

# '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)

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**"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.

## Spring Is In The Air!



Many of us look forward to the longer days, milder temperatures and sunshiny days. Along with this, comes the reawakening of the plants, grass and trees – and the onset of the sneeze! If you're a candidate for pollen allergies, then here are some tips to boost your immune system.

Include supplements that aid your liver and adrenals during allergy season by first starting with a cleanse. Use **Detoxzyme**, **Essentialzyme** (for digestion and liver), **Sulfurzyme** for inflammation, itchiness, **Super C** and **Vita Green**.

Diffuse oils of **Lavender**, **Ledum**, **German** or **Roman Chamomile** or oil blends of **Harmony**, **Valor** or **Juva Cleanse**. Also, apply direct or inhale 15 minutes every 2 hours.

Dr. Elson M. Haas points out 10 Ways to Stay Healthy in Spring. One of these is to renew with the new energy of spring. This is a time to let go of what no longer serves you. I'd like to add that oil of **Transformation** is so appropriate this time of year.

### Why Transformation Oil?

Joan Apter, (L.M.P.) gives a wonderful summary of this blend.

"**Transformation** Oil Blend activates the limbic regions of the brain to transform old thought processes, reawaken motivation, transform the

psyche and free one from the emotional shackles of counterproductive habits and cognitive sabotage."

This oil blend contains lemon, peppermint, sandalwood, clary sage, frankincense, Idaho balsam fir, rosemary cineol and cardamom.

**Lemon:** Contains the highest amount of limonene, which boosts the immune system. Lemon increases oxygen to the blood. The physical body needs to be strengthened to assist the emotional/mental transformations and vice versa.

**Peppermint:** Increases oxygen uptake, stimulates the nerves through synapses to awaken the brain, aids hypothalamus to commune with the neuro cortex, transforms the brain, and transforms DNA. DNA breakdown, according to Dr. Young's research is repaired with essential oils. Emotional trauma increases cortisol which increases acid. Acid causes rotation of the cells to reverse their spin and locks trauma into the DNA. Essential oils prevent breakdown of the telomere strands by reversing the spin back to a clockwise spin.

**Clary Sage:** Oxygenates and balances hormones. Trauma causes hormones to decline, which causes depression. Depression or negative feelings can transcribe on the DNA template via the transcriptase enzyme. Clary Sage has such a high frequency that it can prevent the reverse spin of the DNA and repair the breakdown of the telomere strands. Sandalwood is known to do this as well.

**Frankincense:** Is considered to be the tangible door to the spirit realm, a synapse between you and creation. (Dr. Young also points out that frankincense is the masculine door to the spirit realm, and myrrh is the feminine door.)

**Idaho Balsam Fir:** Reduces cortisol by 40% just by inhaling it!!! If you decrease cortisol, you transmute the enzyme from transcribing on the DNA template.

**Rosemary:** It is primarily for infections, candida and epstein barr. Dr. Young wondered what it was doing in this blend, since transformation is an emotional blend. Gary felt his own inner turmoil about this, not really understanding what it offered. Then, as he studied more about rosemary, he found that, like sage, rosemary aligns the chakra or energy systems of the body. It anchors in the physical presence. It stimulates recall and helps to release old memories.

**Cardamon:** Stimulates mental clarity.

#### How To Use

Visualize your positive thoughts and breathe in the oil. You will encode that memory every time you breathe it in. Afterwards, when you breathe **Transformation**, it will bring up the positive thoughts and create the energy for you.

#### More Allergy Tips

**Lavender** essential oil is called 'Nature's antihistamine and can be taken internally. Just add 6-12 drops in a capsule with a few drops of peppermint oil. You can also take a few drops of lavender under your tongue or in water.

#### Cases of Allergies

"My niece and nephew (ages 13 & 16) were visiting and their eyes were really itching them, so I filled a capsule with ½ lavender and ½ peppermint and within 10 minutes, the symptoms stopped...I had the sneezies happen to me, but I was at work and only had lavender, so I took a capsule full and the sneezies were gone...It worked!" – Kathy Kouwe

#### Helping Our Environment Transform?

I had featured this article before and would like to include it again.

More and more studies are showing that what goes down your drains eventually bubbles up in rivers and streams, according to a U.S. geological survey report on 140 waterways in 30 states. Time, March 2002, reports environmentalists fear that even trace amounts of some pollutants might increase resistance to antibiotics, disrupt reproductive cycles or act as carcinogens.

This is some of what was found:

- 95 chemicals were tracked, e.g. insect repellents found in 74% of samples.
- Antibiotics found in 48% of samples.
- Reproductive hormones found in 40% of samples.
- Prescription drugs found in 32% and fragrances found in 27% of samples.

