

'Vita' Essentials

By Hon. Dr. Sabina DeVita, (OSJ), Ed.D,
RNCP, CBP, DNM, IPSP

7700 Hurontario St., Suite 408, Brampton, ON L6Y 4M3 • (905) 451-4475
<http://vita.younglivingworld.com> & www.devitawellness.com

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Disclaimer: The information provided here is for educational purposes only, and not intended as diagnosis, treatment or prescription for any disease. The decision to use, or not to use, any of this information is the sole responsibility of the reader.

"The information shared herein is given by faith in a higher power over that of man."

Note: Please educate others and pass this newsletter on to people you have sponsored and care about. Keep these newsletters for future reference.

Greetings Everyone,

Due to my busy January and many development /changes taking place in my office, this newsletter comes a bit later than normal.

Since I have not sent you my well wishes for the New Year - may you create a most wonderful year in abundance, health and growth on all Levels of your being for the New Year- of 2006.



Now to a **Happy Valentine's Day!**

In Ancient times, people used aromatics to attract and keep their lovers.

Cleopatra was well known for her mystique of exotic aromas in attracting Marc Antony. Egypt, India, Rome and the Far East, made use of ointments, unguents and resins for stimulating romantic encounters. Even the Bible made mention of aromatic aphrodisiacs. King Solomon in his Song of Solomon poem compares his loved one with sweet frankincense; myrrh and nard (spikenard).

Listed below are a few recipes to add to your repertoire be it for your self or for that special loved one.

Special Aromatic Bath

3 drops Patchouli
3 drops sandalwood
3 drops onycha
Woody, spicy and sweet!

Mix the oils in a little cup with a tablespoon of sea salt or Celtic bath sea salt. Add to your bath water.

Raise your Frequency with the Rose oil blend below.

Ancient Aromatic Aphrodisiac

Blend together:

5 ml. **Rose oil** (# 3623) with 8 oz. of massage oil base.

Blend by gently turning bottle back and forth to distribute evenly.

Next add 7.5 ml **Ylang Ylang** (#3659) blend in the same manner. Now add 5 ml.

Jasmine oil (#3569) and blend as before.

Apply all over your body after you bathe.

Experience the magic!

Or After the bath, pamper yourself with a lovely, scented home- made powder- and one without the talc.

(Avoid using Talc powder- known to be one of the causes for uterine and ovarian cancer).

Home-made powder

1 cup cornstarch

9 drops **Rose oil**

5 drops **Lavender oil**

This powder is a lovely blend that can be used to sprinkle on sheets as well.



YLEO Bulgarian Rose oil is ***the highest frequency*** available in the plant kingdom. **It takes 5,000 lbs of rose petals to produce 1 lb of Bulgarian Rose Oil.**



Ningxia Red Juice

Have a toast using the Ningxia wolfberry juice to celebrate the day and your life.

The Ningxia wolfberry is the Earth's most powerful antioxidant fruit.

Highest ORAC A new laboratory test known as ORAC (Oxygen Radical Absorbance Capacity) was developed by USDA researchers at Tufts University to rate the antioxidant levels of fruits and vegetables. **It ranks the Ningxia wolfberry as the best antioxidant food in the world. And known to support greater longevity.**

Of all the varieties, Ningxia wolfberries have by far the highest levels of immune-stimulating polysaccharides. The Chinese wolfberry fruit can help:

- replenish the liver and kidneys,
- relieve hypertension,
- nourish the blood, and
- improve eyesight.
- **It is also good for aching back and legs,**
- impotence, vertigo, diabetes and
- in treating cancer.
- **Also found to cause the blood to revert to a younger state.**

Also available is the certified organic dried wolfberries. Code # 6360

According to the Chinese, In order to achieve long term benefits to your overall health, it is suggested to eat some Chinese Ningxia wolfberries **EVERYDAY** at least for a few years if not for the rest of your life.

The daily recommended dosage is 20-30 grams, about 1 to 2 small handfuls, or 90 to



140 pieces, though one can consume more depending on the individual. Dried Chinese wolfberries can be taken raw, chewed like raisins, or mixed into chrysanthemum tea. It can be included in your favorite pastries, soups or stews, or soaked in water overnight, and then blended into your favorite smoothie.

