



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

## YOUNG LIVING'S FRANKINCENSE CARAVAN!

Imagine 100 Young Living Distributors traveling with Gary Young, YL Founder, to Egypt to explore the history of **Frankincense** oil! *Riding a camel is required.* The purpose of the trip is to complete a documentary on the Frankincense Caravan. It takes place around 960 BC.

**Frankincense** trade started world commerce. Out of it came laws: court and judicial systems. Prior to that, there was no alphabet, arithmetic, or schooling, and no shipping or international commerce. These were all birthed out of the necessity to bring **Frankincense** to the world.

A commodity that commanded a price greater than gold for well over 5,000 years, **Frankincense** was used to treat every disease conceivable or experienced by mankind at that time whether it was infectious colitis or a fractured skull. **Frankincense** resin combined with flax linen was used to create a cast for a broken leg - for man or camel.

Travelers will learn how **Myrrh** was used to replace tissue eaten away by the infamous camel spider. The tissue was regrown or regenerated, not entire fingers, toes or a nose, but tissue of the tricep, forearm, bicep, or cheek. They will research and explore ancient distillers with their traveling guide, Egyptologist Codega Hammond.

In Luxor they will tour the Temple of Dendera, Carnac, and the legendary Temple of Edfu, where Christ graduated and was initiated into priesthood and did his priest studies before returning back to Israel around the age of 19-20 — where he was gifted five alabaster jars which were uncovered in the twin caves in 1992.

In Cairo the group will go to Giza and the step pyramids of Secaara, the location of the Frankincense Caravan rehearsal and filming. We hope to see the complet-

ed film at the 2010 Young Living Convention in Salt Lake City, Utah!

Young Living recommended oils to bring: 3 bottles **Lavaderm, Lavender, Spikenard, Detoxyme, Immupro, Exodus, Di-Gize, RC, Dorado Azul, Palo Santo, Frankincense, and Myrrh** for the skin. **Gathering. Essentialzyme. Ningxia Red** in packets. **Alkalime** very important.

Gary Young advises the group, "This is going to be the grandest adventure of your entire life! Please carry a notebook and keep a diary of your experiences on this trip. Write down and make notes at the beginning and the end of each day.

"The King's Chamber is the place where you want to carry your sacred oils with you. Spend a little time in the space. If you are happy, you will feel your excitement and feelings of love amplify a thousand times. It is astounding to experience!"

Gary likes **Sacred Mountain, Highest Potential, Valor, Inspiration, Humility, Joy, Three Wise Men, Gathering, Inner Child, Citrus Fresh.** Put it on your thumb. Reach out two inches and touch them. Put on what oils you resonate with and you love the most, put inner child in mouth. Make notes of what you emotionally connect with or the baggage you want to leave in Egypt.

"Many times when you leave upper Egypt, make sure you all have **Joy**. When you get on the plane in Luxor, place one drop of **Joy** on the tip of your tongue and hold it on roof of mouth. As the plane taxis down the runway many hitchhikers want to go with you."



*Look inside for more information on Frankincense!*



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Maria G. Turchi, NCTMB, CCI, CRP  
Massage & Essential Oil Therapy  
P.O. Box 685, Tenafly, NJ 07670  
201-655-4253  
www.bodyworker.us  
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Contact: 303-670-7300

messagescent@earthlink.net

## Frankincense - A Cure for Cancer?

by *Jeremy Howell, BBC World News*

The gift given by the wise men to the baby Jesus probably came across the deserts from Oman. The BBC's Jeremy Howell visits the country to ask whether a commodity that was once worth its weight in gold could be reborn as a treatment for cancer.

Oman's Land of Frankincense is an 11-hour drive southwards from the capital, Muscat.

Most of the journey is through Arabia's Empty Quarter - hundreds of kilometres of flat, dun-coloured desert. Just when you are starting to think this is the only scenery you will ever see again, the Dhofar mountains appear in the distance.

On the other side are green valleys, with cows grazing in them. The Dhofar region catches the tail-end of India's summer monsoons, and they make this the most verdant place on the Arabian peninsula.

Warm winters and showery summers are the perfect conditions for the *Boswellia sacra* tree to produce the sap called frankincense. These trees grow wild in Dhofar. A tour guide, Mohammed Al-Shahri took me to Wadi Dawkah, a valley 20 km inland from the main city of Salalah, to see a forest of them.

"The records show that frankincense was produced here as far back as 7,000 BC," he says. He produces an army knife. He used to be a member of the Sultan's Special Forces. With a practised flick, he cuts a strip of bark from the trunk of one of the *Boswellia sacra* trees. Pinpricks of milky-white sap appear on the wood and, very slowly, start to ooze out.

"This is the first cut. But you don't gather this sap," he says. "It releases whatever impurities are in the wood. The farmers return after two or three weeks and make a second, and a third, cut. Then the sap comes out yellow, or bright green, or brown or even black. They take this."

