



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

LEARN TO INVEST THE GREEN WAY

BY LINDA PENKALA, YL LEADER, EDUCATOR & MESSAGE THERAPIST

There are over 125 million people suffering from chronic disease in the U.S. today; all of them looking for answers to their affliction, many struggling to find a way out of the wilderness of our modern healthcare system.

As Young Living educators, we have the privilege and unique opportunity to extend our hands to those on the edge of the wilderness. By touching their lives in a manner that escorts them out of the wilderness, harmony, joy and radiant health can be restored. What an auspicious time to begin the journey toward healthy living!!

When we hear the word invest, our thoughts naturally go to money, time and energy. Let's consider investing in people; those who are committed to reclaiming their health. Investing in people – in their health and our health – is a viable plan for the future. At a time when there is so much to be unsure of in this economy, Young Living offers safe, predictable, and effective products for remedying what ails us.

Young Living is a solid investment and they prepare us with the finest cutting edge support materials and educational opportunities. They enhance and transform our lives with essential oil infused supplements, personal care products, and the know-how to use them, resulting in bountiful health and radiant vitality for all. This provides a foundation from which to share, teach, and witness the positive and wide reaching impact that quality therapeutic grade essential oils can have on the world.

As a former jockey, I compare this investment to another business experience – horse racing. In horse racing, there are claiming horses that can be bought for a set price after the starting gate opens and after the race begins. At the end of the the race, the trainer and groom take the horse they have claimed to their barn, and in a good trainer's hands, a transformation can begin over time. I have seen dull, listless, and sad racehorses change into shiny, healthy coats, with clear eyes and a happy attitude. This leads to improved races. It takes a sound diet, supplements, a new regime, as well as love and patience to turn a horse around. Just like this example of happier racehorses, the same can be said of Young Living distributors and friends who have learned to invest in themselves and others. Many beautiful benefits are obvious over time – physically, emotionally, spiritually, and financially.

Our Young Living Grand Convention continued this year in Salt Lake City, Utah, and excellent leaders, researchers, and teachers gathered, helping us learn as much as possible for the future of green, natural health. The focus this year was on the oil of **Frankincense – the Crown Jewel of oils.**

It would be an honor for more dedicated people to join our YL family to help spread the word of natural and holistic healing options for all from such a high integrity company such as Young Living. **Begin your own journey that will change your life and the lives of many others for years to come.**

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Thieves Wisdom Tips:



You consider yourself to be a conscientious person. You recycle as often as you can. You minimize your driving time around town because it is good for the environment. And you try to keep your home clean and your family safe from germs.

However, your typical household cleaning product can leave a strong chemical smell that can be hazardous to the health of you **and** your family.

Did you know that by using **Young Living Essential Oils** cleaning products in your kitchen and bath, you can be environmentally friendly and improve your health at the same time?

By using some basic ingredients found in **Thieves Household Cleaner**, you can start feeling better today. **Thieves essential oil blend** contains clove, lemon, cinnamon, eucalyptus and rosemary, all proven to kill germs and mold, and act as anti-bacterial agents.

For example, stock your kitchen with the following items: **Thieves Household Cleaner**, **Thieves essential oil blend** for odors and germs, **Melrose essential oil blend** for burns, **Thieves Spray** for surface cleaning, and **Citrus Fresh essential oil blend** for sponges and inside your dishwasher.

Hint: You can mix ½ cup of **Thieves Cleaner** in 32 oz. of water for general cleaning.

Leaders are Readers! A Winter Reading List

Excitotoxins, The Taste That Kills, by Russell Blaylock, M.D. - The damage caused by poisoning of the food chain with artificial sweeteners, especially to developing babies.

Dr. Mary's Monkey, by Edward T. Haslam - Documentary on the contamination of polio vaccines with cancer causing viruses and the resulting cover-ups / political intrigue.

Toxic Mold Rx, The Non-Toxic Solution To Toxic Mold, by Edward R. Close Ph.D.- Step-by-step methods of toxic mold abatement using Young Living's Thieves products.

Minerals for the Genetic Code, by Charles Walters - Exposition and analysis of the Dr. Olree standard genetic periodic chart & physical, chemical and biological connection.

My Body My Earth, The Practice of Somatic Archaeology, by Ruby Gibson, Th.M. - A must read for the explorers of mind body medicine, generational patterns and earth centered healing.

Heavy Duty Antibiotic Blend
Flu season is here! To protect yourself, put the following Young Living essential oils in a OO capsule. Take the 2 capsules 2-3 times a day, as needed. Drink plenty of water, eat well, and rest often!

