

# Essential Energy...for daily living

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## How to Look Good and Feel Better...Start with Simple Cleansing

You deserve to feel the best you can...let's commit to working toward that goal together in 2010. Thanks to Gary Young, we have simple cleansing options, so we all can be healthier soon. Why cleanse? We know that our bodies accumulate toxins from the environment, and from chemical additives in our food. While our in-house detox systems work hard to rid us of toxins, they can't always keep up the pace. Or maybe you ate too many Christmas goodies and want to take off a few pounds. That's usually true for us. So each January, Jeff and I plan to do **Young Living's Five Day Cleanse**. The first time we did the cleanse I was

### Conditions which may indicate a problem in your digestive system

- Coated Tongue
- Less than one bowel movement a day
- Stools are not well formed (loose)
- Mucus in stool
- Excessive foul smelling gas
- Bad breath or strong body odors
- Cramping in lower abdominal region
- Pain in lower back
- Skin eruptions, bumps, rashes
- Psoriasis
- Eczema
- Fungus or yeast infection
- Stools hard or difficult to pass

**Young Living's Cleansing Trio** is another great product to begin improving your health through cleansing your system. The **Cleansing Trio** was exactly what



I needed a couple months ago. Severe lower back pain started suddenly. My first efforts were to ease the pain with **Deep Relief, Copaiba, Aroma Siez**...nothing helped...this was an odd pain which came intermittently, especially during the night. Mary Farnham suggested I try the **Cleansing Trio**. This led me to read about our digestion system and how it affects many other parts of our body. I was fascinated. It all made sense...if a hose in our car engine

was plugged, the car wouldn't run properly. Well, same is true for our bodies. Within a couple days of using the **Cleansing Trio**, I felt relief, the pain was lessening! After about a month, I was 100% better. The symptoms have not returned. Today, Jeff and I take **Essentialzyme** and **ICP** daily. We both take **Comfortone** occasionally when needed. *Cindy Phillips*



20% Off  
Until Jan 31

pleasantly surprised, I had increased energy levels late into the day. And our hunger was satisfied with delicious **Balance Complete** shakes. It was a very positive experience for both of us! *Cindy Phillips*

The Five Day Nutritive Cleanse—3 products, 5 days, 4 times/year—building a strong immune system for a healthier you.

## Testimonial—How To Attract What You Want In Your Life by Leann Larsson

Today many of us are looking for a job because of financial reasons or because we feel there is a need for us to develop our energies in a certain new field of change. Of course, there are many other reasons why we look to either change our current position or look for something new, to better fit who we are. Here are two testimonials, in which during an interview, the soon to be employee used YL essential oil blends to receive the job they were applying for.

Jean M. decides to apply for a new job. Happy with the one she has but knows that there is something more fitting for her out there. When granted the opportunity to have the interview she decides to apply **Peace and Calming**. Upon approaching the interviewer she starts to think "oh what if the interviewer does not care for the scent?" None the less the interview takes place. The interviewer comments on her scent!!! He asks, "What scent are you wearing?" A bit amazed, Jean answers, "A blend of YL essential oils." The interviewer comments, "There is something in that which I remember from my past that I used to love". Jean got the job!



What are you attracting into your life today?

Kristi W. applies for a job that will expand her new horizons. She decides to put **Joy** on that day just before the interview. In fact, she smothered herself in it. Kristi went to the interview feeling calm and confident. TA DA! Got the job!

## January Recipe—Make Your Own Salad Dressing

Experiment with different ingredients to make homemade, delicious, healthy salad dressings. Be creative and add your own favorite essential oils. This photos shows some of the suggested ingredients...**Ningxia Red**, Braggs Apple Cider Vinegar, Organic Yogurt, Grapeseed Oil, Strawberries, **Basil** and **Lemon Essential Oils**. Can also add **Agave** to sweeten the taste.



**Spiritual Progress Is Like Detoxification  
Things Have To Come Up In Order To Be Released  
Once We Have Asked To Be Healed  
Then Our Unhealed Places Are Forced To The Surface**

By Marianne Williamson

Contact us if you have any questions. Not a YL member yet?

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