



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

**Happy New Year to all our Essential Oil Friends and Colleagues! Thank you for your continued support of Message Scent News! We will continue to enhance our Young Living community with quality essential oil research, news and tidbits throughout 2011. Please pass on the wisdom to all those you love.**



**We start the year with some much needed humor. Our first article is a tribute to the fact that essential oils can improve just about any smelly situation... please read on! Blessings, Carl & Ruby**



## HERB QUELLS COWS' METHANE-LADEN BELCHES

By Jeanna Bryner,  
LiveScience Managing Editor



For scientists concerned about greenhouse gas emissions, cow farts are nowhere near as problematic as their methane-laden belches. Now a new oregano supplement could stem the burps and reduce the potent methane emissions.

Worldwide, cows are responsible for 37 percent of the livestock-produced methane, according to study researcher Alexander Hristov, an associate professor of dairy nutrition at Penn State University. Most of that methane comes not from the back-sides of cows, but from the gas they belch after digesting their food, according to Hristov and the Food and Agriculture Organization of the United Nations.

"The cow 'farts' very little methane," Hristov told LiveScience. "The vast majority of methane is produced in the rumen and is belched out."

Methanogenic bacteria in the rumen, the largest compartment of the four-chambered stomach, break down the material into nutrients. Two of the byproducts are carbon dioxide and methane.

After screening hundreds of essential oils, plants and various compounds in the lab, Hristov found that oregano consistently reduced methane without showing any negative effects.

Tests on lactating cows at Penn State's dairy barns showed the supplement decreased methane emissions by 40 percent. "Less methane produced means less methane in the belches and probably fewer belches, because methane can make up to 30-40 percent of the rumen gas," Hristov said.

The supplement also increased daily milk production by nearly 3 pounds (1.4 kilograms) of milk for each cow during the trials.

"Since methane production is an energy loss for the animal, this isn't really a surprise," Hristov said. "If you decrease energy loss, the cows can use that energy for other processes, such as making milk."

Follow-up trials should firm up the supplement's methane-curbing abilities. Then, Hristov hopes to identify the active ingredients in the supplement in order to produce purer products. The work will be presented at the 4th International Greenhouse Gases and Animal Agriculture (GGAA) Conference in October 2010 in Banff, Canada. Results will be published in a forthcoming special issue of the journal Animal Feed Science and Technology.



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## Essential Oils Offer Many Health Benefits

by Sheryl Walters, citizen journalist

(NaturalNews) Essential oils are more than just a great addition to a relaxing massage. True essential oils are distilled from the bark, flowers, or leaves of a plant and can provide physical and psychological benefits. Internal ingestion of some oils, inhalation, and application to the skin are all methods of using essential oils. The use of essential oils can benefit mood, decrease stress, help prevent disease, and decrease pain.

Aromatherapy for stress and mood enhancement is one of the most well known uses of essential oils. **Lavender** is the most popular choice for stress reduction. A study done at Memorial Sloan-Kettering Hospital in New York showed improvement in feelings of well-being in patients that were given **lavender** aromatherapy versus patients that were given a massage or rest. Another study published in *Holistic Nurse Practice* in March 2008 showed that nurses who used **lavender** perceived lower levels of stress. Other essential oils that can be helpful for stress or enhancing mood are **geranium, chamomile, clary sage, and neroli**.

The immune boosting properties of essential oils are numerous. Oils can be diffused into the air to clean and detoxify the air naturally. Diffusion of oils can reduce the number of pathogens in the air meaning that you are breathing in less germs. In addition, essential oils can actually improve the way the body responds to pathogens when they are encountered. Numerous studies have shown the antiviral effects of essential oils by improving the ability of lymphocytes to take care of invaders and also by changing the membrane potential on our cells to help prevent viruses

from entering. Essential oils that can be used to help prevent infection include **eucalyptus, oregano, lemon, and cinnamon**.

Essential oils are often used for pain management. They can be used to reduce inflammation, give a local anesthesia, offer a counter stimulus, reduce spasm, and create a sensation of cooling or warming depending on which oil is chosen. A classic case of pain management through essential oils is in labor and childbirth. Midwives have used essential oils for years to help laboring women deal with contractions. Research has shown that a **lavender** bath in early labor improved labor progress and decreased the need for pain medication. Pain relief for the mother directly affects the baby too; a case study published in the *International Journal of Aromatherapy* showed that use of aroma therapeutic massage during episodes of fetal distress actually normalized fetal heart rates. Chronic and acute pain not associated with labor also can be reduced with **lavender** as well as **clary sage, chamomile, helichrysum, marjoram, sandalwood, and vetiver**.

