



I'm Oil In!

Annual "Do Over!"

Some people can see the beauty in the winter landscape when the trees are bare and their gnarly branches are exposed, revealing their secret struggles and triumphs. Most people, though, think the winter lacks beauty and is something to be endured so that Spring may come in all its brilliance.

For many, snow is part of the winter season. Spending most of my life on the Gulf Coast of Texas, I look forward to the snow. After last winter—you may remember the winter that wouldn't end—many are hoping against hope for a snow-free season. There is something about the

snow, however, that makes everything beautiful again. Have you ever noticed how the sunlight glistens off the snow crystals making it appear as if God took a giant shaker and sprinkled glitter all around just for our delight?

Winter is nature's "Do Over" season. It's a time when everything rests or at least slows down a bit. It gives one time to re-think, to reflect, to plan, to rest, and to listen.

We tend to take that "Do Over" sentiment and apply it to New Year's Day. We have convinced ourselves that flipping the page on a calendar somehow provides us with a blank slate—a giant



chance to start fresh! That's a whole lot of pressure to put on a single day of the year.

We all have areas of our lives that could use a little sprinkled glitter, a little fresh start—maybe even a barrel of glitter and an extreme "Do Over!" Let's see what we can do with a little oily help.

Free January Promotion

Retail Value 14.14—
\$94.01

-5 ml Spearmint EO: Sweet and minty, Spearmint's pleasant scent can uplift emotions and help you discover a sense of peace.

-5 ml Copaiba EO: The main ingredient in our signature Stress Away™ essential oil blend, Copaiba can be inhaled or

diffused to create a sense of calm.

-\$20 Enrollment Voucher: Give this free, transferrable discount code to an enrolling member to offset the cost of a Starter Kit.

-SleepEssence Capsules: Combining the soothing influences of essential oils with melatonin, SleepEssence sup-

ports a restful night's sleep.



Check out the full details on www.imoilin.com.



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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.
- Always consult your health care professional about any serious disease or injury. Do not attempt to self-diagnose or prescribe any natural substances such as essential oils for serious health conditions that require professional attention.

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Top 10 Resolutions of 2014



As reported in the Journal of Clinical Psychology, the University of Scranton published the following list of New Year's Resolutions for last year—2014:

1. Lose Weight
2. Getting Organized
3. Spend Less, Save More
4. Enjoy Life to the Fullest
5. Staying Fit and Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Help Others in Their Dreams
9. Fall in Love
10. Spend More Time with Family

Did you make a resolution or multiple resolutions this year?

Are yours listed?

Based on their research, data shows 45% of Americans usually make New Year's Resolutions.

Of those making resolutions, 47% make resolutions concerning self improvement or education-related resolutions.

How many do you think are actually successful in achieving their resolutions? Only 8%

“Do Over” Dilemma!

Many people resolve to improve their lives through health and fitness goals. Notice the ads hawking exercise equipment, gym memberships, the latest diet trends and fitness wear. Where do you start?

If this is truly going to be a “do over” year, the ideal way to start would be with a clean slate. To

“To start with a clean slate, you have to clean your slate!”

start with a clean slate, you have to clean your slate! Makes sense, right? But how do you do that?

If you were taking your car on a trip, you wouldn't just spruce up

the outside and ignore the engine. Your body is the same way. If you want to make life changes, you need to give your body a fighting chance. You probably have years of abuse, neglect, or at least indifference to overcome.

Before adding anything new, how about getting rid of the old? Yes, that's right! It's time to detox!

Detox Is Not a 4-Letter Word

Do you hide under the covers or run screaming when you hear the word detox? Granted there are many ways to get the job done—some are not so pleasant, but cleansing your body does not need to be a terrible experience. In fact, with a little help from Young Living's essential oils and supplements, it can be downright invigorating!

Whether you want a gentle, daily

detox (Lemon Essential Oil in your water), a relaxing bath detox (Epsom Salt and your favorite EO), a specific organ cleanse (i.e., JuvaCleanse™ for the liver), or you prefer an overall “tune-up” (Cleansing Trio, 5-Day Nutritive Cleanse), the options are many!

I've only begun to scratch the surface of possibilities. Personally, I have decided to start my year

with the 5-Day Nutritive Cleanse! I'll be updating my progress and featuring other cleanses on my website.

(www.imoilin.com)

Check it out! Better yet, join me!

Let's make 2015 our healthiest year yet!