YOU can help Mother Earth. Protect our water by using **natural and life enhancing essential oils** in your environment, from cleaning to brushing your teeth with **Dentarome Plus**, to protecting your immunity with **ImmuPower**, **Thieves**, **Oregano** and more.

🔊 Spread the word to others.

#### Thieves® Concentrate

Thieves concentrate is a great non-toxic cleanser to use for laundry, dishes, floors, counter tops and general household cleansing. It contains the powerful germ-fighting properties of **Thieves** oil.



**Thieves** oil blend was tested at Weber State University in Ogden, Utah, for its potent anti-microbial properties. **Thieves** was found to have a 99.96% kill rate against air borne bacteria. The oils in the blend are highly antiviral, antiseptic, anti-bacterial and anti-infectious. **So you can be healing while you are cleaning!**

I have been using **Thieves Household Cleaner** for my floor, kitchen counter tops, sink, dishes, tiles and laundry and witnessing marvelous results. It cuts through grime and grease easily. **Thieves** seems to be an **all-purpose** and **powerful cleaner**.

What other have experienced:

"I just used the new **Thieves cleaner** in my steam cleaner...about teaspoon in the soap dispenser...filled it with water and my house **Looks** and **Smells Great!** – Jessica

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"I could hardly believe my eyes when I sprayed the floor and wiped up the grime that hides back in the corner...it came up like it was dust!...what a blessing to people who are chemically sensitive!!!" – Sally

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"We are also using this new product in our holding tanks in the motor home to help clean them and hold down the odor." – Rich & Shaun Dastrup

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"We have found that the Thieves Household Cleaner makes a wonderful eye glass cleaner. Just one capful to two cups of water in a spray bottle – a couple of sprits to each lens does the trick." – Carol

**Order**

**Thieves Household Cleaner 16 oz. #3743**

Mahatma Gandhi - 'Be the change you want to see'



**Testimonials For Animal Lovers**

"A horse had a splinter in his eye. I applied pet ointment directly on the eye and then I was able to remove harm to the horse's eye." – Cherri Ross

"We have 4 older adult dogs, three are 12 years old and one is 15 years old. They have been getting one capsule each of Sulfurzyme in their food until I ran out of the Sulfurzyme. I forgot to reorder it. Within 2 weeks, my German Shepard was limping. She was having difficulty moving her hips and front legs. She was in a lot of pain and I planned to take her to the vet when my Sulfurzyme came in. Within days, she was back to her old self. I always wondered if the Sulfurzyme helped their bones and muscles. Now I know for sure that it does. German Shepherds have hip dysplasia as they get older. I gave my dog relief and saved a vet bill. When she was limping and in pain, I applied Valor or Wintergreen on her paws. This helped ease her pain." – Carolyn Cummings

**Do You Want Great Health & Great Wealth?**

They can go hand in hand! Today, people are looking for answers to health challenges – and many are not found in the healthcare industry. The health industry has been identified as more of a 'sick care' industry with an expense of 1.3 trillion dollars in the U.S. alone!

People would rather prevent illness than treat it. Preventative healthcare has created an explosion in utilizing a natural, non-pharmaceutical solution to their health issues. The paradigm has shifted from Sickness to Wellness.

The wellness industry is a \$300 billion dollar per year market in the U.S. today. It is predicated by world renowned economist Paul Zane Pilzer to be a trillion dollar industry by the year 2010.

If you could be shown a way to improve your health, increase your energy and stamina, improve mental clarity, maintain a constant feeling of well-being, lose weight, and feel and look younger too, would you be interested? If you could develop multiple income streams in your own relationship marketing business in the exploding wellness industry, would you be interested?

Order Young Living's new brochure "Take Action Now" code# 3796. Excerpts above were taken from it.

Claim your place among those persons who enjoy optimum health and financial freedom. Learn more about residual income, networking or relationship marketing. Check out this well presented PowerPoint presentation website. You can refer people to it. [www.explorefreedom.com/geoffreyr](http://www.explorefreedom.com/geoffreyr)

**Why Young Living?**  
Quality! Quality! Quality and Effectiveness.  
Did you know that each and every department and entity is dedicated to growing, distilling, manufacturing and marketing the highest quality organic essential oils and oil-enhanced products in the world?  
Did you know that essential oils produce effects 60-75% stronger than the herbs taken whole?  
Did you know that Young Living's oils can be ingested either in a capsule or homeopathically under the tongue?

**Women and Heart Disease**

Since over 500,000 women die of heart disease every year in North America making it the #1 killer for women, I'd like to leave a few tips for women.

