

Healthy Living



With Young Living Essential Oils

Surviving the Holidays Stress Free!

Here are some easy things you can do to keep yourself and your family stress free and healthy this holiday season.

Stress Free Tips:

- Get plenty of sleep. If you have problems sleeping, use Peace and Calming oil blend on your feet or Stress Away Roll On or Tranquil Roll On in the back of your neck.
- Avoid sugar and white flour goods. These cause havoc with your immune system and will put stress on your mind and body. Drink NingXia Red daily to combat all of those unhealthy goodies that you can't resist.
- Keep it Simple - Remember it's better to be together with family and friends with a simple meal than to be stressed out preparing an elaborate meal. See our simple recipes for ideas on holiday foods.
- Stressed that you don't have enough time to shop? – Easy! Go online and order healthy Young Living products or make simple gifts like we have in this issue. Everyone will love your thoughtfulness and will really appreciate your gift. Here are a few stress free gift ideas that everyone will love:
 - **RutaVaLa Roll-On™ Essential Oil Blend** is a proprietary blend of *Ruta graveolens* (rue), lavender, and valerian essential oils that promotes relaxation of the body and mind, soothes stressed nerves, and induces sleep.
 - **Stress Away Roll-On™ Essential Oil Blend** is the perfect on-the-go natural solution to combat normal stresses that creep into everyday life. This unique blend of vanilla, lime, and other essential oils makes relieving daily stress convenient and easy. Just roll the stress away!

“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

Simple, Delicious Recipes for Your Holidays

Healthy Recipes from Snacks to Dessert

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### **Healthy Snack Veggie Pizzas**

Pizza crust of your choice (10-12")                      8-10 oz. Fat free cream cheese  
1 T. olive oil                                                      2 drops Young Living Basil essential oil  
Chopped vegetables – suggestions: onion, celery, carrots, broccoli, cauliflower, cherry tomatoes

Bake pizza crust and cool. Mix cream cheese, olive oil, and Young Living essential oil thoroughly. The olive oil helps mix and spread the cream cheese easier. Spread cheese mixture on crust. Add chopped vegetables on top of cheese mixture and cut in small pieces. – Refrigerate leftovers. Note: You can substitute Dill oil for Basil if you wish.

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Avocado Basil Dip

8 oz. fat free cream cheese 2 t. Agave
1-2 drops Young Living basil oil 2 T. chopped onion
8 oz. guacamole or 4-5 avocados Chives (chopped)

Mix cheese, chives and onions. Add guacamole (if using fresh avocados, cream in blender until smooth). Mix in Agave and basil. Serve with chips. Refrigerate leftovers.

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### **Snack Open Faced Sandwiches**

Small bread slices or snack bread slices                      8-10 oz. fat free cream cheese  
1 T. Olive oil                                                              2 drops of Young Living Dill essential oil  
Cucumber slices                                                              Thinly sliced tomatoes

Optional sandwich toppers: Cherry tomatoes sliced in half or olives sliced in half

Mix cream cheese, olive oil, and dill essential oil thoroughly. Spread cheese on bread slices. Top the cheese with a slice of cucumber or tomato slice and top it off with either an olive or a cherry tomato. Refrigerate leftovers.

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Spiced Pecans

2 c. Pecan halves 2 T Olive Oil
2 T. Agave ½ t. cayenne pepper
½ t. ground cumin

Combine all ingredients and toss to coat completely. Spread evenly on a baking sheet and bake at 300 degrees for 10 minutes or until slightly brown. Stir occasionally so pecans won't burn. Add these pecans to your favorite salad or eat plain. **Put spiced Pecans in a pretty jar and wrap a ribbon around it for a nice gift to your friends or family.

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## Strawberry Salad with Strawberry Vinaigrette

1 cup strawberries, chopped  
2 T apple cider vinegar  
1 drop Young Living Basil essential oil (optional)

2 T. Olive oil  
2 T. Agave or Xylitol (Grind in coffee grinder.)

Blend all ingredients in a blender. Makes ½ cup. Refrigerate.

