

'Vita' Essentials

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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,



The month of October for me was one of many travels and changes and also for Young Living.

We attended the World Organization Natural Medicine Conference in Quito, Ecuador where I presented on Bio-electrography,

energy medicine and essential oils.

Presenters and participants from around the world took part in this event. Gary Young not only presented in Quito, but gave a special 3 day seminar at the Azuay University in Cuenca. Here we were met with many unique experiences, new information, new techniques, new oil discoveries and new protocols.

We were fortunate to bring one of these oils home with us. The Palo Santo (Saint Wood tree) essential oil comes from a unique tree with qualities totally unlike those in North America and will be available to us in the forthcoming New Year. I will be sharing more on this oil and its rituals in my next 1 day course in the New Year. Check the course date for this upcoming one day event with information found no where else! –It's called Soul Reaching – Handling the Stresses of Our Time.

Package Specials for this Special time

Great gift ideas to enhance and educate others you care about.

Package #1

Three books are available for the first time as a package to educate yourself or others on how to apply the essential oils.

Special Packages from our clinic:

Saving Face – 2 nd Edition (Procedure & Oils to use on your face)	\$24.00
Electromagnetic Book (Oils to help with EMF's)	\$12.00
You Were Born to Dance with Ease (Oils to help injuries encountered by dancers and athletes)	<u>\$15.00</u>
Total	<u>\$51.00+ GST</u>

Get all 3 for only \$40.00 + GST +S&H

Package #2

Secrets of the Millionaire Mind Book
Regularly \$25.00. Receive **30% discount** only till December 20th

Package #3 from Young Living

Boost your immune system with Special Christmas Package of 9 oils: the Essential Oil Holiday Collection. Save over \$30.00 on these 9 most festive oils. It's a limited supply-while supplies last.

Includes:

Christmas Spirit, Orange Oil, Evergreen Essence Oil, Peppermint, Frankincense, Cassia, Myrrh, Idaho Balsam Fir and Clove Oil.

Christmas Spirit:

The name speaks for itself. Tap into the joy and harmony of the holiday season and spread peace, love and laughter to all of your friends and family. A festive blend of cinnamon bark, orange and spruce - everybody needs a bottle or two for the holidays!

Orange Oil:

Known for its calming properties, orange is one of the most popular diffusing oils and provides the perfect end to a hectic, stressful day of shopping.

Evergreen Essence Oil:

A crisp and invigorating scent that takes you back to fresh, clean air and the elements of nature. This combination of aromatic pine, cedar and spruce trees will instantly refresh your senses.

Peppermint Oil:

A highly regarded herb for soothing digestion, peppermint helps improve gastric mobility and digestive efficiency. Inhale peppermint to ease motion sickness, relieve nausea and heighten or restore your sense of taste and smell. Apply topically to improve mental clarity and concentration or to help relieve pain associated with headaches, muscle aches and cramping.

Myrrh:

Known for its ability to combat infections, viruses and inflammation, myrrh helps soothe skin conditions and supports the health of the immune system. The Arabic people used myrrh for a variety of skin conditions including chapped lips, cracked skin and wrinkles. Today, myrrh is widely used in oral hygiene products and can help soothe sore throats, coughs, toothaches and gum infections. Myrrh also has one of the highest levels of sesquiterpenes, which has a direct effect on our emotional well-being. A rich, smoky aroma, myrrh promotes spiritual awareness and is a purifying, restorative and inspiring oil.

Balsam Fir:

Distilled in northern Idaho, this conifer oil has a refreshing and uplifting scent. Balsam fir is a powerful antioxidant and can help combat respiratory and bronchial infections. Frequently used in massage, it also has a soothing effect on body aches and pains associated with arthritis and exercise.

Clove Oil:

One of the key oils in our ever-popular Thieves® blend, clove is highly effective against microbes and provides a considerable amount of support to the immune system. Traditionally used to prevent and cure infectious disease, clove helps treat respiratory and dental infections, infected wounds and acne. Can also be diffused to encourage sleep, stimulate dreams and create a sense of protection and courage. Clove has a

strong, spicy fragrance that is stimulating and revitalizing.

Cassia:

While the aroma and flavor of **cassia** oil is similar to cinnamon, cassia is quite different. Like cinnamon, cassia has been found to be effective against bacteria, viruses, and fungi; however, cassia can also be used to help ease nausea, vomiting, diarrhea, and other digestive conditions.

