

'Vita' Essentials

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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.

"If you can't use the oil internally – it's not therapeutic Grade."



Welcome to a Fall season of great changes and announcements. "If you want to know what your true beliefs are – take a look at your actions."

The July convention this year was one that was filled with research, testimonials and developments. I have highlighted a few areas for you.

The Wolfberry Story – Diabetics take note...

Dr. Hugo Rodier a medical doctor gave a lecture on wolfberries and blood sugar levels. He points out:

- * Glycoproteins float on the cell membranes, and pick up messages of cell communication. These proteins only function well if you put the right sugar into it. Polysaccharides are the right kind of sugar, and are vital for cell communication. The study of this is called glycobiology.
- * As a society we are eating refined sugars, which are the wrong sugars. These refined sugars have a low pH (making them acidic), and they stick to protein. They are slowly poisoning our cell membranes.
- * About 40% of people are insulin resistant (one way to tell this is by waist size – if it's more than 40 inches in a man, or more than 35 inches in a woman).
- * Ningxia Wolfberry has the right type of polysaccharides. By using the right type of polysaccharides, you enable correct cell membranes and pH.
- * Ningxia Red has been produced in a manner that won't alter the pH of the berry (e.g. May not be

heated). This makes it a very difficult and expensive process to produce.

- * 200 years ago, a physician called Varcow said that all disease comes from inflammation. The Ningxia Wolfberry reduces inflammation.
- * Combining the Ningxia wolfberry and pomegranate, as happens in Ningxia Red, leads to greatly increased Superoxide dismutase (antioxidant) activity.

Have visual problems?

Want to prevent your vision from deteriorating or want to improve your vision? Here's the latest in macular degeneration and age-related blindness.

Mark Schroeder gave us an excellent presentation outlining the following research:

- * 7.3 million people are at high risk of this.
- * There are 2 forms – wet (which involves hemorrhaging behind the retina) and dry (which is the more common form, and doesn't involve hemorrhaging).
- * The Florida international university studied how Lutein and Zeaxanthins contribute to slowing macular degeneration (in diet, Zeaxanthins, and alpha and beta-carotenes can slow macular degeneration).
- * Lutein and Zeaxanthins screen out the damaging blue light. They are the eye's sunscreen. Scientists have discovered that supplementing the diet with lutein and Zeaxanthins can remarkably reduce the progression of macular degeneration.
- * Zeaxanthins are far more important than Lutein for macular degeneration, because Zeaxanthins are in high proportion (70%) in the centre of the eye. And this is what protects

the eye from damage. But most supplements have a lutein to zeaxanthin ratio of 20:1 (and the American diet has a proportion of 12:1). This means that the proportion is wrong. You need more Zeaxanthin.

- * Up till now, there hasn't been the technology/demand to distinguish between Lutein and Zeaxanthins...until now. The Zeaxanthin amount was tested in various foods, in micrograms per gram.

Here are the results:

Food	Amount of Zeaxanthin (microgram/gram)
Capsicum	16
Egg Yolk	12
Yellow corn	5
Persimmon	5
Spinach	3
Ningxia Wolfberry	275!!! (the highest known reported source of zeaxanthin)

- * In Mar 2000/2002, the Ningxia wolfberry was tested in the eurofino labs. It was found to have:

Alpha carotene	101 (micrograms per gram of wolfberry)
Beta carotene	23
Lutein	2.1
Zeaxanthin	278
Beta cryptoxanthan	

- * Studies have shown that having 15 g (3 teaspoons) of dried wolfberry per day will triple the amount of zeaxanthin in the blood over 30 days.
- * The average intake of lutein and zeaxanthin (combined) in the American diet is 2 to 3.8 mg/day.
- * In a study it was found that if you take 6 mg/day of lutein/zeaxanthin, it will:
 - Reduce your risk of macular degeneration by 57%.
 - Reduce your risk of senile/metabolic cataracts by 20%.



- * And if you take 10 mg/day of lutein/zeaxanthin it will lead to a marked improvement (43%) in central ocuity.

- * Note that a quarter of a cup of dried wolfberry is equivalent to 15.1 mg of Zeaxanthins. So

eating/drinking wolfberry each day is a cost effective way for vision insurance!!!!

Now AVAILABLE Dried **ORGANIC** Ningxia Wolfberries packages (Code #6360).

More for Diabetics...

