



Protect Your DNA from mutation
due to environmental pollution
with Young Living
Therapeutic Essential Oils



Green Living With Essential Oils

By AromaClasses Publishing

For more information or
to order products contact: Kyung Yi-O-Kelly
512-291-6269
kyung@holistichealingandyoga.com
www.holistichealingandyoga.com

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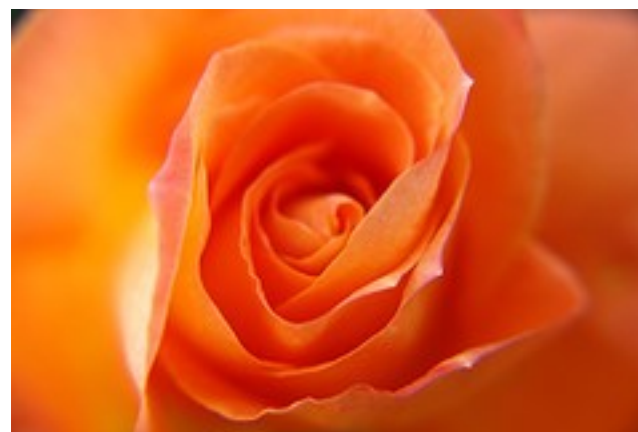


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Raise your Spiritual Frequency With Essential Oils *And Counter the Effects of Electromagnetic Pollution*

Some Middle Eastern cultures believed that rose oil enlivens the most sublime essence of God in us.



The smell of roses has also been associated with the Blessed Virgin Mary—a symbol of the divine feminine. In the Vedas from India, essential oils were considered the living energy of nature and were used to balance the body's doshas and align the chakras to awaken the higher spiritual nature of man.

Choose one of the kits below to experience green living with essential oils! At wholesale prices!

Option 1~Start Living with Everyday Oils Kit

Cleanse & Protect your Body and Increase your Frequency

Everyday Oils Enrollment Kit and Start Living Enrollment Kit includes:
 Everyday Oils Kit: Frankincense, Lemon, Peppermint, Lavender, PanAway®, Thieves®, Purification®, Valor® Peace & Calming® and 1 Everyday Oils Booklet
 Start Living Enrollment Kit includes:



- Product catalog and brochures
- 3 DVDs
- One 5ml bottle of Peppermint essential oil
- One 5ml bottle of Lavender essential oil
- 3 1 oz packets of NingXia Red®
- 50% off Diffuser Coupon

Option 2~Start Living with Thieves Kit

Green Cleaning and Personal Care Products

Thieves Enrollment Kit and Start Living Enrollment Kit (Same as above)

Thieves Kit:

2 Thieves Household Cleaner, 2 Thieves Foaming Hand Soap, 2 Thieves Spray, 1 Thieves Essential Oil, 1 Thieves Ultra Toothpaste, 1 Thieves Mouthwash, 2 Thieves Waterless Hand Purifiers.



A Modern Problem



We are exposed to more chemicals and toxins in 1 day than our grandparents were exposed to in their entire life.

Are your cleaning and personal care products safe?

Did you know that the Environmental Protection Agency (EPA) labels thousands of chemicals as safe that have never been tested for their effects on human health?



“Even small exposures to toxic chemicals on a daily basis can severely damage your health over the long term.”
Dr. Neil Carman, Environmental Scientist

37% of Americans suffer from chemical sensitivities, skin rashes and allergies. Many of these are provoked by the chemicals in our cleaning and personal care products.

The umbilical cords of 11 babies were tested at childbirth. All were found to contain over 200 different chemicals and toxins.

Between 1980 and 1994 childhood asthma increased 75%. Autism has increased 10 fold and now affects 1 in 166 children.

DEA...Diethanolamine (cocamide DEA or lauramide DEA) Found in over 600 personal care products including shampoo, bubble bath and soap has clear evidence of cancer causing activity. 1997 Study by the US Dept. of Health



How do I set up an account and order products?

To order products
Contact **Kyung Yi-O'Kelly**
At **512-291-6269**
kyung@holistichealingandyoga.com

If you set up your account online,
Use sponsor #1245594
when setting up your retail or
wholesale account.

Common “Scents” Guidelines

Guidelines for Safe Use of Young Living Everyday Oils Kit
Therapeutic-grade essential oils are powerful and safe when used as directed. Below are some preventative precautions to help you have an enjoyable experience using Young Living Therapeutic-grade Essential Oils.

