



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Book Review by Carl Janicek

## **Wheat Belly**

author: William Davis, MD

I love it when I can take the time to read a worthwhile book. I have been so busy this year with projects at home, as well as travelling to teach classes and hold events, that I find myself delighted to be in the company of this enlightened book. An old friend of mine recently decided to study to become a personal trainer and had been interested in health for many years. He brought the book, **Wheat Belly**, to my attention and said, "This can change many lives for the better!"

I quickly skimmed the book and realized that it had good science and historical facts about food - information that Gary Young has spent years talking about - so I ordered the book immediately!

The author maintains that the consumption of grain based carbohydrates, especially wheat, are the causative agents of many modern diseases including **arthritis, acid reflux, diabetes type 1 and 2, heart disease, inflammatory bowel syndrome, increased estrogen levels in men and women, schizophrenia, depression, obesity, hip fractures, osteoporosis, a number of liver diseases, enigmatic dermatitis, dermatitis hepeticiformis, psoriasis, autoimmune disorders, peripheral neuropathy, seizures, dementia, cancer; and a striking increase in LDL cholesterol by triggering fatty acid synthesis in the liver flooding the bloodstream with triglycerides.**

**Is this really you?**

**No, it's your wheat habit!**

Modern wheat consumption has actually become an addiction due to the fact that wheat consumption "generates exorphines that bind to human brain opiate receptor sites . . ."

"Just as the tobacco industry created and sustained its market with the addictive properties of cigarettes, so does wheat in the diet make for a helpless, hungry consumer . . . The more you eat the more you want."

Wheat is an appetite stimulant and for some people it is truly "a drug yielding peculiar neurological effects that can be reversed with medications used to counter the effects of narcotics." These wheat users will actually experience withdrawal symptoms similar to those attempting to remove nicotine from their habitual use.

Wheat is also a powerful pH disruptor, leading the way to acid states of the body requiring the body to steal from its mineral bank, the bone structures. Just as drinking carbonated soda pop has shown to increase bone fractures in high school girls five-fold, wheat is proving to have the same effect on people of all ages.

Wheat is surpassed only by oats in the quantity of sulfuric acid produced. "Unlike all other foods derived from plants, grains generate acidic by-products, the only plant products to do so."

What to eat? Take heart. This book also makes many suggestions regarding diet that are easy to implement if you have the will to change your health dramatically for the better.

In short - read this book and **YOU** decide for yourself.

Gratitude, **Carl Janicek, RMT, DHT**



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Published by Carl Janicek  
Produced by Ruby Gibson  
Contact: 303-526-0101  
medicinewheel@wispertel.net  
medicinewheelconsultants.com  
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## Third Largest Hospital Is Using Young Living Essential Oils In A HUGE WAY Now!

Under the direction of Dr. Toby Cosgrove, a true visionary and President/CEO of **The Cleveland Clinic** - a \$5 billion healthcare system - we became the first major academic medical center to make patient experience a strategic goal, and the first major healthcare system to appoint a Chief Experience Officer. We adopted the Planetree philosophy and have branded our own Cleveland Clinic version, **Patients First**. Our **Patients First** program assures world class care that addresses the patient's physical comfort as well as their educational, emotional, and spiritual needs. Our Healing Services program is an integral part of our **Patients First** program and under the **Integrative Therapies umbrella, the Healing Services Team provides Reiki, massage, guided imagery and aromatherapy** to our staff and patients.

We initially began by using essential oils on our medical/surgical floor. We encouraged and gave financial assistance to the charge nurse to become a certified aromatherapist. She is now a member of both the National Association of Holistic Aromatherapists and the Alliance of International Aromatherapists, and has done a wonderful job of clinically integrating essential oils into our daily practice. In order to insure consistent quality, we use **Young Living Oils** exclusively. Most of the oils are used neat (undiluted), and others are diluted with extra virgin olive oil depending on each situation. We also diffuse **Young Living Essential Oils** at nursing stations, in our PACU, physician's lounges, and in some offices.

Over the last year, our charge

nurse has done several in-services and training sessions throughout the hospital. Through her tireless efforts she has created solid educational relationships with both our orthopedic and general surgery doctors, and regularly gets consults on all floors of the hospital. She is currently working to educate our medical doctors to get them on board as well.