10 drops Thieves
6 drops Oregano
2 drops Frankincense
2 drops Myrrh
4 drops Lemon
6 drops Melrose
2 drops Clove
10 drops Eucalyptus Radiata



HUNTINGTON'S CHOREA is a degenerative nerve disease that generally becomes manifest in middle age. It is marked by uncontrollable body movements, which are followed - and occasionally preceded - by mental deterioration.

NOTE: Huntington's Chorea should not be confused with Sydenham's chorea (often called St. Vitus Dance, chorea minor, or juvenile chorea) which affects children, especially females, usually appearing between the ages of 7 and 14. The jerking symptoms eventually disappear.

FIRST RECOMMENDATIONS:

Peppermint, Omega Blue Softgels, Power Meal, TruSource Multivitamins.

Other Single Oils: Juniper, basil

Other Blend: Aroma Siez

Nerve Blend: 2 drops peppermint
5 drops juniper
1 drop basil
3 drops Aroma Siez

EO Application Methods:

Inhalation:

Direct: 3 - 4 times daily

Diffusion: 30 minutes, 2-3 times daily

Topical:

Dilute: 50:50, 1-3 drops on brain reflex points on forehead, temples and mastoids (just behind ears). Use a direct pressure application, massaging 6-10 drops of diluted oil from the base of the skull down the neck and down the spine. Put a few drops of the oil on a loofah brush and rub along the spine vigorously (always use a natural bristle brush, since the oils may dissolve plastic bristles).

Raindrop Technique: 3 times a month

Dietary Supplementation: Sulfurzyme, MultiGreens, Power Meal, Super C, Super B Mega Cal, Omega Blue softgels, TruSource multivitamins.

Reference: Essential Oil Desk Reference, 4th Edition, compiled by Essential Science Publishing (now YL Wisdom), page 433 under the major heading of Neurological Diseases.

Flu Shot or Not?

by Carl Janicek, Dht, RMT

The public relations spin has begun for this season's "flu shot" marketing campaign, and chances are if you are breathing you've been you've been inundated with advertising couched as public interest news ... never mind the risks, especially to our most helpless and youngest citizens.

Most people today have not considered some well documented history, notably the flu pandemic of 1918 which came in three waves and lasted until 1920. Current estimates are that 50 to 100 million people died. This approximates the same number of deaths as all of WW II or the impact of European settling of North and South America and subsequent deaths of native indigenous populations.

The world was unprepared at that time for devastation

by a viral pandemic, and we may not be much better off today. There are some preparations that individual families can make that might be better than taking on the risk of unknown and potentially damaging artifacts of a flu vaccine.

Native Americans use elderberries and other plant medicines to deter illnesses that are known as viruses, and many wise grandmothers and mothers use them as extracts.

Another consideration is to use specific homeopathic viral nosodes which are prepared from the actual viral pathogen in specialized homeopathic pharmacies. Your local homeopath or natural health care practitioner may have access to these specific remedies. They work to protect you from getting an infection much like a vaccine, however unlike many vaccines they are non-toxic, very inexpensive (one bottle can treat dozens of people)

and are taken orally; no holes need be punched in your skin.

There is yet another even more interesting and ancient method of infection prevention by using the plant kingdom medicine of "Thieves oil." This aromatic oil formula, made by Young Living, and others have been used for thousands of years to protect from all kinds of infections. Essential oils similar to the Thieves blend were used by crooks during the Black Plague to successfully allow them to rob the sick, dying and dead. Hence the name Thieves oil. It is one of the most effective tools for killing viruses, bacteria and fungus in the world today and has been made into soaps, tooth paste, mouthwash, household cleaners, hand cleaners, and is diffused and worn as a sweet smelling essential oil.

For more information, visit us at www.medicinewheelconsultants.com

Cinnamon, Ginger and Onions Strongly Protect Us from Colds and Flu

by Melissa Sokulski, citizen journalist
November 8, 2010

(NaturalNews) In the fall as the weather gets cooler ailments tend to affect our Lungs in the form of coughs, sinus issues, colds and flu. In Traditional Chinese Medicine autumn relates to the metal element which corresponds to the Lungs. The taste that strengthens the Lungs is pungent: the spicy flavor of foods and spices like cinnamon, ginger and onions.

In traditional Chinese medical theory, when one gets sick with colds or flu it is thought that an external pathogen has invaded the system. Western medicine similarly holds that colds and flu are caused by bacteria or viruses. Each of the five tastes (sweet, salty, bitter, sour and pungent) has a specific action. The pungent taste has the action of pushing outward and dispersing unwanted "invaders" through the skin, as evidenced by sweating.

