

# Essential Energy...for daily living

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## Seasonal Wellness— Consider Exodus II For Your Health Plan



**Exodus II:** An Essential Oil Blend often forgotten, however it is very beneficial during this time of the year (flu and cold season) **Exodus II** contains the following essential oils: **Cassia, Hyssop, Frankincense, Myrrh, Spikenard, Galbanum, Cinnamon,** and **Calamus.** The resultant product is a blend that may create a protective barrier against harmful germs and viruses. It contains aromatics that support the immune and other vital body systems.

All of the oils in **Exodus II** blend were used during the time baby Jesus was born. **Exodus II** is a timeless blend of essential oils believed by researchers to have been used by Moses in protecting the Israelites from a plague.

Essential Oil Desk Reference has this to say about **Exodus II**, " Modern science shows that these oils contain either immune-stimulating and/or antiviral compounds".



## Testimonial—Chapped Hands

My six year old son gets very red and dry skin during the Fall and Winter. Being at school he is using store brand alcohol based hand sanitizer. At his school before lunch the children have to wash their hands with soap and water and then they are also instructed to use the sanitizer. Needless to say this makes his hands more chapped and even cracked. So, Young Living to the rescue! In the morning before school I apply '**Animal Scents Ointment**' to his hands, after school and before bed I apply **Rose Ointment.** His hands are now supple and smooth again thanks to YL. –Leann L.



Great for animals, also works well on chapped hands and cracked heels



Ideal for dry, cracked skin and works well when applied over essential oils.

## November Recipe—Apple Cobbler

### Crumb Topping

2c whole wheat flour  
1c oatmeal  
½ c chopped pecans  
¼ c butter, melted  
1-1/3c **Blue Agave**  
2-3 drops **Cinnamon Oil**  
2-3 drops **Nutmeg Oil**

### Filling

4c cooked apples  
1 tbs cornstarch  
3-4 drops **Cinnamon Oil**  
1c **Blue Agave**  
½ tsp cinnamon powder (optional)  
2 drops **Nutmeg Oil**  
Dash of nutmeg (optional)

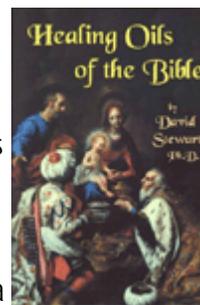
Mix all crumb topping ingredients; set aside. Mix all the ingredients (except the essential oils) in a large skillet. Simmer until the mixture is hot enough to thicken with cornstarch. Add the essential oils and mix well. Place filling in a 13 x 9 x 2 pan. Add crumb topping, spread evenly over apples. Bake at 350 deg for 18-20 minutes or until crumb topping is golden brown.



Optional Topping—Whip organic whipping cream, add **Blue Agave** to sweeten. Sprinkle with cinnamon powder.

## Frequency Fun Facts

**A Quick Course in Chemistry...**because of the tiny molecular structure of the components of an essential oil, they are extremely concentrated. One drop contains approximately 40 million-trillion molecules. Numerically that is a 4 with 19 zeros after it: 40,000,000,000,000,000,000. We have 100 trillion cells in our bodies, and that's a lot. But one drop of essential oil contains enough molecules to cover every cell in our bodies with 40,000 molecules. Considering that it only takes one molecule of the right kind to open a receptor site and communicate with the DNA to alter cellular functions, you can see why even inhaling a small amount of oil vapor can have profound effects on the body, brain and emotions. (from the book: *Healing Oils of the Bible* by David Stewart pg. 27-28.)



*'Spend a day of Beauty immersed in the garden of your delights!*

*Awaken your spiritual senses and become aware of the inexhaustible array of things that are "Right" in your life.'*

*...Meeta Ji Rose Carda, Reiki Master*

**Sacred Times – Sacred Oils, The Holy Oils of Ancient Scripture**  
**Monday, Nov 30 6-8pm at Hartford Savings Band...RSVP to Leann Larsson**

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)