- Always test for skin sensitivity and keep a bottle of V-6 Mixing Oil or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation. Water makes oils penetrate deeper.
- Keep bottles of essential oils tightly closed so they don't evaporate.
- Store essential oils away from children. If a child swallows an essential oil, administer milk, honey or another safe, oil-soluble liquid such as soy or rice milk.
- Do not use essential oils rich in menthol (i.e. Peppermint) on the throat or neck area of children under 30 months (2 1/2 years) of age.
- The citrus-based oils of Bergamot, Grapefruit, Lemon, Orange and Tangerine as well as blends with citrus such as Joy should not be used on areas of the skin that will be exposed to the sun or UV rays within 72 hours. They may cause an increased reaction to the sun.
- Keep essential oils away from the eyes and out of your ears. Do not handle contact lenses or rub your eyes with essential oils on your fingers. If the oils should get into your eyes, soothe with a drop of vegetable oil, not water.
- Oils with a high phenol content-Oregano, Cinnamon, Thyme, Clove, Lemongrass, Bergamot, Thieves and ImmuPower-may damage contact lenses and irritate eyes. Be sure to wash your hands thoroughly before handling contact lenses.
- Epileptics and those with high blood pressure should avoid Hyssop, Fennel and Idaho Tansy oils.
- Do not add undiluted essential oils directly to bath water. Mix with Epsom salts, baking soda, sea salt or YL Bath Gel Base as a dispersing agent.
- Pregnant women should consult the health care professional before using essential oils containing constituents with hormone-like activity such as Clary Sage, Sage, Idaho Tansy, Juniper and Fennel.

Steps to a Healthy Home



Use Young Living therapeutic grade essential oils on a daily basis to:

- 1) Cleanse and detoxify your body of toxins and chemicals that can affect your health.
- 2) Purify the air in your home by diffusing Young Living therapeutic grade essential oils.



- 3) Replace cleaning and personal care products in your home.
- 4) Counter the effects of electromagnetic pollution by increasing your frequency.

Therapeutic Grade Essential Oils

When it comes to essential oils, purity, potency and frequency are essential. That's what makes an essential oil therapeutic grade.

There are many essential oil brands on the market, yet less than 2% are considered therapeutic grade. Young Living is considered by many the world leader in therapeutic grade essential oils. They are so pure that they can even be ingested!

**95% of all essential oils
in the world
are adulterated.**

**Young Living tests
every shipment of oils
and other ingredients in
Young Living products for
heavy metals, chemicals
and pollutants
to bring you products
that are
better than organic.**

90. **Water Fountains**—Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong time between cleanings.
91. **Cold Sores**—Put a drop of Lavender oil on the cold sore.
92. **Allergies**—Diffuse Lavender oil to alleviate the symptoms. Apply Lavender oil under the nose and behind and in front of the outside of the ears.
93. **Sunburn**—Spritz several drops of Lavender oil mixed with pure water on a sunburn to decrease pain.
94. **Rashes**—Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin.

Frankincense

95. **Concentration**—Use 1-2 drops Frankincense oil on temples and back of neck to improve concentration.
96. **Immune System**—Apply 1-3 drops Frankincense oil on each foot and on thymus (front of chest) to strengthen the immune system.
97. **Blisters**—Dilute Frankincense oil 50/50 with V-6 Mixing Oil* and apply to a blistered area 3-5 times daily.
98. **Insect Bites**—Put a drop of Frankincense oil on the bite to reduce swelling and speed healing.
99. **Depression**—Diffuse or inhale Frankincense oil to help elevate mood.
100. **Brittle Nails**—Apply 1-3 drops Frankincense oil on the nails and on the base of nails and at base of nails, 3 times per week.
101. **Stretch Marks**—Rub a few drops on stretch marks 2 times a day.
102. **Cysts**—Apply 1-2 drops of Frankincense oil on cyst 2 times a day until it disappears.
103. **Sun Damaged Skin Spots**—Apply 1-2 drops Frankincense oil on sun damaged skin spots 2 times a day until it disappears.
104. **Warts**—Put 2 drops on wart 2 times a day until it disappears completely.
105. **Breast Health**—Rub 2-3 drops on breasts and lower abdomen everyday.
106. **Longevity**—Staying Healthy and Young—Dilute 1 drop Frankincense oil in 1 tsp raw honey or a glass of water and ingest daily.