Shortly afterwards, a frankincense farmer arrives in a pick-up truck. He is white-bearded, wearing a brown thobe and the traditional Omani, paisley-patterned turban.

He is 67-year-old Salem Mohammed from the Gidad family. Most of the *Boswellia sacra* trees grow on public land, but custom dictates that each forest is given to one of the local families to farm, and Wadi Dawkah is his turf.

### Camel Train

He has an old, black, iron chisel with which he gouges out clumps of dried frankincense.

"We learnt about frankincense from our forefathers and they learnt it from theirs," he says. "The practice has been passed down through the generations. We exported the frankincense, and that's how the families in Dhofar made their livings."

And what an export trade it was. Frankincense was sent by camel train to Egypt, and from there to Europe. It was shipped from the ancient port of Sumharan to Persia, India and China. Religions adopted frankincense as a burnt offering.

That is why, according to Matthew's Gospel in the Bible, the Wise Men brought it as a gift to the infant Jesus. Gold: for a king. Frankincense: for God. Myrrh: to embalm Jesus' body after death.

The Roman Empire coveted the frankincense trade. In the first century BCE, Augustus Caesar sent 10,000 troops to invade what the Romans called Arabia Felix to find the source of frankincense and to control its production. The legions, marching from Yemen, were driven back by the heat and the aridity of the desert. They never found their Eldorado.

Oman's frankincense trade went into decline three centuries ago, when Portugal fought Oman for dominance of the sea routes in the Indian and the Pacific Oceans.

Nowadays, hardly any Omani frankincense is exported. Partly, this is because bulk buyers, such as the Roman Catholic Church, buy cheaper Somalian varieties. Partly, it is because Omanis now produce so little.

"Years ago, 20 families farmed frankincense in this area," says Salem Mohammed Gidad. "But the younger generation can get well-paid jobs in the government and the oil companies, with pensions. Now, only three people still produce frankincense around here. The trade is really, really tiny!"

### Cancer Hope

But immunologist Mahmoud Suhail is hoping to open a new chapter in the history of frankincense.

Scientists have observed that there is some agent within frankincense which stops cancer spreading, and which induces cancerous cells to close themselves down. He is trying to find out what this is.

"Cancer starts when the DNA code within the cell's nucleus becomes corrupted," he says. "It seems frankincense has a re-set function. It can tell the cell what the right DNA code should be.

"Frankincense separates the 'brain' of the cancerous cell—the nucleus—from the 'body'

- the cytoplasm, and closes down the nucleus to stop it reproducing corrupted DNA codes."

Working with frankincense could revolutionise the treatment of cancer. Currently, with chemotherapy, doctors blast the area around a tumour to kill the cancer, but that also kills healthy cells, and weakens the patient. Treatment with frankincense could eradicate the cancerous cells alone and let the others live.

The task now is to isolate the agent within frankincense which, apparently, works this wonder. Some ingredients of frankincense are allergenic, so you cannot give a patient the whole thing.

### FRANKINCENSE FACTS

~ *Boswellia sacra* grows in Oman, Yemen and Somalia

~ Other *Boswellia* species grow in Africa and India

~ The tree may have been named after John Boswell, the uncle of Samuel Johnson's biographer.

~ In ancient Egypt frankincense was thought to be sweat of the gods. Source: The Pharmaceutical Journal

Dr Suhail (who is originally from Iraq) has teamed up with medical scientists from the University of Oklahoma for the task.

In his laboratory in Salalah, he extracts the essential oil from locally produced frankincense. Then, he separates the oil into its constituent agents, such as Boswellic acid.

"There are 17 active agents in frankincense essential oil," says Dr Suhail. "We are using a process of elimination. We have cancer sufferers - for example, a horse in South Africa - and we are giving them tiny doses of each agent until we find the one which works."

"Some scientists think Boswellic acid is the key ingredient. But I think this is wrong. Many other essential oils—like oil from sandalwood—contain Boswellic acid, but they don't have this effect on cancer cells. So we are starting afresh."

The trials will take months to conduct and whatever results come out of them will take longer still to be verified. But this is a blink of the eye in the history of frankincense.

Nine thousand years ago, Omanis gathered it and burnt it for its curative and cleansing properties. It could be a key to the medical science of tomorrow.

*Jeremy Howell reports for on BBC World News. [http://news.bbc.co.uk/go/pr/fr/-/2/hi/middle\\_east/8505251.stm](http://news.bbc.co.uk/go/pr/fr/-/2/hi/middle_east/8505251.stm)*

## 🌀 **SPRING CLEANSING** by Nancy Paur

As the human body ages there is a risk of greater and greater buildup of chemical contamination in our tissues. As toxins accumulate, the body is more likely to suffer the energy-robbing effects of poor health and degenerative diseases. This is why cleansing the body is so important. Also, it takes 70% of our energy to digest food, so our bodies need a rest sometimes.

🌀 When the body is purged of heavy metal contamination, undigested foods, and internal pollution, it relieves enormous stress on the organs and tissues.