When coming down with a cold or flu the herb to take is actually a food: scallions. Known as the Chinese herb cong bai, scallions release the pathogen by inducing sweating. Simmer scallion or other onion along with garlic and ginger and drink the broth to keep a cold or flu from going deeper.

If a cold or flu has gone deeper and has affected the muscles, the herb of choice is cinnamon, known in Chinese as gui zhi. Cinnamon is warming and can help when the person is feeling weak especially if sweating does not help them feel better. In this case, cinnamon will warm, strengthen and increase immunity. **(Thieves oil blend!)**

Fresh ginger (sheng jiang) is also warm and releases the pathogen. Ginger is especially good if the person feels cold and is coughing. Similar to cinnamon, ginger strengthens the immunity for weaker people who are sweating without relief of symptoms.

A nice tea for the winter, especially when feeling chilled and recovering from a cold or flu, is made by simmering a couple of cinnamon sticks and sliced fresh ginger in water for at least 20 minutes, strain and drink as needed. **(Add a drop of Thieves!)**

If there are heat symptoms such as a sore throat or fever, switching to a cooler herb which still releases the pathogen is appropriate. One such herb is field mint, or bo he. Flowers such as chrysanthemum (ye ju hua), honeysuckle (jin yin hua), and dandelion (pu gong ying) mix well with mint to cool the body and release the pathogen. **(Peppermint!)**

One important note: herbs such as ginseng, astragalus and bee pollen also strengthen the immune system, but these herbs have a sweet taste and will actually strengthen pathogens. They are wonderful to take as prevention, but if you end up coming down with a cold or flu, stop taking them and switch to one of the above remedies. Once the illness has passed completely, it is safe to take the sweet strengthening herbs again.

References:

Bensky, Dan and Gamble, Andrew. Chinese Herbal Medicine, Materia Medica. Eastland Press, Seattle.
Pitchford, Paul. Healing with Whole Foods. North Atlantic Books. Berkeley, CA.
Shanghai College of Traditional Medicine. Acupuncture, A Comprehensive Text. Eastland Press. Seattle.

THE YOUNG LIVING FEELINGS KIT

There is more focus on emotional behavior and psychological conditions of the body now than at any time in our history. Many doctors are recognizing the possibility that a number of diseases are caused by emotional problems that link back to infancy and perhaps even to the womb. These emotional problems may have compromised our immune system or genetic structuring, causing children to be allergic to something that the mother ingested while pregnant.

Essential oils play an important role in assisting people to move beyond these emotional barriers. The aldehydes and esters of certain essential oils are very calming and sedating to the central nervous system (including both the sympathetic and parasympathetic systems). These substances allow us to relax instead of letting anxiety build up in our body. Anxiety creates an acidic condition that activates the transcript enzyme which then transcribes that anxiety on the RNA template and stores it in the DNA. That emotion then becomes a predominant factor in our lives from that moment on.

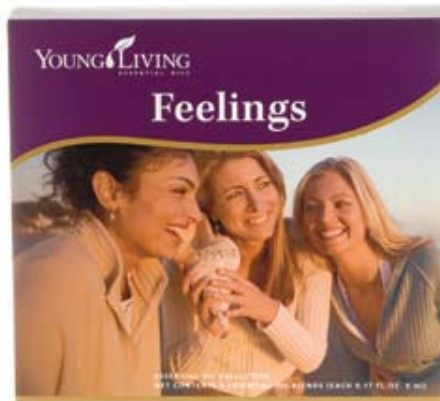
When we encounter an emotionally charged situation, instead of being overwhelmed by it, we can diffuse essential oils, put them in our bath, or wear them as cologne. The aromatic molecules will absorb into the bloodstream from the nasal cavity to the limbic system. They will activate the amygdala (the memory center for fear and trauma) and sedate and relax the sympathetic/parasympathetic neurological system. The oils help support the body in minimizing the acid that is created so that it does not initiate a reaction with the transcript enzyme.

Because essential oils affect the amygdala and pineal gland in the brain, they can help the mind and body by releasing emotional trauma and sharpening focus. People have many distractions in today's fast-paced world. Essential oils may assist people to stay centered in their goals. Those who are struggling

to retain or remember information can breathe the essential oils of peppermint, cardamom, or rosemary to stimulate the brain and memory functions for better concentration. Those who find it difficult to stay focused can breathe the essential oils of galbanum, frankincense, sandalwood, and Melissa. These oils are extremely beneficial for clarifying one's purpose. The blend of **Gathering** will also bring focus to people's minds. For emotional clearing and release, the combination of essential oils called **Trauma Life** is especially helpful.