Lavender

73. **Sunburn**—Spritz several drops of Lavender oil mixed with pure water on a sunburn to decrease pain.
74. **Sweeten Laundry**—Place a few drops of Lavender oil on a wet cloth and throw into the dryer to deodorize and freshen your laundry.
75. **Calming**—Rub Lavender oil on the bottom of the feet for a calming effect on the body.
76. **Sleep Aid**—Rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep.
77. **Bee Sting/Insect Bite**—Put a drop a Lavender oil on the sting or bite to stop itching and reduce swelling.
78. **Minor Burn**—Put 2-3 drops Lavender oil on a minor burn to decrease pain.
79. **Cuts**—Drop Lavender oil on a cut to stop bleeding, clean wound and kill bacteria.
80. **Eczema/Dermatitis**—Mix several drops of Lavender oil with V-6 Mixing Oil* and use topically on eczema and dermatitis.
81. **Motion Sickness**—Place a drop a Lavender oil on end of tongue, behind the ears or around the navel.
82. **Nosebleed**—Put a drop of Lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).
83. **Unblock Tear Duct**—Rub a drop of Lavender oil over the bridge of the nose to unblock tear ducts.
84. **Dry/Chapped Skin**—Rub Lavender oil on area.
85. **Scar Tissue**—To reduce or minimize the formation of scar tissue, massage Lavender oil on and around the affected area.
86. **Deodorant**—Rub 2-4 drops Lavender oil over armpit area.
87. **Hay Fever**—Rub a drop of Lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.
88. **Dandruff**—Rub several drops of Lavender oil into the scalp to help eliminate dandruff.
89. **Moths & Insects**—Place a few drops of Lavender oil on a cotton ball and place in your linen closet to scent linens and repel moths and insects.

The Young Living Standard Nature's living energy— pure therapeutic grade essential oils



Young Living is dedicated to producing the highest quality therapeutic grade essential oils in the world.

Gary Young, Founder of Young Living Essential Oils began a campaign to protect the legitimacy of the ancient art of essential oil production and use after personally witnessing the difference between common essential oils and therapeutic-grade essential oils.

Gary Young's years of study, vast experience and guidance from essential oil experts around the world became a driving force in Young Living's restoration of the ancient art of essential oil production in today's world.

The results:

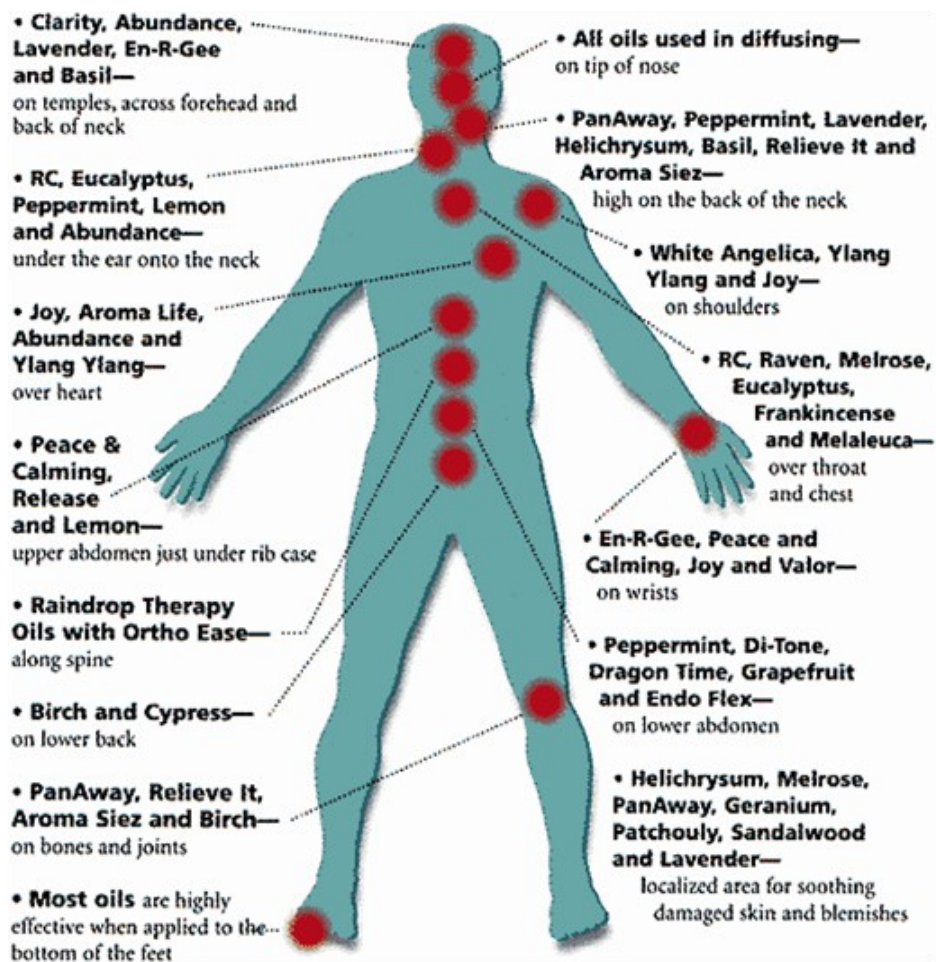
- Six farms that produce the finest essential oils in the world.
- A proprietary distillation process using spiral vortex steam distillation.
- The largest distilleries in North and South America.
- The largest producer of therapeutic grade essential oils in the world.
- The most stringent quality control standards in the world.
- The largest community of essential oil users in the world.
- A knowledge program that is dedicated to educating people about essential oil use.
- On-going research to validate the benefits of therapeutic grade essential oils.



