

ESSENTIAL

Lifestyle

CONNIE *and*
MICHAEL MCDANEL—

CREATING WELLNESS, PURPOSE,
AND ABUNDANCE

GOING WHERE IT'S GROWING

EVERYDAY ANSWERS WITH ESSENTIAL OILS

VOL. 4 NO. 1

YOUNG  LIVING
ESSENTIAL OILS

Welcome to Young Living

With product formulations combining the wisdom of ancient traditions and the best of modern science, Young Living's therapeutic-grade essential oils, oil-enhanced nutritional supplements, and essential living products represent the most effective wellness solutions on the market. As the world leader in the development of nature's purest healthcare products, Young Living provides unique solutions for individuals just like you to cultivate a better lifestyle—physically, emotionally, and financially. And as we foster a growing community of wellness enthusiasts, we strive to help you and others live lives of greater wellness, purpose, and abundance.

WELLNESS

At Young Living, we believe that each individual has the capacity, and the responsibility, to take ownership of improving his or her physical health. Our approach to wellness includes providing the information, insight, and products we all need to adopt a healthier lifestyle.

PURPOSE

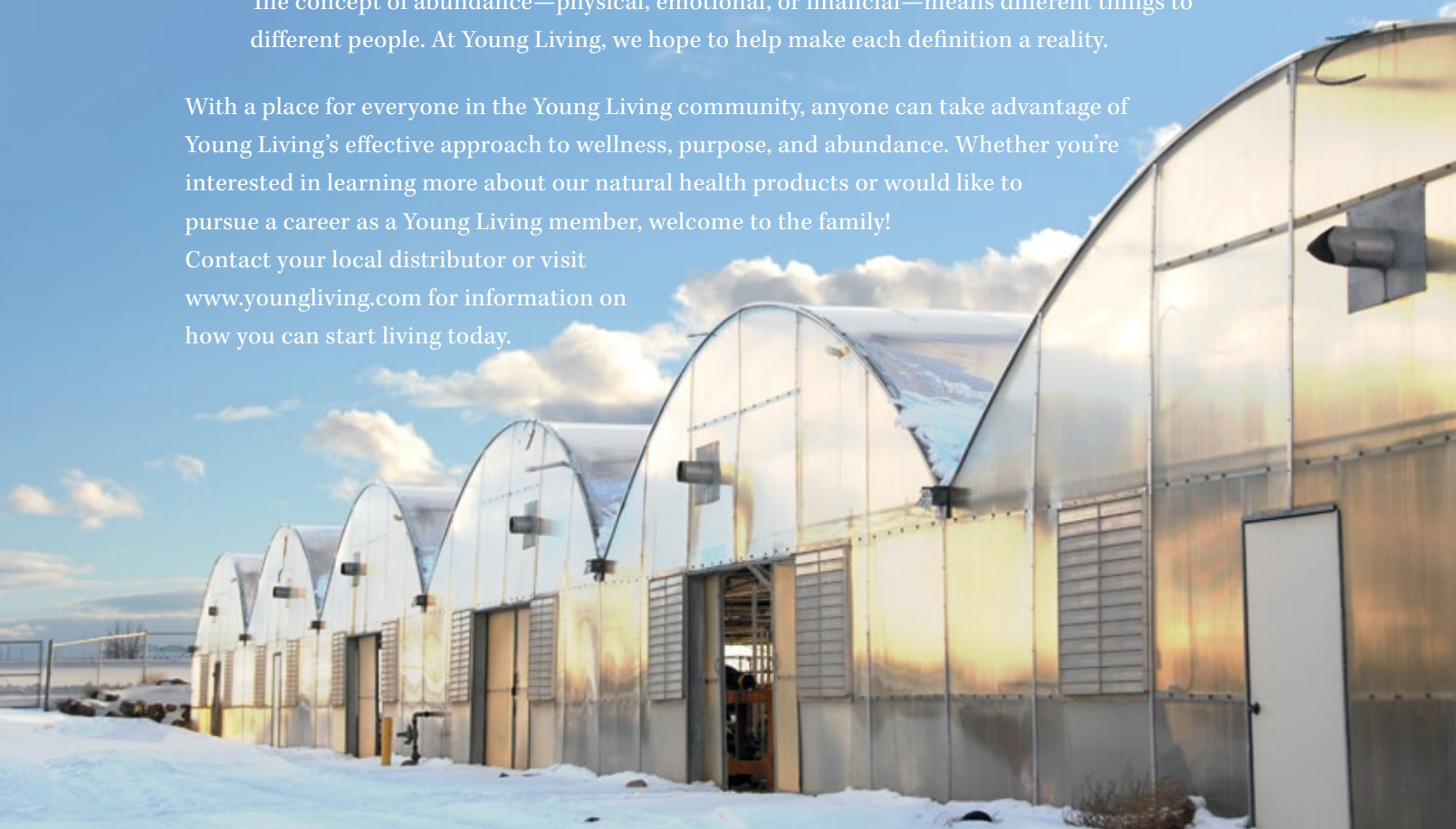
We conduct ourselves according to the universal principle of "givers gain." We believe that great happiness is found in reaching out, living a life of contribution, and sharing what we know with others.

ABUNDANCE

The concept of abundance—physical, emotional, or financial—means different things to different people. At Young Living, we hope to help make each definition a reality.

With a place for everyone in the Young Living community, anyone can take advantage of Young Living's effective approach to wellness, purpose, and abundance. Whether you're interested in learning more about our natural health products or would like to pursue a career as a Young Living member, welcome to the family!

Contact your local distributor or visit www.youngliving.com for information on how you can start living today.



Lifestyle

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DETOX YOUR SKIN

WITH ESSENTIAL OILS AND A·R·T

Don't settle for a dull complexion! Restore your skin's natural glow with our three-day detoxifying regimen.

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FEATURE

Everyday Answers *with* Essential Oils

From soothing skin irritations to boosting the immune system, you'll never run out of ways to use the nine powerful oils in the Everyday Oils™ collection.



By incorporating Everyday Oils into your daily routine, you can do away with many of the chemical-based synthetics in your home, and replace them with 100 percent natural YLTG essential oils and oil blends. Once you experience these holistic alternatives and their many daily uses, you'll wonder how you ever survived without your Everyday Oils!

DID YOU KNOW...

- ... that the benefits of lavender essential oil date all the way back to Ancient Greece?
- ... that a study at the Chiba University Graduate School of Medicine in Japan suggests that “lavender aromatherapy has relaxation effects”?
- ... that Shakespeare grew lavender in his garden and spoke of it in his writings, including a recipe for a lavender tea in *The Winter's Tale*?

Lavender, one of the most versatile Everyday Oils, contains many beneficial properties, including a relaxing aroma.

SOME OF LAVENDER ESSENTIAL OIL'S PRACTICAL DAILY USES INCLUDE:

- Soothing **MINOR BURNS** by applying 2–3 drops to the affected area.
- Rubbing lavender oil on **DRY OR CHAPPED SKIN** to relieve the affected area.
- Adding a few drops of lavender oil to a cotton ball and placing it in closets and drawers to **SCENT LINENS AND REPEL MOTHS AND INSECTS.**
- **REDUCING OR MINIMIZING SCAR TISSUE** by massaging lavender oil on or around affected areas.
- Placing a few drops of lavender oil on a wet cloth or dryer sheet to **DEODORIZE AND FRESHEN YOUR LAUNDRY.**
- Diffusing lavender oil to **MINIMIZE SEASONAL REACTIONS TO POLLEN AND DUST MITES.**

Lemon, another multipurpose Everyday Oil, boasts the ability to enhance clarity of thought, improve circulation, and boost the immune system. Lemon oil is useful in many daily activities:

- Use 1–2 drops of lemon essential oil to **REMOVE GUM, OIL, GREASE SPOTS, GLUE OR ADHESIVE, AND CRAYON** from most surfaces.
- Combine 2–3 drops of lemon oil with water in a spray bottle to help **CLEANSE AND SANITIZE SURFACES**.
- Place a drop of lemon oil on **OILY SKIN OR BLEMISHES** to help balance oil glands and minimize oil production.
- Soothe or **PREVENT CORNS, CALLUSES, OR BUNIONS** by rubbing lemon oil on the affected area morning and evening.
- Massage lemon oil into cellulite to help **IMPROVE CIRCULATION** and eliminate waste from the cells.
- Add 10–15 drops of lemon oil to a gallon of carpet cleaning solution to help **PULL OUT STAINS, BRIGHTEN CARPET AND RUGS**, and leave a fresh smell in the room.



DID YOU KNOW...

... that lemon oil contains 68 percent d-limonene, a powerful antioxidant?

... that lemon oil has been studied for its beneficial effects on the immune system?

Peppermint is an Everyday Oil ideal for invigorating the mind and other body systems. Enjoy the benefits of peppermint every day when you:



DID YOU KNOW...

... that inhaling peppermint oil helps trigger a sense of fullness after meals, enhances your sense of taste and smell, and improves concentration and mental activity?

... that peppermint has been studied for its positive effect on the liver and respiratory system?*

- Add a drop of peppermint oil to herbal tea to help **AID IN DIGESTION**.*
- Massage several drops of peppermint oil on the abdomen, place a drop on the tip of the tongue or wrists, or inhale to **SOOTHE THE MINOR STOMACH DISCOMFORT** associated with travel.*
- Rub one drop of peppermint oil on the temples, forehead, over the sinuses (careful to avoid contact with the eyes), and on the back of the neck to help **RELIEVE HEAD PRESSURE**.
- Place two drops of peppermint oil on the tongue and rub another drop of oil under the nose to help **IMPROVE CONCENTRATION AND ALERTNESS**.
- Apply peppermint oil to the back of the neck and shoulders throughout the day to **KEEP ENERGY LEVELS UP**.