🌀 Immune function is enhanced and particularly the stress on the liver is reduced.

🌀 Cleansing becomes especially important whenever animal products are consumed, such as meats and dairy products. These foods are loaded with naturally-occurring, disease-related microbes and can be a major source of internal pollution. In fact, most indigenous cultures after having feasted with meat, which may be unusual in their diet, will fast for several days to allow the by-products of the consumed meat to be fully digested and eliminated.

So here's what happens when meats and dairy products are consumed by humans without adequate fiber: Lacking fiber, these proteins move through our lengthy intestines very slowly and easily become trapped in the intestine's many nooks and crannies. These act like toxic time bombs; putrefying pockets of undigested food gradually release their payload of heavy metals, chemicals, hormones, and toxins directly into the blood and tissues. Even worse, this undigested debris is fermented by our body's naturally-occurring yeast and fungi, polluting us with toxic by-products called mycotoxins. These mycotoxins have been linked to many diseases.

You may be wondering if you need internal cleansing. Everyone needs cleansing. All of us are stressed, to a lesser or greater degree, by an ever-mounting buildup of toxins, chemicals, bacteria, and parasites. Inflammation is one of the main factors contributing to disease in the human body today and is a result of this build-up—heart disease is a prime

example. Many people do not understand how someone relatively healthy, with low cholesterol levels, normal arterial function, and healthy arterial walls can unexpectedly suffer a heart attack, yet it happens all too often. The explanation is inflammation.

🌀 What causes this inflammation and how does it occur in the body? Inflammation has various causes: bacterial infection, poor diet, chemicals, hormonal imbalance, physical injury, or an acidic body. Cleansing allows the body to work toward fighting off disease, in this instance heart disease, and not be encumbered or overloaded with the accumulation of toxins, mucous, and parasites that have built up over the years.

🌀 The ideal cleansing program should combine high water consumption with high-potency herbs, digestive enzymes, and therapeutic-grade essential oils. Essential oils have a special lipid-soluble make-up, which gives them a remarkable ability to penetrate cell membranes, break up undigested food, and oppose toxins. Essential oils also deliver oxygen, which has an unparalleled ability to inhibit the growth of many types of microbes. In fact, many essential oils have been studied for their unique antimicrobial, antifungal, and antiparasitic properties. Some oils, like rosemary, have demonstrated significant antiseptic activity, with documented research appearing in many scientific journals. A cleansing program should target many different parts of the body (colon, intestine, stomach, liver, pancreas) and cover many different types of internal pollution, including waste buildup, heavy metals, parasites, fungi, and bacteria. Colonics are also very important to consider doing while cleansing.

🌀 Magic! Use Ocotea to balance blood sugar. Place 1–3 drops under tongue every ten minutes until balanced. Ocotea can eliminate candida and is amazing for eliminating toe nail and foot fungus—sometimes with one application! Great for weight loss, too.

OR if you feel you have an extreme amount of candida (overgrowth of yeast) this may be the protocol for you:

### **Candida Protocol**

🌀 For 10 days take 4-8 drops of each of these oils 2 times a day—Melrose / Lemon

/ Lemongrass / Oregano / Peppermint / Thyme. You may have to use two-three "oo" size capsules. Better if oils are taken without food.

🌀 Also, take Balance Complete meal replacement drink two times a day – it's high in fiber and is detoxifying as well as nutritious. Do not mix with cows milk; almond milk, rice milk or water are best.

🌀 After ten days take Life 5 probiotic two-three times a day for about a week. Replace friendly bacteria in your gut – a major part of the immune system. If you feel there is still candida you may repeat the above two steps.

🌀 Here's a maintenance program to refine and continue the above protocol:

🌀 Detoxzyme, Alkalime and Mineral Essence should be included after the ten days of oils. These are necessary to help to keep the pH balance high (Alkalime). Very important!

🌀 To properly absorb vitamins, take Mineral Essence daily.

🌀 Enzymes help digest foods and proteins that may ferment and putrefy in the intestinal tract; helps digest starches, sugars, proteins and fats and helps the body detoxify itself, reducing cholesterol and triglycerides. Helps cleanse liver and open gall bladder ducts, prevents candida overgrowth and helps balance pH levels and reduce acidity and parasites (Detoxzyme).

🌀 Foods to avoid which promote acidity, candida and bacterial overgrowth: sugar, white flour foods, dairy, processed grain foods, alcohol, red meat, coffee and sodas, synthetic sweeteners.

### **When Should You Cleanse?**

Cleansing your system should not be just a once- or twice-a-year event. It should be continuous.

Young Living's 5 Day Nutritive Cleanse: a 3-part program with a minimum of four, easy cleanses a year that will help balance the extremes of the modern diet. This nutritive cleanse includes: Ningxia Red, an energizing, replenishing, whole wolfberry nutrient infusion; Balance Complete, superfood meal replacement, Digest & Cleanse, to soothe gastrointestinal discomfort and supports healthy digestion. Note: The 5-Day Nutritive Cleanse is a starting place. More intense and targeted nutrients may be required for your particular situation.