We regularly treat gout, neuropathy, carpal tunnel, sinusitis, headaches, abdominal pain, kidney stone pain, neuralgia, tennis elbow, arthritis, back pain, leg cramps, post-op hip and knee pain and whatever else comes our way. Each patient's need, including which **Young Living Essential Oils** were used, is documented in our electronic charting so we can track their outcomes. We always have a good stock of **Young Living Lavender, Peppermint, Peace and Calming, Lemongrass, Thieves and plenty of single oils to make blends for gout.**

We have great expectations for the future of our aromatherapy program and hope to train enough folks to cover our Cancer Care Center and Pain Clinic, and look forward to the day we can do clinical studies on arthritis, post-op nausea, and hypertension.

We would never even entertain the idea of using any other essential oil in our hospital. **Young Living Essential Oils** not only provide us with the level of quality we expect, but they are always consistent in their formulation so we are assured of the best possible outcomes for our patients.

**D.J.R., RRT, RM. Co-Chairman, Integrative Therapies, Cleveland Clinic Healing Services Team**

## PUNCH-UP THE HOLIDAYS WITH ESSENTIAL OILS

*Diffuse Young Living Christmas Spirit essential oil, gather friends and family, sing Christmas carols, count your blessings and sip on a healthy immune boosting punch.*

### CARLA GREEN'S ESSENTIAL HOLIDAY PUNCH

5 cups of organic apple juice  
½ - 1 cup spring water  
1 drop of YL Cinnamon Bark oil (can substitute 1 drop of Thieves oil)  
1-2 drops of YL Orange oil  
2 - 3 ounces of Ningxia Red Juice  
● Blend together and warm gently in crock pot. Thinly slice one organic orange. Stud with several whole cloves and float on top of punch. Serves 6.

### HOLIDAY BEVERAGE RECIPE

2 quarts organic cranberry juice  
½ bottle Ningxia Red  
¼ cup frozen lemonade  
1 quart lemonade  
1 quart water  
5 drops YL Highest Potential oil  
5 drops YL Thieves oil  
5 drops YL White Angelica oil  
2 drops YL Tangerine (this is great even just with NXR)  
2 drops YL Orange (or more to taste)

### YL'S HOT APPLE CIDER

*This recipe was given to the 2009 Gold Club attendees as a gift from YLEO.*

3 Quarts Apple Cider  
5 drops YL Clove oil  
5 drops YL Cinnamon Bark oil  
8 drops YL Orange oil  
2 drops YL Nutmeg oil  
2 drops YL Lemon oil  
● Allow to simmer for at least ½ hour, stirring often; 2 hour simmer time recommended for full infusion of flavors. Garnish with orange slices, whole cloves and cinnamon sticks.

**ENJOY THE HOLIDAYS WITH YL!**

## **Aromatherapy: An Alternative Approach for a Drug Addict's Recovery By Charlene J. Nuble**

Drug addiction is one of the world's major problems. The cause of drug addiction varies from one person to another, and the road to recovery also varies per individual.

One of the reasons why people become addicted to drugs or alcohol is that they find it hard to balance their emotions and feelings when it comes to dealing with personal issues, thus making drugs or alcohol their main outlet for these negative emotions and feelings.

The most common approach to rehabilitate a person suffering from drug addiction is through the 12-step program - a program adapted by drug rehabilitation facilities from Alcoholics Anonymous' program for alcoholics. Though the 12-step program is widely used, some rehabilitation facilities find alternative programs for helping drug addicts recover.

Drugs Action, a local organization in Scotland, uses an alternative scheme to help cocaine, Ecstasy, heroin and amphetamine addicts recover. One of their programs includes aromatherapy to help calm and relieve the addicts from anxiety. This alternative approach to rehabilitating drug addicts is applied in conjunction to other specialized treatment programs as required by the individual.

It may sound and look unconventional to use aromatherapy and other holistic or alternative approaches to help drug addicts recover, but the basic factors that trigger addiction are addressed when these techniques are applied.

The application of aromatherapy to a drug addict's rehabilitation and recovery program can help him/her achieve a sense of peace, calmness,

tranquility and well-being. A typical drug addict would have feelings of emptiness, uneasiness, anxiety and stress. Aromatherapy addresses these negative feelings and helps balance them to further enhance the recovery of the person.

An alternative approach to recovery such as aromatherapy is a natural way of rehabilitating and bringing back the balance to the person's life. Though typical rehabilitation facilities may not offer aromatherapy and other alternative means, there are always other places to avail aromatherapy after rehabilitation.

Recovering drug addicts can visit spas and salons that offer aromatherapy or they can have it in the comfort of their homes; just make sure to hire someone who knows the proper techniques to make the experience worthwhile.