- **Frankincense:** Apply 1–2 drops of this meditative oil to the face and neck daily to help **REPAIR SUN DAMAGE** and renew healthy-looking skin.
- **PanAway®:** A blend of soothing essential oils, PanAway aids in **ALLEVIATING HEAD PRESSURE** when massaged on the temples, forehead, and back of the neck.
- **Peace & Calming®:** Rub 1–2 drops of this gentle, fragrant blend on the bottoms of feet or drop in a warm bath to **SOOTHE FUSSY BABIES**.
- **Purification®:** This cleansing oil blend is ideal for diffusing, but just a drop of Purification on blemishes can help **CLEAR TROUBLED SKIN**.
- **Thieves®:** Diffuse Thieves oil blend to **HELP ELIMINATE AIRBORNE BACTERIA**, odors, and mold.
- **Valor®:** Apply a few drops of this oil blend to the wrists to **EASE ANXIETY AND YIELD CONFIDENCE**.



There are many more daily uses for each of these remarkable oils and oil blends. Discover their potential for yourself with the Everyday Oils collection!

EVERYDAY OILS
 Item No. 3695
 Whsl. \$115.00
 Pref. Cust. \$133.16
 Retail \$151.32
 PV 115



FEATURE

Going Where It's Growing

Ylang Ylang Trees

In November 2008 Young Living Founder and President, Gary Young, led Marc Schreuder, director of product formulation, and Mary Lou Jacobson, director of purchasing, on a journey across the globe.

Their travels took them to the jungles of Antananarivo, Madagascar, and the plains of Nairobi, Kenya, where they observed clove distillation, participated in the traditional harvesting of vetiver and ylang ylang, and verified the purity and potency of Young Living Therapeutic Grade™ frankincense.

The first stop on the expedition was the clove distillery in Antananarivo. The facility still utilizes the traditional wood-fired method of distillation and has incorporated Gary's expertise in essential oil extraction to enhance their processes. It was at this plant that Mary Lou was able to audit the raw materials at the facility and verify that only clove bud was being distilled.

Many vendors distill the clove stem and leaf along with clove bud in order to produce more of this coveted oil, as it is the bud alone that produces beneficial levels of the compound eugenol—a constituent studied for its antiseptic and anesthetic properties—this Young Living supplier includes only clove bud in their distillation process.

“We were able to verify the raw materials as being 100 percent clove bud,” Mary Lou assures. “It was really great to be able to witness the



distillation of our clove oil and to see how much the local people love the oils. The runoff from the distillation facility is actually collected by nearby villagers because it's warm and smells so wonderful."

Marc adds, "Regarding clove, all botanicals are purchased from local collectors and gatherers. They collect raw materials from forests and virgin vegetation," he explains. "The clove buds are collected far away from highways, roads, factories, and pollution that can contaminate the earth and environment. We had the opportunity to inspect the raw material inventory at the Madagascar distillery and there were no stems or leaves in any of the bags, just pure clove bud."

The next few days brought Marc, Mary Lou, and Gary to Tsirmondi—another area of Madagascar—where they were fortunate

to participate in the traditional vetiver and ylang ylang harvest. "The vetiver harvest was particularly interesting," Mary Lou explains. "It's a three-person job. Two men unearth the vetiver root ball and a slight little woman follows them with a machete. She removes the top and bottom of the root ball and reburies them. It is the center of the root ball that is distilled for oil."

From there the team went to the ylang ylang fields where they observed the unique processes of harvesting, bagging, weighing, and distilling the precious flowers. Most of the ylang ylang harvesting is done by women, so the trees are bound when they are saplings in order for the women to be able to reach the flowers as the trees mature. The binding allows the branches to grow downward, enabling the harvesting process to continue as the trees grow.



Once harvested the flowers are transported to the distillery where Gary and Marc had the opportunity to help unload the truck, bag, weigh, and distill the ylang ylang. “The men who typically bag and weigh the ylang ylang are in great shape and have the process streamlined,” Marc says. “I think they got a good laugh at our expense that day!”

After the team’s adventures with ylang ylang they arrived in Nairobi, Kenya, where they examined the operations of Young Living’s frankincense vendor. The frankincense distillery is owned and operated by three PhDs—Dr. Haq, Dr. Osman, and Dr. Chaudry—who have joined together to produce one of the best true frankincense essential oils in existence.

“They collect resin from the coastal hills of Puntland in Somalia and extract it in a state-of-the-art stainless steel plant,” recounts Marc. “The Grade A resin distilled that morning was *Boswellia carterii*—the most potent variety available—that had been freshly collected from the Puntland tribespeople.”

And Young Living was there to verify it.

We have traveled the world inspecting distilleries and verifying raw materials. We have established valued friendships with growers and distilleries. We do all of this to ensure that you receive only the purest, most potent essential oils available, and that we retain an inside track on the newest resources across the globe.

This expedition is not the first Young Living has undertaken, and it won’t be the last. Our continual exploration, testing, and assessment ensure that wherever the purest, most potent raw materials are grown, that’s where we’ll go.

For exciting details from the last leg of Gary, Marc, and Mary Lou’s African adventure—and a note from Gary on the truth about Omani frankincense—*check out Gary’s blog at www.dgaryyoung.com/blog.*





SAVE MONEY WITH

Essential Rewards

When you sign up for the Essential Rewards program you can save money on things you need every day! Products like toothpaste, face wash, body wash, moisturizing creams, deodorant, shampoo, and cleaning products can be shipped automatically to your home every month through the Essential Rewards program!



All you need to do is commit to placing a minimum order each month, and you receive a percentage back on your purchases!

Young Living products far surpass the quality of anything found at the local grocer, and you are already buying these items! Why not get rewarded for it?

**SIGN UP FOR ESSENTIAL
REWARDS TODAY AND
start saving money!**

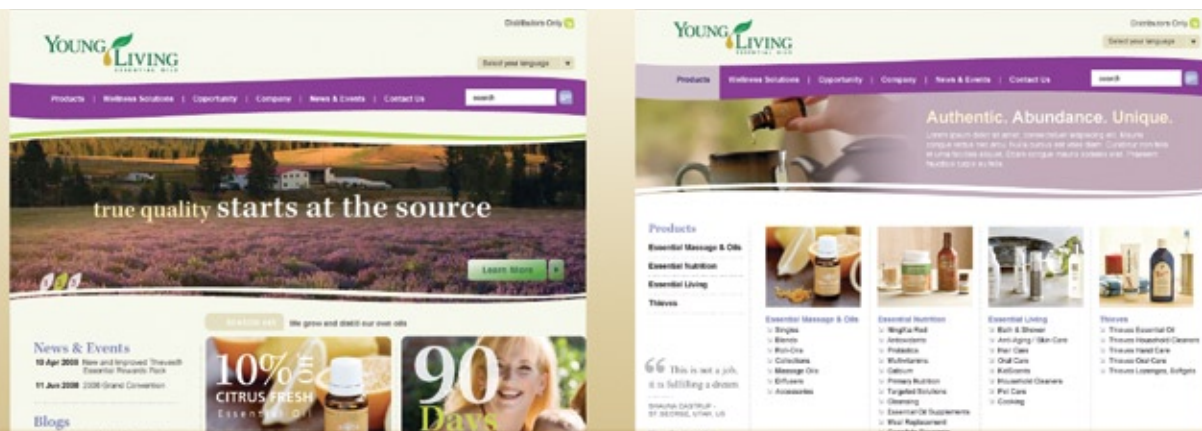
SOME ADDITIONAL PERKS:

- Your Essential Rewards order can be changed each month.
- Your order comes with bonus training materials.
- The Essential Rewards program is flexible.
- With Essential Rewards you'll enjoy savings on shipping .
- With Essential Rewards you earn points redeemable for FREE product.

FEATURE

Coming Soon: The New www.youngliving.com!

The new www.youngliving.com is coming soon! With tons of new content, product information, and a revamped look and feel, the new website will eventually consolidate the market sites into one big, beautiful .com. Here are a few new features to look forward to:



HOME PAGE

The most noticeable difference between the old home page and the new one is the gorgeous centerpiece that will help us tell our story. Located in the center of the page, it currently scrolls through prismatic photos illustrating the Four Ps—Plants, Preparation, Purity, and Potency—and will be updated periodically with Young Living campaigns, footage from Ecuador, and any other exciting news from Young Living.

Below the Flash piece there are two newly designed web banners that will be updated frequently with promotions, product launches, and tour dates. Just to the left of these banners are News & Events and Blogs to keep you updated on all Young Living endeavors.

PRODUCTS

Organized in a user-friendly, intuitive manner, the Product section of the new .com promises you will find whatever item you're looking for. Separated into Essential Massage & Oils, Essential Nutrition, Essential Living, and Thieves, these categories are listed below each heading and a quick click sends you to thumbnail photos of any Young Living products.

IDEAS OR SUGGESTIONS?