When compared to cinnamon, cassia is a darker, thicker, coarser oil with a spicy-sweet, pungent aroma. Typically preferred over cinnamon as a flavoring agent, cassia tastes delicious and is sure to spice up any holiday recipe! Usually, cinnamon is used for sweet dishes or ones requiring subtle flavor, whereas cassia is used for strong, spicy, main dishes. Cassia is often used in stewed fruits, especially apples, and mixed with spices for pudding spice, pastry spice, and mulling spices. In main dishes, it is used in curries, pilaus, and spicy meat dishes.

Moreover, cassia exudes an aroma that is ideal for the holidays!*

In addition to cassia, there are 8 more oil treasures.

Another spectacular Savings!

From December 1, 2005, to January 15, 2006, place a minimum order of 250 PV, and receive a **FREE** 15 ml bottle of **Frankincense!** That's almost a \$70 value! With so many great opportunities to buy this holiday season, you can't afford to pass up this offer.

Getting Younger – How's this for a quick method?

New York – A study of smells shows that the scent of grapefruit on woman makes them seem younger to men – about six years younger.

However, a grapefruit fragrance on men does nothing for them.

The study by the Smell and Taste Institute in Chicago was conducted to determine what makes a woman smell young – but not too young, like pink bubble gum.

Institute director, Alan Hirsch said he smeared several middle-aged women with broccoli, banana, spearmint leaves and lavender, but none of those scents made a difference to the men.

But the scent of grapefruit changed men's perceptions. Hirsch said that when male volunteers were asked to write down how old the women with grapefruit odor were, the age was considerably less than reality.

"I started taking Ningxia Red November 2, 2005. Aside from feeling one thousand percent better and having more energy, I noticed that I have lost 24 pounds on November 16, 2005 without changing my diet.

Hooray for Ningxia Red." Crystal Hicks

Here's a test to determine whether or not your mission in life is complete...are you ready?

If you are alive, it isn't!...Richard Bach

ANNOUNCEMENTS:

Our New Federally Approved School, The Institute of Energy Wellness Studies will be offering certificates in aromatic courses with tax benefits. Courses starting late January. Contact us for more details.

Now here's a Special Bonus for those who read this far.!!

Package # 4

Latest Anti-Aging Technology:

Great adjunct to ART – Age Refining Technology!



New to Canada- and available through our clinic.

The Ultra wave Ultrasonic Beauty Aid firms the skin, minimizes double chin, reduces fine lines and wrinkles, increases collagen, aids skin tone, and relieves acne and cellulite. It also helps to deliver the nutrients of facial creams especially Age Refining Technology with DNA cellular repair and the essential oils **that have the capacity to Penetrate and Moisturize the deep layer in the skin.**



Special package offer: Regular price is \$395.00 **Save \$100.00** with Introductory special at \$295.00. **Plus** Receive Saving Face, 1st Edition book at \$20.00 value for FREE along with purchase.

Offer expires Dec. 20th. Ask us about quantity discounts!!

Some More on Frankincense:

One of the oldest and most revered essential oils, frankincense is considered the "holy anointing oil" in the Middle East and has been used to treat every conceivable ill known to man. In ancient times, frankincense was valued more than gold and only those with wealth and abundance possessed it. This oil was well known during the time of Christ and was one of the gifts given to him at birth. Today, frankincense is used therapeutically in European and American hospitals and is the subject of substantial research.

Researchers today have discovered that the oil is high in Sesquiterpenes, which helps stimulate the limbic system of the brain as well as the hypothalamus, pineal and pituitary glands.

A sweet, warm, balsamic aroma, frankincense stimulates the mind and elevates the spirit. Helps in overcoming stress and despair as well as supporting the immune system.

New Addition to Cleansing Kit:

GLF Oil Blend for Gall Bladder & Liver Flush contains helichrysum, ledum, hyssop, spearmint and celery seed. It's great to detoxify the gall bladder and release heavy metals.

It's only available in the Cleansing Kit.

The importance of cleansing seems to be even more of a key to our New Age of Enlightenment.

According to William Henry, investigative mythologist, our pineal gland is the doorway to receiving spiritual information or light. For many he says, it's like having a candle and the wick is not lit. The pineal gland is encrusted – and thus not fully functioning. In the pineal gland lies the God cell or the Spirit molecule or seat of the Soul.

Essential oils have and are known through ancient cultures to hold the answers to light this gland.

I encourage you to use daily – **Frankincense, Cedarwood, Sandalwood, Vetiver, Brain Power, Inspiration or Highest Potential** on your brow and crown.

More will be explained in Soul Reaching – Handling the Stresses of Our Time Workshop in the New Year.

Contact us, email or phone for details.

To a most cherished Christmas, Holiday Season.

Merriment, Health, Joy, Prosperity and Aromatic Enlightenment.

Blessings,

Dr. S. DeVita