Romaine lettuce (torn)      Red Onions (sliced thin)      Sliced Strawberries  
Walnuts      Crumbled Goat or Blue Cheese

Mix above together and add Strawberry Vinaigrette dressing when ready to serve.

## Turkey with Fresh Cranberry Sauce

Heat oven to 475 degrees. Put turkey in oven for 20 minute at this high oven temperature. Reduce oven heat to 275 degrees and cook turkey for 20 minute per pound. Baste turkey with pure butter throughout the cooking time. This high heat cooking method will sear the turkey and keep the juices in the meat.

Another great way to cook turkey is to pour approximately two cups of white grape juice or white wine over the turkey and cook the turkey at 325 degrees for approximately 20 minutes per pound. The juice or wine will keep the juices in the turkey for leftovers.

**Fresh Cranberry Sauce** – One pound of organic fresh cranberries. Wash cranberries and put the cranberries and ¼ cup of water in a pot and cook cranberries over medium heat until they all pop. Add xylitol or stevia to taste. You can substitute orange juice for water and grate some orange peel in the cranberries for a cranberry/orange sauce.

## Roasted Rosemary Potatoes

Potatoes (approx. one per person)      One large onion  
Olive Oil      Rosemary (fresh or dried)  
Seasoned Salt and Pepper to taste.

Cut potatoes and onion in bite-size pieces. Spray cooking sheet with olive oil and place potatoes and onion pieces on the sheet. Spray olive oil over the potatoes and onions. Sprinkle rosemary and salt and pepper over potatoes. Bake for approximately 30-45 minutes at 375 degree oven.

## Gluten Free Delicious Quinoa Pudding

Quinoa is a grain-like seed, high in protein and fiber, low in fat and gluten-free. You can purchase it in the grain section of your health food store.

2/3 c. quinoa      1 1/3 c. water  
1 1/3 c. apple cider      1/2 c. raisins  
1/4 c. dried cranberries      2 T. lemon juice  
3/4 tsp. cinnamon      1/4 tsp. sea salt  
1 tsp. vanilla extract      1 T. chopped walnuts or pecans (optional)

Cook quinoa according to directions on package. When quinoa is cooked, add apple cider, raisins, cranberries, lemon juice, cinnamon, and salt. Cover and simmer an additional 15 minutes.

Remove from heat and stir in vanilla. Serve warm with kefir and Grade B maple syrup or 1 T. chopped pecans or walnuts on top (optional).

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## **Bananas & Chocolate = Perfect Duo for the Holidays**

**(Recipe by Swanson Foods)**

2 large eggs  
1/2 cup Swanson Fructose – I used powdered Xylitol. (Grind it in a coffee grinder.)  
2 egg whites  
1 tablespoon Swanson Coconut Oil  
3 tablespoons Swanson Organic Cocoa  
1/2 cup unbleached flour – I used brown rice flour  
1 can (15 ounces) Eden Foods Black Beans  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/8 teaspoon Swanson Himalayan Crystal Salt  
1 teaspoon vanilla  
1 cup Swanson Organic Walnuts, chopped  
1 large ripe banana, mashed

Place the rinsed black beans in a food processor and break them down. Pour the puree into a bowl and add the xylitol, eggs, coconut oil, vanilla and ripe banana. Mix well. Sift all the dry ingredients together and add to the mixture. You can add the walnuts at this time or save them to sprinkle on the top of the batter before baking. Pour mixture into a greased (I used coconut oil) 9x13 pan. Bake at 350° for approximately 40 minutes or until an inserted toothpick comes out clean. I baked them in a glass pan at 325 degrees for 35 minutes. Makes 40 brownies. Serving size is one brownie.

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## ***Simple Gift Ideas to Make at the Last Minute!***

### **Bookmarks--An inexpensive Gift Idea!**

Create a special bookmark by using special paper, fabric, ribbon or cord. Tie the ends of the fabric, ribbon or cord and you can add any bead or charm on an end for an added touch. Place one drop of your favorite essential oil on the bookmark. Orange is great for kids. Peppermint and lemon is great for students because it helps them stay alert. Add a bottle of the essential oil so they can refresh their bookmark. Maybe use spice oils for a cookbook. The possibilities are endless.

