



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

## Learn to Invest

by Linda Penkala

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 health-care 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 in our health—is a viable plan for the future. At a time when there is so much to be unsure of in this rapidly changing world, Young Living offers safe, predictable and effective products for remedying what ails us.

Young Living is a solid investment; 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—horseracing. In horseracing, there are *claiming horses* that can be bought for a set price after the starting gate opens and the race begins. At the end of the race,

the trainer and groom take the horse they've claimed to their barn, and in a good trainer's hands, a transformation can begin. I have seen dull, listless, 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 distributors and friends who have learned to invest in themselves and others. Many beautiful benefits are obvious with time—physically, emotionally, spiritually, and financially.

A perfect opportunity to invest in ourselves and our organization is coming **June 11-14 in Salt Lake City—Young Living's Annual Grand Convention at the Salt Palace!** YL's corporate team in Utah works round the year to organize and strategize this event, readying us for another year of exciting educational presentations from exceptional leaders, researchers, and teachers. With both Gary Young's upcoming **Rise to Excellence Tour** in March and the **YL Convention**, two powerful opportunities offer us a fantastic way to invest in ourselves, in our team of distributors, and to further lead others out of the *wilderness* of health care.

I encourage you to follow this acrostic—

- L**isten to the wisdom of your mentors
- E**ncourage distributors
- A**ction will take you forward
- R**esearch daily, and
- N**ever give up!

### TO

- I**nspire others
- N**urture yourself
- V**ision for the future
- E**xcel above
- S**trive for the best, and
- T**each others to change the world!



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## Oil Of Oregano Rivals Modern Antibiotic Drugs

By Bill Sardi - January 18, 2008  
Source: [www.lewrockwell.com](http://www.lewrockwell.com)

Oil pressed from oregano leaves that contain the active ingredient carvacrol may be an effective treatment against sometimes drug-resistant bacterial infection. Georgetown University researchers have found that oil of oregano appears to reduce infection "as effectively as traditional antibiotics."

Oil of oregano at relatively low doses was found to be efficacious against Staphylococcus bacteria and was comparable in its germ-killing properties to antibiotic drugs such as streptomycin, penicillin and vancomycin. [Science Daily 10/11/2001] The findings were presented by Harry G. Preuss, MD, professor of physiology and biophysics, Georgetown University, at the American College of Nutrition's annual meeting in Orlando, Florida.

Earlier this year researchers at the Department of Food Science at the University of Tennessee reported that, among various plant oils, oil of oregano exhibited the greatest antibacterial action against common pathogenic germs such as Staph, E. coli and Listeria. [Journal Food Protection, Volume 64, July 2001] Last year British researchers reported oregano oil had antibacterial activity against 25 different bacteria. [Journal Applied Microbiology, Volume 88, February 2000] A clinical study in Italy has shown that oil of oregano can be used to treat intestinal parasites. [Phytotherapy Research, Volume 14, May 2000]

The body of positive evidence for oregano oil as a major antibiotic is growing. Among 52 plant oils tested, oregano was considered to have "pharmacologic" action against common bugs such as Candida albicans (yeast), E. coli, Salmonella enterica and Pseudomonas aeruginosa. [Journal Applied Microbiology, Volume 86, June 1999] Pseudomonas is a type of germ that is getting more difficult to treat as it has developed strains that are resistant against antibiotic drugs.

Of recent interest are reports show-

ing that carvacrol from oil of oregano kills spores, such as Bacillus cereus and Bacillus anthracis (anthrax). [Archives Microbiology, Volume 174, October 2000; Quarterly Review Biology, Volume 73, March 1998] Bacillus cereus is considered to be from the same species as Bacillus anthracis (anthrax). [Applied Environmental Microbiology, Volume 66, June 2000] In tests of antibiotics and antiseptics, Bacillus cereus is often used in studies in lieu of the anthrax strain. [University of Michigan News & Information Service, Sept. 23, 1998]

Oil of oregano is not to be confused with common oregano in the kitchen spice cupboard, which is usually marjoram (Origanum majorana or O. vulgare) rather than true oregano (Origanum vulgare).

