

Scents and Sensibility

January 2008



Toasting a Healthy New Year With FREE Essential 7 Kit (Offer Ends January 15th)



"French Women Don't Get Fat"

"Consider this, only 11 percent of French people are obese compared to 30 percent of Americans who are 30 pounds heavier than a healthy weight. And the reason is not because French women smoke more. The percentage of female French smokers is not much greater compared to the number of Americans who smoke according to the American Cancer Society."

Author, Mireille Guilliano CBS News, Jan 24, 2005

Author Mireille Guilliano writes in her book *"French Women Don't Get Fat"* that American women are plagued with obesity, fatigue and premature aging because of the "chosen" stressful and lazier lifestyle than French women. Let's face it—We live in a "high-tech, high-def," fully automated society that requires very little in the way of physical exertion. Americans are known to drive around the parking lot multiple times to find that one parking space just a little closer! French women walk everywhere! Have you ever wondered why the number of "Handicap" parking spaces grows longer every year? Obesity is now considered a "Handicap!"

Americans rush through meals; eat in front of the television, at the computer or in the car. We're addicted to convenience and nutrition-vacant food. We pump up the juices with Starbucks and Soda Pop. We're sleep deprived and exercise starved. We make choices day after day that heap on the stress, worry, fear and depression. We hate our bodies, our faces and our hair color. And so, we cut out the fat with Liposuction; remove the wrinkles with Botox; and dye the hair with Henna (or worse!) In a nutshell, *French Women Don't Get Fat* because on average, they make more intelligent choices with their health and lifestyles.



“Ningxia Women Don't Get Fat”

YL Oilers are making commitments from Coast to Coast to start the New Year Right with the Ningxia Red Body Saturation Challenge. The **Ningxia Red Challenge** is to saturate your body with 4 bottles of **Ningxia** in one month—that averages to 4-6 oz. per day. Each person is different; and for some, 3 oz. equals body saturation. At the end of 30 days, evaluate your health and weight changes. You may never choose to be without **Ningxia Red** again! (Results Vary, so Keep a Journal !)



“Eating in the Raw”

Have you considered a Raw Food Diet? Although it may sound too extreme for your demanding tastebuds, eating in the “Raw” is quickly becoming a new American phenomenon. Not only that, the original Earth man lived to a ripe old age eating this diet!

Dr. Nicholas Gonzales, M.D. says of this dietary lifestyle: *“Food not only provides proteins, fats, carbs and health-promoting vitamins, minerals and trace elements, but food actually represents a fabulous source of enzymes which are removed through the ‘cooking’ process. Food enzymes can replace our own damaged and aging catalysts—but they must be consumed ‘in the raw.’ Otherwise, you must artificially supplement or totally lose all benefits of food as a nutritional resource.”* – **The Raw 50 by Clarkson Potter Publishers**

Roger Bezanis, Best Selling Author writes, *“I eat a completely raw food diet that features no protein (on the trace amounts found in fruit and veggies). This is a cutting edge approach to health and it works! I went from 190 lbs to 164 lbs. in 7 weeks. Body fat dropped from 24% to 15% and waistline from 34 inches to 29 inches.”*

Dr. Weston Price conducted a study in 1938 and found that nature-based diets produced less tooth decay; taller stature; low incidence of cancer and malignant tumors; less anemia. ~ **Diagnostic Face Reading and Holistic You by Roger Bezanis**



Shop Your Young Living Health Food Store

Products to Support and Nourish Your Health and Weight Management

RAW FOOD AISLE:



Wolfberries (Organic) - Ningxia wolfberries are powerful antioxidants and provide an array of nutrients and protein as one of nature's most nutritious fruits. Slightly tart in flavor, add Young Living's whole dried Ningixa wolfberries to baked goods, cereal, salad, trail mix and more. **(Item**

6360)

JuvaPower® - A high antioxidant vegetable powder complex and is one of the richest sources of acid-binding foods. JuvaPower is rich in liver-supporting nutrients and has intestinal cleansing benefits. Ingredients: Rice seed bran, spinach leaf, tomato fruit, beet root, flax seed bran, oat seed bran, broccoli floret/stalk, cucumber fruit, dill seed, barley sprouted seed, ginger root and rhizome, slippery elm bark, L-taurine, psyllium

seed husk, anise seed, fennel seed, aloe vera inner leaf extract, peppermint leaf, anise (Pimpinella anisum)† seed, fennel (Foeniculum vulgare)† seed.