How Do I Use Essential Oils?

There are 3 basic ways to use essential oils in your daily life:

- 1) Breathe them in
- 2) Take them internally
- 3) Apply them topically



56. **Paint Fumes**—Mix 1 15 ml bottle of Peppermint oil into a 5 gallon can of paint to dispel fumes and increase the frequency of the room.
57. **Tea or Coffee Substitute**—Place a drop of Peppermint oil in hot water and enjoy in place of coffee or tea.
58. **Aphids/Garden bugs**—Add 4-5 drops of Peppermint oil to 4 oz. of water and spray plants to kill aphids.
59. **Summer Cooler**—Drink a drop of Peppermint oil mixed in a glass of water to cool off on a hot day.
60. **Arthritis/Tendonitis**—Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
61. **Bad Breath**—Place a drop of Peppermint oil on the tongue to stop bad breath.
62. **Curb Appetite**—Inhale the fragrance of Peppermint oil to curb the appetite and lessen the impulse to overeat.
63. **Ticks**—Remove a tick by applying a drop of Peppermint oil on a cotton swab and swabbing the tick. Wait for it to withdraw its head from the skin and remove it.
64. **Sore Feet**—Mix Peppermint oil with 1/2 cup Epsom salt and add to a footbath to relieve sore feet.

Valor—A blend of Rosewood, Blue Tansy, Frankincense and Spruce in a base of pure Almond Oil.

65. **Emotional Strength**—Rub a few drops of Valor oil over the heart, neck, wrists and on the bottom of each foot to relieve feelings of fear and anxiety.
66. **Back Pain/Injury**—Apply Valor oil to bottoms of feet and spine to help alignment.
67. **Joint Pain/Injury**—Apply a few drops of Valor oil to the joint or injured area.
68. **Sciatica**—Apply 2 drops of Valor oil to the heels of the feet.
69. **Anxiety**—Rub a few drops on feet, neck and chest. Breathe deeply.
70. **Sleep Apnea**—Apply Valor to the bottoms of feet before bed.
71. **Stiff Neck**—Use 2 drops Valor on neck and massage.
72. **To Hold a Spinal Adjustment**—Rub a few drops of Valor up and down the spine and/or on the bottom arches of the feet.