Essential oils are a natural and effective way to help manage stress, boost mood, fight off infection, and deal with pain. When choosing essential oils make sure to research contraindications as they are not always recommended for people with certain conditions.

### Sources:

**Aromatherapy for Pain Relief** ([www.positivehealth.com/artic...](http://www.positivehealth.com/artic...))

**Essential Oils Fight Colds and Flu** ([naturalmedicine.suite101.com](http://naturalmedicine.suite101.com))

**Massage Today, Essential Oils for Pain Relief** ([www.massagetoday.com/mpacms](http://www.massagetoday.com/mpacms))

## Keeping Healthy with Essential Oils

Our office staff moved to a new location and discovered a strong odor coming from the floor or ceiling - a combination of ammonia, along with a sour, musty smell. We filled out health surveys concerning the odor(s) and the apparent affect it had on us. Co-workers were complaining about watery burning eyes, headaches, scratchy throats, coughing and sneezing. I have had headaches occasionally since my neck surgery in 2007. I felt bad for people who got sick all of a sudden, however I was having pain issues of my own. My lower back, hips and lower legs (path along the sciatic nerve) were making the soles of my feet hurt! and my right arm / wrist were aching and hurting all the time. I brought my ailments to the attention of my massage therapist and she asked me if I was using my essentials oils? I told her that I was using Lavender, Valor and Lemongrass daily along with Peppermint, Wintergreen, Peace & Calming, and Gentle Baby. She gave me a list of oils to use continuously for headaches: Breathe Again (roll-on), R.C., Eucalyptus Blue, and Myrtle on my neck and chest, and Joy, Peace & Calming, and Lavender over my heart. Lavender and Rosemary I apply to my face. On painful areas of my body, I use Valor, Lemongrass, Deep Relief, Wintergreen and PanAway. I started using Thieves on the soles of my feet, along with Frankincense in my daily routine. I apply them all in ten minutes, and Wow! does my bedroom smell inviting! I love using Young Living Essential Oils, and I have NOT gotten sick like many of my co-workers. I use Thieves household cleaner at home and work, and use Dentarome and Thieves mouthwash. Many of my co-workers have been sick on and off through the summer months right into the fall/winter seasons, unable to get rid of various illnesses. They feel better for a week and then begin to complain all over again with bad cold / flu symptoms and sinus infections. After a survey of the office they detected black mold on the ceiling tiles. The air vents were cleaned and carpet shampooed. Co-workers are still coughing, sneezing, fatigued and just plain feel bad, and we are scheduled to move, however they haven't given us a definite date. Applying Young Living Essential Oils daily is my first defense for protecting my health. I Love It! Thank you to Young Living and my massage therapist for introducing me to these amazing oils and products. - Angela Williams

**News Release - Secret chemicals revealed in celebrity perfumes, teen body sprays**  
**President's Cancer Panel Report Highlights Threat from Endocrine-Disrupting Chemicals – Many Found in New Fragrance Study**  
*Published May 12, 2010*

San Francisco - A new analysis reveals that top-selling fragrance products—from Britney Spears' Curious and Hannah Montana Secret Celebrity to Calvin Klein Eternity and Abercrombie & Fitch Fierce —contain a dozen or more secret chemicals not listed on labels, multiple chemicals that can trigger allergic reactions or disrupt hormones, and many substances that have not been assessed for safety by the beauty industry's self-policing review panels.

The study of hidden toxic chemicals in perfumes comes on the heels of last week's report by the President's Cancer Panel, which sounded the alarm over the understudied and largely unregulated toxic chemicals used by millions of Americans in their daily lives. The Cancer Panel report recommends that pregnant women and couples planning to become pregnant avoid exposure to hormone-disrupting chemicals due to cancer concerns. Hormone disruptors that may play a role in cancer were found in many of the fragrances analyzed for this study.