NingXia Red™ LIVE Tour Report



As word spreads about NingXia Red, more and more people are attending the NingXia Red Live Tour. Venues in California and Arizona were packed last week, with rooms filled over capacity. Stay updated on all the new information and additions to the schedule at www.ningxiared.com. **Coming to Toronto, April 4th.**

Recipe for Bronchitis or Respiratory ailments:

3 drops oregano
 8 drops frankincense
 6 drops lemon
 5 drops eucalyptus Globulus
 Mix in a 1 oz. bottle of carrier oil.
 Massage over the chest, bottom and top of feet. Apply hot compress on chest.

Coming Plagues- What Can You Do?

Dr. Horowitz spoke on "IATROGENOCIDE" on Coast to Coast radio program recently.- his determination that the most dreaded diseases are drug-company induced.

Dr. Horowitz's topic, "IATROGENOCIDE," derives from a combination of the words "iatrogenic," meaning physician-induced illness, and "genocide," the mass killing and enslaving of people with petrochemicals and pharmaceuticals for profit. A near four hour DVD presentation by Dr. Horowitz on this subject was filmed live before the American Association of Naturopathic Physicians last April. In "IATROGENOCIDE" Dr. Horowitz reviews more than ten years of research.

The massive killing and injuring of people through contaminated vaccines, intoxicated blood-supplies, injurious drugs, poisoned

waters, polluted airways, dangerous chemicals, genetically modified microbes and foods, he concludes, is best defined as genocide. All of this is conducted and rationalized for profit and political expedience.

He exposes unprecedented new flu-like illnesses involving military laboratories; new immune suppressive germs and chemical co-factors developed and released to prompt Gulf War-like illnesses long before the first invasion of Iraq; and diabetic pandemics linked to insulin production by genetically modified yeast spread environmentally and through our current food supplies.

In a recent report by Associated Press, entitled,

Deadly Intestinal Bacteria on the Rise

By BONNIE PFISTER

New Jersey is among the States seeing an increase in deaths from an intestinal **bacterial infection** that most often strikes older hospital patients who have taken antibiotics.

National occurrences are up as well because, officials say, an overuse of antibiotics for other ailments is killing off the "good" bacteria that used to control the growth of Clostridium difficile bacterium.

In 2004 there were 25 known C-diff outbreaks in New Jersey hospitals, said Dr. Eddy Bresnitz, epidemiologist and deputy health commissioner for New Jersey.

The infection has been reported in 15 other states, including New York, Pennsylvania, Maryland and Connecticut, according to the federal Centers for Disease Control and Prevention.

"The major factor that contributed to the rise (in C-diff) throughout the country as well as New Jersey is the increasing use of antibiotics,"

C-diff infection is marked by severe diarrhea that persists for more than three days. It can lead to a more serious intestinal condition known as colitis. It is spread by

spores in feces, which cannot be killed by alcohol-based anti-bacterial hand cleansers often used in hospitals.

Doctors in the report recommended frequent hand washing with hot water and soap, especially after using the bathroom and before eating. McDonald recommended using bleach to clean areas that may have been exposed to feces.

As Richard and Shauna point out,' Gary Young warned us several years ago that the day would come when our Young Living Essential Oils would be one of our most valuable 'assets' that we would have in our possession. We are 'blessed' with the knowledge of these oils and 'some skill' as to how to use them. Today we can appreciate and understand his foresight. As Young Living Distributor's WE ALL are better prepared than the rest of the world.....&.....NOW we can take care of ourselves and then SHARE what we know with others.'

The Power of Thieves oil and spray are so needed now.



Thieves® essential oil blend was tested at Weber State University, Ogden, **Utah, and found to have up to a 99.96% kill rate against airborne bacteria.**

How to use: For dietary, aromatic, or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk. Diffuse for short periods of time (1/2 hour or less) in the work or home environment. Use to the spray to wipe off toilets and your hands once visiting a rest room.



When you order the Thieves® Kit, **code 3154**, which includes Thieves® oil (15 ml), the all-natural Thieves® Cleaner, the versatile Thieves® Spray 3-pack, and the handy Thieves® Wipes, you will receive the new 30-count Thieves® Lozenges absolutely FREE!

Other oils to have on hand to use in time of crisis Blends

Exodus 11, Thieves, R.C. Melrose, Pan Away, Aroma Siez Di-Gize –formerly called Di-Tone.

Purification is great to use for odors and to neutralize poisons.

Peace & Calming, Harmony & Hope oils are helpful for stress. **Trauma Life** as the name suggests is most useful for trauma.

