



# Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING



Tyrrhenian Sea and Solstice Sky

Credit & Copyright: Danilo Pivato

Explanation: The Solstice is when the Sun reaches its southernmost declination in planet Earth's sky. The December Solstice marks the beginning of winter in the northern hemisphere and summer in the south. When viewed from northern latitudes, the Sun will make its lowest arc through the sky along the southern horizon. So in the north, the Solstice day has the shortest length of time between sunrise and sunset and fewest hours of daylight. This striking composite image follows the Sun's path through the December Solstice day of 2005 in a beautiful blue sky, looking down the Tyrrhenian Sea coast from Santa Severa toward Fiumicino, Italy. The view covers about 115 degrees in 43 separate, well-planned exposures from sunrise to sunset.

## SCENT OF THE SEASON: CINNAMON BARK

**Cinnamon Bark** Essential Oil warms your soul with its beautiful aroma, and the holidays are the perfect time to diffuse oil blends rich in **Cinnamon**, such as **Abundance**, **Christmas Spirit**, **Exodus II**, **Gathering**, **Magnify Your Purpose**, and **Thieves**. **Cinnamon** has been produced in Sri Lanka for over 2,000 years, and is one of the most antimicrobial oils. Research has found that pathogenic microorganisms cannot live in the presence of **Cinnamon** oil (Yousef, 1980).

**Cinnamon** disinfects the air, enlivens food, and enhances your health. Among **Cinnamon's** most impressive benefits is its impact on blood sugar and ability to improve diabetes. Just half a teaspoon of **Cinnamon** a day was shown to significantly reduce blood sugar levels, triglycerides, LDL (bad) cholesterol and total cholesterol levels in those with type 2 diabetes. **Cinnamon** oil fights not only bacteria, but also fungus including the yeast *Candida*. Experts suggest using its antiviral properties to:

- ✓ Use as an alternative to the flu vaccine
- ✓ Use in air conditioning systems in hospitals to prevent the spread of infectious diseases

A study in the International Journal of Food Microbiology found that adding a few drops of **Cinnamon** essential oil to carrot broth inhibited the growth of bacteria for 60 days. So powerful was the effect that the researchers called it a viable "alternative to traditional food preservatives." With all of the food waste going on today, a natural mold inhibitor such as cinnamon could greatly help to extend the shelf life of your holiday leftovers, reducing waste and doing it in a safe manner.

**Cinnamon's** other benefits include: supporting digestive function, relieving pain and stiffness of muscles and arthritic joints with its anti-inflammatory compounds, prevention of urinary tract infections, tooth decay and gum disease, relief from menstrual discomfort, along with blood-thinning compounds that stimulate circulation.

This holiday season we invite you to put YL **Cinnamon** oil in a spritzer bottle with water and spray liberally to **Scent the Season!** It is delightful and children especially love it. One little girl sighs and falls backward on the couch in pure bliss after experiencing this wonderful aromatic blessing!



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## Nail Health with Conditioning Recipes

by Debra Raybern, N.D., M.H., C.N.C., I.C.A., Updated/Copyright 2008

Remember when the doctor used to look into your eyes and at your hands when you went in for a check-up? Why? Because our fingernails are a window into our body's health. Changes in the look, shape, or color of our finger nails can indicate a nutritional deficiency or disease somewhere in our body long before other symptoms manifest. Though your doctor may not look intensely at your nails anymore, you can use the following guide to evaluate your overall health. Don't ignore your nails; they can serve as an early warning signal for your health. If you are used to polishing your nails, give them a break, let them breathe and take a look at what they are telling you.

Healthy nails are pink on the nail bed indicating a rich blood supply. Nails are made of keratin, a type of protein and sulfur. It takes approximately seven months to fully grow a fingernail, at a rate of about .05 to 1.2 millimeters a week.

Following are nutritional deficiencies that can show up in the nails and a YL product suggestions. Please consult your essential oils reference book and the testimonial site for more ideas on balancing your health.

◆ White fingernails with pink coloring near the tips can be a sign of cirrhosis of the liver. If the entire nail is white it could mean kidney or liver disorders or anemia. **JuvaTone, K&B**

◆ White lines across the nail may also indicate a protein deficiency or liver disease, while white lines in a horizontal fashion may indicate heart disease, high fever or arsenic poisoning. A half white nail with dark spots on the tip could indicate a kidney disorder. **JuvaTone, K&B, Pure Protein**

◆ If the moon part of the nail area turns red, heart problems are suspect. If the moon area turns blue, then possible heavy metal poisoning or lung problems may exist. **CardioCare, HRT, Chelex, JuvaCleanse**

◆ Cuts and cracks in nails may indicate the need for more water intake. Water with **NingXia Red** added

◆ Two white lines that do not seem to move as the nail grows indicate hypoalbuminemia which is a protein deficiency in the blood. **Pure Protein, Essentialzyme**