"This monumental study reveals the hidden hazards of fragrances," said Anne C. Steinemann, Ph.D, Professor of Civil and Environmental Engineering, Professor of Public Affairs, University of Washington. "Second-hand scents are also a big concern. One person using a fragranced product can cause health problems for many others."

For this study, the Campaign for Safe Cosmetics, a national coalition of health and environmental groups, commissioned tests of 17 fragranced products at an independent laboratory. Campaign partner Environmental Working Group assessed data from the tests and the product labels. The analysis reveals that the 17 products contained, on average:

\* Fourteen secret chemicals not listed on labels due to a loophole in federal law that allows companies to claim fragrances as trade secrets. American Eagle Seventy Seven contained 24 hidden chemicals, the highest number of any product in the study.

\* Ten sensitizing chemicals associated with allergic reactions such as asthma, wheezing, headaches and contact dermatitis. Giorgio Armani Acqua Di Gio contained 19 different sensitizing chemicals, more than any other product in the study.

\* Four hormone-disrupting chemicals linked to a range of health effects including sperm damage, thyroid disruption and cancer. Halle Berry, Quicksilver and Jennifer Lopez J. Lo Glow each contained seven different chemicals with the potential to disrupt the hormone system.

The majority of chemicals found in this report have never been assessed for safety by any publically accountable agency, or by the cosmetics industry's self-policing review panels. Of the 91 ingredients identified in this study, only 19 have been reviewed by the Cosmetic Ingredient Review (CIR), and 27 have been assessed by International Fragrance Association (IFRA) and the Research Institute for Fragrance Materials (RIFM), which develop voluntary standards for chemicals used in fragrance.

"Something doesn't smell right—clearly the system is broken," said Lisa Archer, national coordinator of the

Campaign for Safe Cosmetics at the Breast Cancer Fund. "We urgently need updated laws that require full disclosure of cosmetic ingredients so consumers can make informed choices about what they are being exposed to."

"Fragrance chemicals are inhaled or absorbed through the skin, and many of them end up inside people's bodies, including pregnant women and newborn babies," said Jane Houlihan, senior vice president for research at Environmental Working Group.

A recent EWG study found synthetic musk chemicals Galaxolide and Tonalide in the umbilical cord blood of newborn infants. The musk chemicals were found in nearly every fragrance analyzed for this study. Twelve of the 17 products also contained diethyl phthalate (DEP), a chemical linked to sperm damage and behavioral problems that has been found in the bodies of nearly all Americans tested.

The Campaign for Safe Cosmetics is a national coalition of nonprofit women's, environmental, public health, faith and worker safety organizations. Our mission is to protect the health of consumers and workers by securing the corporate, regulatory and legislative reforms necessary to eliminate dangerous chemicals from cosmetics / personal care products.

The Campaign for Safe Cosmetics is working with endorsing organizations, responsible businesses and thousands of citizen activists to shift the cosmetics market toward safer products and to advocate for smarter laws that protect our health from toxic chemicals and encourage innovation of safer alternatives.

The Campaign for Safe Cosmetics coalition members include the Alliance for a Healthy Tomorrow (represented by Clean Water Action and Massachusetts Breast Cancer Coalition), the Breast Cancer Fund, Commonweal, Environmental Working Group, Friends of the Earth and Women's Voices for the Earth. The Breast Cancer Fund, a national 501(c)(3) organization focused on preventing breast cancer by identifying and eliminating the environmental links to the disease, serves as the national coordinator for the Campaign.

Numerous products used daily, such as shampoos, lotions, bath products, cleaning sprays, air fresheners, laundry and dishwashing detergents, also contain strongly scented, volatile ingredients that are hidden behind the word "fragrance." People have the right to know which chemicals they are being exposed to! You can trust Young Living to provide you with non-toxic personal care products!

## If Given a Fair Choice, Most Consumers Would Choose Alternative Medicine Over Conventional Health Care

by Mike Adams, the Health Ranger,  
NaturalNews Editor, January 5, 2011

(NaturalNews) As a strong proponent of free market economics, I have long wondered why free markets don't seem to be operating in the health care industry. Today, it finally hit me with great clarity, and I'll share that with you here. But first, a primer on free market economics:

As the free market theory says, "greed is good" because innovators can only get rich by figuring out how to deliver more goods, services and life improvements to consumers who purchase those items. The genius who figures out how to build a better car - or a less expensive car of the same quality - earns the business of consumers and is financially rewarded as a result. Greed drives innovation, the theory goes, and innovation benefits consumers even as it fills the pockets of corporate CEOs, too.

