



Healthy Living

With Young Living
Essential Oils

**Give me health without wealth and I will create wealth;
Give me wealth without health and
I will consume my wealth to try to achieve health!**

Gary Young

Dr Gary Young Online

Young Living Essential Oils is excited to announce the launch of www.dgaryyoung.com. Read all about Young Living's founder and president, Gary Young, his various publications, and his many charitable endeavors. You can also watch several videos of Gary's travels and current work. Keep watching for new additions, which will include a photo library, blog, new videos, and personal messages from Gary.

If you are a distributor with a personal website, we encourage you to link to www.dgaryyoung.com. Take advantage of this newest resource as you continue your journey to a life of wellness, purpose, and abundance!

Visit the New and Improved NingXia Red Website

If you haven't been to ningxiared.com recently, you're missing out! This newly redesigned and updated site features information about NingXia Red, the wolfberry, distributor stories, and many more exciting features. Take advantage of this great new resource as you continue to serve as a steward of nature's living energy.

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Ultrasonic Diffuser!

The Ultrasonic diffuser is an essential oil atomizer that can diffuse any essential oil. Young Living's Ultrasonic Diffuser atomizes cold water and essential oils, breaking up molecules into a microscopic mist. This new model offers a deeper well enabling longer more continuous diffusing without frequent refilling. Other unique features include a timer, with five different cycle option; a soothing light system guaranteed

to set a calming mood in any room in your home; and three different diffusion rates for easy saturation control, all of which are unique to Young Living. The Ultrasonic Diffuser includes 1 lavender essential oil (5ml) and 1 Citrus Fresh essential oil (5ml).

Available for half off to new Distributors/Wholesale buyers!

"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

Negative & Positive Ions

Negative Ion Oils:

Oils that ionize negatively when diffused include: bergamot, cedarwood, citronella, eucalyptus, grapefruit, lavandin, lavender, lemon, lemongrass, mandarin, orange, patchouli, & sandalwood.

Positive Ion Oils:

Oils that ionize positively when diffused into the air include: clove, cypress, eucalyptus, frankincense, helichrysum, juniper, marjoram, melaleuca (quinquenervia), pine, ravensara, rosemary, and thyme.

About Diffusing.....

The greatest therapeutic benefit is received by diffusing oils for only 10 minutes an hour so that the olfactory system has time to recover before receiving more oils.

Oils for Air Purification Diffusing essential oil is one of the best ways to purify our environment. The anti-viral, anti-bacterial, and antiseptic properties of the oils, along with the negative ions and oxygenating molecules that are released when essential oils are diffused, help to reduce chemicals, bacteria, and metallics in the air. Cinnamon bark, mountain savory, oregano, and Thieves were all tested by Weber State University and were shown to kill 99.96% of the airborne bacteria present when diffused into the atmosphere (*from the Reference Guide for Essential Oils by Connie & Alan Higley, and from KID-Radio broadcast, March 5, 1996 with Lance Richardson & Gary Young*).

Negative Ions are produced naturally by wind and rain. They help stimulate the parasympathetic nervous system which controls rest, relaxation, digestion, and sleep. If you live in a stressful environment, or one full of electronic equipment (which produce positive ions), diffusing of negatively ionizing oils can help balance the ions in the air and produce a more stress free environment.

Positive Ions are produced by electronic equipment and are typically found in man-made environments. They help stimulate the sympathetic nervous system, necessary for recovering, strengthening, and energizing. If you live in an environment with over-abundance of negative ions, such as in the country or by the ocean, you may benefit greatly by diffusing positively ionizing oils.

Let yourself be free of the bondage; be free to experience life!

Lose Weight the Healthy Way!

Springtime is in the air and most of us are now trying to lose those winter pounds that we accumulated over the last few months. But to successfully lose weight and keep those pounds off, you must understand how your body works, what a healthy diet is, and what to do to prevent those pounds from returning to your body.

What is your metabolism? It is our body's process in which we convert the food we consume to our body's energy. Metabolism is also described as "how fast your body's motor is running". Another way to think of metabolism is our body's ability to burn the fuel in the most efficiently to burn more calories faster.

Almost 75% of our body's calories are expended in normal body functions like breathing, the pumping of the heart, basic muscle control and brain functions. So, it is important to boost your metabolism. Below are just some methods you can easily do to boost your metabolism.

1. Drink plenty of water. How much? Take your body weight and divide by two. That is the number of ounces you should be drinking daily.
2. Start your morning with ½ lemon squeezed into a cup of warm water. You can add Agave to sweeten it up if you like. At night your body detoxifies and in the morning your body is very acidic. Lemon will bring your body back to the alkaline state.
3. Add one of Young Living's citrus essential oils to your daily water intake. Lemon oil is my favorite. Not only will it flavor the water but it will help keep your body alkaline, and drinking lots of lemon water will help you from getting that hungry feeling.
4. Don't starve yourself!
 - a. Always eat a healthy breakfast of complex carbohydrates that will fuel your metabolism. If you skip breakfast, your body thinks you are starving and as a protective mechanism, your body will slow down your metabolism, thus slowing the burning of calories.
 - b. Eat enough calories so your body doesn't feel like it is starving and won't burn your fat.
 - c. Eat smaller meals instead of three large meals. Again if your body thinks you are starving, it will store fat.
 - d. Snack on fresh vegetables and fruit. Many are high in fiber which will keep you full.
 - e. Eat a smaller evening meal and eat at least four hours before you retire to bed.
5. Reduce your animal fat intake which is hard to process.
6. Avoid sugar or all types of corn syrup! Use Stevia or Agave.
7. Avoid any type of alcohol! Our bodies were never designed for alcohol consumption. This is why we get high from alcohol and get headaches and feel sluggish the day after. Alcohol will slow your metabolism and actually will increase your appetite.
8. Increase your exercise. Find the activities that you enjoy and do one of them every day for at least 30 minutes. The more activities we engage in the faster we will burn those calories.
9. Don't expect to lose weight fast! To lose and keep weight off you need to lose it at a healthy pace which is about 1-4 pounds depending on your body type. Some people can naturally lose weight faster than others.



YL Products for Weight Loss

Young Living's 5 Day Nutritive Cleanse is an excellent way to jumpstart your new get fit lifestyle! *You're never too old or too out of shape to improve your quality of life.*

- Replace one meal with Young Living Balance Complete – The daily superfood energizer & nutritive cleanse! Add a couple of scoops to juice and ice and blend for a delicious icy malt blend.
- Use Lemon, Orange or Grapefruit oils in your water. It will not only flavor it but has health benefits also.
- Use Agave and Stevia for your sweet tooth alternative. It does not spike your blood sugar!
- Don't forget to smell essential oils for appetite control! Peppermint and Spearmint are good choices!

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www.secretsofmothernature.com/dbaana

<http://wellness.younglivingworld.com>

Young Living Essential Oils
 Naturally for your health
 and wellness

Forest Air Freshening Blend

Mix together:

Spruce - 50 drops

Lavender - 25 drops

Eucalyptus - 25 drops

Cedarwood - 20 drops

Add blend to diffuser and diffuse for a forest fresh scent!

Recipe adapted from 500 Formulas for Aromatherapy by Carol & David Schiller, ©1994

Relaxation

This blend is for relaxation and stress relief. It will induce a deep relaxation of the tissues, muscles and joints, and re-establish a good energy balance. Blend the following essential oils into one ounce of carrier oil of your choice. Massage as desired. May also be used for bath oil.

3 drops Lavender

3 drops Tangerine

3 drops Marjoram

1 drop Chamomile

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