(Item 3276)

Ningxia Red - A naturally delicious, nutrient-infused wolfberry drink that will energize, fortify, and replenish your body. Rich in wide-spectrum antioxidant activity, NingXia Red has the highest levels of naturally occurring, age-defying S-ORAC activity to help support immune function, cardiovascular health, and nourish the eyes. Ingredients: Whole Ningxia wolfberry (lyceum barbarum) puree, Blueberry (Vaccinium corymbosum) juice, Pomegranate (Punica granatum) juice, Apricot (Prunus armeniaca) juice, Raspberry (Rubus idaeus) juice, Organic blue agave (A. tequilana) nectar, Grape (Vitis vinifera) seed, skin, and stem, Lemon (Citrus limon)† rind, Orange (Citrus sinensis)† rind (100% therapeutic grade essential oils)

(Item 3003)



JuvaSpice® - A delicious blend of rice seed bran, spinach, tomato flakes, beet root powder, flax seed, oat seed bran, broccoli powder, cucumber powder, potassium chloride, Redmond RealSalt®, dill leaf, barley seed powder, cayenne pepper, ginger powder, slippery elm bark, L-taurine, psyllium seed husk, anise seed, fennel seed, aloe vera leaf extract powder, and peppermint leaf. Sprinkle it on food such as eggs, baked potatoes, rice, or salads for extra fiber and to support proper digestion. Ingredients: Rice seed bran, spinach leaf, tomato fruit, beet root, flax seed, oat seed bran, broccoli floret, cucumber fruit, potassium chloride, Redmond RealSalt®, barley sprouted seed, cayenne pepper fruit, ginger root and rhizome, slippery elm bark, L-taurine, psyllium seed husk, anise seed, fennel seed, aloe vera inner leaf extract, peppermint leaf, anise (Pimpinella anisum)† seed, fennel (Foeniculum vulgare)† seed. **(Item 3279)**

Organic Blue Agave - Blue Agave nectar is a delicious, natural sweetener preferred by health-conscious people for use in foods and beverages. It has a low glycemic index rating, making it ideal for those with special dietary needs and those who wish to avoid sucrose or artificial sweeteners. Substitute sugar or honey with Blue Agave at a ratio of approximately 1:3/4. **(Item 3221 – 8 oz. 3224 – 32 oz.)**

SEMI-RAW FOOD AISLE:



These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Eucalyptus Globulus On Sale - Code Item No. 3539 15 ml Bottle (285 drops)

A consummate oil for respiratory, mucolytic, anti-microbial and arthritic issues. The Globulus member of the Eucalyptus family is the most widely used. Eucalyptus has a fresh, penetrating scent. It contains a high percentage of the constituent eucalyptol, a key ingredient in many mouth rinses. Applied topically, it is often used to support the respiratory system and to soothe muscles after exercise. Eucalyptus trees have been planted throughout parts of North Africa to successfully block the spread of Malaria. According to Dr. Jean Valnet (M.D.), a solution of 2 percent Eucalyptus oil sprayed into the air will kill 70% of airborne staph bacteria. Some surgeons still use solutions of Eucalyptus oil in surgical dressings. Do not take Eucalyptus Globulus internally. Eucalyptus Globulus has an approximate ORAC rating of 24,157. ~ *Essential Oils Integrative Medical Guide – Essential Science Publishing.*

Promotion Details:

Enjoy the benefits of ***Eucalyptus Globulus*** essential oil blend at a 10% discount through January 15, 2008. Item No. 3539 15 ml

This offer is available on regular orders, through the Automated Phone System, and on Essential Rewards Autoship if the order is processed on or before January 15.

SALE PRICES THRU JANUARY 15th: Wholesale: \$10.58 Preferred Customers: \$12.25 Retail Customers: \$13.91



FREE ESSENTIAL 7 KIT – Promotion Details

Offer valid through 11:59 p.m. MT on January 15, 2008. To qualify, distributors and customers must **place a single order with a minimum value of 250 PV**. No qualifying points or commissions will be paid on free Essential 7 collections. Automated Phone System orders do not qualify for this offer. Essential Rewards Autoship orders are eligible when the Autoship processes between now through 11:59 p.m. MT on January 15, 2008. Orders can be placed online at www.youngliving.us or by calling Distributor Network Services at 1-800-371-2928. Orders faxed or mailed and received within promotion dates will qualify.