*E-mail webmarketing@youngliving.com—
we'd love to hear from you!*

**WANT YOUNG LIVING UPDATES?
CHECK OUT YOUNG LIVING'S AND GARY'S BLOGS!**

www.dgaryyoung.com/blog
<http://blog.youngliving.com/product>

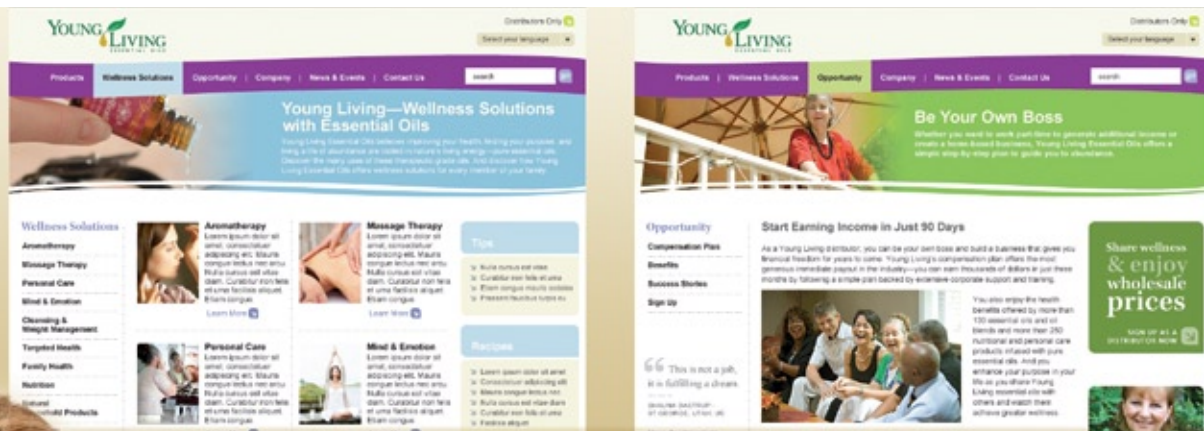
WELLNESS SOLUTIONS

The latest addition to our new .com is the informative Wellness Solutions section. Containing valuable information on the science behind essential oils and Aromatherapy, Massage Therapy, Mind & Emotions, Cleansing & Weight Management, Natural Household Products, Pet Health, and more, Wellness Solutions is designed to educate readers about the effectiveness of essential oil therapy for all your health and wellness needs.

OPPORTUNITY

Young Living is a way of life, but it's also a valuable business opportunity. The new Opportunity section will be dedicated to introducing future Young Living distributors to the sharing aspect of our company, and will give them the tips and tools they need to get started.

The new Opportunity section is an excellent resource for anyone interested in building a business with Young Living.



A-Z GUIDE

J Jump-Start

VERB
To enliven or revive

As you look forward to spring and begin to rid yourself of winter weariness, Young Living's 5-Day Nutritive Cleanse™ is a nourishing, easy way to help start a healthier lifestyle for the coming season.

Many health experts recommend cleansing as a normal, preventive practice. Participating in a cleanse, four times a year, is a simple and gentle way to rid your body of any junk food dependencies or bad habits and maintain a healthy weight without experiencing feelings of deprivation.

When participating in Young Living's 5-Day Nutritive Cleanse, Balance Complete™ meal replacement is substituted for three daily meals along with two ounces of antioxidant-rich NingXia Red® and one proprietary Digest + Cleanse™ softgel.

Balance Complete delivers eleven grams of fiber per serving, is low in calories, high in nutrients, and has appetite-suppressing ingredients that leave you feeling full and satisfied hours after drinking it. Two ounces of NingXia Red taken with each Balance Complete shake adds a sustained energy boost—as well as plays a crucial role in the detoxification process. The ingredients in Digest + Cleanse are all proven to have calming effects on the digestive system and, when taken thirty to sixty minutes before each Balance Complete shake, will greatly increase the effectiveness and comfort of the 5-Day Nutritive Cleanse.

| PRODUCT: | KEY INGREDIENTS: | BENEFITS: |
|-------------------------|---|--|
| Balance Complete | Ningxia wolfberry powder, brown rice bran, barley grass, extra virgin coconut oil, aloe vera, cinnamon powder, and our premium whey protein blend | Nutrient-rich fibers provide your body with increased toxin and fat elimination, help enhance nutrient absorption, and satisfies your appetite |
| NingXia Red | Whole Ningxia wolfberries and other nutrient-dense fruit juices, like blueberry and pomegranate | This energizing blend of whole-food ingredients provides your body with the nutrition it needs during the cleansing process |
| Digest + Cleanse | Peppermint, caraway, lemon, ginger, fennel, and anise essential oils | Promotes healthy digestion and eliminates the discomfort that may arise from an increase in fiber intake |

5-DAY NUTRITIVE CLEANSE

Item No. 3296

Whsl. \$97.50 / Pref. Cust. \$112.89

Retail \$128.29 / PV 97.50



WELCOME THE NEWEST ADDITION *to the* Lavender Signature Series!

LAVENDER FOAMING HAND SOAP

Item No. 4430 Single
Whsl. \$9.75
Pref. Cust. \$11.29
Retail \$12.83
PV 9.75

Item No. 4431 3 pk
Whsl. \$26.75
Pref. Cust. \$30.97
Retail \$35.20
PV 26.75



Lavender Foaming Hand Soap is *sure* to become a household favorite!

Soothing and cleansing to even the most sensitive skin, massage a small amount of this fragrant soap into your skin and rinse for cleaning and conditioning that won't leave your hands dry or irritated.

ORDER YOUR LAVENDER FOAMING HAND SOAP TODAY!

FEATURE

CONNIE AND MICHAEL MCDANEL—

Creating Wellness, Purpose, *and* Abundance

“Wellness, Purpose, and Abundance”—the McDanel’s self-penned tale of their twelve years with Young Living—opens with Young Living’s mission statement:

We honor our stewardship to champion nature’s living energy, essential oils, by fostering a community of healing and discovery while inspiring individuals to wellness, purpose, and abundance.

All it takes is a few brief moments conversing with the McDanel’s to understand that they have taken this sentiment to heart. They have dedicated their lives to creating wellness, purpose, and abundance for others, and—in the process—found it themselves.





WELLNESS

Connie, Michael, and their two children, Maura and Myles, are an active family. Connie's physical accomplishments include cycling Mount Ventoux—a stretch of the French Alps that has been part of the Tour de France—and Michael has competed in an Ironman Triathlon—2.4-mile swim, 112-mile bike, 26-mile run—as well as smaller triathlons and runs. Taking a cue from their parents, both Maura and Myles are passionate about fitness. Maura competes in triathlons and is captain of her high school dance line team. Myles stays active by playing rugby, snowboarding, and practicing mixed martial arts.

The McDanels' commitment to wellness doesn't just keep them physically fit; it's also an important part of family togetherness. They go on hikes and ski trips together, and their high activity level keeps Michael and Connie's passion for each other alive. "Michael has always prioritized good eating choices and a daily workout," Connie gushes. "He is in phenomenal shape—he is fifty-four and has the body of a thirty year old! In my eyes, George Clooney has competition."

YOUNG LIVING'S NEW DIAMONDS

Connie and Michael McDanel

PURPOSE

When talking with the McDanels, one is struck by their genuine desire to bring success to others. Michael's enthusiasm is palpable as he describes their emphasis on education. "Health is primary, but so is personal development," he says. "Business education is key, and most people don't realize the enormous financial advantages to starting a home-based business. That's something that Connie and I try to pass on."

Their drive to bring the health and financial benefits of Young Living to others has granted the McDanels an extraordinary sense of purpose. Building new relationships wherever they turn, the McDanels are excited about their future with Young Living.



ABUNDANCE

The McDanel's adoration for their family—and for all others they encounter—shines through in everything they do. Their recent ascension to the rank of Diamond is remarkable, but it is their physical, emotional, and spiritual health—along with their insatiable desire to help others—that bring them true abundance. “We are grateful for abundance financially, but of even greater importance is the abundance and richness of our life,” they say. “We attribute much of our success to understanding the home-based business concept and finding a company to believe in: Young Living.”

HOW THE MCDANELS SHARE YOUNG LIVING:

Immediate experience: Letting individuals have an immediate experience always stirs interest and emotion. We like combining wintergreen and peppermint because individuals can feel it working in less than a minute.

Loaning out a book or CD:

Sometimes you may overhear a conversation where it lends itself to say, “I overheard you talking and I have this really interesting reference book that has some useful information for your situation.”

The McDanel's credit Young Living products for their continued physical wellness. Some of their favorites include:

- **Progressance™ and EndoGize™**

Used by Connie as a key part of her health maintenance, she attributes these products with her ability to successfully tackle women's issues.

- **Everyday Oils™**

Connie describes this collection of nine Young Living Therapeutic Grade™ (YLTG) essential oils as her, "total healthy medicine cabinet," and says it's great for first aid, sore muscles, and other everyday uses.

- **Thieves®**

Assuring that house cleaning is a "health-enhancing" activity, Thieves products keep the McDanel's home "clean, green, and uplifting!"

- **Essentialzyme™**

"It all begins with enzymes," Michael says. "If we aren't processing nutrients properly it doesn't matter what supplements we take."

- **Abundance™**

Michael loves this oil blend for "all that it offers the mind, body, and spirit," and encourages their organization to dab it on business cards and thank you notes.

**CORE ESSENTIALS COMPLETE
ESSENTIAL REWARDS PACK**

Item No. 3482

Whsl. \$219.75 / Pref. Cust. \$254.45 / PV 219.75



- **Core Essentials Complete™:**

CORE SUPPLEMENTS™

Both Michael and Connie appreciate the individual a.m., noon, and p.m. packages, and "hope that all individuals, young and old, realize the important role of filling nutritional gaps in maintaining an 'uplifted' attitude and optimal health."