The aromatherapy oils, or essential oils, used may vary depending on the needs of the recovering individual. The frequency of aromatherapy sessions will also depend on the person's rate of recovery.

Below are the suggested aromatherapy oils that can help relieve and enhance the recovery of the individual based on his/her emotional issues:

**• Anxiety: Essential oils such as Bergamot, Clary Sage, Lavender, Roman Chamomile and Rose help relieve the person from anxiety, and give him/her a relaxing feeling and well-being.**

**• Anger: Bergamot, Jasmine, Orange, Roman Chamomile, Rose and Ylang Ylang are best for soothing the individual's anger. These essential oils help achieve calmness.**

**• Confidence: Bergamot, Jasmine, Orange and Rosemary help boost confidence.**

**• Depression: The highly suggested essential oils to help relieve depression are Bergamot, Clary Sage, Jasmine, Lavender, Lemon, Orange, Roman Chamomile, Rose and Ylang Ylang.**

**• Burn-out, Exhaustion and Fatigue: The essential oils that can help ease burn-out, exhaustion and fatigue are Basil, Bergamot, Clary Sage, Ginger, Jasmine, Lemon, Peppermint and Rosemary.**

**• Happiness and Peace: For people who want to have peace of mind and happy disposition, the best essential oils to use are Bergamot, Lemon, Orange, Rose and Ylang Ylang.**

**• Irritability: Lavender and Roman Chamomile are best for easing a person's irritability.**

**• Stress: Great for relieving stress are Bergamot, Clary Sage, Jasmine, Lavender, Roman Chamomile, Rose and Ylang Ylang.**

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### **Editors Note:**

**The Essential Oil Desk Reference suggests the following Young Living essential oil blends for addiction: Peace & Calming, Harmony, Thieves, Juva Cleanse, Juva Flex, Valor, Forgiveness, Acceptance, Motivation, White Angelica and GLF (diffused and/or inhaled).**

## NEW YOUNG LIVING OILS INTRODUCED & THEIR USES

by Joy Linsey

### NEW ESSENTIAL OILS 2011 ♦

Angelica, Blue Cypress, Blue Tansy, Cardamom, Carrot Seed, Celery Seed, Citronella, German Chamomile, Lemon Myrtle, Melaleuca Quinquenervia (Niaouli), Neroli, Palmarosa, Petitgrain

#### ANGELICA OIL ♦ 5 ml

Angelica oil has soothing qualities that help relax nerves and muscles. In Germany, Angelica was historically referred to as the “oil of angels,” in part because of its ability to calm anxiety, restore happy memories, and bring peaceful sleep. Traditional medicine practitioners used angelica as a stimulant, digestive tonic, and expectorant.

**Dietary** ♦ Dilute one drop with V-6™ Enhanced Vegetable Oil Complex or other vegetable oil. Put in a capsule and take up to three times daily or as needed.

**Topical**: Dilute one drop with V-6 or other vegetable oil; apply to desired area.

**Aromatic** ♦ Diffuse up to 30 minutes three times daily. Avoid direct sunlight for up to 12 hours after applying. [Like many citrus oils, Angelica may cause a photosynthesis reaction if skin is exposed to sunlight.]

**Code 3078 Whls: \$29.75 Retail: \$39.14**

#### BLUE CYPRESS OIL ♦ 5 ml

Blue Cypress essential oil is steam distilled from the wood of the tree, which is indigenous to Australia. It has a wide variety of traditional uses, which include supporting the body's natural response to irritation and injury as well as aiding normal breathing.

**Medical Properties** ♦ Anti-inflammatory, antiviral. Useful for arthritis and asthma. The EODR states it is useful for viral infections, such as Herpes simplex, herpes zoster, cold sores, HPV, etc.

**Topical** ♦ Apply 2–4 drops directly to desired area. Dilution not required except for the most sensitive skin. Can also apply on chakras and/or VitaFlex points.

**Aromatic** ♦ Diffuse up to one hour three times daily, and/or inhale directly.

**Code 3083 Whls: \$27.50 Retail: \$36.18**

#### BLUE TANSY OIL ♦ 5 ml

Blue Tansy essential oil is steam distilled from the flowering plant and has a slightly sweet, herbaceous aroma. It is rich in sesquiterpenes similar to those found in Ger-

man Chamomile, and has a vivid deep blue color due to its azulene content. Not to be confused with Tansy oil, Blue Tansy is non-toxic, induces relaxation and is used to ease nervous tension and stress. Beneficial for allergies, and asthma/respiratory support. Blue Tansy is considered to be an important oil for burned, inflamed and damaged skin, sunburns and bruises.