◆ Abnormally thick nails might be due to the blood not circulating properly in the vascular system. **CardiaCare, NingXia Red, Aroma Life**

◆ Yellow nails can mean there are problems with your liver, diabetes, respiratory disorders or problems with the lymphatic system. **Core**

### Supplements, JuvaTone, NingXia Red

◆ Dark nails that are flat and/or thin, or are spoon shaped, can be a sign of vitamin B(12) deficiency or anemia. **Core Supplements, Super B**

◆ Brittle nails are often a sign of iron deficiency and thyroid problems. You could also have impaired kidneys or problems with circulation. **Thyromin, Endogize, Rehemogen**

◆ Nails that are very bendable could be a sign of rheumatoid arthritis. **ImmuPower, NingXia Red**

◆ Pitted brown spots or split fingernail tips may mean you have psoriasis or that vitamin C, folic acid or protein are needed. **Pure Protein, NingXia Red, Core Supplements, Super B, Super C**

◆ Very deep blue nail beds can indicate pulmonary obstruction or emphysema. **RC, CardioCare, NingXia Red**

◆ Nails that crack, peel and chip easily mean a general nutritional deficiency and insufficient hydrochloric acid production which facilitates the digestion and absorption of protein. More protein and minerals may be needed in your diet. **Mineral Essence, NingXia Red, Core Supplements, Essentialzyme**

◆ Thyroid problems can be seen in nails that are brittle, soft, shiny, without a moon, separate from the nail bed, have ridges or like a bumpy road. **Thyromin, Endogize**

◆ Nails with coloring hammered brass indicate a tendency toward partial or total hair loss. **NingXia Red, Endogize, Thyromin, Cedarwood and Lavender** on scalp, YL shampoos & conditioners

◆ Flat nails can indicate Raynaud's disease. This disease affects the circulatory system, which in turn affects the limbs. It leaves hands and feet continually cold. **Aroma Life, NingXia Red, CardioCare, Omega Blue**

◆ Unusually wide nails that are square can mean a hormonal disorder. **Endogize, Femi-gen, ProGessence**

◆ Red skin at the very bottom of your nail bed could indicate a connective tissue disorder. **BLM, Sulfurzyme, NingXia Red**

◆ Greenish tints to nails can signify a fungal infection of the nail or a bacterial infection in the body. See fungal oils in recipe section. Additional good friendly gut bacteria (probiotics) may be indicated. **Life 5**

◆ Black splinter like bits under the nails can indicate infectious endocarditis, a serious heart infection. **Inner Defense, CardioCare**

◆ Black bands from the cuticle outward to the end of the nail, can be an early sign of melanoma. In either case, you should seek professional help immediately.

◆ Lack of B vitamins cause nails to become fragile, especially indicated with ridges. Lack of vitamins, minerals or protein causes hangnails. **NingXia Red, Super B, Core Supplements**

◆ Dryness and brittleness together often indicate a lack of Vitamin A and calcium. Zinc deficiencies can show up as small white spots on the nails. Iron deficiency may result in "spoon" shaped nails or vertical ridges. **Core Supplements, Thyromin**

◆ Lack of sufficient gut bacteria can contribute to nail fungal infections. **Life 5, Inner Defense**

Many women with not-so-lovely nails often have acrylic nails glued on top of their natural nails. This is an extremely bad practice. The glues and acrylics are toxic and can penetrate into the bloodstream; the fake nails cut off oxygen to the nail making it weak and thin; and many a nail fungus had its beginning with a manicure or pedicure. The area where the acrylic nail attaches to the natural nail bed is a breeding ground for bacteria.

For the sake of your health—let your natural nails grow out and take steps to make them strong and healthy by getting your whole body in balance. Yes, for a while you will have soft nails; keep them cut short and they will improve in a short while.

Excessive exposure to water and detergents or soaps can cause the nails to swell. When they dry, they shrink, which results in loose brittle nails. Rubber gloves should be used when washing the dishes or getting your hands in lots of water.

Herbs provide the body with nutrients specific for the nails: alfalfa, black cohosh, burdock root, horsetail, oatstraw, dandelion, Gotu kola and yellow dock, royal jelly, spirulina, kelp are all rich in minerals and silica.

Carrier oils such as warm olive oil, flax or borage mixed with high quality therapeutic Young Living essential oils can be applied topically and will nourish the nail. Choose from the following essential oils: **Lemongrass, Frankincense, Lemon, and Myrrh**

Supplements that nourish the nails include **Sulfurzyme, Pure Protein, Balance Complete, Super C, Super B, True Source and NingXia Red.**

On the following page are a couple of simple essential oil recipes that nourish the nails:

## Nail Ointment

1 jar **Rose Ointment**

10 drops **V6 oil**

4 drops **Geranium oil**

4 drops **Palo Santo**

4 drops **Citrus Fresh**

4 drops **Myrrh**

Scoop out Rose ointment into a stainless steel double boiler. Warm the ointment until it melts. Remove from heat and pour into glass measuring cup with a pouring spout. Add V6 oil and essential oils, swirl gently with a toothpick. Pour back into Rose ointment jar, re-label or pour into smaller jars, label and give as gifts. Using a cotton swab, apply a small amount to nail bed and massage in, twice daily.

