your body needs for optimal healthy and contain unfriendly bacteria which can cause infection. Keeps your pipes clean and your body healthy!

Another great cleanse is the 5-Day Nutritive Cleanse™ which facilitates gentle and effective cleansing to improve overall health and well-being. A minimum of four, easy cleanses a year with the 5-Day Nutritive Cleanse and continued nutritional maintenance will help balance the extremes of the modern diet.

Modern diets have degenerated into high calories, low-to-no nutrients, very little fiber, and dangerously high levels of sweeteners. These quickly digested “foods” flood the bloodstream, causing insulin levels to soar. High levels of insulin are associated with increased inflammation. Recent research indicates that inflammation is at the root of all chronic diseases. Excess blood sugar and insulin surges eventually lead to chronic problems like diabetes and cardiovascular damage. In addition, high blood sugar and insulin often play a pivotal role in the following problems: hypertension and kidney damage, weak and brittle vessels and veins, and a number of serious chronic illnesses such as diabetes, cancer, and Alzheimer’s disease. One noticeable symptom of excessive insulin and high blood sugar is abdominal obesity. About two-thirds of American adults are overweight and one third is clinically obese. This condition also increases your risk for heart disease, cholesterol imbalance, cancer, female infertility, and gallstones.

Excess insulin and high blood sugar create a vicious cycle. You crave simple carbohydrates because they enter the blood quickly. Then, a surplus of insulin is produced which causes more hunger. In response to hunger, you eat more. Overeating causes more body fat to accumulate *and* it activates more insulin. This merry-go-round of insulin spikes leaves you tired, hungry, and unfocused.



## Frankincense

**Frankincense** has been used for centuries as physical, emotional & spiritual medicine. Historically prized more valuable than gold, for enhancing all aspects of our lives, **Frankincense** is considered to increase abundance for all who wear it.

**Frankincense** powerfully strengthens life force energy, enhances & balances brain function, relieving depression & dementia. It increases emotional stability & spiritual connection and an excellent anti-inflammatory & immune system balancer and great for auto immune disorders.

**Frankincense** has been scientifically proven to be over 99% effective against cancer and tumors.

**Frankincense** has also proven effective in releasing negative encodement in our DNA removing inherited disease patterns.

\*Please refer to the Essential Oil Desk Reference for research articles.

NatureEssentialOilsOnLine.com

Diane Baana & BJ Rylander

Email:  
blessings@NaturesEssentialOilsOnLine.com

Distributor/Sponsor #  
988544(Diane) and 970884 (BJ)

Other Websites  
[www.secretsofmothernature.com/dbaana](http://www.secretsofmothernature.com/dbaana)  
<http://wellness.younglivingworld.com>  
[www.youngliving.com](http://www.youngliving.com)

## Young Living Frankincense used in Promising Study

Young Living's frankincense essential oil was recently featured in an [independent study](#)\* from BioMed Central. The study results are available at:  
<http://www.biomedcentral.com/content/pdf/1472-6882-9-6.pdf>

Researchers used Young Living Therapeutic Grade™ frankincense to test its reaction when exposed to certain types of cells. The results are encouraging, and will hopefully lead to further research and options for those suffering from various health issues. The findings were published online in the British Medical Council journal *Complementary and Alternative Medicine*.

\*By making this link available to users, Young Living is not endorsing the content of the link. Young Living provides this link for informational purposes only. Always follow the usage directions given on our labels.




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## Shower Gel

### Ingredients:

- 1/2 cup unscented Young Living shampoo or unscented Shower Gel
- 1/4 cup distilled water
- 3/4 teaspoon salt
- 15 drops fragrance oil **Harmony or Believe** Young Living essential oil blend or your choice of essential oil

Pour shampoo or shower gel into a bowl and add the water slowly so it doesn't create bubbles. Stir slowly until it is well mixed. Add the salt and fragrance and stir until well blended. Pour into a jar. Enjoy!