♦Excellent recipe blend for damaged skin: 10ml of sesame oil with 10 drops Helichrysum essential oil and 6 drops Blue Tansy. Like other “blue” oils, use for sore muscles, sprains, arthritis, rheumatism, sciatica.

**Topical** ♦ Apply 2–4 drops directly to desired area.

**Aromatic** ♦ Diffuse up to one hour three times daily. Very effective when inhaled; can put drops on handkerchief and inhale.

**Code 3084 Whls: \$29.75 Retail: \$39.14**

#### CARDAMOM OIL ♦ 5 ml

Cardamom essential oil is a member of the ginger family of botanical plants. Well rooted in history; used in ancient Egypt for perfumes and spirit-revering incenses.

**Historical uses** ♦ Internal consumption to protect the stomach/enhance digestion. After ingesting, give a relaxing stomach massage. Cardamom oil helps to calm stress and mental worry. Diffuse when your mind needs settling, or to help with “butterflies in the stomach.”

**Expectorant** ♦ Used in Ayurvedic medicine for lung health. In *Aromatherapy for Healing the Spirit*, author Gabriel Mojay notes that Cardamom oil can stimulate the vital energy (Qi) of the lungs. For bronchial support, add a few drops to hot water and inhale for several minutes.

**Aphrodisiac** ♦ Mix a few drops with water in a mister bottle to use as a room or linen spray. Add to unscented body oil for an enchanting couple's massage.

**Dietary** ♦ Dilute one drop with V-6™ Enhanced Vegetable Oil Complex or other vegetable oil. Put in a capsule and take up to three times daily or as needed.

**Topical** ♦ Dilute one drop with V-6 or other vegetable oil; apply to desired area.

**Aromatic** ♦ Diffuse up to 30 minutes three times daily.

**Code 3080 Whls: \$19.75 Retail: \$25.99**

#### CARROT SEED OIL ♦ 5 ml

Carrot Seed essential oil has a mildly sweet aroma with earthy, herbaceous hints. Traditionally, it has been used for digestive complaints due to its tonic properties. This oil

also has historical use in aromatherapy for joint conditions.

**Dietary** ♦ Dilute two drops with V-6™ or other vegetable oil in a capsule. Take three times daily or as needed.

**Topical** ♦ Apply 2–4 drops directly to desired area. Dilution not required except for the most sensitive skin.

**Aromatic** ♦ Diffuse up to one hour three times daily. Keep out of reach of children.

**Code 3081 Whls: \$18.75 Retail: \$24.67**

#### CELERY SEED OIL ♦ 15 ml

I researched this one, as there was little in our product description. I was AMAZED! Who knew this simple mild plant product provided so much! Celery Seed oil is known for these possible medicinal benefits:

♦Prevention of colds and flu.

♦Supports digestion; prevents constipation.

♦Possible prevention of diseases related to the liver and spleen [in YL's *Juva* products].

♦Possible prevention of forms of arthritis.

♦Potent anti-cancer agent; nullifies the effect of free radicals formed in the body as a by-product of chemical reactions.

♦May possibly help as a diuretic, promoting the passage of waste materials, cleansing the body to prevent urinary tract infections.

♦Excellent expectorant to clear up phlegm in the nasal and respiratory tracts; may help alleviate symptoms of bronchitis / asthma.

♦Beneficial rheumatic arthritis treatment.

♦Powerful antispasmodic properties, helps relieve spasms of the stomach, and worms.

♦Helps the nervous system with its sedative properties; relieves stress, tension, depression. Mood enhancer - elated and alert.

♦May possibly hold aphrodisiac properties.

♦Tonic and stimulant; helps maintain the overall physiology of the human body.

♦Used for soaps/perfumes.

♦Used for flavor in culinary preparations.

**Code 3082 Whls: \$24.75 Retail: \$32.57**

#### CITRONELLA OIL ♦ 15 ml

Citronella essential oil is popularly used as an insect deterrent. Traditionally it is used to prevent food spoilage due to fungus and bacteria. The benefits are extensive:

**Antibacterial** ♦ Kills bacteria and inhibits bacterial growth in the body – infections in wounds, colon, urethra, bladder, stomach, intestines, urinary tract, prostate, kidneys.