This model works under one critical assumption, and it turns out that assumption is not true in health care today (for reasons you'll see below). Which assumption is it? That consumers will rationally purchase only those things that are in their own self interest (things that benefit them) and, equally importantly, that consumers have access to the information they need to make an informed decision.

So, for example, if a solar panel manufacturer figures out a way to make a new line of solar panels with twice the current efficiency at the same cost as current solar panels, consumers will rationally choose to purchase those solar panels and will experience a benefit as a result (but only if they have access to accurate information about the improved performance of those solar panels). The CEO who runs the company that figured out how to make

the new, improved solar panels will also reap the financial rewards at the same time. This is called free market theory in a nutshell.

### How it all fell apart in health care

But all this falls apart when corporations are selling products that harm consumers under an irrational system protected by government intervention. Many pharmaceuticals, vaccines and treatment services (such as chemotherapy) actually harm consumers far more than they help them. Knowing this, no rational consumer would purchase such products. So the health care system must engage in some rather devious marketing distortions to cajole people into buying their faulty products:

#1) People are **TRICKED** into thinking they need products that harm them. This is accomplished through disease mongering (pushing fabricated diseases such as ADHD), emotional advertising and bribing physicians in order to influence their drug prescribing behavior.

#2) People are **LIED TO** about the risks of using such products. Drug companies, in particular, routinely lie to consumers by burying negative clinical trials, bribing researchers to produce positive study results, exaggerating claimed benefits in television advertisements and other similar methods.

#3) People are **ISOLATED** from information they need to know in order to make a rational decision about conventional medicine's products. They are not allowed to know the truth about the dangers of drugs as revealed in clinical trials, for example. The FDA even conspires with drug companies to hide this relevant data.

#4) People are **FORCED** into a monopolistic choice by the government outlawing alternative choices such as natural cancer remedies or certain nutritional supplements. Once again, the FDA plays a key role in discrediting natural alternatives.

The health insurance industry also enforces this monopolistic approach by covering conventional sick-care therapies (such as heart bypass surgery) while not covering natural therapies that help prevent degenerative disease.

#5) People are **KEPT IGNORANT** of the actual costs of health care through Medicare, Medicaid and health insurance coverage. Consumers have no idea what they're being billed for most medical procedures because they're not footing the bill! So hospitals, clinics and cancer centers bill whatever amount they can get away with.

### Why this recipe works for the sick care industry

Remarkably, this recipe of deception has achieved tremendous success, creating a trillion-dollar global market in bad medicine largely based on quack science combined with manipulative marketing.

Of course, it's not really a free market to begin with. This market is a protected, monopolistic market that's propped up through government regulatory action designed to eliminate competition. It only exists under the illusion of a free market, where consumers think they're making a "free choice" about what drugs to take, not knowing they have another option to avoid taking those drugs altogether and do something completely different to protect their health.

### Government intervention harms consumers

One conclusion from all this is that when the government gets involved in protecting one particular industry while allowing "greed" to run its course inside that protected industry, the result quickly becomes harmful to consumers even while corporate CEOs (in Big Pharma) accumulate wealth. We see this in Wall Street as much as we do in health care... notice how the trillion-dollar bailouts all went to

the wealthiest money criminals even while debasing the currency held by the working masses?

On the Big Pharma side of things, rather than creating better and more innovative products, these companies are in the business of marketing disease first, followed by introducing a chemical pill designed to treat that disease. This is precisely the story behind restless legs syndrome, for example, or the recent push to use drugs to control your uric acid levels.

When governments interfere with free market economics, they inevitably create an unfair playing field that favors one group of companies over another, and that favoritism will always result in financial exploitation that inevitably harms consumers.

The best way out of this would be to deregulate all health care and end the monopoly on medicine currently granted to Big Pharma (and even doctors at the state level). By allowing all providers of health services and health products to compete on a level playing field, without government favoritism, selection or censorship, consumers would quickly learn which products or services work best to protect their health, and they would rapidly shift their purchasing behavior in that direction.