The growing problem of antibiotic resistance has health authorities concerned. Already various germs are showing resistance to vancomycin, particularly to intestinal bacteria (Enterococcal species) among hospitalized patients. [Southern Medical Journal, Volume 94, August 2001] Vancomycin is considered to be the most potent antibiotic available and is withheld from use as a drug of last resort. Vancomycin costs about \$16 per pill versus about \$1 for the purest-strength oregano oil. Drug resistance does not develop against naturally-occurring antibiotics such as garlic and oil of oregano.

Bill Sardi is a health journalist at [www.askbillsardi.com](http://www.askbillsardi.com). Copyright © 2001 Word of Knowledge Agency, San Dimas, CA.

### Urinary Tract Infection

I have had great success in using Bergamot oil to help get rid of a urinary tract infection. I just swipe a couple drops across my lower abdomen a couple times a day and even over night it was better. Bergamot oil is very gentle so using it full strength should not cause any discomfort. Bergamot also smells really good and is like wearing a special perfume! This oil even helped my dog when she got a urinary tract problem. Great stuff! Pat

## Are Antibiotics Useless for Sinus Infections?

Antibiotics are commonly used to treat sinus infections, but a new study found that they work no better than a placebo. Further, prescribing antibiotics to sinus patients may cause harm by increasing their resistance to the medications.

In the study, researchers followed about 200 patients with sinusitis. Of the 100 who received an antibiotic, 29 percent had symptoms that lasted 10 days or more. Another 107 received a placebo, and 34 percent had similarly lasting symptoms. The difference was statistically insignificant.

The effectiveness of a nasal steroid spray for sinus infections was also tested in the study, and found to work the same as the placebo (except among a group of patients with milder symptoms, when it was slightly beneficial).

The researchers suggested that the antibiotic did not help the sinus infections because it couldn't penetrate pus-filled sinus cavities.

Unnecessary prescribing of antibiotics has led to enormous problems with drug resistance. Antibiotics were recently found to be ineffective against ear infections and bronchitis as well.

The researchers say the results should encourage more patients to forgo antibiotics for sinus infections. "With a little bit of patience, the body will usually heal itself," said Dr. Ian Williamson, the study's lead author.

Sources: Journal of the American Medical Association, December 5, 2007; 298(21):2487-2496 <<http://jama.ama-assn.org/cgi/content/abstract/298/21/2487>>

Houston Chronicle, December 5, 2007 <<http://www.chron.com/dispatch/story/mpl/nation/5352551.html>>

# What's New at Young Living?

## New Distributor Reactivation Policy

With Young Living's new distributor reactivation policy, renewing your membership with Young Living is easier than ever. If your membership has lapsed, place a single 100 PV order (not valid on Essential Rewards autoship orders) and fax, go online and digitally sign, or mail a Distributor Agreement Form to Young Living within 30 days of placing your 100 PV order. Once completed, enrollment will be considered "active." So, don't let your membership lapse another day. Reactivate now! View the complete Distributor Reactivation Policy.

## Start Living Kits—Now in Spanish

Your opportunity to purchase a Start Living Kit in Spanish is now available! Get a jump start on your Young Living business while sharing the health benefits Young Living products have to offer. Kits include products, services, sales aids, and training materials for new Young Living Independent Distributors. Visit [www.younglivinglatino.com/products.asp](http://www.younglivinglatino.com/products.asp) and click "Featured Products" to get your Start Living Kit in Spanish!

## RutaVaLa, Get Yours Today!

First introduced at the 2007 Grand Convention, Young Living's proprietary essential oil blend of Ruta, Valerian, and Lavender is now available. RutaVaLa is used aromatically to help relieve stress and relax the body and mind. The blend helps overcome negative feelings while encouraging a positive attitude and comfort. Order yours today! Item # 3419 Whsl. \$29.75 /Pref. cust. \$33.32 / Retail \$36.89. Ingredients: Lavender (*Lavandula angustifolia*), Valerian (*Valeriana officinalis*), Rue (*Ruta Graveolens*).