**Antidepressant** ♦ Relieves anxiety, sadness, negative feelings.

**Antiseptic** ♦ Fights infections in urinary tracts, urethra, prostate, kidneys, etc.

**Antispasmodic** ♦ Relieves spasms of the

muscles, respiratory system and nervous system. It helps cure menstrual spasm and gives relief from cramps, coughs, etc.

**Anti Inflammatory** ♦ Particularly pertaining to the liver, stomach, intestines and digestive system, and inflammation caused by side effects of drugs, excessive use of alcohol or narcotics, and spicy food.

**Deodorant, Diuretic, Fungicidal, Insect Repellent** ♦ Effective to deter mosquitos which cause Yellow Fever; on lice, fleas, etc.

**Stomachic** ♦ Frees stomach from infection.

**Stimulates blood circulation, Immune System, and Metabolism**

**Vermifuge** ♦ Kills intestinal worms, both round worms and tape worms. Administer in mild doses to children.

**Other benefits** ♦ Treats oily skin, oily hair, abnormal palpitations, colitis, migraine, neuralgia, fatigue, headache, nausea, abdominal pain resulting from gas or cramps.

**Code 3085 Whls: \$17.75 Retail: \$23.36**

**GERMAN CHAMOMILE OIL** ♦ 5ml  
German Chamomile essential oil has been used to support the body's natural response to irritation and injury. This oil contains chamazulene (which gives it its beautiful blue color), a compound studied for its ability to help the body's natural inflammatory response. It is especially helpful with inflammation due to bacterial infection.

**Dietary** ♦ Put two drops in a capsule. Take three times daily or as needed.

**Topical** ♦ Apply 2–4 drops to desired area. Dilution not required except for the most sensitive skin.

**Aromatic** ♦ Diffuse up to one hour, three times daily.

**Code 3086 Whls: \$34.75 Retail: \$45.72**

**LEMON MYRTLE OIL** ♦ 5ml

When taken internally, this oil boosts the body's natural defenses and can be used as a cleansing agent to purify household surfaces. Lemon Myrtle has a powerful lemon scent, even stronger than lemon oil. The fresh aroma is uplifting and refreshing, clears the mind, enhances concentration, promotes a peaceful night's sleep. An extremely potent antibacterial and germicide, Lemon Myrtle is a much more effective germ killer than the more familiar Tea Tree. Anecdotal evidence shows a much lower number of coughs, colds and sinus problems in households when regularly diffused; it makes a lovely winter oil with its combination of a cheerful lemon scent and its proven germicidal activity.

**Dietary** ♦ Dilute one drop with V-6™ Enhanced Vegetable Oil Complex or other vegetable oil. Put in a capsule and take up to three times daily.

**Topical** ♦ Dilute one drop with V-6 or other vegetable oil; apply to desired area.

**Aromatic** ♦ Diffuse up to 30 minutes three times daily.

**Code 3079 Whls: \$17.50 Retail: \$23.03**

**MELALEUCA QUINQUENERVIA OIL** ♦ 15 ml

Melaleuca quinquenervia (Niaouli) essential oil supports skin health. It is similar in appearance and aroma to Eucalyptus. Niaouli has been noted by aromatherapist, Dr. Kurt Schnaubelt, as an excellent general immune system booster, and to help with allergic reactions. His protocol: apply 5-20 drops of oil directly on skin after a shower. Niaouli oil is considered an analgesic, antiseptic, bactericide, cicatrisant (helps to close wounds), insecticide, decongestant and vermifuge. It is stimulating and uplifting, clears the head and may aid in concentration. Considered an excellent antiseptic for treating pulmonary infections such as bronchitis and sinusitis. For respiratory problems, it blends well with Peppermint, Eucalyptus, Pine, Myrtle and Ravintsara. Niaouli may be used in place of Melaleuca Alternifolia (Tea Tree Oil). **Code 3089 Whls: \$29.75 Retail: \$39.14**

**NEROLI ESSENTIAL OIL** ♦ 5 ml

Neroli essential oil comes from the bitter orange tree, but has a sweet, floral aroma, and is often used in top-selling perfumes. It derived its name from Nerola, Italy, where Princess Orsini – in the 17th Century – used it as a perfume and body wash. It is one of the most popular essential oils because it alleviate headaches, treats depression, rejuvenates/regenerates skin, reduces appearance of stretch marks, repairs broken capillaries, helps fade scars, refreshes “tired skin” - apply a small amount to skin on a regular basis.

♦ Wards off cold-causing bacteria; keeps mucus at bay. Also assists with sleep.