## Nail Butter

2 tbs beeswax

2 tbs cocoa butter

3 tbs jojoba oil\*

1 tbs grape seed oil\*

20 drops essential oils—**Rose, Carrot, Rosemary, Geranium and Sandalwood**—4 drops each

\* In place of these two oils you can substitute 4 tbs **V6 oil**.

Combine beeswax, cocoa butter and jojoba oil in a saucepan and warm on low heat in a double-boiler until cocoa butter and beeswax have melted. Remove from heat and add the essential oils. Stir well, let cool slightly and pour into jars. Use a Q-tip swab or orange stick to get a small amount of the cream from the jar. Apply to nails and massage with your fingers.

## Quick Nail Growth Oil

10 drops **Frankincense**

10 drops **Lemon oil**

10 drops **Myrrh**

Combine in a small vial or bottle. Apply with a paint brush to bare nails twice per day.

## Other Nail Health Tips

Oils that soften cuticles: **Eucalyptus, Peppermint**

Oils for fungal infections: **Melaleuca alternifolia, Oregano, Purification, Thieves, Thyme, Ravensara**

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Visit [www.healthyhomesllc.com](http://www.healthyhomesllc.com)

## What Do You Do With Empty EO Bottles?

**Q:** I have lots of empty bottles and I can't bring myself to throw them away. What do you use them for?

**A:** Some of mine I save for "sniffer" bottles at fairs and trade shows. They are free to open and "sniff" before buying the real thing.—Bill

**A:** I use empty bottles for pouring a small amount of the same oil from another bottle for a new person to use. I blend oils, when the blend includes the oil that was in that bottle, and label the bottle. I keep empty bottles to "sniff" since the aroma lasts forever.—Didi

**A:** I use them to mix oils as an inhalant for headaches or sinus problems. I keep them handy in my pocket or purse. The ones I've made include Peppermint, Eucalyptus, Lavender & Rosemary.—Sandy

**A:** I have a zippered burlap bag that I put my empties in for my grandchildren to play with. They carry them around, unscrew the lids and smell them. I teach them the name of the oil, have them look at the color of the label, and smell the bottle three times. You can never wait too long to start teaching them how to care for themselves! It is heartwarming when my granddaughter rushes to the "oil bag" to see what new ones are in there.—Jeanette

**A:** I think it would be great if YL would offer some type of recycling credit for used bottles. It would save money if they reuse the bottles and perhaps that savings could eventually be passed on to distributors. With a postage paid envelope to return empty bottles, we could receive a recycling credit to build and spend on YL products (like our autoship rebate program). It is a win-win situation for everyone.—Annette

**A:** I have a large basket of empty bottles that I use to share oils or make blends with for myself and friends. When I am finished with an oil bottle I put water in it then put into my air freshener spray bottle. Sometimes I just leave the empty bottle open for awhile and enjoy the fragrance.—Terry

**A:** I keep LavaDerm and Thieves Spray bottles to make my own sprays with peppermint & water or lavender & water for use on rashes, etc. I use empty ART foam bottles by my kitchen and bathroom sinks as hand cleaner and spot remover for laundry.—Pat

**A:** I save my empties to ration out to my bigger kids to take with them to school, field trips, etc. I'm starting their own little supply. Also I'm using them to send oils with Charles when he goes to Iraq.—Kelli

**A:** Save them. Wash them out with hot water and Thieves Cleaner to make blends for yourself or others. Keep the cleaned empties for samples to give to friends and family.—Kady

**A:** Give empty bottles to special education teachers. Children love to smell the oil and guess the aroma. Many children are not in touch with their sense of smell and love to hold the bottle for sniffing sessions! It's a blast to watch their eyes light up.—Kitty

**A:** I take out the plastic stopper and throw the stopper, cap and bottle into the bathtub. The oils will last for quite a few baths. Empty bottles still contain a lot of the essence of the oil and it's surprising how strong they are in that much water.—Roy



## Introducing Seasonal Essentials: Holiday Catalog 2008

Find something for everyone on your holiday shopping list with our latest catalog from Young Living! Get a head start on your holiday gifts, featuring exclusive holiday gift packs, holiday promotional items, and two all new products Breathe Again and Lavender Foaming Hand Soap. (Breathe Again and Lavender Foaming Hand Soap will be available for individual purchase starting January 1, 2009.) Breathe Again™ Roll-On provides respiratory relief and soothes discomfort associated with the sniffles, and is a combination of four eucalyptus essential oils plus peppermint, myrtle, and copal essential oils.

