

# 'Vita' Essentials

by Dr. Sabina DeVita,  
(OSJ), Ed.D., RNCP, DNM

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

Members: no cost – Non-Members: \$30/year

Volume 5 Number 2

March/April 2005

**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 Fellow Oilers,

Spring will soon be upon us and very much welcomed by those of us who like the sunshine and outdoors. The winter months can take a toll on our skin, wearing down the sebum – the skin's natural lubricator and water conserver. Essential oils that maintain the natural pH balance of the skin can include **Myrrh** oil (#3593) for cracked and chapped skin, along with **Sandalwood** (#3635), **Spikenard** (#3640), **Jasmine** (#3569), **Patchouly** (#3608) and/or **Geranium** (#3554). Add to sandalwood cream lotion (#5148) or rose ointment (#3709). Enjoy the nourishing and rehydrating nutrients to the skin. Myrrh oil has also been tested to be 75% effective as an anti-infectious agent. The Arabian people used **Myrrh** for many skin conditions, such as chapped, cracked skin and wrinkles. It is a powerful antioxidant, anti-tumoral, anti-inflammatory, antiviral, anti-parasitic, and analgesic/anesthetic. It promotes spiritual awareness and is uplifting, helping to stimulate the hypothalamus/pituitary, which produces many vital hormones, mainly thyroid and growth hormones.

**TIP** - Frankincense, Myrrh, Melissa and Peppermint together repair DNA !!!

As Dr. Mercola points out, Cancer, not heart disease is now America's Top Killer.

Its estimated 1,372,910 new cancer cases and 570,260 cancer deaths will occur this year. Lung cancer remains the biggest killer, estimated to

claim the lives of 163,510 people. About 232,090 men will be diagnosed with prostate cancer, killing 30,350. Some 211,240 women will be diagnosed with breast cancer, killing 40,410.

Nicole Stevens, University of Nevada, presented her cancer research results at the Nashville Convention 2004. Seventy-nine essential oils were tested. Twenty-five were at least 50% effective against all four-cancer lines being studied (breast, prostate, female reproductive area and skin) with no toxic side effects. The most effective oils are **Sandalwood, Tsuga, Thyme linalool, Frankincense, Idaho Balsam, Canadian Red Cedar, Galbanum, and Patchouly.**

Avoidance of sugar is an important strategy to good health. Sugar feeds cancer cells. Cancer loves sugar! A Nobel Prize in medicine in 1931 was given to a German physician for discovering this.

Use **Blue Agave** (#3221), a sweet alternative instead. It is known as the Mexican Tree of Life and Abundance used by the Meso-Americans as food as well as externally and internally for injuries and illnesses.

A favorite food of the Aztecs, Agave nectar was used in religious ceremonies and was labeled by some the 'nectar of the Gods'. The natives of Mexico call the juice 'honey water'. Agave is a high source of energy with a low-glycemic index (below 15), which means it has minimal impact on blood sugar levels – a sweetener of choice for diabetics (diabetes is a contributing factor in the deaths of approximately 41,500 Canadians each year), hypoglycemics or others who cannot

tolerate sucrose. It is wonderful to substitute in recipes – ½ to ¾ Blue Agave for the recommended amount of sugar. Use it like honey on cereals, bread or beverages. How's this from the new Young Living Cook Book (#3947) (Book is now available through live order entry 1-800-371-2928):

### **Blueberry Smoothie**

2c frozen peaches  
1c frozen pineapple  
1c frozen blueberries  
1tbs. **Blue Agave**  
2c rice milk  
¼ c. walnuts  
1 drop lemon oil  
Mix together in blender and serve immediately. Recipe by Marc Schreuder.

### **EPA Says Teflon Could Put Your Health At Risk**

The Environmental Protection Agency ruled that exposure to a chemical used to make Teflon, commonly used as a coating for non-stick cookware, could put one at risk.

Exposure of the perfluorooctanoic acid and its salts, known as PFOA or C-8, even at low levels creates a "potential risk of developmental and other adverse effects". The EPA raised concerns that the chemical could be present in human blood nationwide. Gary Craig, founder of Emotional Freedom Technique, had a problem with nighttime urination – as often as 12-15 times during the night! After he stopped using the Teflon frying pan, his urination problem vanished in 48 hours!!!



Luckily, **Young Living** offers a safe alternative pan. The **Titanium** pots and pans are coated with an abrasion-resistant frying surface and a thermobasic base. Pans do not warp, maintain high heat and do not scrape. One can cook without the use of oils, as foods do not stick to the pans. (#4058-4064) Excellent cookware.

### **Enzymes – Our Life Depends on Them!!!**

Pioneer physician, Dr. Edward Howell coined enzymes - as the "sparks of life".



