

# 'Vita' Essentials

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

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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,

It has been a while since I last sent out a newsletter. There have been many developments over the summer.

**Great News!** We now have a Federal approved school, **The Institute of Energy Wellness Studies** a private education institute that gives students tuition-fee tax credits and educational credits. The school can now offer recognized designations approved by the Canadian Examining Board of Natural Health Practitioners. This allows students to apply for malpractice insurance.

**About our school:** The comprehensive programs offered by the IEWS will qualify graduates as Natural Wellness Practitioners and lead them toward enjoying a rewarding full or part-time career. The Institute of Energy Wellness Studies offers four diploma programs:

- 1. New! Diploma in Integrated Aromatics Sciences Practitioner™** – A first in North America!
- 2. Diploma in Nutrient Health Sciences Practitioner™**
- 3. Diploma in Certified Kinesiology Practitioner™**
- 4. New! Diploma in Human Energy Field Practitioner™** – A first in the world in offering a recognized designation in energy fields and energy medicine!



**The Mayor of the City of Brampton, Ontario, Susan Fennel, officially recognized the new wellness school in September with a ribbon cutting ceremony.**

Visit our school site at  
[www.energywellnessstudies.com](http://www.energywellnessstudies.com)  
Our school is also the **Young Living Hotline Centre** (for books, workshops, info courses) for my YL team members.

Our Integrated Aromatic Sciences Program has been endorsed by Dr. Gary Young. It is the first in North America to offer an integrated program based on the French, British & German systems. It encompasses the use of organic therapeutic essential oils that recognizes and certifies Raindrop Therapy™, Chemistry, Vita Flex Techniques, and other related therapy courses to enhance wellness and promote deep relaxation. The program integrates much more in additional advanced therapeutic methods for the physical, mental, emotional & spiritual levels delivering a more comprehensive education.

Our first level begins again on February the 9<sup>th</sup> – 12<sup>th</sup>, 2007 with Dr. David Stewart. All four levels, fees and details are posted on the website otherwise contact us for further details. Now you can become certified and/or registered in an integrated aromatherapy program that teaches

Young Living techniques, endorsed by Gary Young. Register early and save in tuition fees with special discounts!

**Explore the Dream Convention** was as one who has attended many, none other than spectacular.

The overall theme revolved around the core issue of chronic inflammation that is the cause of all disease. Dr. Floyd Chilton points out that "By my estimate, approximately half of all Americans suffer from an inflammatory disorder, and even more of us are at risk." Chronic inflammation is now understood to be linked to an increasing number of diseases and it accelerates the aging process. The list of diseases includes asthma, allergies. Rheumatoid arthritis, gout, lupus, psoriasis, heart attack, congestive heart failure, Alzheimer's disease, diabetes and chronic bronchitis.

Dr. Hill presented a number of sessions on this topic introducing a new supplement that addresses this issue called **Omega Blue™**. It delivers a clinically proven dose of Omega 3 (EPA, DHA, ALA) fatty acid nutrients from fish oil blended with lemongrass, clove, myrrh, chamomile in coconut oil.



There are NO CLEAN FISH resources left. All fish oil must be cleaned of heavy metals, PCB's, dioxins, etc. Most companies use a molecular distillation that alters fat molecules. Young Living developed its own proprietary method of non-molecular cleaning of the fish oil that keeps the DHA & EPA levels with no loss of vitamins. Therefore, it is more absorbable.

Dr. McLean in New Zealand found that most fish oil products on the shelves are already OXIDIZED! (That means trans-fats) in the bottle! Research has shown that when you add Clove Oil or Thyme Oil to Cod Liver Oil you increase absorption by 36%!

Use 1-3 caps 2x a day for maintenance and more if in chronic illness. The Myrrh is an outstanding antibacterial, anti infection and anti cancer and IT REDUCES INFLAMMATION. The coconut oil supports the heart and lowers candida. These are enteric coated with sea vegetation so that oils by-pass the digestive enzymes. It is part of the NEW CORE ESSENTIALS used with the new Longevity, NR Balance Complete.

Omega Blue is a highly recommended nutrient for any inflammatory condition listed below.

**Remember Essential Oils are concentrated!**  
 40 lbs of Oregano = 1oz of essential oil  
 3 tons of Melissa = 6 oz. of oil  
 5000 lbs. of rose = 1 oz of oil

Remember that Mucus causes inflammation and Inflammation causes disease.

Here is a chart that lets you know why inflammation is a big problem.