How wide the divide? For more than 300 years, the scientific community has split man in two. The human soul or mind (the “woo-woo” or nonscientific part) resides in the brain while real science focuses on the body. And never the twain shall meet!

This division came about in the seventeenth century when scientist and philosopher René Descartes (1596–1650) needed cadavers for dissection. To further his work, Descartes made an arrangement with Pope Urban VIII. Descartes agreed to leave the soul, the mind, and the emotions under the jurisdiction of the church while he would investigate the body.

In her book, *Molecules of Emotion*, neuroscientist Candace Pert writes, “This bargain has set the tone and direction for Western science . . . dividing human experience into two distinct and separate spheres that could never overlap, creating the unbalanced situation that is mainstream science as we know it today.”<sup>1</sup>

It may have taken 300 years, but science is finally recognizing that the mind and the body are intricately interwoven. New scientific disciplines considering the mind-body connection have emerged, such as neurobiology and psychoneuroimmunology. Dr. Pert sees this merging as so all-encompassing that she writes the term “mind-body” as a single, compound word: “mindbody.” Science learns more every day about how much your thinking and emotions reflect on what’s going on in your body. Everything you think about or experience creates emotion. Emotion can and does effect how your body works.

For the scientific-minded, there is a statement in *Molecules of Emotion* by the Mayo Clinic physician Elmer Green, who was one of the first to use biofeedback in the treatment of disease. Dr. Green said, “Every change in the physiological state is accompanied by an appropriate change in the mental emotional state, conscious or unconscious, and conversely, every change in the mental emotional state, conscious or unconscious, is accompanied by an appropriate change in the physiological state.”<sup>2</sup>

It doesn’t get much clearer than that! There’s a whole lot of interaction going on between the mind and body. And the “trigger” for these changes is emotion.

### *What Is Emotion?*

Until the publication of Dr. Pert’s book in 1997, scientists would have laughed at this question! How can you put a name on the fleeting, intangible feeling of love, fear, or anger?

## *The Science of Emotions* from Young Living Sources

Yet Candace Pert has given emotions a physical identity as a molecule. She calls the “molecule of emotion” a neuropeptide.

Peptides are tiny bits of protein made up of strings of amino acids. The condensed version of Dr. Pert’s discovery is that peptides and other informational substances are the biochemicals or messengers of emotion. They carry information and feelings throughout the vast network of the body, connecting the material body with the non-material psyche.

The word emotion literally means “energy in motion” from the Latin verb meaning “to move.” Emotion is the experience of energy moving through our bodies. Emotional energy works at a higher speed than thought, according to the book *The HeartMath Solution* by the HeartMath organization.

You may still think of emotion as an ephemeral, difficult-to-describe concept. Or you can accept Dr. Pert’s definition: “I believe that happiness is what we feel when our biochemicals of emotion, the neuropeptides and their receptors, are open and flowing throughout the psychosomatic network.”<sup>3</sup> Dr. Pert reminds us that the word psycho-somatic all-too-often suggests “an illness that’s just in your head,” when in reality, it has to do with mind-body, coming from the terms psyche meaning “mind” or “soul” and soma meaning “body.”

### *Expanding Locales of the Emotional Brain*

For centuries, it was believed that the emotional mind was confined to certain parts of the brain. But the molecules of emotion do not always originate in the brain. The real scientific excitement occurred with the discovery that peptides are not only produced in the brain but also in the heart, the muscle tissue in the body, and in a number of other areas throughout the body. No longer is the brain viewed as the control center but more of an interpreter of information.

But the brain is not the only interpreter. Researchers have confirmed that both the heart and the gut also have brain function. While space prohibits a discussion of these other brain centers, *The HeartMath Solution* explains the brain function of the heart. Michael Gershon, M.D., has written a book about the intelligence of the gut titled *The Second Brain: A Groundbreaking New Understanding of Nervous Disorders of the Stomach*

and Intestine. These two books explain why our language is full of statements about gut reactions, churning stomachs, heartache, or following one’s heart. What an intriguing thought that wisdom and intuition reside not only in the brain in our head but in our heart and gut!

### *When Emotions Harm*

You can’t get through this life without experiencing to some degree illness, accidents, failure, fear, jealousy, or maybe even abuse. It is apparently a very human trait to “stuff” the feelings that come from these negative experiences. Certainly traumatic memories are stored somewhere. But it is just in the brain? Surprisingly, memory can be stored anywhere in the body.

Dr. Pert writes, “Repressed trauma caused by overwhelming emotion can be stored in a body part, thereafter affecting our ability to feel that part or even move it.”<sup>2</sup>

She goes on to note that scientists have discovered other “anatomical locations where high concentrations of almost every neuropeptide exist, locations such as the dorsal horn, or back side of the spinal cord.”