This would cause a windfall of profits in the realm of natural health and alternative medicine, by the way, even while sharply reducing the profits of Big Pharma and the sick-care industry (because it produces virtually no positive results). In fact, this is precisely why the government is not pursuing a free-market approach to health care right now: Because to allow consumers a truly free choice about how to treat their own health would spell the end of some of the wealthiest corporations in the world -- the drug companies whose very existence depends on ignorance, deception and scientific fraud.

### **Conventional medicine must force consumers to use it!**

This is why the FDA continues to censor the truth about nutritional supplements, by the way. It's the reason why Medicare won't cover Traditional Chinese Medicine or homeopathy treatments. This is why the AMA has waged a 100-year war on the chiropractic industry. Conventional medicine works so poorly and is such a total failure in terms of its results that it has to force consumers to use it. Sometimes at gunpoint! (With the forced chemotherapy treatment of teens, for example.)

No other system of medicine in the world is such a total failure that a government has to force its own citizens to use it through a campaign of disinformation, monopolistic controls and active censorship of alternatives.

Today, Americans think they live in a free country. But most do not realize their entire health care system is structured in direct opposition to free markets and free choice. The sick-care industry can't afford for you to have a free choice, because to do so would destroy their entire business model.

### **Opting out of sickness and into health**

You can, of course, opt out of the entire system as I have done. I spend exactly \$0 on health insurance, doctor visits and health care. With all the money I save by not writing checks to a system of failed quack medicine, I instead buy superfoods, nutritional supplements, gym memberships and organic fresh produce that I juice and drink every day. This level of personal health commitment combined with true freedom of choice terrifies both the government and the sick care industry which is precisely why Obamacare mandated that all Americans must buy sick-care insurance or be fined by the IRS.

Think about it: If conventional health care really worked, would they have to send

IRS agents after people to force them to buy into it? This is "gunpoint health care" where you get to choose any system of medicine you want as long as it's the one the IRS says you have to choose. Sounds a bit like Communist China, doesn't it?

What we really need is a truly free market for health care products and services. ...a level playing field where natural remedies can be honestly marketed with accurate health claims and where healers of all kinds can engage in healing services without being arrested or threatened with imprisonment. State medical licensing boards, in particular, should be completely dissolved. They are the power hubs that enforce conventional medicine monopolies at the state level while criminalizing alternative cancer doctors.

A truly free market in health care would revolutionize health in America while ending the dark age of Big Pharma dominance over the entire industry. One day soon, let us hope we may have an opportunity to invoke truly free market economics that will unleash a new era of freedom and healthy living while giving the natural side of medicine its well-deserved opportunity to compete against the failed system of conventional sick care.

In a fair competition, 4 out of 5 consumers would choose natural medicine over conventional medicine. That is precisely why they cannot allow such a freedom of choice to exist.

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About the author: Mike Adams is a natural health researcher, author and award-winning journalist with a mission to teach personal and planetary health to the public. He is a prolific writer and has published thousands of articles, interviews, reports and consumer guides, impacting the lives of millions of readers around the world who are experiencing phenomenal health benefits from reading his articles. Adams is an honest, independent journalist and accepts no money or commissions on the third-party products he writes about or the companies he promotes. Learn more:

[http://www.naturalnews.com/030923\\_alternative\\_medicine\\_consumer\\_choice.html](http://www.naturalnews.com/030923_alternative_medicine_consumer_choice.html)

## TWELVE HEALTHY NEW YEAR RESOLUTIONS



OUR MODERN WORLD EXPOSES US TO STRESS, ENVIRONMENTAL TOXINS, PROCESSED FOODS, CHLORINATED WATER, PETROCHEMICALS, POLYSTYRENES, AND UNKNOWN CARCINOGENS AT EVERY TURN. WHAT WILL YOU DO THIS YEAR TO PREVENT, PROTECT AND PURGE YOUR BODY? HERE ARE SOME IDEAS:

1. **GO ORGANIC!** NO TO PESTICIDES, HERBICIDES, SYNTHETIC HORMONES, ARTIFICIAL FLAVORS/COLORS, MSG, GMO, ASPARTAME. YES TO NUTRIENT RICH, HOME-COOKED, CONSCIENTIOUSLY FARMED ORGANIC FOODS.

2. **HYDRATE!** AT LEAST 8 GLASSES A DAY OF UNCHLORINATED, UNFLORIDATED, SPRING / PURIFIED WATER FLAVORED WITH PEPPERMINT, GRAPEFRUIT OR LEMON OIL.