Peppermint

41. **Rodents/Ants/Cockroaches**—To deter, place 2 drops of Peppermint oil on a cotton ball and place along the path or point of entry for these pests.
42. **Flavoring/Preservative**—Add Peppermint oil to food as a flavoring and preservative.
43. **Travel Sickness**—Rub 4 drops Peppermint oil on the chest and stomach to relieve travel sickness.
44. **Indigestion/Flatulence/Diarrhea**—Rub 4-6 drops of Peppermint oil in the palm and rub over the stomach and around the naval to relieve indigestion, flatulence and diarrhea.
45. **Heartburn**—Add a drop of Peppermint oil to herbal tea to aid in digestion and relieve heartburn.
46. **Inflammation (unbroken skin)** - Apply Peppermint oil immediately to an injured area such as a bruised shin, or foot or hand that has been hurt. If there is a cut, apply the Peppermint oil around but not on the open wound.
47. **Fever**—Rub several drops of Peppermint oil on the bottoms of the feet to reduce fever.
48. **Itching**—Apply a drop of Peppermint oil topically on unbroken skin to stop itching.
49. **Poison Ivy/Poison Oak**—Apply Peppermint oil on location or dilute first with V-6 Mixing Oil*.
50. **Working Out**—Inhale Peppermint oil before and during a workout to boost your mood and reduce fatigue.
51. **Nausea**—Massage several drops of Peppermint oil on the abdomen to relieve nausea.
52. **Headache**—Rub a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.
53. **Hiccups**—Apply a drop of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
54. **Concentration/Recall**—Diffuse Peppermint oil in the room while studying to improve concentration and accuracy. Inhale Peppermint oil while taking a test to improve recall.
55. **Congestion**—Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion

The Everyday Oils Kit



The Young Living Everyday Oils Kit is a great way to experience the benefits of therapeutic grade essential oils and start living a green lifestyle.

Frankincense — Restore your body, mind and spirit.

- Brought to the Christ Child by the three kings along with Myrrh for its healing and spiritual qualities.
 - Studied for it's ability to restore DNA and it's potent anti-cancer effect.
 - In ancient times used for everything from gout to a broken head.
 - Stimulates immune function.
 - Elevates the soul and reduces stress.
- Apply to the forehead and temples. Put 1 drop on your hand. Rub palms together and cup over nose. Inhale deeply 6 times.*

Lavender — Relaxes the mind and body.

- Excellent for cuts, bruises, ant bites.
 - Refreshes the air, when diffused.
 - Put a drop on your pillow case for a good night's sleep .
 - Research shows it improves concentration and mental acuity.
 - University of Miami researchers found that inhaling lavender essential oil increased beta waves in the brain, suggesting heightened relaxation.
 - Reduces depression and improves cognitive performance (Diego et al., 1998).
 - Contains coumarin and will act as an excellent blood thinner.
- Apply on location or on the bottom of the feet. Diffuse or breathe in deeply.*

Lemon - Cleansing and Invigorating.

- Reduces depression (Komori, 1995).
- Kills bacteria (Valnet, 1930). When diffused, shown to kill meningococcus bacteria in 15 minutes, typhoid in 1 hour.
- Kills staphylococcus aureus in 2 hours, and pneumonia bacteria in 3 hours.
- Lemon contains 68% d-limonene, a powerful antioxidant.
- Cleanses the lymphatic system and Balances pH.
- Digests chlorine and petrochemicals.
- Increases glutathione levels.
- Use for colds and flu.



Add 1-2 drops to drinking water or mix 2-3 drops lemon oil and 1 drop peppermint oil in a glass of water and drink. Rub on the bottom of the feet. Put 5-10 drops in a veggie capsule and take internally.

PanAway®— Reduces pain and inflammation.

- Contains essential oils known for their effect on muscles and bones.
- Excellent for back pain.
- Use for sore muscles and to improve circulation.
- Use for headaches.
- Excellent for soccer injuries.

Apply topically on location. Massage the area with 3 or 4 drops of PanAway essential oil.

Peppermint— Refreshing, stimulating and energizing.

- Increases energy.
- Good for sore muscles.
- Relieves headaches (University of Kiel).
- Improves digestion and helps with stomach pain.
- Improves mental clarity and stimulates mental function.
- Dr. Dember studied peppermint oil for its effectiveness in improving memory by 28% and increasing concentration for tests.
- Detoxifies the liver (Valnet, 1938) and eliminates toxins.
- Reduces appetite according to a study by Alan Hirsh.
- Reduces acid in the body.
- Very cooling in the summer heat.

