

I'm Oil In!

Back to School Support!

It's that time of year again. Time to start watching sales and collecting all the items on the school supply list.

Families begin to practice "early to bed and early to rise" to get their bodies prepared for the structured days that come with a return to school. No more late night activities and sleeping until noon.

What is something you can do to help the transition from the lazy days of summer? **Diffuse, diffuse, diffuse!**

Yes, your diffuser may become your back to school BFF!

- **Having a little pre-school jitters?** (Diffuse Frankincense, Joy, Lavender, Peace and Calming, or Valor.)
- **Can't wake up in the morning?** (Diffuse Lemon or Peppermint.)
- **Need a little confidence for the first day or before a big test?** (Diffuse Joy or Valor.)
- **Need help focusing or stay-**

ing alert?
(Diffuse Lemon or Peppermint.)

- **Trouble calming down to do homework or get to sleep?** (Diffuse Lavender, Peace and Calming, or Valor.)
- **Need to boost the immune system?** (Diffuse Thieves.)



Free August Promotion

*Retail Value: \$47.04-
\$128.82*

· 5-ml White Fir: Woodsy and fresh, this promotion-exclusive essential oil can comfort muscles after strenuous activity.

· 5-ml Eucalyptus Blue: Balanced & refreshing, it

is ideal for sports massage.

· 15 Product Credit: Receive \$15 to be used like cash toward your favorite Young Living products.

· 5-ml Peppermint: Minty & restorative, it can cool and soothe tired muscles.

· BLM™ Capsules: A proprietary blend of powerful ingredients and essential oils, BLM supports normal joint, muscle, and ligament health.

Ask how to qualify!



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Please Note:

- The statements made in this newsletter are for educational purposes only and have not been evaluated by the Food and Drug Administration.
- The products discussed are not intended to diagnose, treat, cure or prevent disease.

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Extra-Curricular Aches and Pains

Have an athlete in the family?

Trying to get ready for football, marching band, cross-country?

Maybe you have a 4-H student hauling feed and hay and handling livestock.

With the extra physical activities on top of the class work, your student may experience some sore muscles.

Time to break out your oils!

- Aches and Pains—PanAway, Lavender, Peppermint, or White Fir (Aug Promo) applied topically

Mix up a batch of pain cream to keep on hand. Be sure to store in a glass jar.

(Works great on parents, too!)



1 cup coconut oil
10 drops Valor
10 drops Panaway
10 drops Peppermint

Making the Grade!

A university in Japan experimented with diffusing different oils in the office.

When they diffused lemon there were 54% fewer errors made in the office, with jasmine there were 33% fewer errors, and with lavender there were 20% fewer errors.

When oils are diffused while students are studying for a test and then the

“...test scores may increase by as much as 50%”

same oils are smelled during the test via a hanky, cotton ball, or plastic nasal inhaler, test scores may increase by as much as 50%.

Different oils should be used for dif-

ferent tests, but the same oil should be used during the test as was used while studying for that particular test.

The smell of the oil may help bring back the memory of what was studied.



(Reference Guide for Essential Oils by Connie and Alan Higley; page 128)

Teachers' Corner

Teachers are often surrounded by sniffing, coughing, and sometimes feverish students. Staying healthy can be a fulltime job!



If allowed, use your diffuser to help protect you and your students. Make your classroom a “germ-free-zone”.

Thieves essential oil blend with Young Living’s patented diffusing system creates a safe and simple means of filling your classroom with therapeutic benefits.

Many forms of bacteria and mold spores linked to common ailments can travel through the air.

Diffusing Thieves adds an extra layer of protection by purifying the air while

adding an uplifting scent.



The oil blend that comprises Thieves is known for enhancing complete health and total well-being.

Sue Chao, Craig J. Oberg, D. Gary Young, “Effect of a Diffused Essential Oil Blend on Bacterial Bioaerosols,” J. Essent. Oil Res. 10, 517-523 (Sep/Oct 1998).