Recipe of the Month: Lemon-Rosemary Finishing Salt

Scottish New Year Custom — First Footing: *It is observed at midnight. In this custom, people try to become the first person to knock at a friend or neighbor's door and give him/her a customary gift such as salt, shortbread, whisky, coal, black bun etc.* (<http://www.123newyear.com/newyear-traditions/scottish.html>)

Stored in a glass jar, this DIY Lemon-Rosemary Finishing Salt recipe makes a great gift for friends and neighbors. Delicious

over homemade crackers, grilled chicken or salmon, and vegetables! Be the first to knock on your friend's door and make an extra one for yourself!

Lemon-Rosemary Finishing Salt

- 1/8 cup kosher salt, or another preferred variety
- 3 drops Lemon essential oil
- 2 drops Rosemary essential oil

Add essential oils to salt in a small bowl. Using a fork or a food processor, mix together until well combined, but avoid pulverizing

the salt. Taste and adjust flavoring as desired, then spread out and let dry on a plate for 1 hour. Store in an airtight container and let sit overnight before using. [#InTheKitchenwithYL](#)



Tips from Tex

Tex was so thankful to have a fur-ever family for Christmas that he donned his Santa suit, filled a sack with goodies, and headed back to the shelter to thank some of his favorite volunteers and give a little hope to his fur-buddies still waiting.



As soon as he had seen all the vol-

unteers and lavished them with hugs and kisses, he headed for the door. I think he wanted to make sure we were taking him back home with us.

With the holidays ending and humans returning to their normal work/school schedules, Tex wanted to remind you that your fur-babies may experience a little separation anxiety. He recommends using a little Valor, Peace and Calming,

Joy, or Lavender to provide a little reassurance.

You can use any of those oils in your diffuser or use directly by the petting method. (Place the drops in the palms of your hands, rub them together to disperse the oil, and pet your fur-baby. Their hair acts as a wick drawing the oil to their skin. Avoid the eyes, nose, and muzzle, and dilute with a carrier oil for small pets.)

Something to Ponder

“No weapon that is fashioned against you shall prosper, and you shall confute (*to prove to be false, invalid, or defective; disprove*) **every tongue** that rises against you in judgment. This is the heritage of the servants of the LORD and their vindication from me, says the LORD.” Isaiah 54:17 (RSV)

Have you ever noticed that when

you make a decision to make some changes in your life, everybody has an opinion? Ugh!

You finally get the nerve, time, money (whatever) to start, and all the nay-sayers come out of the woodwork! To make matters worse, the greatest nay-sayer sometimes lives in your own head! That's right! Your own tongue rises against you in judg-

ment! It's time to silence **ALL** the negative voices and start to declare **Truth** over yourself!

- “I can do **ALL THINGS** through Christ who gives me strength!” (Philippians 4:13)
- “With God **ALL THINGS** are possible!” (Mark 10:27)
- “**ALL THINGS** are possible to him who believes!” (Mark 9:23)

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www.imoilin.com**

My Journey Starts With Me!



Happy New Year!

Christmas was different for me this year. Usually, I decorate every room of my house including bathrooms, hallways, and staircases with the placement of over seven trees of varying heights. I just couldn't get into the swing of things. Ten days before Christmas I decided to let myself off the hook. I set up the main tree in the family room and decorated the mantel and table tops, the main guest bathroom, and set up a small tree in the "classroom" for my students to enjoy.

You know, it wasn't so bad!

It took a ton of stress (self-imposed stress) off my shoulders, and putting it all away on January 6 (Little Christmas) will be so much easier this year.

My minimalist Christmas inspired me to take a hard, long look at my life, my priorities, and my expectations. Every year for several years now I have said that I want to simplify my life. And every year I have meant it (I think). Well, 2015 is the year! I'm starting by "decluttering" my body, doing a cleanse. I need to be in the best health possible to help everything else fall into place. Want to join me?

Simply Yours,

Cindy Hardisty

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

We've Got an Oil for That!

When people tell me different things that are going on in their lives, I smile and say, "We've got an oil for that!"

Well, remember that Top 10 List of Resolutions? You guessed it! We have an oil to help with every one of them!

I know. It's hard to believe!

Maybe if the people who made those resolutions had known about Young Living Essential Oils, the outcomes of their resolutions might have been different.

Only 8% of the people who made a resolution in that 2014 study were actually successful in achieving it.

Each week following January 1, 2014, the numbers of people maintaining their commitment dropped:

- Week 1: 75%
- Week 2: 71%
- Week 3: 64%
- Week 4: 46%

If only they had known...sigh...

But you do know! So, what is your resolution?

If you haven't already become a member, the first step toward fulfilling your resolution is to get your Premium Starter Kit!

Don't forget—whatever it is, we've got an oil for that!