## Ruta VaLa Testimonial

The second day of the YL convention was very long and by the time we got home, my dog was pacing and panting and would not lay down. My daughter (6) was a wave of constant movement and chatter, my dog was crawling in between my mom's feet at every opportunity to avoid being the object of my daughters attention and my mom was very stressed. Luckily, I had gotten Ruta VaLa oil that morning and this was the perfect opportunity to use it. I put the oil on my daughters spine and brain stem. I held it out for both dogs to smell and them put some on their brain stems. I also put some on me. My daughter sat down beside me on the couch and quietly watched a TV program and both dogs laid down. I have since used it with several people who are high on the stress scale and all have reported calming effects. **Have a great day! Melanie**

## Release Of Our Newest Oil - Ruta VaLa

Our new farm in Ecuador has yielded its first essential oil blend - RutaVaLa. So far, the reports have been fabulous. Last year Gary and Mary Young nearly lost their youngest son Josef. He was very ill, and they learned he had been exposed to black mold; it turned out that their house was saturated with it - unbeknownst to them. A specialist in toxic black mold told Gary that there is NO KNOWN protocol to treat it, and no child under the age of 3 had survived it. Gary pulled all stops to get his little one through this crisis. Now they are using RutaVaLa to calm his system down, so he can sleep all night long and be mellow during the day.

Applying RutaVaLa to the back of your neck on the base of the skull can help lift depression. It improves attitude, and modulates brain function, fevers, menstrual cycle, rheumatism, aches and pains of all kinds, and reverses stickiness of the blood platelets. Ruta comes from the Greek word meaning "to set free."

## Ruta VaLa Testimonial

I had the great opportunity to attend a YL seminar presented by Gary Young in New York City. During this seminar Gary introduced a new essential oil called Ruta VaLa. I have suffered from endometriosis for years and prescribed birth control pills to help regulate my menstrual cycles without success. I even had surgery to remove the lesions to provide relief from immense pain. I did find some relief from the surgery, but it was short lived as my doctor told me it would be. The only permanent solution to my problem is a hysterectomy. I have really been considering going through with it because I just can't stand the pain any longer. I eat pain relievers like candy just to be able to function normally. They dull the pain but never really take it away. While in New York I started my period. I was so afraid I would be unable to attend the meeting due to the pain I was anticipating. However, during the meeting Gary shared RutaVaLa, and had some volunteers use the new oil. A few members were able to get a bottle and my mom was one of them. I was very attracted to the fragrance and decided to apply it to the back of my neck as I had seen Gary apply it to the volunteers. Within a few minutes the cramping pain I was experiencing began to alleviate, and within a hour I was pain free. AMAZING!!! My mom (bless her heart) gave me her only bottle of Ruta. I have applied Ruta VaLa everyday since the meeting and I am happy to report that I have had no more pain with my period. Also I usually have a heavy flow that lasts more than seven days. After applying the Ruta, I had a very normal to light flow and my period only lasted for five days. **Thank you God! Thank you Young Living! Marlena Carey**

## GOLD CLUB FLORIDA

In early November 2007, over 250 Young Living Gold Club Leaders and their guests met in sunny Daytona Beach, Florida for three days of Education, Celebration, Recreation, and Inspiration, compliments of YL.

Distributors from around the world who have built their YL businesses to the level of Gold and Platinum Leaders, stayed at the oceanfront Daytona Hilton. We were each greeted with a complimentary gift bag in our rooms, full of YLEO goodies!

Thursday night was a meet and greet reception, complete with hors d'oeuvres, a live band, and a bar free-flowing with Ninqxia Red. Master of Ceremonies, Gary Young, was fresh off the plane from Ecuador.

Friday was spent in seminar with Gary and executives from the home corporate office as we were updated about new and exciting developments for the company. Friday afternoon we enjoyed the ambiance of the local area, strolled along the warm Atlantic coast line, met with other Young Living leaders, compared strategies for continued professional success, and enjoyed sharing stories of our YLEO adventures.

Saturday morning we savored another delicious and wholesome meal (characteristic of all YLEO functions) and then spent several hours meeting with Gary, discussing the qualities of leadership, hearing plans for the Ecuador clinic, and having a valuable question and answer time with Gary and his executive staff members.