NINGXIA RED®

The energizing gifts offered by NingXia Red benefit the McDanel's active lifestyle. Michael mixes one to two ounces in his water bottle when on long runs or bike rides, and Connie adds, "There is a saying at Young Living, 'Viva la NingXia,' if you know what I mean!"

BALANCE COMPLETE™

Michael loves this high-fiber meal replacement for a quick nutrient boost on the go, while Connie appreciates its help with weight management.

Ask to come to a class:

Inviting new people to a class is exciting because the information positively affects people's lives. The class focuses on various topics—all educating about the benefits of Young Living's products that support optimal health. Throughout the class it is important to ask "yes" questions. (Do you see the value and

benefits essential oils provide? Can you see why as a mom I am so passionate about the benefits of NingXia Red for my kids? Do you know anyone else who could benefit from using Young Living's products?) Be sure to create a clear call to action. (Since you have found the information valuable, let me show you how you can become a member).

AT HOME

Freshen *Your* Home For Spring!

Being inside all winter can leave the air in need of a good spring cleaning! That's why we're offering some air-purifying tips to eliminate any lingering indoor stuffiness, decongest your home, and welcome the warmth of spring.

Here you'll learn a few simple tips for using Young Living's popular essential oil blends, Purification® and Thieves®, to cleanse, purify, and renew your home.

One of the most effective Young Living products for cleansing away undue odors is Purification oil blend. Its clean, refreshing, uplifting scent eliminates unpleasant smells and helps dissipate indoor pollutants. This blend of pure essential oils

is comprised of citronella, rosemary, lavandin, melaleuca, and lemongrass—all powerful odor eliminators—and was formulated specifically for diffusing. Simply fill your diffuser with Purification and enjoy its fresh, clean aroma!

- Moisten cotton balls with a few drops of Purification and place them around the house, in air vents, and by humidifiers.
- Add a few drops of Purification to a spray bottle of distilled water as an ideal alternative to chemical-based air fresheners—spray on carpet, upholstery, or in the air.



PURIFICATION
Item No. 3399 15 ml
Whsl. \$17.75 / Pref. Cust. \$20.55
Retail \$23.36 / PV 17.75



THIEVES
Item No. 3423 15 ml
Whsl. \$31.75 / Pref. Cust. \$36.76
Retail \$41.78 / PV 31.75

A mixture of rosemary, clove, lemon, cinnamon bark, and *Eucalyptus radiata* essential oils, Thieves' pleasing aroma is wonderful for reducing odors, and Thieves has been university tested for its ability to kill airborne bacteria, and mold. In fact, one 1997 study conducted at Weber State University found Thieves to be up to 90 percent effective. Diffuse Thieves for fifteen minutes every three to four hours and breathe easy that your home is free of airborne impurities!

MORE PURIFICATION!

The Young Living oils in Purification make it tough on odors. Let's take a closer look at these key ingredients:

- **Citronella:** Known for its ability to repel insects, citronella also has cleansing properties.
- **Lemongrass:** Believed to have strong purifying and germ-fighting properties, lemongrass lends its refreshing scent to Purification.
- **Lavandin:** Lavandin adds to the odor-neutralizing power of Purification.
- **Rosemary:** Contains natural properties similar to those in many over-the-counter germ-fighters.
- **Melaleuca:** Also known as tea tree oil, melaleuca has a powerful, herbaceous aroma.
- **Myrtle:** Believed to boost immune function, diffusing myrtle in your home may help ward off microscopic intruders.

Thieves is another excellent Young Living oil blend for refreshing the home.

- Diffuse for fifteen minutes every three to four hours.
- Put 4–8 drops on a cotton ball and place on vents.

MORE THIEVES!

Thieves has proven effective against airborne bacteria in university studies. Let's take a closer look at what makes Thieves work:

- **Clove:** One of the most effective germ-killing oils, clove is a key ingredient in Thieves.
- **Lemon:** Containing antiseptic-like properties, lemon boasts immune-boosting compounds.
- **Cinnamon Bark:** Another Young Living Therapeutic Grade™ essential oil with high antiseptic-like elements, cinnamon bark adds a warm, spicy aroma to Thieves.
- ***Eucalyptus radiata*:** Believed to be anti-infectious and to hold many germ-fighting properties, this particular eucalyptus variety works seamlessly with the other ingredients in Thieves to help detoxify your home.
- **Rosemary:** Fortifies Thieves' bacteria-killing properties.

BODY

Soothe Winter Discomfort, *Naturally*

Sniffles, congestion, and other signs of sinus and respiratory discomfort often accompany the winter months. The new Breathe Again™ Roll-On and the latest discovery from Young Living's farm in Guayaquil, Ecuador, Eucalyptus Blue™ can help alleviate the general distress brought on by cold and flu season.

Breathe Again is a proprietary blend of Young Living Therapeutic Grade™ (YLTG) essential oils formulated specifically to support respiratory health. Containing four different species of eucalyptus, including *Eucalyptus staigeriana*, *Eucalyptus globulus*, *Eucalyptus radiata*, and Ecuador's Eucalyptus Blue, along with the benefits of peppermint, myrtle, and copaiba, Breathe Again is an excellent natural alternative for cold weather discomfort.

PREVENT CONGESTION *before IT STARTS!*

HERE ARE SOME OTHER YOUNG LIVING ESSENTIAL OILS
EXCELLENT FOR PROMOTING HEALTHY RESPIRATORY
FUNCTION:

| | |
|----------|--------------|
| RAVEN™ | LEMONGRASS |
| R.C.™ | OREGANO |
| CLOVE | BLACK PEPPER |
| THIEVES® | |



BREATHE AGAIN ROLL-ON
Item No. 3528 10 ml
Whsl. \$19.75 / Pref. Cust. \$22.87
Retail \$25.99 / PV 19.75

EUCALYPTUS BLUE
Item No. 3597 5 ml
Whsl. \$11.75 / Pref. cust. \$13.61
Retail \$15.46 / PV 11.75

The all-natural essential oils in Breathe Again aid in awakening the airways and opening the nasal passages:

- **Eucalyptus Blue:** Boasting similar chemistry to *Eucalyptus globulus*, this pure essential oil is another naturally occurring extract studied for its beneficial effects on respiratory function.
- ***Eucalyptus globulus*:** An ingredient in many other over-the-counter congestion remedies, this essential oil is known for its positive effect on lung function and is believed to open constricted airways.
- ***Eucalyptus radiata*:** This essential oil has been studied for its antimicrobial properties and is believed to possess many antibacterial and anti-inflammatory benefits.
- ***Eucalyptus staigeriana*:** Containing all the beneficial properties of the other three eucalyptus varieties, *Eucalyptus staigeriana* contains additional compounds that support lung function.
- **Copaiba:** Contains the highest known levels of a beneficial constituent beta caryophyllene. Studied at the University of Quebec for its extraordinary anti-inflammatory properties¹, beta caryophyllene aids in opening airways and soothing blocked nasal passages.
- **Peppermint:** Peppermint oil provides a sensation of cooling and improved airflow as well as the pleasing, refreshing aroma associated with mint oils.
- **Myrtle:** Myrtle has many of the same properties of the eucalyptus oils, with the added respiratory support of its unique beneficial compounds.

Eucalyptus Blue—the latest discovery from Ecuador—is one of the active ingredients in Breathe Again, but has also recently been made available for sale as an essential oil single. Containing several beneficial respiratory properties, Eucalyptus Blue is an excellent oil to diffuse throughout your home or office for pulmonary relief during times of discomfort.

When the cold weather has gotten the best of you, use the expansive and calming benefits of Breathe Again. Simply roll Breathe Again under the nose or on the chest. Inhaling Breathe Again will bring all-natural relief, and the portable roll-on delivery system makes respite from winter sniffles and discomfort available anywhere.



¹ Lefault J, Pichette A. Potentiating effect of beta-caryophyllene on anticancer activity of alpha-humulene, isocaryophyllene and paclitaxel. J Pharm Pharmacol. 2007 Dec;59(12):1643-7.

FITNESS

Lucky Number Seven

Triathlete Heather Butcher shares how Young Living made her dream of competing in the illustrious Ford Ironman World Championship come true.

The Ironman triathlon is the most physically grueling event an athlete can attempt in their career. Consisting of a 2.4-mile open water swim, 112-mile bike ride, and culminating in an excruciating 26.2-mile run, two years ago, at the age of thirty-four, Heather Butcher had completed five of them. However, despite her remarkable accomplishments one thing continued to elude Heather—the Ford Ironman World Championship in Kona, Hawaii.

A career athlete and online triathlon coach, Heather trains twelve to fifteen athletes at a time, the majority living in close proximity to her Florida home. During training sessions, she swims, cycles, and runs alongside trainees as they're pushed to new levels of speed and endurance. It was about a year and a half ago that this rigorous schedule of non-stop activity began to take its toll, and Heather began searching for a natural product that would ease the tendonitis she was suffering in her Achilles tendon, as well as soothe the muscle soreness associated with consistently challenging her physical boundaries.

It was then that Katherine Short introduced her to Young Living. Having been exposed to numerous multi-level marketing companies and their products Heather was skeptical about ingesting any supplements, but agreed to try rubbing Valor®, lavender, and PanAway® on her muscles,

joints, and tendons. The result was immediate, and it wasn't long before Heather wanted to see what else Young Living had to offer.