26. **Cold & Flu**—Diffuse Thieves oil (in 1/2 hour increments) in room. Rub a drop on the bottom of feet. 1 drop of Thieves oil in a glass of water and drink.
27. **Strep Throat**—Drop 2-4 drops in water and gargle as needed. Dilute 50/50 with V/6 oil and apply to throat and back of neck. Apply a warm compress.
28. **Bronchitis**—Dilute 50/50 2-6 drops of Thieves with V-6 Mixing oil* and rub on chest and upper back. Apply a warm compress. Diffuse.
29. **Cold Sores & Fever Blisters**—1 drop on cold sore or blister 3 times a day or as needed until it's gone.

PanAway A blend of Wintergreen, Peppermint, Clove and Helichrysum.

30. **Inflammation/Bruising**—Apply PanAway oil topically on injured area to reduce inflammation and bruising.
31. **Sore Muscles**—Apply PanAway oil topically to sore muscles after exercising.
32. **Headache**—Rub a drop of PanAway oil on the temples, forehead and back of the neck to relieve a headache.
33. **Growing Pains**—Mix PanAway oil with V-6 Mixing Oil *and massage on locations to stop growing pains.
34. **Arthritis Pain**—Rub 1-2 drops of PanAway oil on arthritic hands to lessen pain.
35. **Sciatic Pain**—Rub 2-3 drops on PanAway oil at the base of the spine to relieve sciatic pain.
36. **Arthritis in Pets**—Massage PanAway oil diluted with V-6 Mixing oil* on location or add a drop in the pet's food.

Peace & Calming A blend of Tangerine, Orange, Ylang Ylang, Patchouli and Blue Tansy.

37. **Sleep**—Rub 1-2 drops of Peace & Calming on the bottom of the feet and on the shoulders before bed to get a good sleep.
38. **Overactive Children**—Diffuse Peace & Calming in the room to calm overactive or hard to manage children.
39. **Relaxing Massage**—Mix Peace & Calming oil with V-6 Mixing Oil* for a relaxing massage.
40. **Relaxing Bath**—Put Peace & Calming oil mixed with Bath Gel Base* in warm water for a relaxing bath.
41. **Teeth Grinding**—Diffuse Peace & Calming while sleeping.

12. **Air Purifier/Freshener**—While traveling, inhale Purification oil during flights to protect yourself from pathogens found in re-circulated air.
13. **Insect Bites**—Put a drop of Purification oil on insect bites to stop the itching.
14. **Humidifier**—Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
15. **Insect Repellent**—Spritz several drops of Purification oil mixed with water to repel insects.
16. **Sneaker Odors**—Put 2 drops of Purification oil on 2 cotton balls and place in the toes of smelly sneakers to combat odors.
17. **Cat/Dog Ear Mites**—Apply Purification oil and Peppermint oil diluted with V-6 Vegetable mixing oil* to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs.
18. **Blisters**—Rub a drop of Purification oil on a blister to cleanse and disinfect.
19. **Sore Throat**—Rub a drop of Purification oil on the outside of a sore throat when it is first beginning.
20. **Skin Blemishes**—Apply a drop of Purification oil on blemishes to clear skin.
21. **Flu**—Dilute Purification oil with V-6 vegetable mixing oil and swab the nasal cavity to ward off the flu.

Thieves A blend of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata and Rosemary oils.

22. **Household Germs**—2-6 drops of Thieves oil in a small spray bottle and fill with water. Spray counter tops, bathtubs, toilets, sinks and door knobs.
23. **Mold**—Diffuse Thieves (in half hour increments) in basement or wherever mold is present for 24 hours or more.
24. **Fungal Skin & Toe Infections**—1 drop Thieves oil on the infection 2-3 times a day until gone.
25. **Gingivitis/Bleeding Gums**—Rub a drop or two of Thieves oil mixed with V-6 mixing oil all over gums 2 times a day until gone.

Peppermint (continued)

Add 1 drop to 1 quart of water and drink to improve digestion. Inhale deeply to uplift your spirit and reduce fatigue. Diffuse for mental clarity and for energy. Mix with lavender oil for allergies. For respiratory problems put a drop on your chest.

Peace and Calming®— Promotes a deep sense of peace.

- Good for anxiety and stress.
- Good for hyperactive children and fussy babies.
- Helps children fall asleep at night.
- Calms agitated pets. Rub on paws or put in your palm and pet your dog or cat.



