



**Oil and perfume make the heart glad,
So a man's counsel is sweet to his friend.** *Proverbs 27:9*

Our highly irregular newsletter is here! Calendars for May and June are included with scheduled classes so far. If you would like to have a class or series of classes in your area, please let us know! We will be happy to help you with them.

Our Classes are on our website!

May

2009

Please RSVP if you plan to take a class so we have enough seating!

You can RSVP to lane@oilrus.com or call (970) 270-6577 for directions to class locations. All classes, meetings and workshops are FREE!						1	2
3	4	5	6	7	8 VitaFlex in Denver area	9 Everyday Oils in Denver area 11:00-Noon	
10	11 Emergency Preparedness/ Everyday Oils Premier Chiro 6:00-7:00 pm	12	13	14	15	16 Emergency Preparedness Workshop Delta 11:00-Noon	
17	18 Essential Reflexology Premier Chiro. 6:00-8:00 pm	19 Business Builders Meeting 2:00 at Cups	20	21	22	23 Everyday Oils - Grand Junction area 2:00-3:00 pm	
24	25 Memorial Day	26	27	28 Get the Toxins out with Thieves Premier Chiro. 6:00-7:00 pm	29	30	
31	Support your family's immune systems with Raindrop Technique. Set up a training session with Lana!						

Mom's Healing Touch- Emergency Preparedness /Everyday Oils -Taking care of ourselves and our families with pure, therapeutic grade essential oils - the natural way to deal with everyday ailments & other health threats. FREE class!

Essential Reflexology - Learn to access all systems of the body by applying essential oils to the feet. A wonderful way to share the oils with everyone, especially babies and children. FREE class!

Get the Toxins Out & Deal with Health Threats with Thieves - Do you know why they tell you not to swallow toothpaste? We'll learn how to kill germs around us, on us and in us naturally and safely (no poisons)! FREE class!

Business Builders Meeting - If you are interested in sharing Young Living with others as a home-based business, come to this meeting! In this day and age, multiple streams of income are an excellent idea and there are tax benefits. If you need a Saturday or evening group or want to put one together in your area, let us know and we'll help you in any way we can. Young Living is growing right now so jump on it! FREE class!

Coming in June!

All Natural Facials, VitaFlex Technique (to enhance your essential oil applications), Core Nutrition to Boost Your Immunity, Get the Toxins Out Part II.

COMING IN JULY!

Do Your Own Raindrop on Your Feet, Raindrop Technique Demo, and more!

Your input and feedback is important to us!

Let me know if you are interested in having a Combo Class (2 or more classes combined together) on Saturdays, evenings or days! Kathy Davis and I are doing an Oil Kit Intensive Session on June 20th where we will go through as many of the oils kits as we can. Please give us feedback! We need to know what your needs are so we can do everything we can to help you out.

TAKE ADVANTAGE OF THIS SPECIAL GOING ON NOW!

At Young Living, April Showers Bring FREE Product!

This April let Young Living shower you with the benefits of the on-the-go Essential 7™ kit! Containing lavender, peppermint, lemon, Joy™, PanAway®, Peace & Calming®, and Purification® essential oils and oil blends, this take-anywhere kit is the perfect pack for every home and every body - a **\$69.75 wholesale value!**

To qualify for your free Essential 7 kit, you just need to spend 195 PV or more on a single order between April 15, 2009, and May 31, 2009. Simply increase your order to 195 PV or more and Young Living will automatically send you a FREE Essential 7 kit! To learn more about this promotion go to www.youngliving.us.

Offer valid from April 15, 2009, through May 31, 2009.

Spend 195 PV or more on a single order and receive one Essential 7 kit.

Limit one Essential 7 kit per order.

Offer valid on all 195 PV orders. No limit on qualifying customer orders.

Offer available to Young Living distributors, customers, and preferred customers in US and Canada only.

Valid on phone, Essential Rewards, and web orders only.

Offer does not apply to IVR orders.

PV not earned for free product.