Recipe of the Month: After School Snack

Lemon Cookies

½ CUP butter, softened
 1 CUP granulated sugar
 ½ TSP vanilla extract
 1 egg
 8 drops YL Essential oil
 ¼ TSP salt
 ¼ TSP baking powder
 ⅓ TSP baking soda
 1 ½ CUPS flour
 ½ CUP powdered sugar, set aside

Preheat oven to 350 degrees
 Cream together butter and granulated sugar.
 Whip in vanilla, egg and lemon oil.
 Stir in all dry ingredients except for powdered sugar.
 Using a small cookie scoop or two spoons, form dough into small balls.
 Roll in powdered sugar and place on cookie sheets 2 inches apart.
 Bake 10-13 minutes until barely brown.
 Remove and let cool.

Adapted from LDS Living 2011



Essential oils for Essential Living
www.youngliving.org/womenspan

Don't forget about those after school munchies!

For those fortunate enough to be homeschooled, practice your measuring skills and bake up a batch together.

If you have any leftovers, they would be great packed in lunches.



The lemon cookies will not only taste great, but your home will smell clean and fresh.

Paws for Pets

The school bus pulls away, the house is empty, and suddenly the quiet roars at your dog who has become accustomed to the noise and activity levels of summer vacation.

What can you do for your dog's separation anxiety?

I use Valor on my dog who has separation anxiety. I put one drop on her neck fur when I'm leaving and rub it in a little. She still has some anxiety; how-

What can you do for your dog's separation anxiety?

ever, when I use the oil, there is a huge difference. Her anxiety is so bad she has eaten our blinds, remotes, my shoes, anything plastic left [on] the counters, and she jumps at the door when we come home. Since using the oils the worst thing we've come home to was an

empty pop bottle which had been used as a chew toy. She also sits and waits at the door for us to come in now.

— Bailee Comstock-Collinson

(No Vet for My Pet by Salina Bhimji, p. 54)

Yes, you can use the Young Living oils on your pets as well. If you are interested in more information on what oils to use and how to use them, please let me know.

Something to Ponder...

“Is any among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord” — James 5:14 (RSV)

I have used anointing oils for years and have seen some powerful changes manifest through prayer, the laying on of hands, and anointing with oil.

The Lord has given us “all things that pertain to life”, and that includes oils (2 Peter 1:3).

I guess I never knew or even gave a thought, though, about the differences in oils - aromatic, anointing, therapeutic, etc. Oil was oil. Boy, did I have a lot to learn, and I still do. I want to make the most of this new-found gift.

I don't want to miss any blessings!

How about you?



I'm Oil In!

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My journey starts with me!

Dear Friend,

Did you ever feel like you knew the path your life was taking, that you had your future all figured out and were on the right path? No? Me either. For many things interested me to be able to pin down what it was I wanted to be when I grew up, if I ever did. I often felt that my life was a string of unfinished projects and half spun dreams. I can't tell you I can see the big picture. (I know it's even bigger than I can imagine.) I can tell you, though, what I am doing for myself, my family, and our pets while I get there.

I have discovered the world of Essential Oils through Young Living™!

So, I'm starting my journey of discovery, my journey to health and wholeness using essential oils, and you are invited to tag along. I don't have all the answers. That's part of the excitement of this journey! I do know that as I discover something that works for me and others I will be thrilled to share it with you!

When it comes to Young Living™ Essential Oils, "I'm Oil In!"

*Cindy Hardisty
(Indiana - #1697538)*



The "I'm Oil In!" Challenge

If you are not already taking advantage of the wonderful health benefits described in this newsletter, there are three ways you can access them:

1. Become a retail customer
2. Become a wholesale customer
3. Become a wholesale distributor

Unless otherwise noted, every oil or Young Living product mentioned in this newsletter is contained in the Premium Starter Kit.

It is the most cost effective way to become a wholesale member and benefit from all the wonderful oils and products.

I challenge you to give Young Living a try!



In a day when reading food labels almost requires a degree in chemistry and there is little trust in the proclaimed safety of our foods and medicines, it is time to take back your health and well-being!

It's time to say:

"I'm Oil In!"

If you would like more information on how to get started on your journey to health and wholeness, contact me or the person who shared this newsletter with you.

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