**#1 – Decrease Your Stress Levels**

Learn to deep breathe. Women in particular are known to be shallow breathers. Scientists have discovered that, periodically reducing the average respiratory rate (14-18 per minute) to fewer than 10 breaths per minute, can normalize blood pressure – J. Whitaker

Use of **Peace & Calming, Joy, Harmony** and **Aroma Life** will enhance your relaxation and your oxygen uptake. Apply over your heart.



Learn to let go of tension with the exhalation breath. Inhale count of 5 – exhale count of 5.

## #2 – Use HRT Tincture

No, it's not for the hormones, it's for the heart. It contains hawthorn berries, garlic, lobelia, cayenne, royal jelly and essential oils of **Lemon**, **Rosewood**, **Ylang Ylang** and **Cypress**.

**Hawthorne** – used in 1<sup>st</sup> century A.D. Best studied herb to support the heart.

**Garlic** – antibacterial, antifungal and antiparasitic. Protects against heart disease and cancer.

**Lobelia** – mild sedative helpful for allergies, coughs, colds or headaches. Dual role to stimulate and relax.

**Cayenne** – aids digestion and breaks down blood clots.

**Royal Jelly** – contains all amino acids, unsaturated fats, minerals and vitamins B5 and B6. Helpful for the adrenal cortex.

**Lemon** – antiseptic and aids the immune function.

**Rosewood** – soothing and nourishing to your skin. Inhibits gram positive and negative bacterial growth.

**Ylang Ylang** – supports heart function and circulation.

**Cypress** – great used for your circulatory system.

Higley's Reference Guide Book on essential oils points out the case of a woman who had cancer of the heart whereby the cancer ate a hole in it. She used HRT daily and her cancer disappeared and her heart tissue regenerated as well.

**Aroma Life** – Apply **Aroma Life** essential oil over your heart area or rub it into your palm. It aids in palpitations, shortness of breath, spasms and angina.

## Your Freedom to Choose Natural Supplements-Critical Political Corner Alert

Please be aware of what's happening in the health industry – the Codex Alimentarius. This is a United Nations organization wanting to establish food safety guidelines on food trade issues classifying all supplements as drugs. It's controlled by Big Pharma and has its own self serving agenda.

If this guideline succeeds, every vitamin and mineral will not be available to consumers. Canada is a Codex country ready to legislate Foods as Drugs. Consumers now have a chance through Bill C-420 to protect their rights and supplements. Please read about Bill C-420. Go to [www.FriendsOfFreedom.org](http://www.FriendsOfFreedom.org) and mail your Member of Parliament. Protect your freedom of choice in natural health care.

## Testimonial

"I twisted over on my left foot doing the dishes one night. I made the mistake of turning my body to lift a heavy pot off the stove, rather than lift my foot to turn around. As I did this, I felt a sharp pain in my foot.

The pain began to get 100% worse. My husband helped me hop to the bedroom, where I took off my sock in excruciating pain. By this time, the top of my foot was turning dark purple and swelling. The side of my foot was bright red and swelling out on the inside of my foot. I grabbed my oils of juniper and lemongrass, and applied them. By now the pain was so intense that waves of nausea were hitting me. I applied some marjoram, no change! Next, I layered the oils of wintergreen and peppermint, and put about 5 drops of peppermint to my water, as the pain was so intense I felt I was going to be sick from it. My body started to go into shock, as I began shaking. Again, we examined my foot, it looked worse than before with the swelling. I again applied the wintergreen and peppermint oils, and propped up my foot on a pillow. By this time, my body was shaking as I felt sooo cold. At about 3am, I woke up. I tried putting my foot on the floor, but the pain was so intense that I had to hop to the bathroom. My husband heard me and told me he would take me to the hospital in the morning to get an x-ray. I was sure by this time that I must have fractured my foot somehow. I took some more peppermint internally, plus layered more wintergreen and peppermint on my foot.

The "next" morning when I awoke, I was a little nervous to put my foot on the floor to see if I could put any weight on it. To my complete surprise, not only could I put weight on my foot, but the swelling was almost gone and I could walk as though nothing had ever happened to my foot." – Andrea Cologuin

## New and Exciting Courses

Courses are now a part of the BSC Consortium in Natural Medicine. Federally approved college certificates are granted.

Contact us at the Institute of Energy Wellness – Mid Campus for further information at (905) 451-4475.

*"There are two ways of Spreading Light: to be a candle or the mirror that reflects it." – Edith Wharton*

Fragrantly yours,

Hon. Dr. Sabina DeVita (OSJ)