**Holiday Roll-On Collection  
Item No. 4802-Whsl. \$54.75**

All holiday products will be available starting October 15 until December 31. Each holiday pack comes with a complimentary gift bag to make wrapping easy! Make it a year to remember give the gift of Young Living. Watch for Seasonal Essentials arriving with your Young Living orders, and be sure to pick up a twenty five pack to share.

**Item No. 3625-25 pk-Whsl. \$9.95**



## Abundance or Scarcity?

### A Time for Action

by Carl Janicek, YL Platinum



The CEO of failed Lehman Brothers was getting paid approximately \$17,000 an hour, to the tune of 500 million dollars over the last 14 years while destroying the equity of his shareholders.

In the past, CEO's earned 30 to 40 times that of the average worker's pay, but last year it was 344 times the average pay of workers - who are now seeing their jobs vanish along with their entire sense of security. Adam Smith's economic social contract has been broken. Are we now rewarding a lack of ethics, fiscal failure and inept oversight?

Last year over 55% of employees surveyed say that they were very concerned about their financial health. Most workers have lost earning power given the type of inflationary climate that high food and fuel prices have created. Good folks have lost their homes because they haven't been able to keep up on their mortgage payments. A psychology of fear and scarcity is leaking into the mass consciousness of not just American workers but workers around the world.

**Be careful now. Don't believe everything you think!** You get to choose your thoughts! If you don't choose wisely you may get caught in someone else's fear.

While CEO's may be overpaid even when successful, wouldn't it be nice to have the freedom to enjoy being your own CEO? When your integrity and vision are for a better world, imagine how many great things you could do for yourself and others with abundance! Are you worth more than you are currently earning? You may be worth a lot more than you think!

Your return on your YL investment can be great health and vitality, AND a sense of freedom and value with a monthly cash flow. **Pay for your own products as you learn the business and reap income dividends building your equity.** Now is the perfect time to make this happen. Where else, in these stressful economic times, could you invest a few hundred dollars with a high payback?

The Young Living business is a goldmine of free enterprise. A **low barrier** to enter this business means almost anyone can start right now, first by investing in themselves. Yes! We have wonderful products that do wonderful things, and for some the business income *is* the product they need the most! **Success comes to those who invest in themselves and learn the business side of Young Living.** Each level of success has its own lessons to learn (and teach), and while a lifetime can be spent on learning our product's benefits, the most successful Young Living leaders have invested quality time **getting in** the business. They continue to learn while they discover their own needs or limitations.

One of the many joys I have experienced as a Young Living distributor is being able to help good people earn good money. It just takes a little effort and energy to learn how to earn a good living helping others with Young Living. It is easier than most people imagine. There are simple step-by-step techniques to making good money doing work that is environmentally sustainable, satisfying, pays royalties, and builds equity in your own business. You can be the highly rewarded CEO! If you need more income, read further. Just do it!

Now, read the following part of this article only if you want to earn an extra \$500 a month. Would an extra \$500 a month help you pay your bills, enjoy a healthier life, play with more Young Living oils, or give away gifts to your favorite cause? Abundance is having the freedom to give, and receive the life you desire.

With Young Living's Team Performance bonus you can earn (while you are learning) an extra \$500 a month plus royalties with a 30 day action plan. YES! In 30 days you can earn an extra \$500 a month and with a little more team building you will earn an extra \$2,000 a month. **NICE!** Take a deep breath and begin!

Now, **YOU** simply enroll 6 people in the Essential Rewards program (along with yourself) for a monthly order minimum of \$100 PV (Personal Volume), and help a **Fortunate 2** of those 6 people to do the same, building a monthly OGV (Organizational Group Volume) of at least \$1,000. Find people who love Young Living products as customers and that's it! This Team Performance bonus pays for each calendar month that the business team volume remains intact. Henry Ford once said, "If you think it's **too hard** then it probably is, however, if you think it's **easy sailing**, then it probably is!"

**Young Living Secret to Abundance:** For Sacred Anointing, use 3 drops of **Abundance** oil, one drop on each wrist and one drop on your throat. Enjoy the aroma while stating, "**I am in alignment with the universal flow.**" Imagine having **Abundance** flowing through you to others. Repeat this process 3 times a day for 30 days. Use one drop of **White Angelica** on your solar plexus and smell the beautiful aroma if you find yourself dealing with internal or external negative programming and declare, "**I am enough.**" Feel the shift in your body. Believe and succeed!