3. **EXERCISE!** YOGA, AEROBICS, SKIING, PILATES, BIKING, HIKING, DANCING, WEIGHT LIFTING, SWIMMING. BE SURE TO USE PANAWAY, LEMON-GRASS AND AROMA SIEZ AFTER.

4. **DETOXIFY!** DAILY WITH K & B, RAINDROP THERAPY, NINGXIA RED, JUVACLEANSE, ESSENTIALZYME, COMFORTONE, PROGESSENCE, ALKALIME.

5. **REBUILD!** WITH LONGEVITY, MINERAL ESSENCE, POWERMEAL, BALANCE COMPLETE, OMEGA BLUE, HRT, SULPHURZYME, MULTIGREENS, SUPER C, ENDOFLEX, JUVATONE.

6. **MEDITATE!** IN SILENT, MINDFUL, GROUNDED, CENTERED, PRAYERFUL, GRATEFUL, COMPASSIONATE STATES AFTER APPLYING SANDALWOOD, SACRED MOUNTAIN, PALO SANTO, PEACE & CALMING, TRANQUIL ROLL-ON OR GATHERING OILS.

7. **REPLACE!** OVER THE COUNTER-DRUGS WITH ESSENTIAL OILS. WHEN POSSIBLE USE R.C., DEEP RELIEF, STRESS AWAY, PEPPERMINT, RUTAVALA, LAVENDER, VETIVER, VALOR, OREGANO, THYME, PANAWAY, FRANKINCENSE, MELROSE, PURIFICATION, THIEVES PRODUCTS.

8. **ELIMINATE PLASTIC!** USE THE SAME GLASS WATER BOTTLE FOR THE REST OF YOUR LIFE. ALWAYS CARRY A REUSABLE GROCERY BAG. RECYCLE EVERYTHING YOU CAN.

9. **GARDEN!** COMPOST, PLANT ORGANIC SEEDS, TURN SOIL, INVITE EARTHWORMS, GROW VEGGIES, GET DIRTY, GET CHICKENS AND GOATS.

10. **PLAY IN NATURE!** CLIMB TREES, WITNESS A SUNRISE, SWING IN PLAYGROUND, GO SLEDDING, OBSERVE CONSTELLATIONS, WATCH BIRDS, PROTECT ANIMALS, BE A STEWARD.

11. **BE A LABEL READER!** BEWARE OF MARKETING GIMMICKS, SUBSCRIBE TO ORGANIC VALLEY NEWS, BE A SAVVY CONSUMER, QUESTION, SCRUTINIZE. YOU ARE WHAT YOU EAT, WHAT YOU INHALE, WHAT YOU DRINK, WHAT YOU WATCH, WHAT YOU READ AND WHAT YOU SAY.

12. **GO GREEN!** USE ECO-FRIENDLY HOUSEHOLD CLEANING PRODUCTS IN KITCHEN, BATH AND LAUNDRY. BEST CHOICES: THIEVES CLEANER, PURIFICATION, LEMON, MELROSE, CITRUS FRESH. DIFFUSE FAVORITE OILS.

WHAT ARE YOU GOING TO DO FOR THE PLANET AND YOUR BODY IN 2011? LIVE WITH INTEGRITY? PRACTICE WHAT YOU PREACH? RESPECT YOUR WISDOM? DREAM FORWARD? THINK POSITIVE? ACT LOVINGLY? OR FOLLOW YOUR MOTHER'S DEPRESSION-ERA DICTUM: USE IT UP, WEAR IT OUT, MAKE IT DO, OR DO WITHOUT!

## What's the Difference? Frankincense De-Coded

Sacred Frankincense essential oil comes from the *Boswellia sacra* frankincense tree and is distilled at the Young Living distillery in Oman. Sacred Frankincense is ideal for those who wish to take their spiritual journey and meditation experiences to a higher level. A sweeter smelling Frankincense than our regular Frankincense, Omani Frankincense is highly regarded as the "frankincense of the ancients." Until now, Omani Frankincense was not available to the Western World as it had never left the country, unless it was purchased by Saudi royals. Gary Young was granted permission to build a Young Living distillery for this most sought-after aromatic of the world, and now it is available to you!