Enzymes are essential for maintaining proper function of all biochemical bodily functions. They are essential for digesting food, aiding in the repair of tissues, stimulating the brain and providing cellular energy. Made up of protein, the thousands of known enzymes also play a role in the aid of elimination of toxins by the colon, kidneys, lungs and skin. **We could not exist** without the action of enzymes, even in the presence of vitamins, minerals, water and other nutrients.

Enzymes decompose poisons in the body. Dr. Gary Young strongly recommends enzymes for all types of concerns, particularly Detoxzyme and Polyzyme, on an empty stomach throughout the day. If you experience any illness, pain, swelling, headaches, then there's an enzyme that is necessary for you to use. Remember, enzyme production becomes less after the age of 35.

Polyzyme (#3256) is a high-powered complex of protein digestive enzymes that promotes complete digestion of proteins and quickens the breakdown of insoluble proteins found at inflammation sites.

Amino acids are absolutely vital for healthy immunity and health and form the building blocks of hormone creation, tissue repair, and muscle formation. Polyzyme prevents putrefaction in the intestines that can lead to allergies, liver stress, and toxic blood. Polyzyme is also used medically as a powerful anti-inflammatory that combats arthritis, irritable bowel syndrome, fibromyalgia, ALS and food allergies. It contains protease 3.0/4.5/6.0 peptidase, bromelain, papain, lipase, phytase, rice bran, essential oils of anise, peppermint and rosemary.

Allerzyme (#3201) is a high-powered enzyme complex of vegetable enzymes that promotes complete digestion of proteins, carbohydrates and fats to combat allergies, gas fermentation, fatigue and irritable bowel syndrome. It contains protease, bromelain, amylase, lactase, lipase and

phytase with essential oils of tarragon, ginger, peppermint, juniper, fennel and lemongrass.

**Detoxzyme** (#3203) is a vegetable enzyme complex designed to promote detoxification of the body, complete digestion and promote cleansing. It helps to block fermentation of carbohydrates in the gastrointestinal system and boosts the absorption of minerals such as zinc, calcium, and magnesium by containing the phytase enzyme that is crucial for unlocking the mineral content of many vegetarian foods – nuts, seeds, grains and other foods. Up to 90% of the magnesium, potassium, and zinc in foods like barley, cashews, walnuts and rice is irreversibly tied up by phytic acid and cannot be absorbed by the digestive system. Thus, the phytase in Detoxzyme results in a huge boost in mineral absorption. This formula also helps to reduce cholesterol and triglycerides. It helps in opening the gallbladder duct and cleansing the liver, preventing candida and yeast overgrowth – promoting general detoxification. It contains protease 4.5, invertase, glucoamylase, lipase, cellulose, bromelain, amylase, lactase, alphy-galactosidase, phytase, and cumin seed, plus essential oils of cumin, anise and fennel.

**Carbozyme** (#3268) is designed to relieve bloating, cramping, intestinal distress, and combat candida and yeast overgrowth. This formula is an advanced starch and sugar digesting vegetarian enzyme complex. **Clinical studies in 2002 using two capsules twice a day eliminated the need for insulin in diabetic patients.** It contains amylase, bee pollen, trace minerals and essential oils of tarragon, anise, fennel, ginger, peppermint and lemongrass.

**Lipozyme** (#3269) is a fat-digesting enzyme complex that promotes fat digestion and enhances the absorption of fat-soluble vitamins such as vitamins A, D and E. It contains lipase, bee pollen, pancreatin 10x, trace minerals and essential oils of tarragon, anise, fennel, ginger, peppermint, juniper, lemongrass and patchouly.

In conclusion, out of all supplementation, Young Living enzymes (the only ones that contain essential oils in the marketplace) are the number one 'must have' over 35. Do not leave home without them!

### **Recent Personal Testimonial**

In one of our recent travels, my husband Geoffrey experienced a major allergic reaction after eating out in a restaurant. His whole body broke out in extremely itchy hives. His whole body looked like he had a severe sunburn.

He immediately started taking allerzyme and detoxzyme (3 every hour for the first two hours) and within the hour experienced great relief. By the next morning, he was totally clear of any reaction and his skin was back to normal. We were both amazed at the speed of recovery with these enzymes!!

## **Elixir of Life Berry Young Juice**

Dr. Gary Young, founder and president of Young Living Essential Oils, embarked on a healing journey in 1973 on a quest for a magical fountain of health and rejuvenation – following a devastating logging accident. From a wheelchair, he vowed not only to walk again, but also to find health, vitality, and longevity. For nearly 30 years, he single-mindedly continued his pursuit.

In 1994, a Chinese scientist, a senior researcher at the Chinese Science Academy, who told him about the amazing health benefits of Ningxia wolfberries, approached Gary. The people who



consumed them on a regular basis lived remarkably healthy for 100 plus years.