### **Aromatherapy Body Powder**

Mix 1 cup Cornstarch and 1 Tablespoon Baking Soda in a jar with a tight fitting lid. Add 15-20 drops of your favorite Young Living essential oil. Shake well. Put in a dark glass container.

## **Spritzers**

Use 4 oz. of distilled water To make a facial mist, use 4-6 drops of essential oils per 4 oz. of distilled water. Use 10-20 drops per 4 oz. for a body spray and 30-40 drops per 4 oz. for a room spray.

## **Make easy personalized gift baskets**

Purchase a small basket and add crinkled tissue paper on the bottom of the basket. Add any of the following products to make the basket personalized to the person:

- A bath scrubbie
- A nice washcloth or wash mitt
- Add one of the hand-made gifts shown above to the gift basket.
- Include one or two of Young Living personal care products chosen especially for them.
- Give one or two Young Living essential oils along with hand written or typed notes on the healing properties of each of the oils and what the oils can be used for.
- Purchase small plastic containers and add animal scents to the plastic containers adding a note of the many uses of animal scents and how this product is great for humans and their pets.
- You can also add a small Higglee Essential Oil Guide book or a Essential Oil Desk Reference book to the basket to help the receiver review the uses of essential oils for health and wellness.

All of your friends and family will be delighted with the products and really appreciate your thoughtfulness in giving personalized gift baskets you created yourself. What a blessing to receive such a great thoughtful gift!

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Surviving the Holidays - Staying Healthy!

Immune Busting Tips: During this germ-filled season, here is a protocol for building your defense system and for fighting the cooties:

- Put one drop of thieves on each foot in the morning, before bed, or both. You can substitute clove oil every few days if you wish.
- Get your pH between 7.0 and 7.4. Squeeze ½ of a lemon in warm water and drink every morning and add Young Living lemon oil to water and drink all day long. Lemon helps to bring your body back to an alkaline state.
- Take an Inner Defense capsule in the morning when you feel you've been exposed to germs or if you feel "run down" or take them during the cold and flu season. Skip a day at least once or twice a week if you are taking them this way.
- Drink at least 1 oz. of NingXia Red. You can take it straight or mix with water for even better assimilation. Coming down with something? Increase the dosage.
- Drink LOTS of pure water--1/2 your body weight in ounces.
- Take Life 5 at night.
- Keep sugar and white flour consumption to the lowest level you can. Sugar is like poison to your immune system.
- Fortify with Super C, minerals, multigreens, and True Source.

- Take enzymes with your meals. If you have a high calorie, high sugar, or high carb meal, you might want to take more than one. Whenever you eat something you wish you wouldn't have eaten, take enzymes. Essentialzyme is a good multi-use choice.
- Use Thieves soap for washing your hands.
- Diffuse, diffuse, diffuse! Thieves, Purification, and Christmas Spirit are my favorites during cold and flu season, with Thieves being my No. 1 choice. BJR
- Carry a purse-size spray bottle with Thieves with pure water and spray in your mouth when you feel a sore throat coming on.
- Use Thieves waterless hand cleaner instead of the soap in the public bathrooms. Thieves is a natural antibacterial cleaner.

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## December Sales!!!



### Get a FREE 15 ml Frankincense!

From December 1–31, 2010, when you place an order of 225 PV\* or more you'll receive a 15 ml Frankincense Essential Oil absolutely free! *That's a \$91.78 retail value!*

Frankincense was well known during the time of Christ as a treatment for a range of ailments. In fact, it is mentioned in one of the oldest known medical records, Ebers Papyrus, which lists frankincense in hundreds of prescriptions and recipes. This “holy anointing oil” was valued more than gold during this time, and only those with great wealth and abundance possessed it.