This oil deepens your spiritual experience when used during yoga, meditation or prayer. Use it in conjunction with Young Living's traditional Frankincense (*Boswellia carteri*).

I believe that the Sacra Frankincense is a higher grade of Frankincense than YL's original Frankincense, based upon point of origin and the material removed from the *Boswellia* Plant. I hope and pray that this helps all who have requested the difference between the two types of Frankincense now available through Young Living. - Rev. Dr. Ronald L. "Chief Grey Eagle"

### Young Living Essential Numbers

#### Live Order Entry Operators

1-800-371-2928 Mon-Fri 7am - 7pm MST

#### Distributor Network Services

1-800-371-3515 Mon-Fri 7am - 7pm MST

Fax Numbers 1-866-203-5666 (US & Canada) 1-801-418-8800

#### Live Help Operators

Mon- Fri 8am - 11pm

Saturday 10am to 5pm, MST

Sunday 3pm to 11pm, MST

#### YL Wisdom

[www.ylwisdom.com](http://www.ylwisdom.com)

1-800-336-6308

[www.youngliving.us](http://www.youngliving.us)

[www.youngliving.org](http://www.youngliving.org)

## Curcumin, Boswellia and Holy Basil - Relieve Arthritis Pain Naturally by Celeste Smucker, citizen journalist

NaturalNews Arthritis is a broad term used to describe joint pain or inflammatory conditions such as osteoarthritis, rheumatoid arthritis which is actually an auto immune disease and gout.

As the leading cause of disability in the United States, arthritis comes with economic and social costs that are large and growing. Today nearly 50 million adults suffer from some form of arthritis and the numbers are increasing by about 1 million individuals a year. In addition, twenty million Americans report being physically limited by arthritis. Costs to our health system and economy are huge and estimated to be in excess of 128 billion annually including 47 billion in lost productivity. Conventional remedies for arthritis pain may have costly side effects. Fortunately, safe, natural herbal remedies are available which help alleviate both the physical and economic pain of this condition.

Arthritis treatment depends on the actual diagnosis. However some of the most commonly used pain relief medicines are the NSAIDs (Non steroidal anti-inflammatory drugs) which can be had over the counter or by prescription. Side effects from these drugs add substantially to the cost of treatment. A study of Medicaid recipients who received NSAIDs as part of their arthritis treatment found that nearly a third of the total medical care cost went to treat drug side effects such as harm to the patient's gastrointestinal tract. In some cases NSAIDs have also been found to accelerate the deterioration of cartilage essential for healthy joints thereby promoting the condition for which they are prescribed.

Fortunately there are effective alternative treatments for arthritis pain that have minimal side effects. For example, consider herbs from India's ancient Ayurvedic tradition such as curcumin, boswellia and holy basil. All of these have powerful anti-inflammatory properties

as well as other health supporting benefits which make them particularly appealing to arthritis sufferers.

Curcumin is derived from the herb turmeric which is common in traditional Indian cooking. Research has validated its effectiveness as an anti-inflammatory that is helpful for arthritis pain. It may also help reduce LDL cholesterol and suppress the growth of tumors. Curcumin may promote blood thinning so consult a knowledgeable professional if you take medication for this purpose.

Boswellia contains an active anti-inflammatory compound called boswellic acid. It has few if any side effects and has been used as a treatment for many different inflammatory conditions including asthma, digestive ailments such as colitis or Crohn's disease and of course arthritis. Boswellia is available as a capsule or a powder.

Holy Basil, also known as tulsi, is one of the most sacred herbs in Ayurveda. It is considered an adaptogen which has powerful antioxidant and anti-inflammatory properties as confirmed by traditional use and scientific research. The tulsi plant is found in many Indian homes where it is used as a folk remedy for ailments such as headaches, colds, flu or digestive upsets. Its anti-inflammatory properties make it an effective treatment for arthritis pain as well. In addition, there is evidence it is beneficial for conditions such as diabetes, high cholesterol, and ulcers. Holy Basil has few if any side effects; however, it should not be taken by pregnant women or those wanting to conceive.