Make your own "Salvation Kit" in this order: Joy, Gratitude, Humility, Surrender, Release, Forgiveness and Believe.

Essential Oil Used	Body Application Location	Past Time Emotion
Joy	Adrenals, Heart	Unhappiness
Aroma Life	Heart, Lung	Unhappiness
Gratitude	Pancreas	Ungrateful
Gratitude	Prostate or Ovary	Want/Need
Humility	Liver	Aggression/Anger
Surrender	Gall Bladder	Control/ Manipulation
Release	Liver	Holding Emotions
Release	Pancreas	Want/Need
Release	Colon	Need to Control
Release	Kidney	Resisting Life Flow
Forgiveness	Adrenals	Blaming/Accusing
Forgiveness/Joy	Lungs, Heart	Suppression
Believe/Joy/ Surrender	Lungs	Unable to Express/ Speak up for Self
Believe	Lungs	Doubt; Need for Attention/ Recognition
Harmony	Chakras	Chakras off-Balance
Inner Child	Ear	Abuse/Rejection/Fear



SUPPORTING EMOTIONAL RELEASE WITH EO'S IDEAS:

Close your eyes and identify where the emotion came from, and question it. When you live in the past, the body creates acid. Live in the present moment now, and be excited about your life, be creative. During traumatic times, alter your diet to rebalance your system, eat acid-binding (alkaline) foods, and drink lemon in water daily; (to prevent the acid from transcribing and imprinting the negative emotion, and even if you create acid during this time, it will be eliminated rather than stored.)

The pancreas emotionally stores unmet wants and needs, and a lack of gratitude. Remember, when there is no need, there is nothing wrong. The person who has no need has everything! One who has need has nothing. Reactivate the pancreas to come back into function and secrete properly. Use the **Gratitude** blend on the pancreas and on the Vita Flex points. Repeat three times, "I am grateful for all that I am and for all that I have." Ask yourself, "If I were totally full of Gratitude, would there even be a need?"

Also use **Gratitude** blend for prostate or ovary problems that originate in want and need emotions. The liver and gall bladder (digestibility) are big issues. Gall bladder problem means you have difficulty surrendering to new direction or counsel. Use **Surrender** blend on the gall bladder; it is calming, sedating, relaxing, and surrendering. Apply **Surrender** and **Release** blends over the liver and pancreas, and overcome your "Discovery of Self" issues.

Everything stems from self understanding, the understanding of others, and releasing the issue or situation. Whatever happened to you, see how you could have done it differently, look at what role you played, see what drew you in to the situation, then change it! That change will alter what comes back to you. Don't waste your energy stuck in anger, because it creates acid in your body. Use **Release** oil over your liver to liberate anger, heat or inflammation.

ESSENTIAL OIL CHART FOR EMOTIONAL APPLICATION:

ABUSE

SINGLE OILS: Geranium, ylang ylang, sandalwood. **BLENDS:** Sara, Hope, Joy, Peace & Calming, Inner Child, Grounding, Trauma Life, Valor, Forgiveness, White Angelica.

AGITATION

SINGLE OILS: Bergamot, cedarwood, clary sage, frankincense, geranium, juniper, lavender, myrrh, marjoram, rosewood, rose, ylang ylang, sandalwood. **BLENDS:** Peace & Calming, Joy, Valor, Harmony, Forgiveness.

ANGER

SINGLE OILS: Bergamot, cedarwood, Roman chamomile, frankincense, lavender, lemon, marjoram, myrrh, orange, rose, sandalwood, ylang ylang. **BLENDS:** Release, Valor, Sacred Mountain, Joy, Harmony, Hope, Forgiveness, Present Time, Trauma Life, Surrender, Christmas Spirit, White Angelica, Tranquil Roll-on.

ANXIETY

SINGLE OILS: Orange, Roman chamomile, ylang ylang, lavender. **BLENDS:** Valor, Hope, Peace & Calming, Present Time, Joy, Citrus Fresh, Surrender, Believe, Tranquil Roll-on.

APATHY

SINGLE OILS: Frankincense, geranium, marjoram, jasmine, orange, peppermint, rosewood, rose, sandalwood, thyme, ylang ylang. **BLENDS:** Joy, Harmony, Valor, Three Wise Men, Hope, White Angelica, Motivation, Highest Potential.

ARGUMENTATIVE

SINGLE OILS: Cedarwood, Roman chamomile, eucalyptus, frankincense, jasmine, orange, thyme, ylang ylang. **BLENDS:** Peace & Calming, Joy, Harmony, Hope, Valor, Acceptance, Humility, Surrender, Release.

