

# Essential Energy...for daily living

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 Sept 2009, Vol 3

## Seasonal Wellness— How to Avoid Colds and Flu

The last few months there has been much in the news on H1N1 virus deaths and global epidemic fears. A good first response is to hold your fears in check. Be proactive—now is time for us to take responsibility for our health and wellness by boosting our immune system. Those who are old enough to remember that there was a big swine flu scare in 1976. At that time, the government hastily prepared a swine flu vaccine that killed 25, while the naturally contracted swine flu killed only one in the United States. To learn more about the flu vaccine, go to [www.mercola.com](http://www.mercola.com) (search H1N1 Vaccine).

Our entire family routinely applies oils and takes **Ningxia Red**. When I'm feeling 'off', which for me can be less energy or emotional imbalance, it's a sign to take my oils usage to a higher level. I am back to health usually within 24 hours, before cold or symptoms appear....from Cindy Phillips



Shown in photo—Jen, Alana's Mom, applies **ImmuPower** to Alana's foot in lieu of flu vaccine. Other oils are also rotated on a regular basis.



### TEN SIMPLE STEPS TO STAY HEALTHY THIS FALL

- In addition to **Thieves** on the bottom of the feet, rotate **Exodus II**, **ImmuPower**, **Oregano**.
- Apply one or all to the chest—**RC**, **Raven**, **Breathe Again**.
- Use the oils above in #2 above in a netty pot.
- Take oils in capsules—**Thieves** (4-6 drops) combined with **Oregano** (2-4 drops).
- Drop **Melrose** on finger and suck on it—do this many times during the day/night.
- Eucalyptus Blue**—drop in the mouth, apply to the throat or diffuse.
- Frankincense**—on the neck, bottom of feet or in capsules.
- Diffuse 24 hours a day—**Thieves** or **Eucalyptus Blue**
- Take **Inner Defense** capsules
- Increase **Ningxia Red**—2 oz up to three times daily

For Gary Young's Talk - How He Keeps His Immune System Strong—send request to [cindy@reindeergames-wi.com](mailto:cindy@reindeergames-wi.com)



## Testimonial—Sometimes It Takes More Than One Oil

Recently my daughter, Audie age 13, had mono. Her swollen lymph nodes were even sore to the touch. I put **RC** on her chest and had her ingest two capsules of 3 drops of **Oregano**. She ingested one capsule in the morning and one before bed. In the middle of the night, she woke up with an extremely painful ear infection. On the outside of her infected ear I mixed **V6**, 1 drop of **Thyme** and 1 drop of **Lavender**. I raised her pillow up at an angle and she fell back to sleep within minutes. The next morning the infection was gone. She had a little congestion and I had her drink 1 ounce of **Ningxia** and rub **RC** on her chest for that day.....results...happy healthy girl. From Leann L.

## Wolfberry Coleslaw



- 1 head Cabbage—grated
- 3-4 Green onions, chopped
- 1-1/4 c. Raw Sunflower Seeds
- 1 Carrot, coarsely grated
- 1/2 c Raisins
- 1/2 c YL **Wolfberries**

- Mix well in a small bowl:
- 1/4 c. Extra Virgin Olive Oil
- 4 T. Pure Rice Vinegar
- 2 T. YL **Blue Agave**
- 1/2 t. Salt
- 1 drop YL **Black Pepper Oil**
- 2 drops YL **Tangerine Oil**

- Pour contents of small bowl over salad in large bowl and mix well.
- Refrigerate for several hours to allow flavor to infuse.
- Makes 16-18 servings.



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