A vegetarian for the past eighteen years, Heather had always struggled with anemia and low immune function. Consistently falling ill made training and recovery exponentially more challenging, and she was looking for supplements that would boost her immune system and facilitate quick recovery from trying workouts. She found her answer in Core Essentials Complete™.

“In the year and a half that I've been drinking NingXia Red®, I haven't gotten sick once,” Heather gushes. “Not only that, but shortly after incorporating NingXia Red, Core Supplements™, and Balance Complete™ into my training and dietary regimen, I started hitting best times. After years competing, to start doing your best times in your mid-thirties is unheard of. I hadn't changed my training schedule at all; I attribute the improvement in my performance to the products I was using.”

In November 2007, Heather competed in her sixth Ironman-length triathlon, and her time in this competition put Heather one step closer to achieving her life long goal of competing in the Ford Ironman World Championship. “I had a great race in November 2007, and my time qualified me for the Hawaii Ironman—every triathlete's dream.”

“Not only did I compete well enough to achieve my goal of qualifying for Hawaii, my body was also able to recover much more quickly than ever before.”



Her training continued, and with the support of Core Essentials Complete and the topical application of essential oils like Valor, PanAway, lavender, lemongrass, and wintergreen. Heather was able to maintain her rigorous schedule. On October 11, 2008—proudly sporting the NingXia Red logo blazoned across her uniform—at the age of thirty-six, Heather Butcher finished the Hawaii Ironman World Championship in eleven hours, forty-eight minutes, and thirty-seven seconds—her seventh Ironman-length triathlon.

Heather has since returned to her Florida home where she continues training Ironman hopefuls and giving motivational speeches on the importance of nutrition. She maintains that while not everyone is interested in her level of physical activity, proper nutrition is universal “People want to feel good, feel good about themselves, and have good quality of life. What you put into your body affects how you function. Nutrition is key.”

NINGXIA RED COMBO PACK

Item No. 4700
1 liter bottle; 10 singles
Whsl. \$55.00 / Pref. Cust. \$63.68
Retail \$72.37 / PV 55



CORE SUPPLEMENTS

Item No. 3504
Whsl. \$104.75
Pref. Cust. \$121.29
Retail \$137.83 / PV 100



HEATHER'S PRODUCT TIPS

- Add oregano oil to NingXia Red for an **ADDITIONAL IMMUNE BOOST**.
- Rinse with Thieves Mouthwash every night for **GUM HEALTH AND ADDED IMMUNE FORTIFICATION**.
- Carry NingXia Red singles for an **ENERGY BOOST** on the go. Heather used them during the cycling and running portions of her Hawaii Ironman.
- Take Core Supplements—they have everything you need in convenient **A.M., NOON, AND P.M.** packages.
- For a quick meal on the go, take Balance Complete. The right amounts of **FIBER, PROTEIN, AND CARBOHYDRATES** is great for fueling your body when you're short on time.



NOTED + QUOTED

200
OUR LAVENDER
FARM IS HOME TO
acres of vibrant purple fields.

*“When Wall Street is shaking
and trembling and falling like
dominoes, our Young Living
checks not only sustain us
through this crisis, but my check
continues to go up!”*
—Susan Hall, YL Gold

It takes
3,000
lemons to produce
one kilo of lemon
essential oil.

there are fewer than
200 days left until
Grand Convention
in Minneapolis,
Minnesota,
September 16–19, 2009.

**“Little did I know
[when I joined YL]
I had begun an
exciting journey
of discovery.”**
—Kathryn Thornton, YL Distributor

**YOUNG LIVING
FOUNDER
GARY YOUNG’S
FIRST FARM WAS
HIS BACKYARD
IN SPOKANE,
WASHINGTON.**

**“Alternative
medicine is not a
last option—now
it is a first option.”**
—Ben and Carol Howden, YL Silver

**YLTG IS BASED ON
FOUR CRITERIA:
PLANTS,
PREPARATION,
PURITY, and
POTENCY.**

Life 5™ contains
8 billion
active cultures.

“This information is **life changing** and will give you the opportunity to live a healthier lifestyle. Residual income is the way of the 21st century, and what an incredible way to build health and wealth.” —Linda Scott, YL Silver

FOOD

WELCOME THE NEW SEASON WITH THESE
Tasty, Refreshing Treats!

Take along the citrus burst of Lemon Chicken & Lemon Asparagus Linguine at an outdoor picnic, or enjoy the comfort of a Apple-Cinnamon dessert on a cool evening.

These essential oil-infused recipes offer some tasty ideas for spring!



LEMON CHICKEN

4 chicken breasts
1 lemon
1 Tbsp. olive oil
Salt & pepper to taste

Salt and pepper chicken to desired taste and drizzle with olive oil. Grill chicken on grill or in a grill pan. When cooking is almost complete, squeeze half of lemon over chicken. Serve with Lemon-Asparagus Linguine.

LEMON-ASPARAGUS LINGUINE

¼ c. olive oil + 1 Tbsp.
1 lemon, zested
16 oz. of linguine
2 garlic cloves, minced
1 bunch of green onions, chopped
1 bunch of asparagus
2 drops of lemon essential oil
3–4 basil leaves, chopped
Salt & pepper to taste
Parsley, chopped

Mix zested lemon and olive oil and set aside. Cook pasta according to package directions. While pasta is cooking, mince garlic, chop onions, and break asparagus into medium-sized pieces, throwing ends out. Over medium heat, add 1 tablespoon of olive oil to heated pan and add garlic. Cook slightly then add the onions. Cook 1–2 minutes and add asparagus and cook another 3–5 minutes or until asparagus is heated through. Add lemon oil, salt and pepper. Once pasta has been cooked and drained, add to asparagus mixture. Add lemon and olive oil mixture a little at a time and toss until well coated. Add basil and toss. Garnish with chopped parsley.

Serves 4+

APPLE-CINNAMON DESSERT

4 small-medium cookies of choice
Rice ice cream (or ice cream of choice)
½ c. of agave
¼ c. pecans, chopped
½ of an apple, chopped
¼ c. apricots, chopped (dried or fresh)
2–3 drops of cinnamon essential oil
1 lemon

Place agave, pecans, apples, apricots, and cinnamon oil into a pan and heat for 1–2 minutes over high heat. Place a cookie on each plate and add a scoop of ice cream on top. Spoon 1–2 spoonful's of agave mixture over top of ice cream and cookie. Serve.

Serves 4+



LEMON

Item No. 3578 15 ml
Whsl. \$9.75
Pref. Cust. \$11.29
Retail \$12.83
PV 9.75



BLUE AGAVE

Item No. 3224
32 fl. oz. (946 ml) liquid
Whsl. \$34.75
Pref. Cust. \$40.24
Retail \$45.72
PV 34.75



CINNAMON BARK

Item No. 3515 15 ml
Whsl. \$21.75
Pref. Cust. \$25.18
Retail \$28.62
PV 21.75

Item No. 3221
8 fl. oz. (237 ml) liquid
Whsl. \$12.00
Pref. Cust. \$13.89
Retail \$15.79
PV 12

Massage the Winter Away!

Massage therapy—the practice of soft tissue manipulation for physical, mental, and emotional purposes—offers a variety of benefits to help you embrace the coming spring with renewed vitality.

After spending extended periods of time indoors, an invigorating or balancing massage could be just what is needed to realign the body and mind. Tracy Griffiths, a Young Living Silver and massage therapist with more than twenty years in private practice, shares with us some benefits of Young Living oils for massage along with some easy and effective ways to self-massage your way out of a winter funk.

When Tracy first entered into private practice, she didn't realize that oils could serve a purpose beyond a pleasant aroma. "My first twelve years as a massage therapist I used other oils and never saw results. I didn't even realize that there could be results. I just used oils for their smell." It wasn't until after she was introduced to Young Living oils, and become more educated about essential oils in general, that Tracy started incorporating Young Living into her practice. She's never looked back.





“The purity and quality of Young Living oils are unsurpassed by any other products on the market today. Other oils don’t even compare. Once I learned Raindrop Technique® and saw its immediate and lasting results on my patients, I would never put any other oil besides Young Living on someone’s skin. They are the only products I would ever recommend to my patients.” —*Tracy Griffiths*

Raindrop Technique is a type of massage that integrates Young Living essential oils with the benefits of Vitaflex and massage. Developed by Gary Young and a Lakota medicine man named Wallace Black Elk, Raindrop is a powerful, non-invasive tool for alleviating physical discomfort and realigning the body, mind, and emotions.

Raindrop Technique utilizes thyme, oregano, wintergreen, cypress, peppermint, basil, and marjoram essential oils, along with Valor®, Aroma Siez™, V-6™ Enhanced Vegetable Oil Complex, and Ortho Ease® to bring the body and mind into alignment. These oils are known for their ability to support the immune system and other body systems. Their high antioxidant properties

elevate the mood and foster an environment of physical and emotional relaxation. When used in conjunction with the Raindrop Technique these oils can promote overall health, vitality, and create the much-needed energy boost, balancing the body after a long winter.

In addition to using Raindrop on her patients, Tracy has witnessed dramatic results when using other Young Living oils as well. Joy™ essential oil blend is ideal for saying goodbye to winter and welcoming the coming spring and is used by Tracy with great success. “By using oils like Joy on patients with emotional blocks they would be

able to find a way to open their emotional body and start feeling freedom to relate to the deeper parts of themselves,” she explains.

You don't have to be a professional to get all the wonderful benefits of massage! To experience the lasting physical and emotional benefits of Young Living oils and massage therapy in the comfort of your own home, Tracy shared the following tips:

Massage **Peace & Calming**[®] on the reflex points of the feet and back of the neck for a soothing, relaxing effect.