Current Events Corner Focus on Building your Immune Systems

YOUNG LIVING'S POWERFUL OIL CHOICES FOR PANDEMIC OUTBREAKS SUCH AS SWINE FLU:

INFLUENZA From Essential Oil Pocket Reference, 4th Edition, pg 245

FIRST RECOMMENDATIONS:

Ravansara, ImmuPro

Single Oils:

Blue cypress, mountain savory, oregano, *Eucalyptus radiata*, Peppermint, clove, tea tree

Blends:

ImmuPower, Di-Gize, Exodus II, Thieves, Inner Defense

EO APPLICATION METHODS:

Ingestion: RICE MILK: 2-4 times a day

CAPSULE 00 size, 1 cap 3 times a day

Inhalation: DIRECT: 2-4 times a day

Topical: DILUTE 50-50, 2-4 drops on chest, stomach or lower back, as needed, 2 times daily.

RAINDROP Technique: 1-2 times weekly

COMPRESS: warm, over lower abdomen 1-2 times daily.

Influenza Recipe for Bath

2 drops Eucalyptus radiata 6 drops frankincense 3 drops blue cypress
6 drops spruce 15 drops ravensara 1 drop wintergreen

Stir the above oil thoroughly into 1/4 c Epsom Salts or baking soda, then add the mixture to hot bath water while filling the tub. Soak in hot bath water until it cools.

Dietary Supplementation:

Essentialzyme, Polyzyme, ParaFree, Digest & Cleanse Softgels, Exodus ,Inner Defense, Life 5

Also here's a great testimony that was sent to us a few years back that I would like to add to this.

Nancy Sanderson

Hello Everyone,

From time to time I take my Nansee to an ND Scientist who specializes in viruses, bacteria, parasites & of course cancer. It's a long story but mainly we go to have her blood checked. The doctor knows I am with Young Living Essential Oils. so when I called to make an appointment he asked if I had an unopened bottle of Oregano and if so please bring with, I would like to test it.

I have never presented Young Living to him as my main objective. I was there for care for Nansee. In due time & the right time of course I will.

When we walked in there was a lady leaving who had Influenza. The doctor checked Nansee's blood under the scope and then asked if I brought the Oregano. I handed the bottle to him & he said I want to tell you something about Gary Young but first I need to get something to test this with from the other room. When he came back he started to talk about the test procedure. I reminded him he was going to tell me something about Gary. Yes Indeed he was.

Your Gary Young is a genius when it comes to essential oils and is considered a genius in the scientific community. He has without a doubt the best farms in the U.S. and second to none in the world. Guess who's gloating hearing all of this? Next he said, aside from that he also has built the best distillers in the world. All of his studies of the oils around the world has sure paid off and of course the contribution of his formulations and writings has put him on top of a select group.

While he was talking he opened the Oregano and said. " You were right Maurice, this is good stuff, no need to test it as the smell of carvatrol in the oil is perfect as is the color." Trust me folks I had no idea this man new so much about essential oils.

Next, Would you like to see what your Oregano will do to Influenza. I have it on a slide from the lady who just left. Look in the telescope first to see what it looks like. It was a black spidery mass surrounded by blood. Now her sample is between two slides and we will apply the Oregano to the edge. If it is as good as I say, it will suck the black mass to it and you will see the mass turn white. This means of course that it is destroyed. He applied the oil to the edge and said look now into the scope and tell me what is happening. I was amazed. The oregano was pulling the black mass toward it and the mass was turning white.

I then asked him for advice on Anthrax. How would he use Thyme. He said he would bond Thyme and Oregano and take internally. Bond I replied. Yes, it has to bond or it will not work. Take a glass flask and drop in your Thyme. Next put your carrier oil in and mix. Now add the Oregano and mix. This is how you bond two oils and they must bond or it's a waste and will do no good.

YOUNG LIVING'S POWERFUL OIL CHOICES FOR PANDEMIC OUTBREAKS SUCH AS SWINE FLU:

OREGANO TESTED AT GEORGETOWN - In 2001, Georgetown University tested therapeutic grade Oregano against all know viral bacteria and found nothing to withstand the oregano. *

<http://www.lewrockwell.com/orig/sardi6.html>

ABSTRACT STUDY REFERENCE:

Effect of a Diffused Essential Oil Blend on Bacterial Bioaerosols S.C. Chao, D.G. Young, and C.J. Oberg, Weber State University, Ogden, UT. Journal of Essential Oil Research 10, 517-523 (Sept/Oct 1998).