The touch therapies of massage, chiropractic, and other modalities are vital in dealing with stored memories. Again, Dr. Pert observes, “It’s true, we do store some memory in the brain, but by far, the deeper, older messages are stored in the body and must be accessed through the body. Your body is your subconscious mind, and you can’t heal it by talk alone.”<sup>3</sup> Talk therapy has its place but Dr. Pert confirms the value of physical therapy in releasing emotion: “I have discovered a new breed of chiropractors who...bring an awareness of energetic, emotional levels into their healing.... I have had some profound experiences while being treated with this method, involving the release of traumatic stored memories from the autonomic ganglia on either side of the spinal cord.”<sup>4</sup>

### *Powerful Feelings / Emotions*

What we think and feel can have measurable effects on our health:

- A study of people watching a humorous movie showed that laughter makes blood vessels work more efficiently.<sup>6</sup>
- Conversely, heart patients with mild depression had a 44 percent greater risk of dying.<sup>7</sup>
- Of the children who witness violence, 90 percent experience traumatic stress reactions while 20 percent were at high risk for developing post-traumatic stress disorder.<sup>8</sup>
- There are at least 1,200 studies showing that

forgiveness profoundly affects our physical health as well as our spiritual well-being.

- Researchers interviewing emergency room patients found that bouts of anger boosted the risk of injury by up to eight times.<sup>9</sup>

- Broken hearts: A *New England Journal of Medicine* study determined that sudden emotional stress can cause heart failure—stress cardiomyopathy, rather than a heart attack—and it happens mostly in women.<sup>10</sup>

- Researchers in the Netherlands found that complex decisions are best left to your unconscious mind to work out, and overthinking can lead to expensive mistakes.<sup>11</sup>

Because the sense of smell is the only sense actually “hardwired” into the brain, the healing effects of essential oils can be as healing emotionally as they are physically. Essential oils and blends can calm, empower, energize, and create feelings of joy and happiness. Diffusing lavender, peppermint, or fragrant lemon can lift our spirits and cause the sun to shine in our hearts on the darkest day. Our spirituality can be enhanced with the rich aroma of frankincense. Stress can fade away with a blend of calming oils, or we can be energized with peppermint when we need an energy boost.

As we learn to think of our minds and bodies as one integrated entity, the words of Candace Pert offer this encouragement: “My research has shown me that the body can and must be healed through the mind, and the mind can and must be healed through the body.”<sup>12</sup>

#### Notes

1. Candace B. Pert, Ph.D., *Molecules of Emotion*. New York: Touchstone, 1997. 18.
2. As quoted in *Molecules of Emotion*. 137.
3. *Ibid.* 141.
4. *Ibid.* 306.
5. *Ibid.* 275.
6. M. Miller, et al., “Impact of cinematic viewing on endothelial function,” *Heart*. 2006 Feb;92(2):261-1.
7. W. Jiang, et al., “Prognostic value of anxiety and depression in patients with chronic heart failure,” *Circulation*. 2004 Nov 30;110(22):3452-6.
8. S. A. Graham-Bermann, J. Seng, “Violence exposure and traumatic stress symptoms as additional predictors of health problems in high-risk children,” *J Pediatr*. 2005 Mar;146(3):349-54.
9. D. C. Vinson, V. Arelli, “State anger and the risk of injury: a case-control and case-crossover study,” *Ann Fam Med*. 2006 Jan-Feb;4(1):63-8.
10. I. S. Wittstein, et al., “Neurohumoral features of myocardial stunning due to sudden emotional stress,” *N Engl J Med*. 2005 Feb 10;352(6):539-48.
11. A. Dijksterhuis, et al., “On making the right choice: the deliberation-without-attention effect,” *Science*. 2006 Feb 17;311(5763):1005-7.
12. Pert, *Molecules of Emotion*. 274.

## Down Syndrome Testimonials

Just read this page today: [http://www.learninggnm.com/documents/genetic\\_theory.html](http://www.learninggnm.com/documents/genetic_theory.html). Very AMAZING success with a Down Syndrome little girl! Joy

We are using Lavender, Peace & Calming, and Purification. This child is a different child. The first day she did not like the smell of the oils but she can live with it as long as the behavior stays this way. -Rhoda

Trisomy 21 (Down Syndrome) children usually have some common issues. I believe essential oils are the BEST thing we can offer these children from a health standpoint. These special children develop more slowly and usually have poor muscle tone. Poor muscle tone affects their bowels, their ability to sit up, crawl and walk and even may cause their tongue to hang out of their mouths a bit. They do eventually learn to sit up, crawl and walk, so that is not a big issue. Encourage them to crawl as long as possible and don't push them to walk. Crawling is very good for the brain development. The sluggish bowel issue is a big one and Di-Tone is an excellent choice for helping this problem. Rub on the abdomen at every diaper change. As for the tongue, if it hangs out all the time, then the roof of the mouth doesn't develop a nice arch, which makes for a smaller mouth and crowded teeth. To try to work on this, keep the child smiling! A smiling child keeps their tongue in. Use EndoFlex for thyroid support, as these children many times have poor thyroid function. Apply EndoFlex on thyroid at base of neck in front. In these children is a tendency to have sinus and ear infections. Diffusing RC or Purification in their bedroom at night will help avoid many problems. Rub ImmuPower on the bottom of their feet a couple times a day for added protection. Finally, the best oils I know to recommend for brain development are Brain Power (on the big toes several times a day), Nutmeg and Magnify Your Purpose when applied to temples or base of the brain or wherever you feel best.