That afternoon we loaded the buses and visited the Daytona Speedway, for continued team building and networking. As our annual Con-



YL GOLD: Martha Wertz, Carl Janicek, Christina Rose & David Almond

vention continues to grow, it was a rare treat to have Gary's attention for individual concerns and questions. The Saturday evening banquet completed our Gold Club event. The fine dining was exquisite, awards were given to various individuals, and friendships were even further deepened.

Many folks commented, with gratitude and appreciation, on how our entire YLEO group effort has contributed to our success. We know that soon more distributors will qualify to attend this event in coming years.

On another note, those who had the privilege to enjoy the company of the late Dr. David Almond in Daytona Beach, will attest to the Radiance, Tranquility, and Joy he experienced on his final **farewell vacation** in Florida. What a priceless treasure to have shared this time with him!

Magical! Synchronistic! Empowering! Inspiring! Educational! Nurturing! & Delightful! all capture the essence of this Gold Club Leadership Celebration. In Gratitude,  
Martha Wertz  
YLEO Gold Executive  
Santa Maria, California

## MORE ON GOLD CLUB

Gailann and I were really honored to be invited to the Young Living Gold/Platinum event in Florida. We had a very nice room facing the ocean, and Young Living treated us like royalty.

It was awesome to spend time with Gary and Mary Young. They shared lots of good things about the oils, along with the vision and direction of Young Living's future. We couldn't have been in better hands!

It was fun to spend time with all of the other Gold and Platinum members from our Team and to get to know them on a more personal level. We had a great time sharing and learning how the other Golds and Platinums are building their Young Living Teams.

Gailann and I recommend that everyone do their best to achieve Gold and Platinum so that they can experience the fun and joy we had together. Love,  
Jeffrey Lewis  
YLEO Platinum Executive  
Montclair, New Jersey

### The Cough and The Colon

There are so many different reasons for coughing - allergens, environmental toxins, colds, flu or infections, and in severe cases tumors or cancer in the lungs.

There are also varying characteristics to coughs such as tight and dry, or loose and productive. Sometimes the type of coughs will give an indication of the problem, but unless one has good diagnostic testing the true underlying problem may be a mystery.

An area of the body that can contribute to coughing and is often overlooked - and rarely tested for complaints of coughing - is the colon.

When someone's colon is sluggish or difficult to empty, such as in constipation, or if they have a problem with candida (which is an overgrowth of yeast due to an imbalance of bacteria in the gut) then the body can often respond with a cough.

It helps to understand how this works by recognizing that one of the functions of the respiratory system is elimination. When the primary eliminatory organs are not working at their optimum, (ie, colon) then the other elimination organs kick in to help (skin, lungs, etc.).

Clients receiving colon hydrotherapy may experience great improvements in their breathing, sinus problems, and coughing.

Another helpful tip for understanding this connection is that in Chinese Medicine the Lung and Large Intestine share the same meridian. In that health model, it is often seen, that a clearing happens in one of those organs when the other is balanced.

\* This article is referenced from the Essential Oil Desk Reference, 4th Edition. [www.essentialscience.net](http://www.essentialscience.net)

Here are some simple solutions that you can do at home for your cough (along with addressing your colon if you think that could be a contributing factor):

### Home Made Cough Syrups

#### **Recipe One**

- Lemon juice or small amount of water with drop of **YL Lemon oil**  
- Honey  
- Tiny dash of cayenne pepper  
Mix well. Take 1-2 teaspoons as needed.

#### **Recipe Two**

- 1/2 c. honey  
-1 tbsp. chopped garlic  
-1 tsp. horseradish (fresh)  
Mix well. Take 1-2 teaspoons as needed. If mixture is too hot, add more honey to taste.

#### **Recipe Three**

-1 c. molasses  
-2 drops **YL Ginger oil**  
-2 drops **YL Peppermint oil**  
Mix all ingredients together. Take 1 teaspoon every 4 hours.