- * New England Journal of Medicine did a study of diabetes over 2 years. They found that the drug metformin decreased diabetes by approximately 30%. But they also found that diet and exercise out-performed metformin by almost 100%. They found that low GI (glycemic index) foods are linked to preventing obesity, type 2 diabetes and heart disease), whereas high GI foods increase the risk of these diseases.
- * Glycemic index is the rate of burn in the pancreas. If it's higher, then it spikes the glucose in the blood. Here are a list of high GI foods:

Honey	110 digests but will cause hypoglycemia
Glucose	100
Cane Sugar	98
Brown rice pasta	92
White rice	88
Potato	85
Corn Flakes	80
Whole wheat bread	72

- * Here are some low GI foods:

Yogurt	38
Barley	25
Fructose	21 safe for diabetics
Maple syrup	19/21 good mineral content, especially Grade B
Blue Agave	11 (lowest glycemic index (code #3221 8oz. #3224 32 oz.)

- * We were interested to investigate the GI of dried wolfberry. Dr. David Jenkins (PhD) studied 10 men and 10 women aged 28 to 54. He gave these people 50g of a certain food after a 12 hour fast, and then tested their blood over the next 2 hours. The foods he used were: glucose tablet, dried wolfberry, and Ningxia Red juice.

- * He found that the dried wolfberry has a GI of 28.8 (i.e. A very low GI – in fact, one of the lowest GI foods known). This is quite unusual – the Ningxia wolfberry is high in sugar, and it was the dried fruit that was tested, yet it still had a low GI. This is probably because it's high in chromium, and chromium is important as a glucose tolerance factor. They had positive effects when diabetic rabbits were given Dried Wolfberry.

- * He also tested the Wolfberry Crisp Bar (in Australia this is called the Wolfie B crisp bar), and it had a GI of 14 when 50g was consumed.

- * Even better, when Ningxia Red had a GI of 10.57 (so it's suitable for diabetics, because it's not affecting the blood sugar levels in diabetics). Compare this with something like Via Vente (another juice on the market with high

antioxidant capacity – Via Vente was shown to spike blood sugar levels).

Al-Ka-Lize Yourself

Most of the damage that occurs in your body is caused by excess acidity. Your blood must also maintain a slightly alkaline state in order for your body to function efficiently.

If you are sick (acidic) the acid eats up the oils very quickly. You need to persist with the essential oils along with alkalizing your system.

Viruses and bacteria are acid agents. Essential oils surrender to acid, the acid consumes them, but the acid is destroyed in the process to become waste. This waste is then released from the body through rashes. Thus the importance to alkalize while taking and using oils. **Alkalime** (code #3199) does this easily. It's a specially designed mineral powder with high-alkaline salts and other yeast and fungus fighting elements.

Two Most Powerful Oils



Idaho Balsam Fir: It is found to reduce cortisol levels by up to 30% and reduces stress. High cortisol levels leads to suppression of all hormones and diminished immune function. Balsam strengthens immunity & supports hormone balance. *Planta Med* 2003 May 69 (5): 402-7 notes the antitumoral activity of balsam oil against MCF-7 (most aggressive line of breast cancer). In fact, balsam oil inhibits all 7 tumor cell lines that were tested. Young Living is the only company in the world with Idaho Balsam Fir oil. When mixed with **Frankincense, myrrh and helichrysum**, it is a powerful tool against cancer, infections, etc.



Frankincense: 2nd most popular oil used at Young Life Clinic. There are 5 grades of frankincense. The first grade is brownish, because it contains fragments of bark. It is cheaper, and because of this is very popular as an essential oil. The highest grade of frankincense is called "how jury". It was used only for kings and queens. If slaves were caught with it once, they had one hand chopped off. If they were caught with it a second time, the other hand was chopped off. If they were caught a third time – they were put to death. Frankincense was known as an all round cure-all from 'gout to a broken head'.

Super Bugs

Nearly 1000 people per year are dying in the UK of MRSA (methicillin-resistant staphylococcus aureus – a resistant strain of bacteria).

Case Study

There was a man who had a MRSA infection in the bone for 2 years. He was given multiple antibiotics, with no success. The doctors were going to amputate. He heard about phyto-chemicals, and was put on **eucalyptus radiate, melaleuca alternifolia, lemongrass and clove** and all of the infection was gone in 3 months using these essential oils.

Ecuador – The New Frontier

Dr. Gary Young has been in 'plant heaven' for the last few weeks. Based upon his travels around the world in search of rare plants & botanicals-he believes the Azuay province in Ecuador to be the botanical capital of the world!!

He writes: "In just four days, I have identified eight aromatic plants that have never been distilled before. I found one plant that I have been looking for ten years called *Lippia citriodora*, which is a very high oil yielding plant that Dr. Valnet used for malaria, Hodgkin's, heart disease, asthma, depression, stress, insomnia, diabetes, and to stimulate testosterone and estrogen production. *Lippia citriodora* grows wild here. We will soon distill the variety of plants we have gathered, and I am anxious to analyze the complexity of the constituents."