♦ Possible digestion aid, increases appetite, improves digestive process, helps increase appetite when not getting enough nutrients.

♦ May relieve muscle pain (add to massage oil after a workout).

**Dietary** ♦ Dilute one drop with V-6™ Enhanced Vegetable Oil Complex or olive oil. Put in a capsule and take up to three times daily or as needed.

**Topical** ♦ Apply 2–4 drops directly to de-

sired area. Dilution not required except for the most sensitive skin.

**Aromatic** ♦ Diffuse up to one hour three times daily.

**Code 3088 Whls: \$74.75 Retail: \$98.36**

**PALMAROSA OIL** ♦ 15 ml

Palmarosa essential oil is a relative of Lemongrass, and was used in temple incense by the ancient Egyptians. It is beneficial for:

♦ Candida, cardiovascular system, circulation, digestion, infection.

♦ Helps all types of skin problems: acne, eczema, psoriasis, boils, shingles, wrinkles, dermatitis, rashes and fungal infections, because of its anti-inflammatory and antiviral properties.

♦ Hydrates dry, undernourished skin; stimulates new cell growth, regulates oil production, moisturizes, speeds healing.

♦ Stabilizes nervous system and heart; calms mind, indicated for palpitations, restlessness, insomnia and anxiety.

♦ Insecurity or inability to handle change or frequent absence of loved ones. For those who feel “clingy,” jealous or possessive.

♦ Combine with lavender, tea tree, and geranium oils, Palmarosa oil can assist in clearing genito-urinary infections, such as cystitis, urethritis, and vaginitis.

**Dietary** ♦ Dilute two drops with V-6™ Enhanced Vegetable Oil Complex or other vegetable oil. Put in a capsule and take three times daily or as needed.

**Topical** ♦ Apply 2–4 drops to desired area. Dilution not required except for the most sensitive skin.

**Aromatic** ♦ Diffuse up to one hour three times daily.

**Code 3077 Whls: \$18.75 Retail: \$24.67**

**PETITGRAIN OIL** ♦ 5 ml

Petitgrain essential oil is uplifting and refreshing to the senses; it clears confusion, reduces mental fatigue and depression; stimulates the mind and improves memory, supports a healthy nervous system.

♦ Antispasmodic, anti-inflammatory, relaxant, and re-establishes nerve equilibrium.

**Uses** ♦ Insomnia, anxiety, muscle spasms.

**Dietary** ♦ Put two drops in a capsule. Take three times daily or as needed.

**Topical** ♦ Apply two or more drops to desired area. Dilution not required except for the most sensitive skin.

**Aromatic** ♦ Diffuse up to one hour, three times daily.

**Code 3617 Whls \$ 34.75 Retail: \$ 45.72**

## Young Living Essential Oil Tidbits

Transform any of your favorite essential oils into an easy to use roll-on bottle with these **Roller Fitments** customized to fit a 5 ml or a 15ml bottle. Notice: The **Roller Fitments** are designed to only fit bottles with "Sb" located at the bottom of the bottle. Please check before inserting! Caution: Oils containing citrus (single or blends) may weaken the plastic and loosen the **Roller Fitment**. When using oils with citrus, ensure roller ball is securely attached to fitment before each use.

#4568 Whls. \$9.75 for a 10 pk

Young Living has planted thousands of **Rosewood** trees, 100,000,000 starts of **Palo Santo** trees, 42,000 **Ylang Ylang** trees in the nursery in Ecuador. If you have never smelled a Ylang Ylang blossom you are really missing out!

### Litteroma

*(Kitty litter recipe to keep it from stinking and make it safe for cats. There are health concerns with hyperthyroidism using kitty litter because of the chemicals and fragrances found in the litter.)*

To 1 cup of baking soda add several drops of **Purification**, **DiGize**, and **Copaiba**. Stir or shake. Allow to sit overnight to fully disperse the essential oils into the baking soda. Mix into **unscented** litter, and sprinkle into cat box. Give your cat a "test box" when they "go" to make sure not to offend your cats' delicate sense of smell; you might pick an oil that they do not like. You can set several litter boxes next to each other to see which one is used. Cats actually prefer boxes with essential oils in them, and seek out beneficial aromatherapy when given a choice.

**Bad Breath?** Open a capsule of YL's **Probiotic: Life 5**; sprinkle the contents on your toothbrush; brush your teeth!