Remember, **YOU** choose your thoughts! The people who you help get in the Rewards Program will love the products, and the **Fortunate 2** that you help to get their 6 people enrolled will be earning \$500 a month plus commissions as soon as they help their own **Fortunate 2** get 6 people enrolled in the Rewards Program and have their own teams in place. The enroller gets a \$100 dollar bonus plus commissions for enrolling the first 6 in the team. Commissions are paid for each month's PV even if the team is not yet complete.

People will appreciate what you help them learn, as well as earn. If someone is slow, fearful, or unable to grasp these concepts, give them your blessing and move on to the next person. Abundance is something we must be open to receive and actively choose. Not everyone is ready to allow and accept it.

**IMPORTANT STEP: YOU** as a sponsor or enroller must be sure to teach each person enrolled in your team this exact system for earning \$500, as well as explain the reduced shipping costs and the 10, 15 and 20% rebates on every Essential Rewards order allowing them to purchase at the best price, even below wholesale.

**NOTICE:** When you enroll the first 6 people in the first 2 weeks then you have 2 more weeks to help 2 of those people get their own 6 enrolled and like **magic** you've accomplished these steps in less than a month! Most people know at least 100 people who would love to earn an extra \$500 a month, especially with such life-enhancing products, and little effort, time, and money invested.

It's like joining a buyers club. You pay the initial enrollment fee to be a distributor only once, and you are paid royalties and commissions on the sales volume of your team. I send people to join Costco all the time, however I don't get any royalties on those referrals. With Young Living, I do. **Abundance or scarcity?** It's up to you!

## A True Essential Oil Story

by Martha Wertz, Young Living Gold Executive

I want to take a moment to share with you an outstanding YLEO experience I had yesterday morning. Some background information: I have been studying, researching and teaching about Young Living oils for over 12 years. My passionate pursuit of this topic has turned in to a career and mission. I named my business Spirit Scent Consulting as I believe that God is behind all this, wanting us to share the precious and life changing healing qualities of the plants. My prayers and actions taken are to find ways to Bless others with these products, as well as bless my family and friends financially, spiritually, emotionally, and physically.

Lately, with all the changes, moves, and family deaths I have experienced, I have been asking for my understanding, appreciation and application of ancient aromatic medicines be amplified. Daily I ask, "So God, what are these oils really? What would you have me do with them?"

I have increased my spiritual path to include a higher understanding and relationship with the Creator this year. Numerous times I invited God to co-create something AMAZING with me this year. I believe that what transpired yesterday was one of many INCREDIBLE outpourings of His confirmation of this work.

### TRUE STORY

I enjoy teaching about the oils, and especially have been drawn lately to learning more about and teaching the *Oils of Scripture* class. I follow information from Dr. Stewart's book, *Healing Oils of the Bible*, and have taught this class in various parts of the country. This past week, five women joined me in Fort Collins, CO for this class. I had another class scheduled for Wednesday night, but had no one registered, yet was not worried about it.

Thursday mornings I attend Intercessory prayer group at my church, Resurrection Fellowship. We pray for personal and global issues. I wear my 1-3 daily oils, as is my usual custom, with anyone rarely commenting on them. Yesterday I was guided to wear *Egyptian Gold* which is a

blend of oils of Scripture. It is very sweet and aromatic, and I have been including it in my classes. I was also guided to wear "Thieves" as I have been enjoying the rich and renewing aroma of Cinammon and Cloves. I felt guided to share a few drops with a woman who had attended my class earlier in the week. As the praying continued, the leader of the group started to wrinkle up her nose and asked what that fragrance was. For all of us who have used oils frequently, we know that can be a loaded question. If they like the fragrance, we admit to wearing it. If they don't, we keep silent. I felt compelled to just listen. Within about 10 minutes of this woman and others trying to figure out the aroma (the blend includes nine different single oils, such as Frankincense, Myrrh, Spikenard, Rose, Hyssop), the direction of the Prayer session changed.

The small amount of oil that I had put on my hand and the hand of the other woman traveled throughout the large sanctuary, down the halls, into offices, the church nursery and even the attached school building. Folks were laughing and running around to breathe in the fragrance which seemed to shift depending on where you stood in the room. Proclamations that God was manifesting himself, that He was in the house in a way so that all would experience His presence. Some folks were finding Bible verses that confirmed the power and significance of



the Healing Oils of Scripture. There was laughter, prayer, jubilation and awe. Some folks even laid on the ground, either in reverent prayer and bliss. The leader suggested we take off our shoes, in that God was in the House and we were standing on Holy Ground. There were *pockets* of concentrated smells and when folks got near me, they said, "Wow, here it is!" Yet

at no time was I suspected of lighting the *spark* for this event. One man stood near me and kept smelling the air, like a Bloodhound, declaring that he was getting intoxicated and delirious with JOY at the sweet aroma. As a group formed, each person that arrived brought a new fragrance. One woman came over and the air shifted to the smell of Roses. Another man joined us with the essence of Jasmine. Still another man came over and the *bouquet* of our group was illuminated with Balsam Fir. It was as if God had ACTIVATED our individual signature scents. Imagine over 100 people bathing and enjoying the aromas. Some even started speaking in tongues and singing! I guess you could liken it to a Young Living Woodstock of sorts!

