

# Essential Energy...for daily living

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## Seasonal Tips—Bugs, Bugs, Everywhere

Always have an oil handy for those nasty bug bites that everyone is getting this summer. Keep something in your purse, pocket, etc (do not store oils in a hot car). The sooner you can drop an oil on a bite, the less a problem it will be. Every oiler has their own experiences of what has worked for them. Some very effective ones I've used are **Purification, Lavender, Peppermint, or Thieves Hand Sanitizer**. The best oil is the one you have at the time.

Does your basement have a few spiders like mine does? I find that after I do thorough vacuuming and then diffuse **Purification** Essential Oil, the spiders stay away. I set my Young Living diffuser up with 25 drops of **Purification** in it and set it on for 45 minutes in each area of my basement. When I returned, not only were all the spiders gone, but the basement had a fresh scent.



Build your own bug spray to use on your family and your pets—start with a pint spray bottle, add about 10-15 drops **Purification, Thieves, Lemon, Lavender and Peppermint**. Add a couple drops of **Thieves Household Cleaner**. Fill with water. Shake before spraying.

**Peppermint** is another favorite oil for this buggy time of year. Some uses I found very effective:

Put a couple drops direct or on a cotton ball—place in window sills, doorways and in your mail-box (I found spider eggs in mine). Also when I am cleaning floors, I add 4-5 drop of **Peppermint** in my **Thieves Cleaner** solution.



## Testimonial—RC To The Rescue!

My neighbor Caren P. submitted this story...Caren's husband John was working in their back yard, removing their pool. Mosquitoes were around and he happened to inhale one. He knew he was in trouble, started running to the house and that quickly his throat was closing, John couldn't breathe. Caren reached for Benedryl - which was handy. No good, John couldn't swallow. At this time, as Caren described it, John's eyes were popping out of his head as if someone was strangling him (just like on Sopranos). Caren had **RC** on the kitchen counter, put a drop in her palm and cupped it over John's nose and mouth. Within seconds he was able to breathe. He reached for the **RC** to read what was in that bottle.

## Zucchini Bread with Essential Oils

|                              |                          |
|------------------------------|--------------------------|
| 3 c. Zucchini                | 2-1/2 tsp. Baking Powder |
| 2 c. YL Blue Agave           | 1 tsp. Sea Salt          |
| 2/3 c. Unsalted Butter, Soft | 2 drop Clove Oil         |
| 2 tsp. Vanilla               | 2-1/2 c. Oat Flour       |
| 1/2 c. Wolfberries           | 1/2 c. Whole Wheat Flour |
| 2 drops Cinnamon Oil         | 1/2 c. chopped walnuts   |
| 4 eggs                       |                          |



Cream blue agave, butter, vanilla, eggs and cinnamon and clove oil. Blend in shredded zucchini, 1 cup oat flour, baking powder and sea salt. Add the remaining flour and mix well. Blend in walnuts and wolfberries. Fill greased bread pan 3/4 full. Bake at 350 deg. for one hour.

## Earn a FREE Rose Oil—That's a \$179.75 Value!

Because of the many thousands of delicate petals it takes to extract the powerful essential oil, Rose Oil is one of Young Living's most exclusive products. The alluring smell and aphrodisiac-like properties of Rose essential oil will awaken your senses and inspire a feeling of true luxury. To get your free bottle, place an order of 350 PV or more from Aug 1-31. Order on your Essential Rewards and also receive up to \$70 in free product.



## You Can Make A Difference...

Right from the moment of our birth, we are under the care and kindness of our parents, and then later on in our life when we are oppressed by sickness and become old, we are again dependent on the kindness of others. Since at the beginning and end of our lives we are so dependent on others kindness, how can it be in the middle that we would neglect kindness towards others? - Dalai Lama

## FRAGRANCE OF A ROSE

Disciples were in a discussion...

*"Those who know, do not say;*

*Those who say, do not know."*

When the master entered, they asked him what the words meant. Said the master, "Which of you knows the fragrance of a rose?" All of them indicated that they knew. Then he said, "Put it into words." All of them were silent.



## Sharing the Oils...

Do you have a testimonial to share? Essential Oil Tip? Ideas on how you share your enthusiasm about the oils with others? Yummy Recipe? Please contact us and we may add it to our newsletter. [Cindy Phillips](mailto:CindyPhillips@YoungLiving.com) 262.670.9515 [Leann Larsson](mailto:LeannLarsson@YoungLiving.com) 262.573.0300