Today, Gary has created one of the most exciting juices in the world. Recent comprehensive analyses have found that wolfberries contain 18 types of amino acids, 21 trace minerals,

29 fatty acids, vitamins B1, B2, B6, E, more beta carotene than carrots, more vitamin C than oranges and as much protein as bee pollen. The wolfberries are useful to boost the immune system, protect the liver and kidneys, improve the quality of blood, improve vision, and increase the chi.

A new laboratory test known as ORAC (Oxygen Radical Absorbance Capacity) developed by USDA researchers at Tufts University, rates Berry Young Juice™ as the number one antioxidant product on the market.

Developed by Dr. Guohua Cao at USDA Human Nutrition Research Center on Aging at Tufts University, the ORAC test is one of the most sensitive and reliable methods for measuring the ability of antioxidants to absorb free radicals. It is the only test to combine both time and degree of inhibition of free radicals.

Comparative analyses against Tahitian NONI™ and other fruits (mangosteen goji) showed Berry

Young Juice's supreme advantage over all antioxidant nutritionals. Ningxia wolfberry (*Lycium barbarum v. Ningxia*) was shown to have the single highest antioxidant ability of any food or juice tested.

"I have no doubt that the Ningxia wolfberry and Young Living's Berry Young Juice™ will revolutionize how we treat premature aging. Since I have incorporated it into my daily regimen, my stamina has improved markedly. And it has been an important factor in allowing me to still perform long-distance running, even at age 76." – **Ronald Lawrence, M.D.**, former faculty member of the UCLA School of Medicine and England's Royal London Homeopathic Hospital.

To make an alkaline drink, mix Berry Young Juice with water (1 oz. to 8 oz. of water). Drink daily. For greater benefit, after 2-3 weeks, increase Berry Young Juice to 3-4 oz. per 8 oz. of water.

## Testimonials

Thanks to **Julia** for her testimonial with chemical sensitivities.

"I had chemical sensitivities for over 10 years and fragrances of any kind caused dizziness and sinus problems. The use of the oils (lavender, tangerine, geranium) has helped desensitize my nose to chemicals. For the first time in many years, we painted in the house. I actually painted with a paintbrush and I didn't get an allergic reaction with stuffiness, tearing eyes or headache! I am thankful to have found the oils!"

I also thank **Michele** for sharing her story.



"I tried Young Living's toothpaste with the thieves essential oil at the recommendation of a friend. At first, I thought it tasted and felt different from the major drug store brands, but I kept using it because my teeth and mouth seemed cleaner. I found that my teeth stayed cleaner longer – you know the test where you run your tongue over your teeth to see if they are smooth. I was also surprised to

find that my husband, who also used the toothpaste, and I could kiss first thing in the morning without fear of 'morning breath'.

My big surprise came six months later when I saw my dentist. My company discontinued our dental plan so I hadn't been to the dentist in 18 months. I was amazed to be told that I did not need my teeth cleaned! Wow, I thought, this must have really been cleaning my teeth because I needed my teeth cleaned every six months before.

Then I had a second even bigger surprise. I had gingivitis for eight years. This is measured by how many millimeters the dentist can reach her tool into my gums beside my teeth. It's an indication of how much my gums are receding. I had 4 and 5mm results. Now, my dentist told me I didn't have any signs of gingivitis with only 2mm healthy results. My gingivitis was gone!

Now I wouldn't use any other toothpaste. I know that my teeth are getting clean. I don't feel the candy coating on my teeth that regular drug store brands give, just clean teeth. I love Young Living's Extra Strength Dentarome Plus™ 'Thieves' toothpaste."

## New Compensation Plan

Learn to leverage yourself by training others and be well compensated. "Wealth exposes itself to those patient enough to train others."

With the new marketing plan being fully implemented by April 1<sup>st</sup>, you can finally be compensated in many lucrative ways. Since there is so much about the plan to share, I've included a copy for you. Start to build your business with 2 legs of \$5,000.00 each group volume. See attached plan. Please ask Jim Powell (contact me for his number) or me for more details.

## Dr. Gary Young Comes To Toronto

We are fortunate once again to have Gary present at the Total Health Show April 1<sup>st</sup> and 2<sup>nd</sup>. Originally, Gary was planning to stay and offer an opportunity meeting on April 4<sup>th</sup>. This has been changed, due to his hectic schedule, so make a point of attending his one and only day of lectures on **April 2<sup>nd</sup>**.

This year, Dr. David Suzuki is our keynote speaker Friday evening. He will attract many.

## Thought For The Day

"When we choose actions that bring happiness and success to others, the fruit of our Karma is happiness and success". – Dr. Deepak Chopra

"What you sow is what you reap! Sow cooperativeness, not competition."

"The road is not one of promises made, it is one of commitments kept." – Lazaris

Please email me topics or themes you'd like to see addressed in these newsletters.

With aromatic blessings,  
**Dame Dr. Sabina DeVita** (OSJ)