Apply **RutaVaLa**[™] on the back of the neck, base of the spine, on the feet, on the ears, or just under the nose before bed to overcome negative feelings and lull the mind into a sense of comfort.



Rub **Valor**[®] on the ears after cell phone use to clear cellular energy.



WHETHER YOU'RE INTERESTED IN RAINDROP TECHNIQUE OR THE OTHER OILS TRACY RECOMMENDS, MASSAGE IS AN EXCELLENT WAY TO BREATHE NEW LIFE INTO A DULL WORLD. TAKE TRACY'S TIPS OR CREATE A TAILOR-MADE MASSAGE OIL OF YOUR CHOOSING. ALL YOU NEED IS YOUR FAVORITE YOUNG LIVING OIL OR OIL BLEND AND V-6[™] ENHANCED VEGETABLE OIL COMPLEX AND YOU'RE READY TO SELF-MASSAGE YOUR WAY TO SPRING VITALITY!

TRACY GRIFFITHS 1-310-455-9381
MEMBER NO.: 317713
SILVER
TOPANGA, CA



PEACE & CALMING

Item No. 3393 15 ml
Whsl. \$32.75 / Pref. Cust. \$37.92
Retail \$43.09 / PV 32.75

RUTAVALA

Item No. 3419 5 ml
Whsl. \$29.75 / Pref. Cust. \$34.45
Retail \$39.14 / PV 29.75

VALOR

Item No. 3429 15 ml
Whsl. \$19.75 / Pref. Cust. \$22.87
Retail \$25.99 / PV 19.75

YL Highlights



Chongon School Almost Complete

Many of you have offered support to The D. Gary Young Foundation, and we want you to know that your contributions are recognized and very much appreciated.

When The D. Gary Young Foundation was introduced in 2008, we were amazed at the number of convention attendees who donated. In fact, we are pleased to announce that more than \$48,000 was collected in June to start construction of the Chongon School in Ecuador!

Soon the children of Guayaquil will be able to take advantage of the opportunities your generosity has afforded them. For the first time ever they will have

the facilities and the resources necessary to receive a proper education. There are just a few more finishing touches before the school can open—the grounds need to be finished, supplies purchased, and teachers hired. Your continued support is needed to make this happen. To donate to The D. Gary Young Foundation go to www.dgaryyoungfoundation.org.

Stay Up-To-Date with Young Living's Blogs

When you visit our Product Blog, you'll be among the first to know about product updates, learn more about your favorite essential oils and supplements, and read about exciting announcements straight from the corporate office.

And with Gary Young's official blog, you will be privy to many of our Founder and President's thoughts and feelings about life, health, and the many projects he is currently involved in. We are excited to be fostering

a community of discovery and encourage you to join the conversation by sharing your feedback, tips, and ideas for topics and more when you comment on the blog posts.

YL's Product Blog—<http://log.youngliving.com/product>

Gary Young's Blog—www.dgaryyoung.com/blog





MIND/BEAUTY

Detox Your Skin *with Essential Oils and A·R·T*

The cold winter months can have a dulling effect on our complexions. To help combat the negative result of persistent outdoor exposure, we've created a three-day detoxifying regimen designed to restore your skin's natural glow.



DAY ONE:

Prepping your body and your environment is key: skin will only look as good and respond as well as your body feels.

- Clear away any clutter and stock your fridge with healthy foods. Fresh fruits (cranberries, apples, and grapes) and vegetables (broccoli, carrots, and sweet potatoes) are excellent for their high antioxidant levels. Antioxidants combat free radicals and halt skin damage in its tracks while lean protein—chicken, turkey, and tofu—provides skin with essential fatty acids and the B vitamins necessary for proper balance.
- Go through your medicine cabinet and remove any grocery or department store skincare products. These tend to be high in perfumes, and adding these to skin will counteract any benefits received from your detoxifying regimen. Leave only the essential oil-infused ART® Gentle Foaming Cleanser, Purifying Toner, Day Activator, and Night Reconstructor. Using these products daily will enable your skin to harness the DNA fortifying power of Age Refining Technology and rebalance the negative effects of a cold climate.

*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.

A-R-T SKIN CARE SYSTEM

Includes: 1 Day Activator (30 ml), 1 Night Reconstructor (30 ml), 1 Gentle Foaming Cleanser (100 ml), and an instructional booklet.
Item No. 3765

Whsl. \$115.00 / Pref. Cust. \$133.16 / PV 115

DAY TWO:

MORNING:

First thing in the morning, gently massage away any overnight build-up with your ART Gentle Foaming Cleanser and ART Purifying Toner, and prep your skin for the day with ART Day Activator. Then enjoy a warm essential oil-infused tea. Young Living Therapeutic Grade™ (YLTG) essential oils like lemon, peppermint, and sage contain beneficial constituents that will help eliminate puffiness and begin decongesting your skin from the inside, out.

AFTERNOON:

Take a midday break and indulge yourself in a detoxifying massage. Your lymph nodes—glands located in your underarms and neck—work as filters for the immune system. Mix a detoxifying YLTG essential oil like orange or tangerine with Young Living's V-6™ Vegetable Oil Complex and massage each underarm with small, circular strokes. Do this for about thirty seconds then repeat on throat if desired.

EVENING:

Unwind with an essential oil-infused facial. Simply pour hot water into a small bowl and add a few drops of Citrus Fresh™ essential oil blend, dampen a hand towel in the bowl, and drape it over your face. Relax for ten minutes in a reclined position and let the steam open up your pores. Once finished, wash and tone your skin with ART, and apply the ART Night Reconstructor for overnight protection.

DAY THREE:

MORNING:

Begin the day with your ART regimen, then hop in the tub for a quick full-body exfoliation. Scrub your body with a natural exfoliant to remove dead, dulling skin cells. An all-natural, inexpensive option is to mix coffee grounds with a small amount of Young Living's bath gel base—the caffeine in coffee will help increase circulation and pump toxins from the body.

AFTERNOON:

Sweat it out! Enjoy at least thirty minutes of light exercise—brisk walk, jump rope, or yoga—to help flush toxins from the system.

EVENING:

At the end of this three-day detoxifying regimen you'll want to nourish and calm your complexion. Apply a mask of raw honey to your face, then layer cucumber slices on top of the honey. Cover your face with a warm, damp cloth and allow the honey—a natural humectant and anti-inflammatory—to seal in moisture while reducing irritation and redness. Cucumbers are natural diuretics and will further flush out excess fluid and any remaining puffiness.

By the end of this three-day detox your skin should be restored to its natural, healthy glow. Maintain your complexion with daily use of A·R·T, and in a few months' time repeat this easy regimen to keep your complexion healthy in any season.



CITRUS FRESH

Item No. 3318 15 ml

Whsl. \$14.00 / Pref. Cust. \$16.21

Retail \$18.42 / PV 14.00

TERRIFIC TIPS

“My husband had not picked up his acoustic guitar for more than three months, and the strings get sediment that builds up from lack of use. He grabbed Thieves® Spray and sprayed a little on the strings and it cleaned it right up. The strings did not need to be replaced and he was ready to play!” *Carole Dechaine*



THIEVES SPRAY

Item No. 3265 1 fl. oz.

Whsl. \$8.00 / Pref. Cust. \$9.26 / Retail \$10.53 / PV 8



“Since I cut back on sodas and other artificial drinks, I was looking for something cool to drink this summer. I brewed five green tea bags in a four-cup coffee pot.

After squeezing out the tea bags, I sweetened the tea with organic honey. After that cooled I added a shot of NingXia Red® and a few squirts of lime juice. Served over ice, it's yummy—better than any canned or bottled stuff.” *Liza Phillips*

NINGXIA RED

Item No. 3003 1 liter

Whsl. \$39.75 / Pref. Cust. \$46.03 / Retail \$52.30 / PV 39.75



“I love the Rose Ointment™. I use it on my lips at night before I go to bed. I have noticed that if I start to get a cold sore it keeps it from developing. It is a wonderful product.” *Glenda Deems*

ROSE OINTMENT

Item No. 3709 1 oz.

Whsl. \$00.00 / Pref. Cust. \$00.00 / Retail \$00.00 / PV 00.00



“Our grandchild was over to visit while I was gone. My husband let him play with crayons and our two Yorkie puppies got the crayons and chewed them up. My husband tried to get the tiny bits up with the steam mop and when I arrived home I saw black and red streaks in the carpet—the steam had melted the crayons into the carpet. I used the steam mop again, but used Thieves® Household Cleaner full strength on the carpet first. I just rubbed it in and then used the steam mop. To our amazement, all of it came out!” *Diane Behrens*

THIEVES HOUSEHOLD CLEANER

Item No. 3743 14.4 fl. oz.

Whsl. \$00.00 / Pref. Cust. \$00.00 / Retail \$00.00 / PV 00.00



“Whenever I get my underarms waxed I always apply lavender essential oil to soothe the skin. It works better than anything the salon has used.”