### Dry Cough Tea

-2 drops **YL Lemon oil**  
-3 drops **YL Eucalyptus Radiata oil**  
-1 tsp **YL Agave**  
-4 oz. hot water  
Sip slowly throughout the day.

### Eucalyptus Steam Inhalation

Pour hot water into a bowl. Add 3 drops of YL Eucalyptus Globulus or Radiata essential oils, or RC blend. Place your head about 12" above the bowl. Cover your head with a towel, forming a tent over the bowl. Shut your eyes and breathe deeply through your nose for 1 to 2 minutes. If too hot, raise the towel or open it slightly.

Note: Use therapeutic grade essential oils. Additional oils for coughs: Myrtle, R.C., Melrose, Raven, Thieves and Purification.

### Cleansing the Colon

The principle causes of constipation are inadequate fluid intake, low fiber consumption and emotional holding. Constipation can eventually lead to diverticulitis and diverticulosis, conditions common among older people. The reason that constipation causes diverticulosis is due to the fact that the muscles of the colon must strain to move an overly-hard stool, which puts excess pressure on the colon. Eventually weak spots in the colon walls form, resulting in the creation of abnormal pouches called diverticula. These pouches can also be created by parasites which burrow and embed in the lining of the colon wall and lay eggs there. It is always wise to consider treating for parasites when diverticula are present.

In addition, drinking aloe vera juice, prune juice, unsweetened pineapple juice, raw vegetable juices and 8 glasses of water daily will help. Recommended YL products for colon support and cleansing include: Cleansing Trio, Digest & Cleanse Softgels, Life 5, Balance Complete, Alkalime, Para-Free, Di-Gize and Peppermint.

### Thieves Sore Throat Cure

Place 2-3 drops of YL Thieves oil in half a cup of warm water. Gargle with half the mixture, swallow, and then proceed with the other half. Swallow to get the full antibacterial benefit. You can also gargle with Thieves Mouthwash, if that is all you have. Also, topically rub a couple of drops of Thieves oil on your throat and lymph glands to ease a sore throat or cough, and for prevention if you happen to be around others who are sick. Thieves Lozenges or Antiseptic spray are also recommended.

## An Owl Healing Story with Young Living Essential Oils

I use YLEO with birds, both wild and domesticated. I found that a drop of **Citrus Fresh** oil in an exotic bird's water makes the bird feel like it is receiving a treat! **Thieves Cleaner** is perfect for cleaning cages, and I make a spray from **Lavender** oil, citrus oils, and **Purification** oil in water and lightly spritz the birds daily to help them preen and keep mites away. The birds I work with LOVE to be sprayed with this solution. They balk and flap their wings until I come out with the spray. Then they each line up, spread their wings and allow me to spritz them. Birds are very amusing!

Recently we had an owl come to us that was hit by a car. The owl had blood on its nose, was extremely disoriented, and a wing was dislocated.

The first thing I did was to apply diluted **OrthoEase** on the dislocated wing then popped it back in place. Next, we had to get the bird to eat. We called him Mr. Clicks because he would click at us in reply when we spoke to him. He was very easy to handle and wasn't acting like a normal owl. He allowed us to handle him without incident.

Since owls drink very little fluids because they receive their liquid nutrition from their prey, we had to get something in this owl right away. So we placed a rodent in a huge plastic tube to see if he would take it. He wouldn't eat for 5 days. During this time, I kept working with his wings to help them become strong again and I applied diluted **OrthoEase** to the effected wing daily prior to our workouts.

I used **Thieves Cleaner** to clean up his droppings and keep his room clean. During this time, I feed the rodent the oils I wanted the bird to digest internally, which were citrus oils, and I feed the rodent **JuvaPower**, **SuperCal**, and **MultiGreens** mixed with his food. Finally after 5 days, the owl took his food and ate it all. This was a

great sign because suddenly, the owl started healing fast. He became more alert, started exercising his wings without my help, and ate daily.

Of course, my son wanted to keep him, but I explained to Billy that Mr. Clicks was a wild animal that got hurt. We were only here to help him heal, love him while he was with us, and keep him safe until he felt like he was strong enough to be set free. Needless to say, I still fell in love with Mr. Clicks. He ate his last meal on Saturday night and on Sunday, he flew to my shoulder. That told me he was ready to be set free. We set up the video camera, did a segment on owls (he was a barred owl) for The Pawz Cauze, then my husband asked if he could be the one to set him free while I ran the camera.