Trisomy 21 children have an extra chromosome that can affect many different bodily functions. These children learn differently, but they do learn. Learning how they learn will help you teach them in a way that will “Magnify their Purpose”.

## Genes don't have the last word after all! Healing Down Syndrome

Swiss Magazine *Zeitschrift* 27/2000

*A girl with Down Syndrome overcomes a genetic disorder through a collective effort of resolving her conflict. The knowledge gained from this case could change entirely our understanding of the function of genes.*

Anna is six years old today - a lively, charming and happy girl, who plays and talks well with other children her age. That has by no means always been the case, for Anna has *Down Syndrome* - or mongolism, as it used to be called.

This genetic condition leads to abnormal mental development, to more or less pronounced physical disabilities, and to the typical mongoloid facial features of a short neck, an open mouth, and crossed eyes. The medical authorities had diagnosed the mentally-retarded Anna as greatly incapacitated (more than 60 percent of physical defects, including partial leg paralysis).

The parents had left nothing untried. Anna's father and mother, a physician, had embraced all officially recognized treatments for special-needs children, but these had failed to produce results. As a last-ditch effort, Anna's parents contacted Dr. med. Ryke Geerd Hamer, the originator of German New Medicine. At the time, Anna was four and a half years old, but her mental development was stuck at the one-year-old level.

He told the desperate parents that, having seen many such children become more or less normal again, it was just a matter of “finding the right key to their child's problem”. When they did find it, he said, the results would be remarkable. It was essential, however, that they first find out exactly what kind of stress on the psyche could have triggered the condition in the first place.

For instance, the handicapped little Anna was showing some peculiar behavior. Whenever she heard any loud noises, she would clap her hands to her ears, as though in great pain. Alone the cry of a cat could cause such a defensive reaction in her. However, she reacted even more intensely to the noises of circular saws.

These saws, it turned out, had been screeching incessantly right next to Anna's home throughout her first few months of life, when over a hundred trees had been cut all around the house. In addition, her father was a builder of church-organs, and he very often used a circular saw in the workshop attached to the house.

When Dr. Hamer looked at Anna's brain CT-scan, he was indeed able to see a hearing-conflict (“I don't want to hear this!”) in it. However, he felt that this particular one had been caused by a weak, though still-active, older hearing-conflict. It was only at this point that Anna's mother remembered that she had been working throughout her pregnancy in a building that was being renovated; ear-shattering noises were to be heard there from morning till night from the use of jack hammers. The noise was so constant and so extreme, she said, that it shook one's bones and made one want to run away.

The fetus had been exposed to this horrible din as well, of course, and much pointed to that being the cause of Anna's handicap. With this new information, Dr. Hamer again encouraged the parents to be hopeful, although he never claimed to be able to heal Down Syndrome. (To view this entire article, go to <http://www.learninggnm.com/documents/Testimonial%20-%20Down%20Syndrome.pdf>)

## Products to Use for Beautiful Skin!

Good nutrition is the very foundation of beauty. Here is a list of vital nutrients that are necessary for gorgeous skin:

**Antioxidants:** Superoxide dismutase (SOD), Glutathione, Betulinic Acid, Pumpkin Wine and Pumpkin Enzymes, Green Tea, Zinc, Vitamin C and Ursolic Acid (an extract of Rosemary) along with many other botanical extracts (fresh vibrantly colored fruits & vegetables) which scavenge free radicals that lead to wrinkles and precancerous cell damage. **(NINGXIA RED!)**

**Probiotics:** Potent strains for the “good bugs” help with *Candida albicans* internally and topically. Probiotics are a powerful weapon to fight acne, eczema, itchy skin, athlete’s foot, staph, rosacea and dermatitis. Our current environmental climate makes probiotics a necessary daily supplement to help prevent major outbreaks of staph and bacterial infections, which manifest topically as well as internally. **(LIFE 5!)**

**Enzymes:** Fruits and vegetables contain many phyto-nutrients, from such familiar vitamins as vitamin C and beta-carotene, to less widely known antioxidant compounds including polyphenols and flavonoids. It also includes the carotenoids, beta-cryptoxanthin and lycopene. A few from the Top Ten list are: Acerola Cherry, Cranberry Enzymes, Papaya, Acai Berry, Goji Berries, Lutein and Lycopene Botanical Extracts and Herbal Infusions: A few “must haves” include: Comfrey (skin knitting and repair), Oregon Grape root (a natural antibiotic), Burdock (fights acne, reduces rashes and inflammation), Horsetail (softens skin and is a rich nutrient for hair and nails), Licorice root (anti-inflammatory), Pau d’ Arco (anti-fungal), Lemon Balm (calming), Aloe Vera and Horse Chestnut extract. **(ESSENTIALZYNE & DETOXYME!)**

**Peptides:** Potent wrinkle reversing and collagen stimulating benefits derived from algae, yeasts and growth actors like EGF, GABA and Argireline. These are very important ingredients to look for in effective skin care serums and creams.