Only a few folks knew I had *lit the match*, as I followed my Divine Guidance to open and use these oils. I felt no need to take any credit, only to enjoy the unfolding of the Spiritual Fire that was spreading rapidly. Many folks were hoping to take home the aroma and blissful feelings that had been attained in this event. I have often mentioned in my classes that we are the *Living and Breathing Healing Air Freshener* when we use these God created essential oils.

When I left the church, over 25 folks were still there, some just strolling in the sweet aromas that God continued to *play with* and others in small groups, praying and enjoying the experiences of recognizing another's fragrance. Couples held each other, some cried, some laughed and some rested. As one woman said, "This feels like the Garden of Eden right here, right now."

Fellow teachers and enjoyers of Young Living's treasures, take off the LIDS, bless and enjoy your precious ointments. The time is NOW to share what we have been learning about and enjoying these past years. *Don't hide your light!* We need YOU now more than ever in our World.

Then took Mary a pound of Ointment of Spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair; and the house was filled with the Odour of the ointment. (John 12:3)

### Virginia Tech Researcher Examines Using Frankincense to Treat Malignant Melanoma in Horses

Malignant melanoma is a dangerous, aggressive form of cancer and approximately 54,000 new cases are diagnosed every year, according to the American Cancer Society (CeCO). Interestingly, there are many similarities between malignant melanoma in horses and malignant melanoma in people.

Recognizing the extraordinary opportunity for translational research that the disease represents, Dr. John L. Robertson, a professor in the Virginia-Maryland Regional College of Veterinary Medicine at Virginia Tech and director of the Center for Comparative Oncology, has been looking at one experimental treatment.

During a presentation before a regional meeting of the American Cancer Society in Roanoke, Va., Robertson detailed some of the work he is doing with the use of **Frankincense** oil as a possible treatment for malignant melanoma in horses.

The risk factors for malignant melanoma in people and horses are very similar, according to Robertson. In people, risk factors include pale complexion and hair, exposure to excessive sunlight and sunburns and aging. Horses at risk also have a pale coat of grey to white and there seems to be a correlation to aging, which could be a result of chronic exposure to sunlight, he said. In each, the disease is an infiltrated pigmented malignancy that is difficult to manage. Conventional therapies include chemotherapy, radiation, immunotherapy, and surgery.

The disease often affects horses with the development of lesions on the lips, neck, and perineal area.

Robertson presented the story of Chili, a handsome, 11-year old Thoroughbred and champion jumper that was diagnosed with multi-centric malignant melanoma at the age of seven. Told by her local practitioner that there was not much that could be done for Chili and aware of Robertson's interest in evaluating an experimental therapy, Chili's owner asked if Robertson would work with Chili.

That experimental therapy involved the use of **Frankincense** oil, a compound known as a valuable treatment for wounds for more than 2,000 years.

**Frankincense** oil is a fragrant botanical oil distillate made from fermented plants,

explains Robertson, who adds that it contains hundreds of constituents, including boswellic acid, a component that is known to have anti-neoplastic properties. Scientists have demonstrated that the oil has potent anti-inflammatory effects and anti-tumor properties when evaluated in tissue culture with tumors such as astrocytomas, melanomas, and fibrosarcomas. Furthermore, he said, it appears to have fairly selective anti-tumor activity and does not appear to disrupt normal cells. But much about how it affects actual cancer patients is unknown.

Chili's experimental protocol involved daily injections of medicinal grade, sterile **Frankincense** oil directly into his tumors and the application of oil on topical tumors, while Chili's comfort and well-being was carefully maintained through pain and nutritional management, including copious amounts of his favorite peeled baby carrots and peppermints.

The lesions were observed, measured, photographed, and periodically biopsied, according to Robertson. Those tumor biopsies demonstrated that some small tumor cells were destroyed by the treatment and those treated topically were reduced in size. For the experiment, not all tumors were treated. Unfortunately, Chili passed away on October 18, 2005 as a result of the progressive and relentless growth of the non-treated tumors.

Chili's involvement with CeCO and the experimental protocol did result in some important achievements, according to Robertson.

"I think this research on **Frankincense** oil suggests that this ancient medicine may have significant modern uses for chemotherapy of non-resectable malignancies," said Robertson, a professor in the Department of Biomedical Sciences and Pathobiology. "This research showed that equine melanomas respond to this therapy."

Information gleaned from this Phase I-II National Cancer Institute format clinical trial has supported the development of grant applications and helped in the treatment of five additional horses, Robertson said. A collaboration with the Clinical Research Program at Wake Forest University's Comprehensive Cancer Center is being discussed.