Apply to wrists or feet and breathe in deeply to calm tension and uplift spirits. Rub 1-2 drops on the bottom of your feet before bed to get a good night's sleep. Add several drops to 1/2 cup of Epsom salts and mix in warm bath water. Add several drops into a spray bottle and mist classroom or office for a peaceful, uplifting atmosphere.

Purification® – Cleansing and sanitizing.

- Purifies the air in your home or office.
- Gets rid of mildew, heavy metals, smoke and other environmental toxins.
- Removes pet odors and cigarette smoke.
- Increases negative ions in the room.
- Good for insect bites—spiders, wasps, bees, scorpions. Apply to sting immediately. Repeat application frequently.
- Strengthens kidneys. Apply on bottom of feet.
- Excellent mosquito repellent.

Put 10-15 drops in a 4 oz. spritzer bottle and spray room to purify the air or spray on your body as a mosquito repellent.

Thieves® - For protection and immune system support.

- A natural antibiotic that kills bacteria. (Weber State, 1997)
- May balance blood sugar levels.
- May break up and dispel mucous from the body. Effective against black mold (Close, 2005). Diffuse for at least 24 hours and apply directly to the mold.
- Use for sore throats.
- Use when traveling for protection against germs.

Apply to the feet twice a day and put 1 drop in water and drink. Add 4-5 drops to dishwasher or washing machine to thoroughly clean, eliminate bacteria and odor. Diffuse to eliminate bacteria and odors in the air. Add 1-3 drops to water and drink to balance blood sugar and break up mucous in the body. Place 5-10 drops in a capsule and swallow daily for protection.

Valor® – For balance, self-esteem, and courage.

- Balances your energy field both physically and spiritually.
- Called a “Chiropractor-in-a-bottle” because of it’s ability to align the spine when applied to the feet using the “Valor Hold” technique.
- Helps ward off negative energy.
- Use for stage fright or other phobias.

Apply to wrists, bottom of the feet or temples.

Valor® Hold Technique— Have person lay on their back. Apply 3-5 drops of Valor® to the palm. With the index finger of the other hand, make 3 clockwise circles and then apply to the bottom of the right foot. Repeat process, applying 3-5 drops to the bottom of the left foot. Hold the bottoms of the feet, using the right palm on the right foot and the left palm to the person’s left foot. (Your arms will be crossed over one another.) Hold for 5-15 minutes until energy is balanced or time is up.



Use Essential Oils Daily

106 Ways to Use Essential Oils to Live a Green Lifestyle

Lemon (Citrus Limon)

1. **Air Freshener**—Put 6 drops of Lemon oil and 6 drops of Purification oil in a squirt bottle mixed with pure water to use in the bathroom as an air freshener.
2. **Gum, Oil, Grease and Crayons**—Use 1-2 drops Lemon oil to remove gum, oil, grease spots or crayon.
3. **Counter Tops**—Add 2-3 drops of Lemon oil to water and spray counter to sterilize.
4. **Dishcloths and Sponges**—Soak your dishcloth or sponge overnight in a bowl of water and a drop of Lemon oil to disinfect and kill germs.
5. **Public Bathrooms**—Rub a drop of Lemon oil on your hands after using a public bathroom.
6. **Prolong Life of Fresh Fruit**—To clean and increase shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop cleanse fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
7. **Lemonade**—For homemade lemonade, in a blender mix 2 drops Lemon oil, 2 Tbsp. of honey and 2 cups of pure water. Adjust sweetness to suite your taste.
8. **Calluses/Bunions/Warts**—Rub a drop of Lemon oil on a corn, callous, bunion or wart mornings and evenings until it disappears.
9. **Varicose Veins**—Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins.

Purification A blend of Citronella, Lemongrass, Rosemary, Melaleuca-Tea Tree, Lavandin and Myrtle.

10. **Air Purifier/Freshener** -Diffuse Purification oil to clean the air and neutralize foul or stale odors.
11. **Air Purifier/Freshener**- Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, car, hotel room or enclosed areas.



Thieves® Household Cleaner

Thieves® Household Cleaner makes tough stains and problem areas in your home easy to maintain without using harsh or abrasive chemicals. While some bacteria can be dangerous, most industrial cleaners on the market pose an even larger threat to your health with their destructive side effects. Thieves® Household Cleaner is a natural, green, all-purpose concentrate that can be used in every room in your home with no harmful side effects.



