

Essential Energy...for daily living

Contributing Editors
 Cindy Phillips 262.305-7733
 Leann Larsson 262.573.0300
 Young Living Members
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Seasonal Wellness- What Works Best For You!

With kids back in school and temperatures changing drastically, it's essential to continue immune boosting and continue educating yourself, to keep your family healthy. We are printing testimonials this month so that we can all learn from what works for others. Sometimes you need to do extra when you feel your body getting ill. One of the benefits of the oils is that they are so versatile. What oils will your use on your family on a daily basis? It's important to have a routine for applying essential oils. Make it part of your day!

I was feeling stuffy and developed a slight headache. Days prior I was using the netty pot with RC essential oil and also taking Thieves in capsules, in addition to daily Ningxia Red. This particular evening, conditions worsened. I ingested a capsule of Eucalyptus Blue and Copaiba essential oils (about 4 drops each). Within 30 minutes, my head and sinuses were clear. I continued with 2 capsules a day for the next couple days....Cindy P

My 6 year old son, Jake got a cold sore. I applied 1 drop of Lavender directly onto it for 3 days and it was gone...Kristi W



Kendall has not gotten sick since she has started school!!!!!! Many kids have been sick...I use Thieves & ImmuPower on her feet and she gets a shot of NR every morning...Jen K

Also from Jen K...I started to feel something coming on Sunday had a headache and sneezed about 50 times when at home. Monday I had a very severe plugged nose and continued with sneezing through out the day and thought oh no.....I'll be getting a sinus infection. I tripled my NR and took Thieves, Copaiba, Oregano & olive oil in a capsule twice a day, Mon. & Tues. and now today being Wednesday I feel great!! :) A little stuffy still but a definite improvement.

Recently my son, Jake age 6, woke up with a fever and an ear ache. I ran a hot bath and added 12 drops Eucalyptus Radiata with 4 drops Frankincense to Epsom salts and let him soak until the bath was cool. After his bath I applied 1 drop each of Thieves then 1 drop of Peppermint and then one drop of Lavender to his feet. I also applied 1 drop Lavender to my fingertip and rubbed it on the inside well of his ear. That same afternoon his fever and ear ache were gone.... Kristi W.

SUPER Ningxia Red...Customize Your Shot



Gary Young at "2009 Convention"
 He's the one with white sleeves, behind the Ningxia Red bar, preparing shots for guests.

One of the most interesting experiences at the 2009 YL Convention, was the Ningxia Red Bar. Gary Young and other bartenders, taught us how to make Super Ningxia Red by adding our favorite oils to a shot of Ningxia Red.



FAVORITE NINGXIA RED SHOTS

Start with a 2 ounce shot of Ningxia Red. Add the following oils....

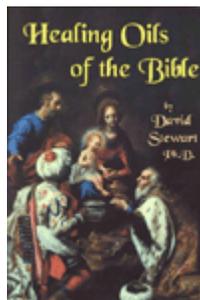
Leann's Favorites	Cindy's Favorites
1 drop Lavender, 1 drop Lemon	1 drop Frankincense, 1 drop E. Blue
1 drop Cassia, 1 drop Lavender	1 drop Copaiba, 1 drop Ocotea
1 drop Copaiba, 1 drop Grapefruit	1 drop Clarity, 1 drop Lavender

Frequency Fun Facts

Did you know...There Are Six Ways that Essential Oils Support Us?

- 1) as fighters against unfriendly microbes.
- 2) as balancers of bodily functions
- 3) as raisers of our bodily frequencies.
- 4) as antioxidants that purify our systems.
- 5) as clearers for negative emotional baggage.

from the book: *Healing Oils of the Bible* by David Stewart pg. 34.



A Prayer by Mother Teresa

Dear Jesus, Help me to spread Thy fragrance everywhere I go. Flood my soul with Thy spirit and love. Penetrate and possess my whole being so utterly that all my life may only be as radiance of Thine. Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul. Let them look up and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others.

Sacred Times – Sacred Oils, The Holy Oils of Ancient Scripture
 Monday, Nov 30 6-8pm at Hartford Savings Band...more info to come.

Contact us if you have any questions. Not a YL member yet? Call [Cindy Phillips 262.305.7733](tel:262.305.7733) or [Leann Larsson 262.573.0300](tel:262.573.0300)