**For more information visit:**  
[ccr.cancer.gov/resources/cop](http://ccr.cancer.gov/resources/cop)

### Stop Zapping Away Valuable Nutrients & Risking Your Health

A study published in the November 2003 issue of *The Journal of the Science of Food and Agriculture* found that broccoli "zapped" in a microwave with a little water lost up to 97% of its beneficial antioxidant chemicals. By comparison, steamed broccoli lost 11% or fewer of its antioxidants. An article in the April 1992 *Pediatrics Journal* reported how researchers at Stanford University discovered significant changes in microwaved breast milk. The changes in the breast milk included the destruction of 98% of its immunoglobulin-A antibodies and 96% of its liposome activity (which inhibits bacterial infections). Other research warned that using a microwave to heat your baby formula could potentially turn it into a more toxic solution. The results were so stunning and controversial in a microwave study conducted in 1992 by Swiss food scientist Dr. Hans Hertel, that the Swiss Association of Dealers for Electro-Apparatuses for Household and Industry, put a gag order on the study, which took 6 years to finally remove. Dr. Hertel's conclusions were clear and alarming: microwave cooking significantly altered the food's nutrients enough that changes occurred in the participant's blood—changes that suggested deterioration.

#### **Participant blood changes included:**

- ✓ Increased cholesterol levels
- ✓ More leukocytes, or white blood cells, which can suggest poisoning
- ✓ Decreased numbers of red blood cells
- ✓ Production of radiolytic compounds (compounds unknown in nature)
- ✓ Decreased hemoglobin levels, which could indicate anemic tendencies

These studies convinced me to toss my microwave and enjoy naturally heated food!

#### **Young Living Essential Numbers**

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## A CUP OF NINGXIA OR A BUSHEL OF BEETS? BY DR. DAVID STEWART



I don't need to expound on the wonders of NingXia Red Juice®. Just go to [www.ningxiared.com](http://www.ningxiared.com), which is linked with the Young Living website, [www.youngliving.com](http://www.youngliving.com). It is full of data from scientific studies as well as wonderful testimonies of the health benefits of NingXia Red Juice. I personally drink 2-3 liters a month, along with consuming a package of dried wolfberries, which are the juice's principle ingredient.

### WHAT IS THE ORAC SCALE?

Brunswick Laboratories in Wareham, Massachusetts, has tested a number of the major brands of superjuices for their free radical neutralization capabilities. These include Xango®, Noni®, Goji®, Limu®, and NingXia Red® juices. NingXia Red (ORAC = 1500) contains almost three times the antioxidant capability as the nearest competitors, Xango and Noni (ORAC = 550).

The ORAC scale was developed for the US Department of Agriculture at Tufts University. ORAC stands for "Oxygen Radical Absorbance Capacity." Free radicals are partial molecules that are chemically aggressive. In our bodies they can damage our organs and tissues, which accelerates aging and can lead to chronic diseases and cancer. So any food that gobbles up free radicals is good for our health and can help maintain youth and extend our longevity.

In the literature from competing superjuices, their stated values for ORAC readings can be misleading. A proper ORAC value is based on 100 milliliters (approx. 3.5 fluid ounces or 7 tablespoons or almost half a cup) of the food being tested. That is a quantity equal to seven 15 ml bottles of oil. In other words, ORAC is a measure of the number of free radicals neutralized by 7 tablespoons of the juice. Some companies quote an ORAC number that corresponds to as much as a whole quart or liter of their juice. This would be 10 times the standard quantity for a legitimate ORAC test which would render a reading ten times too high to be called "ORAC" and compared to other ORAC numbers obtained legitimately.

So be wary of companies that claim that their antioxidant capacity is greater than NingXia Red. ORAC numbers are meaningless without stating the quantity of juice

tested. When you read an ORAC score associated with a product, see if they also mention whether it was from 100 ml of their product or some other amount. In the Young Living literature, you will see this stated in the fine print as being properly based on a 100 ml sample. The comparisons YL makes with other juices are fair and valid, all based on 100 ml samples of every brand compared.

### HIGH ANTIOXIDANT CAPACITY

In addition to its antioxidant capacity, NingXia Red also contains high levels of many essential minerals, amino acids, proteins, and vitamins. So, its benefits go well beyond those measured by the ORAC scale. Read some of the testimonials on [www.ningxiared.com](http://www.ningxiared.com) and you can see that daily intake of this wolfberry product can be nothing short of miraculous.

The secret ingredient in this juice is the wolfberry (*Lucium barbarum*), which is native to northern China. For centuries, residents of this remote area have been noted for their longevity. They frequently live to be 120 and 150 years of age and more, while maintaining their strength, virility, teeth, and eyesight free from arthritis, diabetes, cancer, and heart disease. Numerous studies have correlated their extraordinary health to the wolfberries in their daily diet.