**Essential Fatty Acids and Cold Pressed Oils:** Primary skin benefits include anti-inflammatory and skin softening. They help eliminate scaly skin and are key components on the treatment of eczema and inflammatory skin conditions. They restore skin’s natural glow and deeply replenish moisture from within. **(ART & Boswellia Wrinkle Cream!)**

## Loving Melissa

I want you to know how much I appreciate the fabulous (and it is) newsletter! I use the essential oils all the time. If I get a little bit congested in the night, (we’re talking just one stuffy nostril), I just take a little **Oregano, Thyme** and very, very diluted **Melissa** (1/50) in a capsule and wake up in the morning feeling perfect!

Actually, I use **Melissa** a lot. It’s the most powerful anti-viral for shingles, drying up shingles almost immediately, which nothing else does nearly so well. (Not even Tee Tree or **Ravensara** mixed with *Callophylum*.) I guess it’s the best with Shingles because it is also a great sedative for the nervous system. I never hear you guys write about it. I suppose because it’s expensive, but it really works in the super diluted form, so it’s actually quite cost effective. I got my information about **Melissa** from Kurt Schnaubelt’s *Advanced Aromatherapy* book, which is a great resource in a small book. I wish you endless fabulous days to come! Nancy

*Melissa (Melissa officinalis) has a light, fresh, lemony scent that is strengthening and revitalizing, yet soothing and calming. It was an important ingredient in Carmelite water (distilled in France since 1611 by members of the Carmelite Order). Several studies report that melissa may benefit the skin. It is also comforting during the winter season and supportive of immune system function.\* Melissa has an approximate ORAC of 1,343,547 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.*

### GARY’S PAIN FORMULA

20 DROPS VALERIAN

20 DROPS VETIVER

10 DROPS HELICHRYSUM-

(SUBSTITUTE ELEMI OR PALO SANTO)

5 DROPS CLOVE

5 DROPS PEPPERMINT

10 DROPS IDAHO BALSAM FIR

## Energy Balancing Blend

In a base of pure almond oil, add the essential oils of spruce (*Picea mariana*), rosewood (*Aniba rosaeo-dora*), blue tansy (*Tanacetum annuum*), and frankincense (*Boswellia carteri*).

You don’t have to memorize *The Body Electric* to understand that our bodies function with a marvelous electrical system. Signals are sent from the brain to connections throughout the body. And maintaining flow to those junctures is of primary importance.

There aren’t many researchers who are documenting qualities like “balance.” But people who have used this blend have found a powerful synergy in the oils that seems to bring alignment and balance throughout the body systems.

From a purely subjective viewpoint, we can offer the consensus of opinion from those who have used and profited from this energy balancing blend. Their experience is as follows:

- **Spruce:** This oil helps to open and release emotional blocks while offering a grounding effect.
- **Rosewood:** is well known for its uplifting and synergistic properties; rich in linalol.
- **Blue tansy:** An exotic oil from Morocco, this oil contains the colorful and calming constituent chamazulene.
- **Frankincense:** This oil works on the nervous system to deepen breathing and induce calmness, which enriches prayer and meditation.

**How to use:** Apply on the bottom of feet and to throat, wrists, chest, and the base of the neck.

### Young Living Essential Numbers

Automated Phone Ordering System (IVR)  
1-888-880-1549

Live Order Entry Operators  
1-800-371-2928 Mon-Fri 7am - 7 pm 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

Essential Science Publishing  
www.essentialscience.net  
1-800-336-6308

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

## Young Living's Codex Policy Statement

Recently there have been a number of Internet articles expressing concern by a few consumer groups that as of June 2005, the Codex Alimentarius Commission will supposedly put in place international standards that will supersede U.S. law and restrict the sale of dietary supplements in the United States. These articles have stated or implied that limitations set within Codex standards would limit access by U.S. consumers to many different dietary supplements or cause that they should become prescription-only medications.

Because of the ubiquitous nature of these articles, it is important that distributors and consumers be aware of Young Living Essential Oil's position regarding Codex. Please be aware that Young Living has always and will continue to support and promote consumer access to safe and effective essential oils and dietary supplements. Young Living is actively involved in several different industry organizations working vigorously to ensure access to dietary supplements that are safe and effective, both in the U.S. and internationally.

The Codex Alimentarius Commission, or Codex, was created in 1963 by the Food and Agriculture Organization (FAO) and the World Health Organization (WHO). Its stated purpose is to protect the health of consumers and to ensure fair practices in international trade of foods by recommending standards relating to nutrition and codes of practice in the manufacture

of foods. There are 165 member countries, including the United States, who review and provide comments on these recommended standards at several stages in the development process.