B. J. Ayers

LAVENDER

Item No. 3575 15 ml

Whsl. \$20.75 / Pref. Cust. \$24.03 / Retail \$27.30 / PV 20.75

“My dog chased a skunk one night and it sprayed her. The skunk spray was on her neck and down the front of her chest. I put her in our laundry sink and dropped lemon essential oil straight on the skunk spray and it literally dissolved and rolled right off of her. I was able to bathe her with a moisturizing shampoo immediately and there was no scent of skunk left at all. Thanks Young Living!” *Susan Gibson*



LEMON

Item No. 3578 15 ml

Whsl. \$9.75 / Pref. Cust. \$11.29 / Retail \$12.83 / PV 9.75

“I was at a formal dinner when my friend, who was wearing a silk jacket at the time, got some salad oil on her jacket. Instead of using tonic water, she tried to clean it with straight water which only seemed to make it worse. I took my Thieves® Waterless Hand Purifier out so she could give it a try. The stain cleared up so well that she could wear her jacket for the rest of the occasion.” *Jessica Tatz*



THIEVES WATERLESS HAND PURIFIER

Item No. 3621 1 oz.

Whsl. \$5.00 / Pref. Cust. \$5.79 / Retail \$6.58 / PV 5.00

“I have found Purification® essential oil blend to be a wonderful way of getting rid of stale air in the kitchen, family room, etc. I just diffuse it in the rooms and it does not take much time to freshen an entire room. Best of all, it makes me feel good to know that I am not spraying chemicals into the air—which can cause allergy and respiratory problems for some members of my family.” *Marilyn Cobb*



PURIFICATION

Item No. 3399 15 ml

Whsl. \$17.75 / Pref. Cust. \$20.55 / Retail \$23.36 / PV 17.75

TERRIFIC TIPS

"I was on a road trip with my four- and six-year-old children. After being cooped up in the car for four hours, they became very hyper in the hotel room. Since it was time for bed and I couldn't take anymore, I put some Peace & Calming® essential oil blend on their feet. Five minutes later, they were both lying down. My mom, who is a skeptic of most things, said 'Hey, give me some of that.'" *Shannon Ruther*



PEACE & CALMING

Item No. 3393 15 ml

Whsl. \$32.75 / Pref. Cust. \$37.92 / Retail \$43.09 / PV32.75

"My husband had soreness in his arm from lifting repetitiously. I used Idaho Tansy essential oil and V-6™ Enhanced Vegetable Oil Complex to rub up and down his arm before bed. When he awoke the next morning, he couldn't believe how much better it felt." *Tami Ollervides*



V-6 ENHANCED VEGETABLE OIL COMPLEX

Item No. 3775 3.85 fl. oz. (114 ml)

Whsl. \$11.00 / Pref. Cust. \$12.74 / Retail \$14.47 / PV 11

"I have had a wonderful experience flying with my oils. Recently there were a couple babies on the flight and all were unhappy. My teen said, 'Mom, get out the Gentle Baby™ essential oil blend.' I put a few drops on my hands and reached up to 'adjust' my air vent, moving it around and over my hands. I also ran my hand along the back of her seat and mine. By the time we were in the air all the kids were quieted down. The one behind us slept till we landed!" *Carla Brogden*



GENTLE BABY

Item No. 3345 15 ml

Whsl. \$34.75 / Pref. Cust. \$40.24 / Retail \$45.72 / PV 34.75

"For a quick vegan breakfast or brunch with staying power, a scrumptious, slimming smoothie can be made in a blender in a couple of minutes with just three ingredients: two cups of pure water, two scoops of Power Meal™, and one cored and quartered, unpeeled apple, pear, or peach. The fruit adds a bit of natural fiber and sweetness, while the blender produces just the right consistency for this delicious, dairy-free, protein-packed meal on the go." *Dianne Tzouras*



POWERMEAL

Item No. 6300 1 lb. 15 oz.

Whsl. \$49.75 / Pref. Cust. \$57.61 / Retail \$65.46 / PV 49.75

"It's been a terrible year in California for black ants. They have invaded my kitchen, my bathrooms, and my home. It has been awful. One morning I came into the kitchen and found ants on the counter. In frustration I grabbed my peppermint essential oil, dropped two drops on the counter, and used my hand to rub it all over the counter where the ants had not ventured. I watched the ants go up to the border, stop, and then change directions. I used my finger to draw a peppermint circle around a few isolated ants—they were trapped in the circle. Finally, I rubbed the entire counter with one more drop of peppermint, and the ants have not come back. I will gladly rub my counters down with peppermint one or two times a day to keep the critters from invading my territory again!" *Julie Dollahite*



PEPPERMINT

Item No. 3614 15 ml

Whsl. \$19.75 / Pref. Cust. \$22.87 / Retail \$25.99 / PV 19.75

"Our bath drainage unit would not stay in the open drain position and couldn't be replaced. We used a number of chemical and mechanical options with no result. Finally I dropped a few drops of lemon essential oil on the problem area, waited a few moments, and came back. Result: The bath now drains freely once again!" *Suz McGill*



LEMON

Item No. 3578 15 ml

Whsl. \$9.75 / Pref. Cust. \$11.29 / Retail \$12.83 / PV 9.75

"My two-year-old got a hold of a pencil and proceeded to mark up the walls of my home. I rubbed my Thieves® Foaming Hand Soap on the pencil marks and left it for a minute them wiped them away." *Jessica Nail*



THIEVES FOAMING HAND SOAP

Item No. 3674 8 fl. oz.

Whsl. \$9.75 / Pref. Cust. \$11.29 / Retail \$12.83 / PV 9.75

FAVORITE FIVE



Two years ago, while working as a travel show producer, Londin Winters began experiencing the loss of feeling in her right hand. When she went to get energy work, the person performing the work introduced her to Young Living Essential Oils. Nine months later, in August of 2007, Londin quit her job and started a full-time Young Living business. Londin says, "I loved Young Living products so much that it was all I wanted to do." Shortly thereafter, she reached the rank of Silver and continues to support her growing business. "I share Young Living through various ways," Londin adds, "I build my business primarily through directing people to my website www.wolfberryjuice.com." And though Londin loves all Young Living products, she says that when she uses her favorite five products, "I feel dialed-in health wise." Here are a few Young Living products she can't live without.



NINGXIA RED®

"If I could only buy one product, it would be NingXia Red. It's got everything I need. If I don't have the chance to do anything else for my health that day, I know that if I use NingXia Red, I'm set. NingXia Red has changed my life and inspired me to become co-creator of www.wolfberryjuice.com."



RUTAVALA™

"RutaVaLa essential oil blend helps me get to sleep every night. I use it to switch out of business mode after a day of going non-stop."



SULFURZYME®

"This product is amazing. When I started using it, it nearly tripled the thickness of my hair. Now, I feel great and even my nails grow like crazy."

POWER MEAL™



"Power Meal has so many amazing ingredients. I take it with me in the car and mix it with water. I always keep it around so I don't have to stop at a convenience store and buy something bad for me. Plus, with the new formulation, it tastes great."



DETOXZYME®

"Our food source is so depleted that I know how critical this product is and I get amazing results—I can feel it working."

Recognition

DISTRIBUTOR

STAR

SENIOR STAR

EXECUTIVE

SILVER

①

②

③

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CROWN DIAMOND RANK

Kathryn J. Farmer



Marcella Vonn Harting



Donna Burns,
Greg & Carol Johnson
Healthier Thymes



Jean-Marie Hepworth



Young Living wouldn't exist today without the dedication and hard work of our many independent business owners. Take some time to look at the faces of the men and women who bring wellness, purpose, and abundance into the lives of so many. From those just beginning their journey with Young Living to the Crown Diamond and Diamond leaders, each name listed here is crucial to our success.

The most exclusive of all the ranks, as a Crown Diamond you will be a mentor to your entire organization, enjoy top-tier earning potential, and relax at the annual Diamond/Crown Diamond Club! As a Crown Diamond you're also granted other privileges like free entrance into all Young Living corporate events, and the opportunity to participate in bi-annual strategy meetings with the Young Living Executive Team.

To achieve the rank of Diamond you need 100 PV, 2,000 PGV, six Silver legs, and one Diamond leg in one commission period. With this ascension to the top you'll qualify for five levels of Unilevel Bonus and up to seven levels of Generation Bonus.

GOLD

PLATINUM

DIAMOND

CROWN DIAMOND

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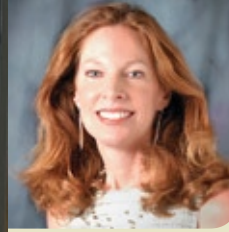
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Richard & Shauna Dastrup
Sha-Faun Enterprises Inc.



NEW DIAMONDS
Connie and Michael McDanel
WISE CHOICE RESOURCE CENTER LLC



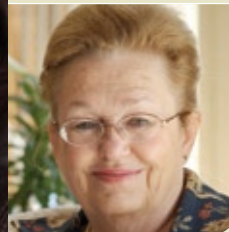
Teri Secret
Essential Oils Healthline



Cherie Ross
Cherie Ross Rcc Inc.



Diane Mora



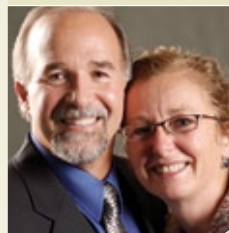
Mary Hardy
Mary Hardy Inc.

One step away from the top, reaching the rank of Diamond is something few get to experience! Enjoy free entrance into all Young Living corporate events, participate in bi-annual strategy meetings with Young Living executives, and build and mentor others to greater heights! Reap the rewards of all of your hard work and get to learn from the best at the exclusive annual Diamond/Crown Diamond Club, and enjoy increased abundance with new levels of bonus.

To achieve the rank of Diamond you must have 100 PV, 2,000 PGV, and six Silver legs in one commission period.