BOREDOM

SINGLE OILS: Cedarwood, spruce, black pepper, Roman chamomile, cypress, frankincense, juniper, lavender, rosemary, sandalwood, thyme, ylang ylang. **BLENDS:** Dream Catcher, Valor, Motivation, Awaken, Passion, Gathering, EnRGee.

CONCENTRATION

SINGLE OILS: Cedarwood, cypress, juniper, lavender, lemon, basil, helichrysum, myrrh, orange, peppermint, rosemary, sandalwood, ylang ylang. **BLENDS:** Clarity, Awaken, Gathering, Dream Catcher, Magnify Your Purpose, Brain Power.

CONFUSION

SINGLE OILS: Cedarwood, spruce, cypress, peppermint, frankincense, geranium, ginger, juniper, marjoram, jasmine, rose, rosewood, rosemary, basil, sandalwood, thyme, ylang ylang. **BLENDS:** Clarity, Harmony, Valor, Present Time, Awaken, Brain Power, Gathering, Grounding.

DAY-DREAMING

SINGLE OILS: Ginger, spruce, lavender, helichrysum, lemon, myrrh, peppermint, rosewood, rose, rosemary, sandalwood, thyme, ylang ylang. **BLENDS:** Sacred Mountain, Gathering, Valor, Harmony, Present Time, Dream Catcher, 3 Wise Men, Magnify Your Purpose, Envision, Brain Power, Highest Potential.

DEPRESSION

SINGLE OILS: Frankincense, lemon, sandalwood, geranium, lavender, angelica, orange, grapefruit, ylang ylang. **BLENDS:** Valor, Motivation, Passion, Hope, Joy, Brain Power, Present Time, Envision, Sacred Mountain, Harmony, Highest Potential.

DESPAIR

SINGLE OILS: Cedarwood, spruce, clary sage, frankincense, lavender, geranium, lemon, orange, lemongrass, peppermint, spearmint, rosemary, sandalwood, thyme, ylang ylang. **BLENDS:** Joy, Valor, Harmony, Hope, Gathering, Grounding, Forgiveness, Motivation, Tranquil Roll-on.

DESPONDENCY

SINGLE OILS: Bergamot, clary sage, cypress, geranium, ginger, orange, rose, rosewood, sandalwood, ylang ylang. **BLENDS:** Hope, Joy, Valor, Present Time, Harmony, Dream Catcher, Gathering, Magnify Your Purpose, Passion, Motivation.

DISCOURAGEMENT

SINGLE OILS: Bergamot, cedarwood, frankincense, geranium, juniper, lavender, lemon, orange, spruce, rosewood, sandalwood. **BLENDS:** Valor, Sacred Mountain, Hope, Joy, Dream Catcher, Into the Future, Magnify Your Purpose, Envision, Believe.

FEAR

SINGLE OILS: Bergamot, clary sage, orange, Roman Chamomile, cypress, geranium, juniper, marjoram, myrrh, sandalwood, rose, ylang ylang. **BLENDS:** Valor, Present Time, Hope, White Angelica, Trauma Life, Gratitude, Highest Potential.

FORGETFULNESS

SINGLE OILS: Cedarwood, Roman chamomile, frankincense, rosemary, basil, sandalwood, peppermint, thyme, ylang ylang. **BLENDS:** Clarity, Valor, Present Time, Gathering, Three Wise Men, Dream Catcher, Acceptance, Brain Power, Highest Potential.

FRUSTRATION

SINGLE OILS: Roman Chamomile, clary sage, frankincense, ginger, juniper, lavender, lemon, orange, peppermint, thyme, ylang ylang, spruce. **BLENDS:** Valor, Hope, Present Time, Sacred Mountain, Three Wise Men, Humility, Peace & Calming, Surrender, Gratitude.

GRIEF/SORROW

SINGLE OILS: Bergamot, Roman chamomile, clary sage, Eucalyptus globulus, juniper, lavender. **BLENDS:** Valor, Release, Inspiration, Inner Child, Gathering, Harmony, Present Time, Magnify Your Purpose, Egyptian Gold, Tranquil Roll-on.

GUILT

SINGLE OILS: Roman chamomile, cypress, juniper, lemon, marjoram, geranium, frankincense, sandalwood, spruce, rose, thyme. **BLENDS:** Valor, Release, Inspiration, Inner Child, Gathering, Harmony, Present Time, Magnify Your Purpose, Gratitude.

IRRITABILITY

SINGLE OILS: All oils except eucalyptus, peppermint, black pepper. **BLENDS:** Valor, Hope, Peace & Calming, Surrender, Forgiveness, Present Time, Inspiration, Tranquil Roll-on.