Don't miss your chance to possess frankincense absolutely free!

#### Diffuse

In diffuser therapy, frankincense can be used for congestion and voice loss, as well as to calm the mind, reduce mental strain, and cultivate internal peace.

#### Blend

Frankincense can be blended with massage oil or diluted in the bath for circulatory support, respiratory support, exhaustion, and nightmares. It also has a good astringent effect on the skin; perks up older, more mature skin; and may assist the body in healing itself of wounds, sores, and ulcers.\*\*

#### Creams and Lotions

Frankincense can be added to a base cream or lotion to help with general skin tone and condition while reducing oily skin and rejuvenating more mature skin.

#### Offer Details:

- Offer valid 12:00 a.m. MST December 1, 2010, to 11:59 p.m. MST December 31, 2010.
- Limit one free 15 ml bottle of Frankincense Essential Oil per order.
- Offer valid on orders of 225 PV or more. Limit of five qualifying orders per promotion per month.
- PV minimum must be reached in a single order. Partial orders placed throughout the qualifying month cannot be combined in order to receive the promotional product(s).
- Offer available to Young Living Independent Distributors, preferred customers, and retail customers.
- Valid on phone, Essential Rewards, and web orders only.
- Offer does not apply to Essential Rewards point redemption orders.
- PV not earned for free product.
- Customer responsible for shipping costs associated with free product.
- Offer valid in the US and all NFR markets, except where restrictions prevent promotional product(s) from entering your country.



## 10% Off Golden Touch 1 Essential Oil Collection

Golden Touch 1™ contains seven essential oils that help support the body's natural defenses. It includes a 5 ml bottle of the following essential oil blends:

**Di-Gize™ Essential Oil:** A blend of pure tarragon, ginger, peppermint, and other essential oils that promote healthy digestion and soothe minor stomach discomfort.\*

**EndoFlex™ Essential Oil:** A blend of spearmint, geranium, and other pure essential oils that support the endocrine system and help maintain overall vitality.\*

**JuvaFlex™ Essential Oil:** A blend that is carefully formulated to provide support for the liver and digestive system.\*

**Melrose™ Essential Oil:** Combats minor skin irritations with its powerful cleansing properties.

**Raven™ Essential Oil:** A blend of peppermint, Eucalyptus radiata, and other essential oils. When applied topically, Raven is deeply soothing to the chest and throat.

**R.C.™ Essential Oil:** An invigorating blend of pure essential oils—including cypress, spruce, and three varieties of eucalyptus—that is comforting when applied to the chest and throat.

**Thieves® Essential Oil:** This proprietary blend combines rosemary, cinnamon, lemon, eucalyptus, and clove—all known for their clinically proven germ-fighting power.

Discounted pricing: Wholesale \$62.50 / Retail \$82.31 / PV 62.50

Offer Details:

- Offer valid 12:00 a.m. MST December 1, 2010, to 11:59 p.m. MST December 31, 2010.
- No limit per customer.
- Offer available to Young Living Independent Distributors, preferred customers, and retail customers.
- Valid on phone, Essential Rewards, and web orders only.
- Offer does not apply to [Essential Rewards](#) point redemption orders.
- Offer valid in the US and all NFR markets, except where restrictions prevent promotional product(s) from entering your country.

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Contact Diane Baana at 952-221-6690 (ID No. 988544) or BJ Rylander (ID No. 970884) at 218-948-2622 or butchbj@gctel.com or email us at Blessings@NaturesEssentialOilsOnline.com for more information.

You can order direct from Young Living at http://www.youngliving.com/en_US/index.html

If you are not a member yet, sign up as a independent distributor for wholesale pricing at <https://www.youngliving.com/signup/custType.faces>. As an independent distributor, you are only required to purchase \$50 PV each year to retain your wholesale pricing. That's it!!! It's simple to be a member of the Young Living family. You are not required to sell to anyone if you don't want to! Simple! Easy! Affordable! Economical! Amazing wellness products!

Merry Christmas and Happy New Year to Everyone!