



# Essential Energy...for daily living

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## Spring Cleaning...without toxic chemicals.

Information compiled from [www.mercola.com](http://www.mercola.com)

The invention of chemical disinfectants is credited to Joseph Lister, an English surgeon who, back in the late 19th century, used carbolic acid to soak surgical dressings. To this day, Lister's carbolic acid, now known as phenol, is a common main ingredient in household detergents like Lysol, Pine-Sol and Spic-n-Span (it's also found in mouthwash).

As you're "cleaning" your home with these products, you're also exposing your family to their harmful properties. Phenol is toxic and people who are hypersensitive can experience serious side effects at very low levels.



Ditch all your chemical cleaners!

Studies have linked phenols to:

- Damage to your respiratory and circulatory systems
- Heart damage
- Respiratory problems
- Damage to your liver, kidneys & eyes

Nonyl phenol ethoxylate, a common ingredient in laundry detergents and all-purpose cleaners, is banned in Europe, and biodegrades slowly into even more toxic compounds.

Beyond phenol, other chemicals found in household disinfectants include: Formaldehyde, found in spray and wick deodorizers, suspected carcinogen. Petroleum solvents in floor cleaners may damage mucous membranes Butyl cellosolve, found in many all-purpose and window cleaners, may damage your kidneys, bone marrow, liver and nervous system.

Meanwhile, there is such a thing as being "too clean." If a child is raised in an environment doused in disinfectant soaps and cleansers, they may not be able to build up resistance to disease through normal exposures to dirt and germs

### Simple and Effective Natural Cleaning

Experience the wonder of **Thieves Household Cleaner**, as tough stains and problem areas in your home become simple and easy to maintain without using harsh or abrasive chemicals. **Thieves Household Cleaner** is a natural, all-purpose concentrate that can be used in every room of your home. Also use it in out-buildings, to wash cars and trailers and for all animals food dishes.



Thieves Essential Reward Pack



Young Living's Thieves Autoship Pack ensures the benefits of this revolutionary essential oil

blend are always on hand. The purifying action of **Thieves essential oil** is available in a wide variety of products for the home, including oral care, cleaning products, and aromatherapy, and with the simplicity of our Essential Rewards program, they're automatically shipped to you each month! Take advantage of the ease of Essential Rewards and save \$68.11 with this innovative offering.

## Testimonial—LOVE using essential oils for cleaning!

I keep a spray bottle of **Lemon Oil** on my sink to wipe down countertops, appliances, the kitchen table, shelves, etc. I mix 10 drops of **Lemon Essential Oil** with 2-4 oz of water and use it on everything. It cleans beautifully, smells wonderful, doesn't streak or leave a residue. I use it to wash bathroom mirrors and windows throughout the house. It also works great when Jesse's glasses need cleaning I LOVE LOVE LOVE the **Thieves Household Cleaner**. It has replaced all of those expensive pre-moistened household wipes, surface cleaners and floor washing products. I mix and use it as directed on the bottle. It works GREAT for toilets, sinks, floors, shower stalls, faucets, wiping down cabinets, etc. And the best part is that everything smells good and looks REALLY clean. So now, all I use to clean my house is **Lemon Oil** and **Thieves Household Cleaner**. I cannot say enough about **Young Living Essential Oils**.....they are the best!!!!!! Karin K.



I was recently drawn to wearing an old sterling silver cross that was stored away. When I pulled it out, it was very tarnished. Not having any silver polish on hand I reached for my **Thieves Toothpaste** and a soft wash cloth. Added just a very tiny dab of the **Thieves Toothpaste** to the cloth and rubbed the silver cross into it... amazingly bright and beautiful... I am wearing it now! ---Leann L.

## April Recipe—Citrus Air Freshner

- 1 drop YL Orange EO
- 1 drop YL Lemon EO
- 1 drop YL Grapefruit EO
- 1 drop YL Cedarwood EO
- 1 drop YL Tangerine EO
- 4 oz. Distilled (purified) Water

Combine all ingredients and shake before you spray. Or try adding a few drops of any of these essential oils (or a combination) to your toilet paper roll too. This will keep the air in the bathroom smelling fresh too.

Contact us if you have any questions.

Not a YL member yet? Or have question about Essential Rewards?

Call [Cindy Phillips 262.305.7733](tel:262.305.7733) or [Leann Larsson 262.573.0300](tel:262.573.0300)

### FREQUENCY FUN FACT

Just like light and darkness it is very difficult, if not impossible in most cases, for a strong immune system and infectious disease to exist together.

It is the state of your immune system -- not the bacteria or virus itself -- that determines whether or not you will get sick, even if you come in contact with the germ...

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