"We have also been looking into another very exciting plant called RUDA that was traditionally used by the Incas to drive away evil spirits and to cleanse the body in preparation for burial rituals. The locals use it today for anxiety, stress, depression, fear, upset children, colic, and trauma. It has a most unique and beautiful aroma, and I look forward to researching the medicinal aspects of the oil."

I thank Gary for his dedication in bringing these gifts to us.

Testimonial



Horse Colic Testimony

Thanks to Nancy Sanderson for this testimony.

We were moving our horses from their winter pasture to our new ranch. I noticed that one of our horses that we bought last fall wasn't acting right, but being busy in moving I forgot about him. The next day when we were watering the horses I noticed that Trigger was lying down. I watched him and he got up and later he laid down again. During that time of filling tanks up he had laid 5 times. This is not normal for a horse to do. Yes they will lie down but when they get up they will not lie right back down again.

I knew Trigger probably had colic. When we were done Blaine and I caught him and we saw he really was looking sick. I listened to his stomach and there wasn't hardly any sound at all. This told us that he had colic. I gave him 20 drops Di-Tone under the lip and 6 drops each of **Peppermint** and **Di-Tone** on the frog of the front feet. I gave him 6 drops of Di-Tone in a squirt of **OrthoSport** in the palm of my hand and I massaged from his flank down under his stomach to help relax the muscles.

In less than 3 minutes he had a bowel movement and there was an increase of sounds in his stomach. After an hour of walking him around he seemed better. Before we left I gave him 40 drops of Di-Tone under his lip because the people we bought him from only de-wormed their horses once a year. So, we were concerned about the worms causing him to colic. I also noticed that he had a cough. We didn't have all our oils with us so the next day when we came down to water and check on the horses, I brought the rest of my oils to use. Trigger was better but still acted sick so we de-wormed him with 10 oz. of Para Free. I also applied **R.C.** and **melaleuca ericifolia** on his chest **Raven** and **oregano** on the frog of his front feet. I did the Raindrop Technique on his spine with oregano and thyme, plus he received Di-Tone again.

The next day you wouldn't believe that he was the same horse! He had a sparkle in his eyes and his cough was gone. He came up to eat his grain and wouldn't let another horse take his grain. Days before he wouldn't eat and didn't care if they took his grain.

The essential oils came to the rescue again in saving the life of this horse!

Essential oil of garlic is also good for de-worming. Use two drops two times a day, or use raw garlic, which is preferred for horses.

De-Worming Horses

Horses should be de-wormed every two months:

Bergamot	15 ml
Caraway	15 ml
Marjoram	10 ml
Sassafras	5 ml

Mix together. Add five drops of mix to horse feed three times a day, or make into capsules.

Ticks

Gum turpentine	500 ml
Lavender	100 ml
St. John's Wort	100 ml
Olive Oil	300 ml

Massage affected parts gently with the mix. Ticks will drop out immediately so you can burn them. As a preventative; massage stomach area, folds of thighs, behind ears and around eyes once a week.

Hoof rot: good for horses, cows and goats

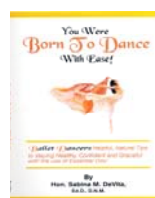
Chamomile	10 drops
Thyme	15 drops
Olive Oil	3 ounces
Melissa (lemon balm)	5 drops

Use one teaspoon of this formula in a warm compress.

Announcements

Conference in Ecuador in October with the World Organization of Natural Medicine Practitioners I believe will be a most intriguing event. Gary Young has been developing some new programs associated with the University there. More details will be given upon my return from Ecuador. I will be participating as a speaker in this event.

New Book Release



'You Were Born to Dance with Ease' – a book for ballet dancers – their challenges, pain, injuries and what they can do using natural means- esp. the use of essential oils.

Great to use to expand your business. Receive a 10% discount if ordering more than 2 books. Expires Oct. 15th.

Business Building

Now available 'Secrets of the Millionaire Mind' by Harv Ecker. Contact us for his book. Excellent information that can change your life.

New School Program

Check my website for upcoming developments on our new school program www.devitawellness.com. Raindrop Technique, Emotional Clearing now certified! Courses offered throughout the year – New Raindrop & Hydrotherapy program. Phone us at 905-451-4475 and ask for our schedule.

To reaching your 'Highest Potential', magnify your purpose this month.!

Fragrantly yours;

Sabina M. DeVita Ed.D. R.N.C.P., O.S.J., I.P.S.P.

News Brief

Smell To Be Well

Dr. Alan Hirsch, MD, a Chicago – based neurologist and author, points out that women have superior olfactory capabilities.

Aromas affect the limbic system, the emotional switchboard in your brain, as well as controlling heart, blood rate, blood pressure and breathing. Dr. Hirsch has found that different scents can help to eliminate anxiety and stress – some of which was tested include: orange, jasmine, rose, green-apple, vanilla (onycha, from Young Living is close to this) and lavender.