Use **Gathering oil** for more intense trauma. Apply Gathering on the right two fingers and rub on the left temple across the forehead. This will help you to gather your thoughts and to focus.

In case of a severe disaster use Gathering, & 3 Wisemen on the crown to open the crown chakra. Use the power of Prayer along with mental visualizations.

Testimonials

On vision

"I had my eyes examined today and the great news is that my eyes are almost perfect. If I wanted I could have gotten a very low prescription lens, but he said I really didn't need it.

I also had stigmatism, which I no longer have any more or need bifocals because I can see clear, near and far without everything being a blur.

I credit it to using Frankincense and the Wolfberry Eye Cream and of course the NingXia Red.

I would rub Frankincense around my eyes making sure not to get it into the eyes...the blurriness would be less and less until I didn't have it. Also I would add the Wolfberry Eye Cream on top. I didn't do this every day.

Thank God for these wonderful oils that God has given us and thank you Gary for bringing them about and teaching us how to use them and to

know that only pure therapeutic grade oils will work.

Forever grateful, Nancy Sanderson

On Cancer:

"15 months ago my wife, Linda, was diagnosed with lung cancer. The x-ray showed a near lemon-size tumor with tufts of finger-like growths extending all around the tumor in the upper right lobe of the lung. To make certain the growth wasn't a fungus; the doctor ordered a blood test, which came back negative as a fungus. Her doctor was then 98% certain the tumor was malignant.

Linda was then scheduled for lung surgery the following week. The surgeon told us he would remove the upper half of her right lung and that of her lymph glands. I remember we drove home both scared to death of what was happening...

We are both believers in God's Word that He is our Healer, so we immediately gave her cancer over to Him for healing. We prayed fervently with conviction, and applied the essential oil blend known as Raven over her chest and upper back. We also used other oils, but Raven was the oil Linda wanted, so we followed her intuition and stayed with Raven.

Within a day or two, we called the surgeon's office to decline the surgery.

Needless to say, his nurse did all she could to persuade us to reconsider.

Two months after the first x-ray was taken to the day, Linda had another chest x-ray taken. To the doctor's amazement, the tumor had shrunk to the size of a walnut. He was dumbfounded, because as he said, "This doesn't happen."

We continued in prayer and anointing with Raven. Two months later another x-ray revealed the tumor had shrunk to the size of a pea.

Today, she has no lung cancer.

Jim Lynn Rockford, IL

New Shipping Fees With Young Living

From Corporate office: Attention Canadian Members:

The wait is over! We are excited to announce a new shipping discount for our Canadian Essential Rewards members! The reduced member rates will be effective Monday, February 7, 2006. The reduced rate will be the following:

- \$9.25 for the first pound and \$1.25 for each pound thereafter (approximately 10% savings from regular Canadian shipments)

Conversely, shipping products through Canadian Customs remains a challenge, and unfortunately the shipping increases imposed by our Canadian carriers were such that Canadian members will incur a more significant increase in shipping rates. Again, Young Living will incur a large portion of the increase given to us by our carriers. Please understand that we will continue to investigate long-term options and do everything we can to avoid such an increase in the future.

George Bernard Shaw once said, "People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

Note: More information will be forthcoming in regards to our **New School Program** and workshops on Essential Oils.

More Testimonials

Infection

A tiptake 10 drops of Egyptian Gold oil in a capsule once a day for several days and watch the results!

Carol

Bed Bugs

Eucalyptus Globulus kills bed bugs!

Jessica

Egyptian Gold

I have been using the Egyptian Gold since it became available just like I would Immupower. If anyone in my family is even the slightest run down, a few drops down their spine takes care of it. We do the same every time we get on an airplane and did a lot of traveling over the holidays with no on getting sick. It really seems to support the immune system and build resistance. For us, the smell is delicious and for my son, he much prefers the Egyptian Gold aroma to that of the Immupower (which would often be a battle to get him to use). It would be the first oil I'd reach for if any of us needed an antibiotic-like course of treatment. I also use it just because it smells so yummy.

Rachel

Sciatica

One of the best protocols for sciatica is Cistus followed by Peppermint. Folks say it really helps. Rachel

Sciatica

Another blend of oils: Tarragon, Balsam and Spearmint...and I have had good luck with that blend. Jessica

To many Aromatic Blessings,
Happy Valentine's Day,

Dr. Sabina DeVita