DISEASE	MECHANISM
Cancer	Chronic inflammation causes most cancers
Heart attack	Chronic inflammation contributes to coronary atherosclerosis
Alzheimer's disease	Chronic inflammation destroys brain cells
Congestive Heart Failure	Chronic inflammation causes heart muscle wasting
Stroke	Chronic inflammation promotes thrombembolic events
Arthritis	Inflammatory cytokines destroys joint cartilage + synovial fluid
Aortic Valve Stenosis	Chronic inflammation damages heart valves
Kidney Failure	Inflammatory cytokines restrict circulation + damages nephrons
Lupus (SLE)	Inflammatory cytokines induce an autoimmune attack
Asthma	Inflammatory cytokines close the airways
Psoriasis	Inflammatory cytokines induce dermatitis
Pancreatitis	Inflammatory cytokines induce pancreatic cell injury
Allergy	Inflammatory cytokines induce autoimmune reactions
Fibrosis	Inflammatory cytokines attack traumatized tissue
Surgical Complications	Inflammatory cytokines prevent healing
Anemia	Inflammatory cytokines attack erythropoietin production
Fibromyalgia	Inflammatory cytokines are elevated in fibromyalgia patients

**OTHER NEW PRODUCTS INTRODUCED AT 2006 CONVENTION**



**Digest-Cleanse**

Digest-Cleanse: Enteric coated supplement to help the conversion of fat-soluble toxins into water-soluble so that it is easier to eliminate from the fat cells and the body. Made of peppermint & caraway for anti-

inflammatory symptoms: lemon to increase the bile, ginger, fennel and anise to stimulate digestion and stop gas. Part of the new 5-day cleanse used with Balance Complete (a new product) and Ningxia Red. Balance Complete is a complete super food + Brown Rice, Inulin, Konjac, Guar Gum, Whey Protein and more.

**New Longevity:** now enteric coated with the addition of Frankincense to the formula.

**Pure Protein Complete:** a new Whey product from New Zealand – a superior whey protein that stops cravings and its source is from grass fed dairy cows that have no antibiotics or pesticides etc.



### **Balance Complete™**

Daily superfood energizer + nutritive cleanse

A virtual who's who of superfoods, Young Living's whole-food based meal replacement, Balance Complete, is both a nutritive energizer and cleanser. Offering the benefits of Ningxia wolfberry powder, brown rice bran, barley grass, coconut oil, bee pollen, aloe vera, cinnamon powder and our premium whey protein blend. Balance Complete is high in protein and contains the good fats, enzymes, vitamins and minerals needed for a nutritionally dynamic meal. Balance Complete also features Young Living's proprietary V-fiber™ blend, which supplies an incredible 10 grams per serving, absorbs toxins and satisfies the appetite while balancing blood sugar. Also included in the 5-day Nutritive. (Item No. 3292)

### **Pure Protein Complete™**

Ultra-bioactive whey protein

High in bioactive whey protein, low in carbs, fat and calories, Pure Protein Complete is the perfect anytime protein. Each serving gives 20g of a proprietary whey protein blend supported by a specialized enzyme blend, a low carbohydrate matrix and generous amounts of complementary vitamins and minerals. (Item No 3196)



### **5-Day Nutritional Cleanse**

A gentle effective approach to cleansing

Young Living's 5-Day Nutritive Cleanse facilitates gentle and effective cleansing to improve overall health with a simple, energizing program featuring Ningxia Red™, Balance Complete and Digest + Cleanse. A minimum of four cleanses a year with our 5-Day Nutritive Cleanse and continued nutritional maintenance

will help balance the modern diet. (Item No 3196)

This product was introduced to simplify the cleansing regime.



### **Essential Beauty Serums**

Specially formulated for dry, oily or acne prone skin, Young Living's Essential Beauty Serums offer the skin care beauty of

sandalwood, orange, and lavender oils, as well as rare exotic essential oils including pink pepper, blue cypress. Each serum utilizes a proprietary blend of skin-nourishing carrier oils like coconut, avocado, jojoba, rose hip seed and wolfberry seed for ease in application and absorption.

Essential Beauty Serums can be used as a spot treatment before the application of moisturizer, sun block or make up. As a preventative treatment, add three to five drops to a day or night cream mix well and spread evenly over the face for best results. Use Young Living's A\*R\*T® Day activator and night Reconstructor creams with your Essential Beauty Serum.

### **Essential Beauty Serum Dry Skin**

Moisturizes and nourishes dehydrated skin Sandalwood, blue cypress, cedarwood, myrrh, clove and lavender. (Item No. 3782)

### **Essential Beauty Serum Oily Skin**

Controls surface oils and minimizes shine, treats oily skin. Sandalwood, orange, lavender, pink pepper, blue cypress & davana to protect, strengthen and improve the appearance of skin.