As soon as JR walked outside with him, he took off and flew into one of our maple trees to perch. It was amazing, sad, and joyful all at the same time. He flew from tree to tree, happy to be free once again. He stayed around for a few hours watching us as if he was sad to leave us as well. We needed to go to town on Sunday, so when we left, Mr. Clicks watched us drive away. When we returned, he was gone.

I find myself looking outside my office window to see if he is in one of our bare trees, but I never see him. I'm getting teary eyed just thinking about him. Mr. Clicks was such a wonderful owl to work with. You'll understand once I post the video of him. You will see that he was very docile and loving. Pawz Up, Leigh Foster

**For more information go to:  
[www.thepawzcauze.net](http://www.thepawzcauze.net)**



**2008 YOUNG LIVING  
GRAND CONVENTION  
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Register online, or by phone at 1-800-217-0002 or 1-801-521-9025.

NOTICE: in our previous issue, we published an article about cancer from John Hopkins University. We have come to learn that it was not written by John Hopkins. We apologize for this oversight as we do our best to provide you with authentic articles.

### **Young Living Essential Numbers**

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*"Smell is a potent wizard that transports us across thousands of miles and all the years we have lived. The odors of fruits waft me to my southern home, to my childhood frolics in the peach orchard. Other odors, instantaneous and fleeting, cause my heart to dilate joyously or contract with remembered grief. Even as I think of smells, my nose is full of scents that start to awake sweet memories of summers gone and ripening fields far away." Helen Keller*

This eloquent quote so vividly says what many of us experience when exposed to aromas. Smell is the sense that reaches deeply and quickly into our emotional center to evoke feelings and memories of our past.

When was the last time you paused and took notice of an aroma? When did a certain scent evoke nostalgia by transporting you to that specific experience? Has scent soothed your anxiety, relieved insomnia or spiced up your social interactions? Odor molecules are chemical communicators that give specific and potent messages. "Neuroscience", the study of the sense of smell, has become the "haute couture" of the academic world.

The sensory revolution is in full swing. The power and pleasure of scent and our sense of smell is being explored by scientists throughout the world. This positive effect scent has on human behavior is amazing to researchers because the implications and applications are so exciting. The research that follows is provocative and lends itself to the innovative use of scent in the future.

With the help of technology, researchers are assisted in examining the brain's response to olfactory stimulation. Dr. Tyler Lorig studied the brain's response to odor by measuring electrical patterns in the brain when subjects smelled an odorant. Drs. Hong-Ming Cheng and Bruce Wexler used magnetic resonance imaging that produces highly detailed maps of metabolic activity in portions of the brain involved in odor perception. Both teams of researchers found that brain activity increased in specific parts of the brain when certain smells were picked up by the nose. These studies show that sensory information from the nose is processed by certain portions of the brain. Understanding how the brain receives and processes olfactory cues will add a new dimension

to the mystique of the overall sensory experience. The human olfactory system is fully mature at birth. Within two days after its birth, a baby recognizes its mother by its sense of smell. A link between a baby's sense of smell and an early ability to learn was discovered by Dr. Ira Lott. Her research suggests that a baby who doesn't remember her mother's odor could be prone to learning disorders.

Sleep studies to see which scents have an effect on sleep found that most scents did have an effect. The olfactory receptors were stimulated when an odor was present and the brain was receiving the odor stimulation. This has exciting implications for the hearing-impaired, who are unable to respond to auditory signals used in warning devices like fire and security alarms. Odorant molecules travel through darkness and can bend around corners to alert sleeping individuals to dangers that are not directly within their line of vision.

We will have aroma-air-conditioning systems that will pump the sedating scent of lavender 20 minutes before we want to sleep. Pleasant odors will also be used to positively affect our dreams. Waiting rooms in doctors and dentist offices will be suffused with an aroma that calms.