Order the Thieves Enrollment Kit to Get Started Living Green

Other Thieves Products



Indoor Air Quality

In Your Home and Office

We spend 90% of our time indoors. According to the US Environmental Protection Agency, indoor air quality is one of the top 5 environmental risks to human health. A 1984 World Health Organization report found that up to 30% of all new and remodeled buildings contain contaminated air in some form.

Air fresheners mask the odors in rooms. They don't improve the air quality. The chemicals in air fresheners may actually contribute to respiratory problems.

Benefits of Diffusing Essential Oils

- Reduces bacteria, fungus, mold and unpleasant odors. (Valnet)
- Relaxes the body, relieves tension, clears the mind.
- Helps with weight management. (Hirsh)
- Stimulates neurotransmitters and endorphin secretion.
- Helps students improve concentration, alertness and mental clarity.
- Stimulates growth hormone production.
- Improves digestive function.
- Improves hormonal balance.
- Relieves headaches.
- Raises the frequency of your home or car.
- Enlivens a specific frequency in the room—like abundance, joy or forgiveness.
- Enhances prayer and meditation.
- Releases blocked emotional energy.



Home Diffuser



TheraPro Diffuser



Aria Diffuser

Diffusing with Essential Oils

The Home Diffuser is quiet and shuts off on its own. Place the diffuser on the highest shelf in the room to allow the fine mist to float down through the air. Fill the diffuser with water and add 5-15 drops of essential oil of your choice. Turn on diffuser. Replenish water and oil as needed.

Suggested Oils for Diffusing:

Thieves® Essential Oil Blend— Eliminates and destroys airborne germs and bacteria. Also excellent for getting rid of toxic mold. For mold use the TheraPro Diffuser. Diffuse for 24 hours and then keep room closed up for 1-2 weeks.

Purification® Essential Oil Blend— Diffuse to cleanse the air of environmental impurities like cigarette smoke, mildew and disagreeable odors.

Peace and Calming® Essential Oil Blend —Diffuse for a restful night's sleep or to reduce anxiety and hyperactivity.

Peppermint- Diffuse to improve concentration, memory and mental accuracy. Peppermint also affects the brain's appetite control center to reduce hunger sensations.

Joy Essential Oil Blend — Diffuse to bring joy to your heart and uplift the surroundings.

Lemon— Diffuse for Depression. Can be combined with Idaho balsam Fir for an added effect. Excellent anti-bacterial properties.

Abundance Essential Oil Blend—Diffuse to attract abundance and prosperity in your life.

Citrus Fresh Essential Oil Blend — A calming yet uplifting blend of citrus oils that is excellent for classrooms to keep children alert yet calm. This blend is rich in d-limonene and supports the immune system.

Clarity Essential Oil Blend— To improve your memory and clear your mind. Increases energy when overly tired.

RC Essential Oil Blend —Diffuse during the winter for any type of respiratory condition or asthma.

Christmas Spirit Essential Oil Blend—A spicy blend of orange, cinnamon and spruce that brings feelings of happiness and security associated with the Christmas season. An excellent immune system support as well.

Make Your Home Healthy and Green With Young Living Thieves Products

Did you know that 50% of all homes in the United States contain problem molds that can be damaging to your health?



A medical study attributes 100% of chronic sinus infections to mold. A 300% increase in the asthma rate over the past 20 years has been linked to molds. USA Weekend, December 3-5, 1999.

According to research conducted by Dr. Close in 2005, Thieves® essential oil blend and Thieves® Household Cleaner were found to be highly effective against toxic black mold, when diffused in a room for at least 24 hours or used to clean moldy surfaces.

Thieves® essential oil blend was created based on the historical account of four thieves in France who protected themselves from the Black Plague with cloves, rosemary and other aromatics while robbing victims of the plague. When captured, they were offered a lighter sentence in exchange for their secret recipe. Young Living's proprietary Thieves® essential oil blend includes clove, cinnamon bark, rosemary, lemon and eucalyptus radiata. It has been specially blended to offer the same kind of defense the four robbers had in the Middle Ages against the plague. Thieves® has been university tested and found to be highly effective against airborne bacteria.



Utilizing the power and protection of Thieves® essential oil blend, Young Living created an extensive line of natural household products, hand soaps and even throat lozenges. The Thieves® product line is 100% natural. Thieves® products make your house a green home and have a positive impact on the environment.