### Sources:

<http://www.cdc.gov/mmwr/preview/mmwr...>  
<http://www.amjmed.com/article/0002...90250/1/abstract>  
[http://theconsciouslife.com/9\\_natur...](http://theconsciouslife.com/9_natur...)  
<http://www.allegheynhealth.com/nsaid...>  
[http://www.curcumin.net/herbal\\_reme...](http://www.curcumin.net/herbal_reme...)  
[http://www.holy\\_basil.com/6865.html](http://www.holy_basil.com/6865.html)

The Environmental Working Group team estimates you can lower your pesticide intake by as much as 80% if you steer clear of the top 12. In descending order, the most contaminated fruits and vegetables:

### The Full List: 49 Fruits and Veggies

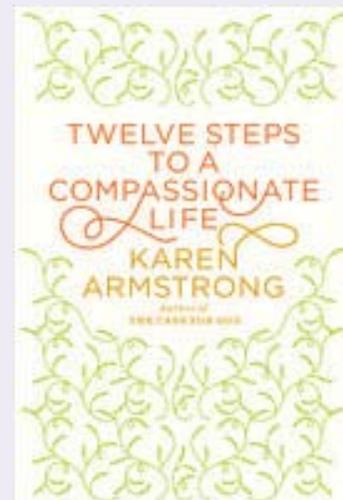
#### Rank Fruit or Veggie

- 1 (Best) Onions
- 2 Avocado
- 3 Sweet Corn (Frozen)
- 4 Pineapples
- 5 Mango (Subtropical/Tropical)
- 6 Sweet Peas (Frozen)
- 7 Asparagus
- 8 Kiwi Fruit (Subtropical/Tropical)
- 9 Cabbage
- 10 Eggplant
- 11 Cantaloupe (Domestic)
- 12 Watermelon
- 13 Grapefruit
- 14 Sweet Potatoes
- 15 Honeydew Melon
- 16 Plums (Domestic)
- 17 Cranberries
- 18 Winter Squash
- 19 Broccoli
- 20 Bananas
- 21 Tomatoes
- 22 Cauliflower
- 23 Cucumbers (Domestic)
- 24 Cantaloupe (Imported)
- 25 Grapes (Domestic)
- 26 Oranges
- 27 Red Raspberries
- 28 Hot Peppers
- 29 Green Beans (Imported)
- 30 Cucumbers (Imported)
- 31 Summer Squash
- 32 Plums (Imported)
- 33 Pears
- 34 Green Beans (Domestic)
- 35 Carrots
- 36 Blueberries (Imported)
- 37 Lettuce
- 38 Grapes (Imported)
- 39 Potatoes
- 40 Kale / Collard Greens
- 41 Cherries
- 42 Spinach
- 43 Sweet Bell Peppers
- 44 Nectarines
- 45 Blueberries (Domestic)
- 46 Apples
- 47 Strawberries
- 48 Peaches
- 49 (Worst) Celery

“ALL FAITHS INSIST THAT COMPASSION IS THE TEST OF TRUE SPIRITUALITY AND THAT IT BRINGS US INTO RELATION WITH THE TRANSCENDENCE WE CALL GOD, BRAHMAN, NIRVANA, OR DAO. EACH HAS FORMULATED ITS OWN VERSION OF WHAT IS SOMETIMES CALLED THE GOLDEN RULE, “DO NOT TREAT OTHERS AS YOU WOULD NOT LIKE THEM TO TREAT YOU,” OR IN ITS POSITIVE FORM, “ALWAYS TREAT OTHERS AS YOU WOULD WISH TO BE TREATED YOURSELF.” FURTHER, THEY ALL INSIST THAT YOU CANNOT CONFINE YOUR BENEVOLENCE TO YOUR OWN GROUP; YOU MUST HAVE CONCERN FOR EVERYBODY – EVEN YOUR ENEMIES. YET SADLY, WE HEAR LITTLE ABOUT COMPASSION THESE DAYS.”

– KAREN ARMSTRONG, AUTHOR OF “TWELVE STEPS TO A COMPASSIONATE LIFE”

ARMSTRONG ADMITS COMPASSION ISN'T A VERY POPULAR VIRTUE. “PEOPLE OFTEN PREFER TO BE RIGHT,” SHE SAYS. AND THOUGH SHE OFFERS THESE 12 STEPS, IT'S NOT A GET-COMPASSIONATE-QUICK SCHEME. “THIS IS A STRUGGLE FOR A LIFETIME, BECAUSE THERE ARE ASPECTS IN IT THAT MILITATE AGAINST COMPASSION.”



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