Vicki Opfer



Michael & Connie McDanel
Wise Choice Resource Center LLC

NO PHOTO AVAILABLE

Barbara Ochsenhofer

DIAMOND RANK



Once you conquer the rank of Gold, it's on to the luxury of Platinum! Enjoy the abundance that comes with reaching this exclusive rank at the annual Gold/Platinum Club getaway and seize your new role as a mentor by mentoring and coaching your organization to greater heights.

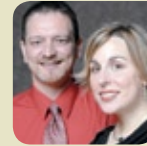
To reach the rank of Platinum you must have 100 PV, 2,000 PGV, and four Silver legs within one commission period, and be prepared to reach new heights of abundance with your qualification for five levels of Unilevel Bonus and up to five levels of Generation Bonus!



Anna-Maya Powell
Anna-Maya Powell LLC



Fred Zerr
Jfz Enterprises Inc., Canada



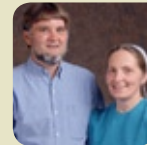
Mary S. Parmley



Artemis
184692 Pty Ltd.



Janet & Joe McBride
Essential Opportunities Inc.



Melvin Peachey



Benjamin & Elaine Perkus

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Jatset



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Jeffrey Lewis



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Shen Energy LLC



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Rainbow Forever Trust



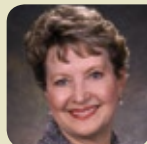
Julia Kay Ferguson



Ron & Karen Spence

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D & B Business Group LLC



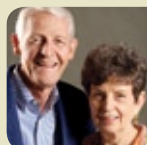
Karen & Peter Balistreri



Sophie Ann M. Aoki



Debra Raybern



Karol & Delmont Truman
Healing Feelings Inc.



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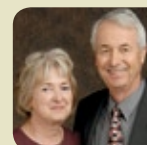
Stephen Cornwell & Akiyo Settsu



Elizabeth Flores
Sunteam



Kathy & Chip Kouwe
Believe Essentials Inc.



Walt & Rita Anderson
Anderson Family Trust

After ascending to the rank of Gold, you'll enjoy greater income, a bigger leadership role within your organization, and all the benefits that come along with it! As a Gold you'll enjoy the annual Gold/Platinum Club getaway, and qualify for five levels of Unilevel Bonus and up to four levels of Generation Bonus!

To become a Gold you must have 100 PV, 1,500 PGV, and two Silver legs within one commission period, and be prepared for increased success and leadership opportunities! Host a weekly leadership call with Executives and Silvers, a monthly organizational call, conduct Leadership Training, and assist group leaders in individual trainings—being a Gold means taking the reigns, and by helping others succeed you're that much closer to Platinum!

| | | |
|----------------------------------|---------------------------------|-----------------------------------|
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| Alexandra Koblmüller | Jennifer Cohen | Oonuma, Sumiko |
| Amy B. Bacheller | Jennifer Goulet | Patricia Fleischer |
| Amy Boothe Green | Jeri Bocci | Peacock Enterprises Limited |
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| James L. Kapalla | Natausha Larson | |
| James Niederland | New Frontier Botanicals | |
| Janet Becker | New Life Marketing Inc. | |
| Janet Zerr | | |

The first major milestone on the way to Crown Diamond, all it takes is a little hard work and a lot of sharing to reach the rank of Silver. As a Silver you'll qualify for five levels of Unilevel Bonus, up to three levels of Generation Bonus, and you'll get to participate in the annual Silver Club. There you will meet and network with other independent business owners, enjoy support from top performers, and have some fun!


In order to become a Silver, you need 100 PV, 1,000 PGV, and two Executive legs within a commission period, and once you've accomplished these goals it's time to focus your leadership on your two strongest legs! Continuing to support your whole organization is important, so host a weekly organizational call, and conduct weekly training meetings and watch your downline grow!

| | | | | |
|--------------------------------|---------------------------------|---------------------------------------|----------------------------------|---------------------------------------|
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REJUVENATE AND REPLENISH
YOUR TIRED COMPLEXION
WITH THIS DYNAMIC DUO!



WONDERFUL ON THEIR OWN, BUT UNBEATABLE
WHEN COMBINED, when your visage is in need of the
youth-promoting benefits of nature, Boswellia Wrinkle
Cream and Wolfberry Eye Cream are the solution.

BOSWELLIA WRINKLE CREAM

This rich, silky-smooth mixture absorbs in minutes and leaves skin feeling thoroughly quenched without the greasy feel or short-lived benefits of other moisturizers. The primary ingredient in Boswellia Wrinkle Cream is methylsulfonylmethane, or MSM. Proven to support youthful collagen levels, maintain firmness, and minimize fine lines, MSM lays a solid foundation for essential oils like geranium, myrrh, sandalwood, and ylang ylang to soothe and soften the skin while frankincense and wolfberry oil further enhance collagen formation.

Item No. 5141 2 oz. (57 g.)
Whsl. \$69.75 / Pref cust. \$80.76 / Retail \$91.78 / PV 69.75

WOLFERRY EYE CREAM

Especially effective when used in conjunction with Boswellia Wrinkle Cream, this balm also works wonders as a complement to any skincare regimen. The thick, velvety texture of Wolfberry Eye Cream massages seamlessly into the delicate eye area easing the appearance of puffiness and dark under-eye circles and promoting skin firmness. Rich in vitamin E and linoleic acids, wolfberry oil—the active ingredient in Wolfberry Eye Cream—is ideal for nourishing and hydrating even the most sensitive of skin.

Item No. 5145 .5 oz. (.2 lb)
Whsl. \$44.75 / Pref cust. \$51.82 / Retail \$58.88 / PV 44.75

10% OFF

Gentle Baby[™]

Item No. 3345 15 ml
Whsl. \$34.75
Pref cust. \$40.24
Retail \$45.72
PV 34.75



Get 10% off Gentle Baby[™] essential oil blend purchases between March 1, 2009, and March 31, 2009.

Gentle Baby is a soft, fragrant combination of essential oils designed specifically for mothers and babies. It helps calm emotions during pregnancy and is useful for quieting troubled little ones. It is also soothing to tender skin.

Many of the essential oils in this blend are used in elite cosmetics to enhance a youthful appearance.

PROMOTION DETAILS

- Offer valid from 12:00 a.m. MT March 1, 2009, through 11:59 p.m. MT March 31, 2009.
- Offer available on regular orders, orders made through the Automated Phone System, and on Essential Rewards orders processed on or before 11:59 p.m. MT on March 31, 2009.

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If you are not satisfied for any reason, we guarantee that you may return any unopened product within 30 days after receipt for a full refund in the same method of payment of the purchase price and applicable sales tax (less shipping charges). Any opened product with which you are dissatisfied may be returned within 30 days after receipt for a credit on your Young Living[®] account of the purchase price and applicable sales tax (less shipping charges). Any sealed or opened product with which you are dissatisfied may be returned up to 90 days after receipt for credit of the purchase price and applicable sales tax (less shipping charges and a 10% restocking fee). Please reference our Return Policy for refund details.

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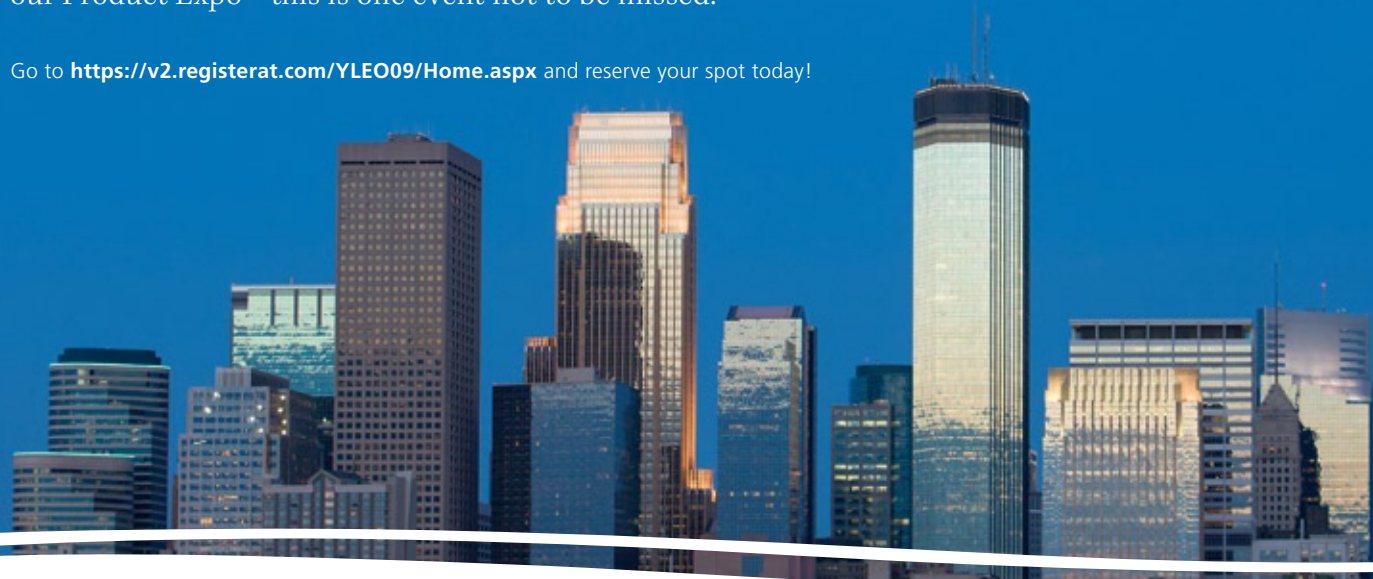
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