Drs. Joel Warm and William Dember found that workers who occasionally sniffed peppermint and muguet while performing sustained attention tasks improved the quality of their work significantly. Releasing the scent of peppermint into the office environment could help increase employee alertness, attitude and performance. Just imagine the workplace of the future using a fragrance system to increase worker efficiency. It could ultimately create a more gratifying work environment. Implications for using scents that have a stimulating effect are being explored

by automobile manufacturers and long distance truck drivers.

Research done by Dr. Rachel Hertz found that memories evoked by our sense of smell are more emotional than memories evoked by our other senses, including sight, sound and touch. Our odor memory bank is housed in the brain's limbic system. Limbic system controls or modifies our emotional and sexual responses, hunger and thirst responses, artistic abilities, perceptions of space, body temperature, and cognitive ability. This portion of the brain also receives and stores information experienced by all the other senses. The electrical signals released by the sense of smell may trigger our strongest memories of the past. Positive or negative, our reaction to odor depends on our own personal and unique odor/memory association.

Pure essential oils that are scientifically documented to have an antibacterial and antifungal effect are being used to naturally purify the air. By diffusing the essential oils into the air using an electric diffuser, it is possible to cover up to a 2,000 sq. ft. dwelling. Oils, such as eucalyptus, neutralize many of the microbes inside the home. The use of essential oils in cleansing our interior environments is as exciting as the oil's capacity for emotional cleansing. When inhaled, these pure oils go on a complex olfactory journey in which they eventually reach the amygdala, the memory center for fear and trauma. Dr. Joseph Ledoux discovered that the amygdala plays a major role in releasing and storing emotional trauma. As we can see odor or fragrance has a profound effect in triggering a emotional response.

*By Anneliese London, M. A., Assistant Professor, Health Editor, Holistic Health Educator and Speaker*

**WELCOME TO THE WONDERFUL WORLD OF ESSENTIAL OILS!**  
**101 USES FOR THE YOUNG LIVING ESSENTIAL 7 KIT (FIRST INSTALLMENT)**

**TEN** reasons why you should never leave home without your Young Living **Essential 7 Kit**.

1. You, someone you know, your dog or horse might have a mishap or accident.
2. You might be sleepy or can't concentrate.
3. You might have eaten something that did not agree with you.
4. You might have met someone that did not agree with you.
5. You might be stuck in traffic feeling agitated.
6. You might find yourself in a public restroom that doesn't have soap or hot water.
7. You might get stung by a bee or other insect.
8. You might suffer the discomfort of a sunburn.
9. You might get sore muscles after exercising.
10. You simply want to smell good & feel better!

**Value of Young Living's Essential 7 Kit:**

Essential 7 Kit was created by YLEO so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. The Kit contains three single oils: **Lavender** (*Lavandula angustifolia*), **Lemon** (*Citrus limon*) and **Peppermint** (*Mentha piperita*), and four oil blends: **Joy™**, **PanAway™**, **Peace & Calming™**, and **Purification™**.

**How to Use Your Essential 7 Kit:**

**Ingestion:** The therapeutic grade single oils may be used as dietary supplements, diluted with oil-soluble liquids like milk or juice, in honey or agave, or in capsules. Also good for cooking.

**Diffusion:** All oils may be diffused with a YLEO diffuser—a special air pump that is custom designed to disperse the oils in a micro-fiber vapor without heat, which allows oils to stay suspended in the air reducing bacteria, fungi, and mold. Heat can destroy the effectiveness of YL oils. Diffusing freshens air with natural fragrances, eliminating the need for synthetic air fresheners.

**Topical Application:** All oils can be applied to the Vita Flex points on your feet, added to bath water mixed with YLEO's Bath Gel Base, applied on skin, or used with body massage.

**Guidelines for Safe Use:** Always keep a bottle of any pure vegetable oil handy to dilute oils if they cause discomfort or skin irritation; keep bottles tightly closed and store in a cool location; keep essential oils out of reach of children; keep oils away from eye area and do not put into ears; do not handle contact lenses or rub eyes with essential oils on fingers.

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*Shared with love for all Mankind  
and Mother Earth.*