**Canker Sores?** A drop of **Myrrh** oil or **Thieves** blend applied directly on the sore may bring quick relief.

## DORADO AZUL ESSENTIAL OIL

Until about 2006, **Dorado Azul** was recognized in Ecuador as only a weed. Gary Young distilled it and analyzed it for the first time, giving it a botanical name and identity. **Dorado Azul** has little blue flowers, leaf turns blue on tips when it has matured. **Dorado Azul** (*Guayofolis officinalis*) has a red liquid when steam distilled and natives have used it to cure cancer. It looks like stinging nettle, found in highlands on coastal areas, and is very aromatic. Some called it goldenweed; the local people don't have a common name for it, but it is part of the labiatae family.

One of the newest oils from Ecuador, it contains many powerful compounds; at the Clinic in Ecuador they are giving **Dorado Azul** intravenously with remarkable results. Gary has a large crop of **Dorado Azul** in Ecuador and is in the process of getting it distilled. It yields 8 tons of plant to the acre. Very dense and grows very fast - 13 feet high!

### PROPERTIES OF DORADO AZUL

**Medical Properties:** Anti-inflammatory, anti-septic, antibacterial and respiratory stimulant.

**Uses:** Colds, coughs, flu, bronchitis, asthma, allergic reactions that constrict breathing, balancing hormones, vascular dilator, circulatory stimulant, arthritic / rheumatoid type pain, reduces candida and other intestinal tract problems, digestion, hygienic action for the mouth, mood enhancer, very strong estrogen and testosterone stimulant.

**Application:** Dilute 1 part Dorado Azul with 1 part V-6 Vegetable Oil Complex or other pure vegetable oil; apply 2-4 drops on location or abdomen; apply on chakras or Vita Flex points; inhale directly; diffuse up to 30 minutes three times daily; or take as a dietary supplement 1-10 drops in a capsule or 1-2 drops under tongue or in drinking water. Applied topically, Dorado Azul mixed with Idaho Balsam Fir can reduce muscle pain.

### Active Constituents:

Alpha Fenchol: (4-12%)

Beta-Pinene (7-12%)

Bicyclogermacrene (4-8%)

Eucalyptol 1,8-Cineol (2-46%)

Limonene: (3-7 %)

Sabinene (7-18%)

**DORADO AZUL** code # 3598

## Frankincense kills bladder cancer cells

United Press Intl, Oklahoma City, 3/17/09

Enriched extract of the Somalian **frankincense** herb **Boswellia carteri** has been shown to kill off bladder cancer cells, U.S. researchers said. H.K. Lin and his team at the University of Oklahoma Health Sciences Center and Oklahoma City VA Medical Center evaluated **frankincense** oil for its anti-tumor activity in bladder cancer cells. The study authors investigated the effects of the oil in two different types of cells in culture: human bladder cancer cells and normal bladder cells. The study, published in the BMC Complementary and Alternative Medicine, found that **frankincense** oil is able to discriminate between normal and cancerous bladder cells in culture, and specifically kill cancer cells. Gene analyses were performed to determine how **frankincense** oil affects bladder cancer cell survival and the researchers found that the oil suppresses cancer cell growth by arresting cell cycle progression and induces bladder cancer cell death by activating multiple cell death pathways. "**Frankincense** oil may represent an inexpensive alternative therapy for patients currently suffering from bladder cancer," Lin said in a statement.

### Young Living Essential Numbers

#### 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

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# Cancer and Essential Oils

## protocol for colon cancer

**Single Oils:** Frankincense, Lemon, Orange, and Lavender. When taking essential oils internally, dilute 1 drop of oil in 1 tsp. of vegetable oil.

### Protocol:

**Day 1:** Put 6 drops of Frankincense in capsule and take 3-4 times daily.

**Day 2:** Mix 6 drops of Frankincense and 3 drops Clove, diluted in vegetable oil, put in capsule and take 3-4 times daily.

**Day 3:** Put equal parts Frankincense and Lavender in a capsule and take 3-4 times daily.

**Day 4:** Put equal parts Frankincense and Orange in a capsule 3-4 times daily.

**Day 5:** Rest for 4 days and restart program.

### Supplement Program:

1. Begin with Essentialzyme daily to digest toxic waste.

2. Take 2 capsules ComforTone, 3 times daily. Increase by 1 capsule daily until the bowels move. Then begin reducing slowly. If diarrhea occurs, reduce amount and increase ICP. Drink plenty of purified / distilled water.

3. ICP fiber cleanse: Begin with 1 Tbsp. in water, 3 times daily. Increase to 2 Tbsp., 3 times daily or as needed until bowels move regularly.