However, it is important to note that once developed, Codex standards and related texts are still only recommended. Member countries are not bound by or required to adopt any of Codex's voluntary standards. In the United States, Congress passed and the president signed into law the Dietary Supplement Health and Education Act of 1994 (DSHEA). This law ensures U.S. consumers access to a broad array of dietary supplements that are safe and labeled in a truthful and non-misleading manner. This law can only be changed through an act of Congress and is not subordinate to standards set forth by any international body.

Some articles have suggested that the World Trade Organization (WTO) may place pressure on the U.S. through its trade dispute panels to adopt Codex standards in place of existing U.S. regulations. However, the WTO can only bring pressure on the United States to accept Codex standards if regulations in the United States were more restrictive than those of Codex, and thus prevented international trade. For dietary supplements, it is highly unlikely that any other country would accuse the U.S. of imposing a trade barrier for the importation of dietary supplements into the U.S. marketplace because DSHEA and other U.S. laws and regulations are generally

broader in scope and less restrictive than Codex standards and those of most other countries.

Finally, U.S. regulatory agencies such as the U.S. Food and Drug Administration (FDA) are bound by laws established by Congress, not by Codex standards. Thus, neither Codex nor the WTO can force the FDA to enforce any standard that is more restrictive than DSHEA and U.S. laws currently in place. Only the United States Congress can impose rules for the FDA to follow that are more, or less, restrictive than DSHEA.

In summary, Young Living supports U.S. consumers' access to a broad array of dietary supplements. We are taking an active role in this process by supporting the efforts of industry associations such as the Utah Natural Products Alliance, the Council for Responsible Nutrition, and the European Responsible Nutrition Alliance to protect consumer access to dietary supplements.

Young Living also encourages each distributor to apply renewed efforts to building their business and serving their customers. When more people are involved, legislators and policy makers take notice. We recognize that you, the distributor, are the foundation of Young Living's phenomenal success and our most important asset. Because of this, we will continue to provide the very best essential oils and dietary supplement products in the world to everyone who is actively engaged in their health and wellness. ([www.youngliving.com](http://www.youngliving.com))

## **BACTERIA PREVENTION & ESSENTIAL OILS**

- Wash your hands with plain soap and water.
- Do not use anti-bacterial soaps.
- Eat healthy foods rich in vitamins and minerals.
- Use supplements high in vitamin C, echinacea, or goldenseal.

### **ANTIBACTERIAL SOAP RECIPE**

- Any bath gel base
- Antimicrobial essential oil blend
- Mix 70/30 or 80/20 (bath gel base/essential oil).

### **ESSENTIAL OILS OFFER PROTECTION AGAINST PATHOGENIC BACTERIA INCL. ANTIBIOTIC RESISTANT STRAINS**

- Melaleuca alternifolia
- Geranium
- Lavender
- Peppermint
- Spearmint
- Eucalyptus varieties
- Patchouli
- Lemon myrtle
- Cinnamon
- Clove

**Medicine Wheel Consultants, Inc.  
306 S. Lookout Mtn. Rd., Suite C  
Golden, CO 80401**

## **THE FACTS BY LEIF PARSONS**

### **THE CLAIM: CINNAMON OIL KILLS BACTERIA PUBLISHED: SEPTEMBER 7, 2009**

In a country obsessed with germs and sickness, antibacterial soaps and sanitizers are becoming more and more common. But because such products contribute to the growing problem of antibiotic-resistant bacteria, some researchers recommend sanitizers made with cinnamon oil, which has been shown in many studies to have powerful antimicrobial properties.

A recent study by a team of surgeons, for example, found that a solution made with cinnamon oil killed a number of common and hospital-acquired infections, like streptococcus and methicillin-resistant Staphylococcus aureus, or MRSA. The study found it was just as effective as several antiseptics widely used in hospitals. Another study by French researchers in 2008 had similar results, showing that at concentrations of 10 percent or less, cinnamon oil was effective against Staphylococcus, E. coli and several antibiotic-resistant strains of bacteria.

Dr. Lawrence D. Rosen, a pediatrician in New Jersey who dispenses natural health advice on his blog, wholechildcenter.org, recommends a tried-and-true recipe for homemade hand sanitizer called Thieves oil. "I add cinnamon bark, lemon oil and eucalyptus," he said, adding, "The recipe goes back to the Middle Ages, where it was used by these thieves who would go around stealing jewelry from dead bodies, and they never got sick."

### **THE BOTTOM LINE**

**CINNAMON OIL HAS ANTISEPTIC PROPERTIES.**



**Happy Spring!**

**Walk Gently  
on the Earth!**

**Message Scent News is now available on line!  
Medicine Wheel Consultants website is currently under construction. For a limited time all 2009 issues can be downloaded for free!  
[medicinewheelconsultants.com](http://www.medicinewheelconsultants.com)**