Abstract: A proprietary blend of oils containing cinnamon, rosemary, clove, eucalyptus, and lemon was tested for its antibacterial activity against airborne Micrococcus luteus, Pseudomonas aeruginosa, and Staphylococcus aureus. The bacteria cultures were sprayed in an enclosed area and the essential oil blend was diffused for a given amount of time. There was an 82 percent reduction in M. luteus bioaerosol, a 96 percent reduction in the P. aeruginosa bioaerosol, and a 44 percent reduction in the S. aureus bioaerosol following 10 minutes of exposure.

On page 129 & 130 of the (4th Edition) Essential Oils Desk Reference, it says:

"Studies conducted at Weber State University (Ogden, UT) during 1997 demonstrated its [the **essential oil blend of clove, lemon, cinnamon bark, eucalyptus radiata and rosemary**] killing power against airborne microorganisms. One analysis showed a 90 percent reduction in the number of gram positive Micrococcus luteus organisms after diffusing for 12 minutes. After 20 minutes of diffusing, the kill-rate jumped to 99.3 percent. Another study against the gram negative Pseudomonas aeruginosa showed **a kill rate of 99.6 percent after just 12 minutes of diffusion.**"

"THIS IS YOUR BLEND FOR THE BIRD FLU" * ~ Gary Young, N.D. At the 2004 YL Convention, Gary Young recommended Egyptian Gold for the Bird Flu and other Super Bugs."

"A DROP OF MELISSA UNDER THE TONGUE" * ~ Gary Young, N.D. **"For Viral Attacks"**

Dr. Terry Friedmann, M.D. Anti-Microbial Blend... "Regarding my anti-microbial formula [see below], my strong belief is that this formula should be reserved for chronic bacterial, fungal, or viral infection, or for acute viral and bacterial infections, which could "slow you down" or lead to more serious complications. In other words, use this formula only in specific serious situations rather than preventive or maintenance, because we are dealing with a "powerful battleship" here! This formula should not be given to children 10 years or younger. I believe we are facing in the near future some deadly serious infections of epidemic proportions, which may threaten millions of people. We are certainly seeing an abundance of more widespread diseases right now. Examples are the West Nile virus and the gastrointestinal diseases of the commercial cruises (e.g. Norovirus)" * ~ **Dr. Terry Friedmann, M.D. is the author of "Freedom Through Health"**

COMBINE IN A GEL CAP THE FOLLOWING AND INGEST (take with rice milk and or Multi-Green capsule for ease in ingesting):

12 drops Thieves, 6 drops of Oregano, 2 drops Frankincense OR

INNER DEFENSE POWER SOFT GEL -- Young Living's Inner Defense™ reinforces systemic defenses, creates unfriendly terrain for yeast/fungus, promotes healthy respiratory function, and contains potent essential oils like oregano, thyme, and **Thieves®** which are rich in thymol, carvacol, and eugenol for immune support. The liquid softgels dissolve quickly for maximum results.

See in-depth study here: http://www.youngliving.us/pdfs/PIP_Inner_Defense.pdf

For optimal results, take **Inner Defense** in Morning and at Noon, followed by **LIFE 5** High-Powered Probiotic at bedtime. This quickly moves the bacteria and virus from the body.

DIFFUSE and CLEAN WITH THIEVES and EGYPTIAN GOLD -- For Bacterial and Viral Purposes, Use this type Glass Nebulizer Diffuser. (See **Research and Instruction on Diffusing Therapeutic Grade Oils** attached in **WORD** document)

Remember: The oils are the catalyst of the delivery system within our supplements

Don't expect the same results unless you are using Young Living Therapeutic Grade essential oils and supplements. Also each person is different so they may not work as well for you as it does for others so try another oil or supplement that would work better for you.

Essential oil testimonials are an effective way of learning and sharing. With this knowledge, we can take control of our own personal health. However, we are required by law to state:

"These statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any disease." Information provided here is in no way intended to replace proper medical help.

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