Young Living was the first to import these plants to America and currently harvests more than 100,000 wolfberry bushes at their farm in Utah. They import dried wolfberries from China which are also sold through Young Living. Besides the website cited above, Young Living has a variety of literature and DVD's on the merits and nutritional properties of wolfberries and wolfberry products.

### BUILDING YOUR YOUNG LIVING BUSINESS WITH NINGXIA RED

One of the wonderful things about building a networking business through Young Living is that it can be done successfully in so many ways. There are essential oils, which are the best in the world and unique in so many ways, which form the basis of most Young Living distributors' businesses. Then there are our personal products, chemical-free soaps, shampoos, skin products, vitamins, and supplements. Additionally, some YL distributors have built highly successful businesses focusing entirely on NingXia Red Juice!

Here is a dramatic demonstration you can do at a business-building meeting to present the powers of NingXia Red Juice. Display the following items on a table:

4 pounds of carrots  
2 quarts of carrot juice  
8 oranges  
1 pint of orange juice  
2 pounds of beets  
2 cups of beet juice  
2 cups of raspberries  
1 cup of blueberries

Some people may object to NingXia Red because of the price. However, two tablespoons (1 fl. oz.) of this juice costs from \$1.25 to \$1.60 depending on whether you paid wholesale or retail price. (Even less on the Essential Rewards Program!) Point out that the nutritional value of two tablespoons of this wolfberry juice is equal to any one of the above items on the table. How does the price of two quarts of carrot juice compare? Or two cups of raspberries? Or if you like, how about a cup of NingXia Red or a bushel of beets? They would all cost more. Furthermore, which would be easier to consume: eight oranges or two tablespoons of NingXia Red (not to mention a bushel of beets for a cup of NingXia)?

The comparisons above were first published in the September 2001 issue of the *Raindrop Messenger*. At that time it was only available in hard copy, not on the internet, and had a circulation of less than two hundred distributors. The calculations at that time were for Berry Young Juice, but they work also for NingXia Red since their ORAC values are the same.

During the 2006 Young Living Grand Convention in September, Marcella Vonn Harting, a YL Diamond, gave a breakout session using the demonstration above, with a colorful table by the podium filled with fruits and vegetables. Her workshop was on how to focus on NingXia Red to build a successful Young Living business. She had with her a new distributor, Don Clair from Illinois, who had achieved the level of Silver in only four months taking the NingXia Red Approach! At the convention, Marcella asked me to make this idea available to everyone in the context

of NingXia Red. So here it is! Thank you Marcella. Have fun with your YL products and use them daily to stay healthy.



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

**JOY:** An exotic, luxurious blend of Lemon, Mandarin, Bergamot, Ylang Ylang, Rose, Rosewood, Geranium, Palmarosa, Roman Chamomile, and Jasmine that produces an uplifting magnetic energy and brings joy to the heart. When worn as a cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness.

66. Rub a drop of Joy oil over your heart and on the bottom of each foot to help relieve feelings of frustration or depression.
67. Put a drop of Joy oil on the tip of your nose to help uplift your mood.
68. Wear Joy oil behind each ear as a perfume.
69. Rub a drop of Joy between your palms and spread over your face and neck after shaving.
70. Rub two drops of Joy oil on areas of the body with poor circulation to improve blood flow.
71. Rub two drops of Joy oil on your armpit area as a deodorant.
72. Rub two drops of Joy oil on your heart and feet to help increase libido.
73. Sprinkle a few drops of Joy oil into potpourri to improve the fragrance.
74. Diffuse Joy to bring joy to your heart and refresh a room.
75. Add Joy to Bath Gel Base or Epsom salts and put in bath water to help in relax and uplift.

**PANAWAY:** A blend of Wintergreen, which has an active constituent similar to cortisone; Clove, which contains eugenol, used by dentists to numb gums; Peppermint, which is calming for nerves; and Helichrysum, which is soothing for localized discomfort. This blend was created by Gary Young following an injury that severely tore the ligaments in his leg.

76. Apply PanAway oil topically on an injured area to soothe the tissues.
77. Apply PanAway oil topically to help soothe sore muscles after exercising.
78. Rub a drop of PanAway oil on your temples, forehead and the back of your neck to help with head pressure or headaches.
79. Mix PanAway oil with massage oil and massage on location to help ease growing pains.
80. Rub 1-2 drops of PanAway oil on your joints to lessen pressure and pain of osteo-arthritis.
81. Rub 2-3 drops of PanAway oil at the base of your spine and on sacrum to help soothe back pressure or pain.
82. Massage PanAway oil diluted with V-6 Vegetable on location (or put a drop in their food) to help with joint pain or discomfort in your pets.

**Remember a little goes a long way! Enjoy!**

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