JEALOUSY

SINGLE OILS: Bergamot, Eucalyptus globulus, frankincense, lemon, marjoram, orange, rose, rosemary, thyme. **BLENDS:** Valor, Sacred Mountain, White Angelica, Joy, Harmony, Humility, Forgiveness, Surrender, Release, Gratitude.

MOOD SWINGS

SINGLE OILS: Bergamot, clary sage, sage, lavender, geranium, juniper, fennel, peppermint, rose, jasmine, rosemary, lemon, sandalwood, spruce, yarrow, ylang ylang. **BLENDS:** Peace & Calming, Gathering, Valor, Dragon Time, Mister, Harmony, Joy, Present Time, Envision, Magnify Your Purpose, Brain Power, SclarEssence, Lady Sclareol.

OBSESSIVENESS

SINGLE OILS: Clary sage, cypress, geranium, lavender, marjoram, rose, sandalwood, ylang ylang, helichrysum. **BLENDS:** Sacred Mountain, Valor, Forgiveness, Acceptance, Humility, Inner Child, Present Time, Awaken, Motivation, Surrender.

PANIC

SINGLE OILS: Bergamot, Roman chamomile, frankincense, lavender, marjoram, wintergreen, myrrh, rosemary, sandalwood, thyme, ylang ylang, spruce. **BLENDS:** Harmony, Valor, Believe, Gathering, White Angelica, Awaken, Grounding, Peace & Calming, Trauma Life, Tranquil Roll-on.

RESENTMENT:

SINGLE OILS: Jasmine, rose, blue tansy. **BLENDS:** Forgiveness, Harmony, Humility, White Angelica, Surrender, Joy.

RESTLESSNESS

SINGLE OILS: Angelica, bergamot, cedarwood, basil, frankincense, geranium, lavender, orange, rose, rosewood, ylang ylang, spruce, valerian. **BLENDS:** Peace & Calming, Sacred Mountain, Gathering, Valor, Harmony, Inspiration, Acceptance, Surrender.

SHOCK

SINGLE OILS: Helichrysum, basil, Roman Chamomile, myrrh, ylang ylang, rosemary CT cineol. **BLENDS:** Clarity, Valor, Inspiration, Joy, Grounding, Trauma Life, Brain Power, Highest Potential, Australian Blue.

- Referenced from the Essential Oil Desk Reference, 4th Edition, compiled by Essential Science Publishing (now YL Wisdom)

Holiday Traveling with Your Young Living Essential Oils

This week I flew again and gained some NEW insights to share with you regarding traveling this holiday season. Being a retired airline employee, I am a veteran when it comes to travel with the oils.

First of all, yes, you do have to fit the oils you plan to carry on into your allotted one quart bag. When you do this, there will not be a problem. But there are two new pieces of information I learned on my trip this week:

1) The manual search process has changed and now is what I consider to be quite invasive. The pat down gets mighty personal. I observed a man who was subjected to this and I have to say, although it definitely would be more effective in discovering concealed items, it certainly would have made me feel invaded, and if they ever say they need to do that to me, I will ask for more privacy. Just a heads up. Don't know what happened to those wands they used to use.

2) Before check-in time at our small regional airport I asked a friendly TSA agent about my "nutritional drinks" (Ningxia Red singles). I explained that this trip is short and I managed to get these one ounce packets to fit in my quart bag this time, but sometimes when I am gone for a longer time, they don't all fit. I asked if there is any allowance for medical items. She asked if it was prescribed by a doctor. I said no that it is a nutritional supplement I take to keep healthy and is over the counter. She said that it is best if they fit in the

allotted one quart bag. However, if a person states something is for "medical" reasons, they legally cannot question further. She said they don't talk much about that part but . . . I know what she meant because in my training, we were taught that the ADA law does not allow them to question if someone expresses something is due to a disability or medical condition. This violates their rights under the ADA law.

My take on the whole holiday travel with essential oils is to be sure to have some good information in your hip pocket if needed. However, it really is no fun to tangle with the authorities, especially when you are risking missing a flight and all the stress that goes with that. Not to mention risk of being arrested and having to defend yourself in court!

This agent also did mention that make-up and chapstick and lipstick do not have to be placed in the baggie. Hmmmm..... I always do put those items in the bag but found it an interesting comment. Personally, I take the safe route and cram it all in the bag for the least amount of risk of hassle. She may know that rule, but who knows how some other zealous agent would interpret it.