### **Essential Beauty Serum Acne Skin**

Treats blotches and acne prone skin. All Beauty Serums can be applied directly to the skin before moisturizers or can be mixed 3-5 drops with A\*R\*T creams, boswellia wrinkle cream or sandalwood moisturizer cream.

### **Palo Santo Oil**

Amazon oil from Ecuador (Now available)

Shamans use Palo Santo as a part of their **"curing" rituals.** It's considered sacred oil and effective for treating depression, clearing negative energy, calming, good for hyperactivity, and clears houses of negativity. Its resin used for cancer, arthritis, pneumonia, and flu.

Almost a twin to frankincense oil, high in limonene 62 -68%. Anti viral, anti tumoral. Contains alpha pinene, the gate opener for the pituitary gland Palo Santo fights infection, viruses, reduces pain and is anti inflammatory. Palo Santo is also useful against mosquitoes.

A special use and ceremony of Palo Santo will be taught once again in an upcoming workshop and included in my advanced class on psycho-spiritual clearing of core issues. Look out for an upcoming announcement!!

### **Black Mold**

According to a 1999 Mayo Clinic Study, nearly all-chronic sinus infections (afflicting 37 million Americans) are a result of molds. A 300% increase in the asthma rate over the past 20 years has been linked to molds (according to 1999 USA Today Cover Story). Dr. Close, an environmental scientist and researcher, presented a most impressive expose of toxic mold problems and his experience of standard treatment of buildings and homes. He began experimenting using Thieves Oil and cleaner, as standard methods were not working (Clorox bleach).

Stachybothrus (Black Mold) causes respiratory (chronic) colds and flu symptoms. He said sampling by "professionals" is necessary – it grows inside the walls and you may not see it at all. All mold needs is moisture + food source – yields bloom and then causes serious illnesses. He diffused Thieves oil 24 hours and thoroughly cleaned the premises with Thieves household cleaner. The treatment cleared the mold completely and continued to kill it. Dr. Close found that Thieves was more effective than any other product on the market.

**NOTE:** The ambient environment/weather was 1000 spores/sq inch. Diffusing Thieves will prevent as well as kill mold infestation. If you have an infestation – you must repair leaks, clean out thoroughly and clean up with household cleaner (Thieves of course). Dr. Close said that the Government has certified Thieves as the most effective against Toxic Mold. Harvard University School of Public Health studied 10,000 homes in the U.S. and Canada and found that half of them had *"conditions of water damage and mold associated with a 50 to 100% increase in respiratory symptoms."*

**Special Convention Mini-Workshop:** Since there was so much more that was shared during convention, I will be offering a convention

highlight workshop on Wed. Oct 25<sup>th</sup> at 7:00 - 10:00pm. Cost \$15.00 (includes door prizes). New flyer handouts available in our new schoolroom facility. Please R.S.V.P. to reserve your seat. Max 30

### **Reminder of Promotion Details**

**10% off Basil.** With its strong, spicy aroma, basil can refresh the mind, soothe the body, and help restore mental alertness during times of fatigue. When applied topically, basil can relax tired aching muscles. Basil also sharpens your sense of smell and is a wonderful addition to any favorite recipe that calls for this herb. In addition, you can enjoy this versatile oil at a 10% discount from Oct 16 through Nov. 15. (Item No. 3500 - 15ml.)



This order is available on regular orders, through the automated phone system, and on autoship and essential reward autoship if order is processed on or before November 15, 2006.

### **Special Treats with Blue Agave:**

Blue Agave (*Agave salmiana*) is not the same as found in most health food stores. With a glycemic index of 39 while YL's exclusive Blue Agave (*Agave tequilana azul weber*) has a glycemic index of **only 11** – making this ideal for diabetics. Y.L. Blue Agave allows anyone to appease their sweet tooth without the harmful effects of sugar or other sweeteners.

### **Tom's Testimonial**

It is amazing how many of us have painful joints and achy bodies. My pains were in my arms and shoulders, to the point that shaking hands was a lesson in pain!

I started using 1 oz. of NingXia Red each morning and 2 Sulferzyme in the morning and evening. Within two weeks all the pain was gone and has not returned in nine months.

In closing, I look forward to seeing you at one of our workshops, events or classes!

With Aromatic cheers and to spreading the word and power of these wondrous oils,

Dr. Sabina DeVita