4. Drink 6-8 oz's NingXia Red daily.

## alkaline diet

The American diet creates an over acidic condition in our blood. Meat, fried foods, trans fats, sugar, white flour, cheese, ice cream and preservatives are just a few of the foods that create this over acidification of the blood and tissues, which systemically poisons and destroys the cells of the body. Yeast, fungus, bacteria, mold and viruses can only survive in an acid environment but cannot survive in an alkaline one. Alkaline diets consist of low sugar foods, fresh alkaline vegetables, nuts, seeds, salads, sea vegetables, and water rich foods. For optimal health, we must always seek to keep our pH balanced. Most of us should aim to eat 70-80% alkaline foods and a maximum of 20-30% acid forming foods. Everything we consume, eat, breathe, hear, see, and think can cause health or stress. Be mindful: stress leads to acidity in the body. Give your body the right ingredients to heal yourself.

### Young Living's ALKALIME

AlkaLime® is a precisely-balanced alkaline mineral complex formulated to neutralize acidity and maintain desirable pH levels in the body. Infused with lemon and lime essential oils and organic whole lemon powder, AlkaLime also features enhanced effervescence and biochemic cell salts for increased effectiveness.

## inflammation & cancer

The link between cancer and inflammation has been strengthened in recent years. It is well known that the salicylates in aspirin which have highly anti-inflammatory effects reduce the risk of colon cancer dramatically. The natural salicylates found in the essential oil of Wintergreen are very close in structure to the acetyl salicylic acid found in aspirin. According

to Erica Leibert of Harvard University, Wintergreen oil is 40% stronger than an aspirin equivalent with very similar anti-inflammatory properties. Clove has been researched as a potential chemopreventive agent for lung cancer, because of its powerful anti-inflammatory effects. The biochemical alpha humulene, found in Balsam Fir essential oil and Copaiba essential oil, has also been shown to have significant cancer prevention properties through its anti-inflammatory action. Boswellic acids found in Frankincense gum resin also have powerful anti-inflammatory effects. Myrrh gum has been studied for its ability to combat various cancers, including breast cancer.

### Anti-Inflammatory Products

Suitable for Most Cancers

1. Wintergreen
2. Frankincense gum resin
3. Myrrh gum resin
4. Clove
5. Frankincense
6. Myrrh

**Research:** Ningxia wolfberries vs. human cancer cells: 88% inhibition of human gastric cancers, 73% inhibition of human cervical cancers. One of the most amazing attributes of Ningxia Red is the effects that the wolfberry has on human cancer cells. A study done by the China Academy of Traditional Medicine found that consuming the wolfberry would decrease certain types of cancers.

Researchers at the Osaka Medical Center in Japan, found that food supplemented with just 2% limonene cut cancer risk by 50%. Orange, Grapefruit and Lemon oil are three of the highest sources for limonene. Orange oil is 91% limonene and Lemon oil is 65% limonene. This study is a powerful example of how important it is that we get limonene in our daily diet. Researchers found that consuming foods that were only supplemented with 2% limonene cut cancer risk by 50%.

## immunity-enhancing products

1. ImmuPro

2. Dried Ningxia Wolfberries

3. Balsam Fir Essential Oil

4. NingXia Red

5. Essential oils with the broadest spectrum anti-cancer activity (breast, cervical, skin, prostate, etc.). Oils ranked according to potency:

1. Thyme
2. Sandalwood
3. Grapefruit
4. Hyssop
5. Tarragon

*prevention is the best cure!*

## *Winter Solstice Blessing by Stacy Anne Murphy*

“Shed away your tired old  
coats my darlings.  
Shed the tears  
that tear you from within.  
Like a snake  
who has outgrown her  
skin,  
writhe and scrape  
until the dull old scales  
fall away.

Slough off the remnants  
of your worn-out self.  
Peel away the layers  
that no longer suit you,  
that constrict you,  
so a shiny,  
smooth,  
lissome you  
emerges.



Glide effortlessly  
into the new year  
adaptable,  
flexible,  
amenable,  
joyful.

Enter your new beginning  
with grace,  
warm, bright, glistening,  
grace.”

From the grateful hearts of  
Carl and Ruby at  
Message Scent News  
we send blessings  
of the season  
and hope that you are  
keeping your balance at  
this beautiful time of year!

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



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Medicine Wheel Consultants website is currently under construction. For a limited time all 2010 issues can be downloaded for free!  
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