One more hint: I take my oils in the tiny sample bottles, have them labeled and they fit into my quart bag better. I can take more variety that way than if taking the 5 ml or 15 ml bottles. When I have enough room in my quart bag to put the samples into an empty Thieves Soft Lozenges tin, that is really nice.

The tin will hold 9 bottles perfectly and keeps them nicely organized. It takes a little more room, but is sweet. I call it my traveling medicine kit! Hope this information is helpful.

Blessings, Joyce
in Minnesota



"AFTER THE SHOE BOMBER THEY MADE US REMOVE OUR SHOES... I FIGURE IT WAS ONLY A MATTER OF TIME."

Ten Reasons to Throw out your Microwave Oven By William P. Kopp

From the conclusions of the Swiss, Russian and German scientific clinical studies, we can no longer ignore the microwave oven sitting in our kitchens. Based on this research, we will conclude this article with the following:

- 1) Continually eating food processed from a microwave oven causes long term, permanent brain damage by 'shorting out' electrical impulses in the brain [de-polarizing or de-magnetizing the brain tissue].
- 2) The human body cannot metabolize [break down] the unknown by-products created in microwaved food.
- 3) Male and female hormone production is shut down and/or altered by continually eating microwaved foods.
- 4) The effects of microwaved food by-products are residual [long term, permanent] within the human body.
- 5) Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little or no benefit, or the human body absorbs altered compounds that cannot be broken down.
- 6) The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.
- 7) Microwaved foods cause stomach and intestinal cancerous growths [tumors]. This may explain the rapidly increased rate of colon cancer in America.
- 8) The prolonged eating of microwaved foods causes cancerous cells to increase in human blood.
- 9) Continual ingestion of microwaved food causes immune system deficiencies through lymph gland and blood serum alterations.
- 10) Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

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Menopause in Men

Declining testosterone and DHEA occurs in men over 40 years, with these symptoms:

Loss of sexual desire

Lower strength (shrinking muscles)

Reduced energy

Depression

Increased anxiety

Thinning hair

Wrinkles

Prostate problems (restricted urine flow, sexual performance, etc).

To combat these symptoms, a cream containing DHEA and pregnenolone is a first line of defense treatment. (Prenolone + along with ProGen.) ProGen contains pregnenolone and DHEA in a capsule for ingestion. It is designed for people who do not benefit from hormone creams such as Progessence, Prenolone or Prenolone+. Each capsule contains 640 mg of pure DHEA from the wild yam.

Dr. Terry Friedman made this blend before Young Living released ProGen:

10 drops fir, 5 drops myrrh, 2 drops sage

Do a rectal implant for ten nights and your PSA count will go down. Maintain once a month or when you feel its needed.

Laptop Computers Cook Your Testicles

by Mike Adams, the Health Ranger

(NaturalNews) Is something burning, or are you just computing again? New research published in the medical journal Fertility and Sterility (Nov 2010) reveals that laptop computers can roast a man's testicles to the point where sperm production (and quality) starts to drop.

To conduct the study, researchers placed temperature sensors on the scrotums of 29 men (a procedure that no doubt required some finesse and hopefully did not involve TSA agents), then asked those men to use laptop computers on their laps. It didn't take long before scrotum temperatures rose to levels known to damage sperm production -- just 10 to 15 minutes of computing time.

Staying cool means staying fertile

Testicles are supposed to stay cool. And I don't mean "wow, that's cool" but rather that they are supposed to remain a degree or two below body temperature in order to maximize sperm production. When the testes get too hot -- even with as little as a one degree Centigrade rise in temperature -- sperm production starts to fall. Using a laptop computer on your lap can cause temperatures to rise by 2.5 C in one hour, according to this research. And the men in the study didn't even no-

Men's Hormones:

Begin using **Ultra Young** after 2:00 pm until 11:00 pm. So if you go to bed early, you need to load up. You can start at 3:00 pm. Spray **Ultra Young** three times inside each cheek three doses a day. You can spray right up to bedtime. After 11 pm your body will not utilize that much. Do not use after eating either. **Ultra Young** helps to regulate the hypothalamus and pituitary.

Also take two capsules of **Mister** three times a day to support the prostate; **Protec** on location, and retention enema of **EndoGize**. Men should do this regime 3 times a day. You can use **Idaho Balsam Fir** in capsule if you don't have **EndoGize**. **EndoGize**: is a daily supplement, expressly formulated to support and maintain a healthy and balanced endocrine system in men and women. Great for fat burning. Should start out 1 cap 3 times a day - after six days drop to 1 cap 2 times a day, starting at 3:00 pm and bedtime. If low on testosterone, you can take one capsule of **Mister** three times a day - but it won't be necessary because **EndoGize** helps raise the testosterone. Only if your testosterone is very low, then add **Mister**. **ProGen**: two capsules two times a day to support the prostate.

tice the rise in temperature, by the way. Probably because they were too busy updating their Facebook pages with comments like, "Check it out, I'm actually getting paid to roast my nuts for the advancement of science!"

In the world of temperature-sensitive sperm production, 2.5 C is equivalent to a scrotum barbeque cook-off. And all it takes is a little laptop computing to send temperatures soaring.

Cooling pads didn't help. Surprisingly, even using a laptop cooling pad didn't help, researchers reported. Scrotum temperatures still rose just the same. Reuters reported that Belkin International, Inc., makers of laptop computer cooling pads, "... did not wish to comment on the new findings." (<http://www.reuters.com/article/idUS...>)

No surprise there.

This is dangerous territory for marketers. After all, there's really no way to spin this story in a positive direction. Even if Belkin unleashed ads such as, "Feeling the heat? We keep your scrotum cool," they would be hit with complaints about lewd marketing tactics.

It turns out the biggest determining factor of whether a laptop computer heats up your testicles is your leg position while computing. I'm not making this up: Researchers found the best position was to spread your legs wide while computing in order to dissipate heat and cool your man-crotch.

Raising the Testosterone:

Begin using **Ultra Young**, two capsule of **Mister** three times a day until you feel like a 20-30 year old, then reduce. It helps to support the prostate. **Protec** applied on location and as a retention enema. **EndoGize** and if you need more testosterone then take one capsule of **Idaho Balsam Fir**. Men low in estrogen can use the creams as listed for that problem and those low on estrodil use Pregnonone+ along with PD 80/20. Take one a day.

Men's Testosterone levels should be:

800 - 10,000 at the age of 20 - 25

600 - 800 at the age of 25 - 45

350 - 600 at the age of 45 - 55

100 - 350 at the age of 55 - 65 (very healthy if over 350 +)

20 - 100 at the age 65 + (very healthy if over 200 +)

Premature greying is caused from low testosterone. Maintain a testosterone level if 65 years old around 200+. And under 65 - 350+. Once low on testosterone it will not come back 100%. Need to remove chemicals from the body which are found in fat cells, testes, ovaries, heart tissue, and liver tissue. This would be a great time to use **Mineral Essence**.

We need to all get together and blame somebody for this mess, of course. It's the American way. And I say we should all blame Intel because obviously it's the CPU that's generating most of the heat in a typical laptop. The harder you push the CPU, the more heat your computer dumps out. In our litigious society, I'm sure it's only a matter of time before somebody tries to sue Intel for their infertility problems.

The bottom line in all this, guys, is that when it comes to your testes, hot is bad, cool is good. Keep things "breezy" down there, in other words, and you just might have children one day.

And for all the women reading this who have men you're trying to conceive with, you might explain to them that in addition to fried foods and pharmaceuticals damaging sperm quality, now they have to worry about where they're holding their laptop computers, too. If you catch your man with a computer on his lap, shove some ice packs down the front of his shorts until he gets the message. I guarantee you this will get his attention. Because men who can't keep their junk cool are actually practicing a form of laptop birth control. Although the drop in sperm quality from laptop heat isn't considered permanent, it's technically a form of short-term sperm suppression. Sort of like soaking your sack in a hot tub for twenty minutes (hopefully along with the rest of your body).

Dear Friends and Readers,

Many blessings of the season to all! 2010 has flashed by us faster than ever with a quickening pace. Remember that December 21st is the darkest, longest night, and most introspective time of the year. This is a great time to examine how we are living our lives, and how we impact all of our relations - plant, mineral, animal, human.

I was fortunate enough to take time to be in retreat in the Amazon to study plant medicines this year, as well as visiting Egypt where I spent hours inside the great pyramid. I feel more strongly than ever that plants are God's infinite spirits, healers and teachers. Plants give us unbiased knowledge and healing from God's hands to ours. Are we listening and accepting?

In silence, when I bless my simple food, I recognize that each plant has its own spiritual energy. Instead of blessing my meal as a whole or a fuel source, I am appreciative of each plant and its unique gift of nourishment. I give gratitude to each plant as an individual. This is a great time for us to reflect on how this world of ours really works: the sun our ultimate physical energy source, the earth and its plant life, our animal companions, and an Infinite Creator with a divine plan. With gratitude for our Young Living Team, we wish you a prosperous and healthy new year! Carl Janicek



“No matter how great man’s achievements and artistic pretensions, we owe our existence to a 6” layer of topsoil and the fact that it rains.”

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