

I'm Oil In!

Happy St. Patrick's Day

On March 17th, much of the world goes "green" and becomes Irish for the day. Images of Leprechauns and "Kiss Me, I'm Irish" t-shirts abound. The cereal of the day is Lucky Charms, and everyone wants to find the pot of gold at the end of the proverbial rainbow!

You don't have to be Irish, though, to find a "pot of gold"! Check out all the

treasures featured this month. We're going

GREEN!



Free March Promotion

Retail Value \$51.65—
\$117.37

-5 ml Marjoram EO: Familiar as a spice in cooking, this culinary herb comes from the same family as oregano.

-5 ml Idaho Balsam Fir EO Bonus for ER Orders: Let the woody aroma of Idaho Balsam Fir essential oil rejuvenate your home and family! (Only available in qualifying Essential Rewards orders of 190 PV or more.)

-\$20 Enrollment Coupon: Help your family be a part of ours, and they can enjoy these incredible promotions with you!

-Ortho Ease Massage Oil: Apply this unique blend after physical activity and enjoy the combination of Wintergreen, Peppermint, Juniper, and Marjoram essential oils in a base of quick-absorbing fractionated coconut oil.

Reach any of these PV

minimums—190 PV, 250 PV, or 300 PV—with your March order and earn great free products, including a bonus reward for your qualifying Essential Rewards order!



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

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Volume 2, Issue 3

March 14, 2015

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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Marjoram EO (single)

You may not need the luck of the Irish to have happy marriage. The early Greeks believed you just needed a little Marjoram! It was added to love potions and placed in hope chests or under a woman's pillow to ensure a happy marriage.

Marjoram is one of the promo oils this month. While it may be known as the "Herb of Happiness", it provides great benefits to the body:

- ◆ Supports Muscles and Bones

- ◆ Supports the Cardiovascular System
- ◆ Promotes Relaxation and Restful Sleep
- ◆ Supports Women's Health during the Monthly Cycles (eases cramps and edema)

Check out my website for tips on how to use Marjoram, especially to support your workout routine.

And as far as the happy marriage, my February Newsletter is filled with helpful tips, but a

happy marriage is so much more than can be contained in a single newsletter.



Spring Forward!

Daylight Savings Time—either you love it or hate!

There was a great photo floating around Facebook of an Indian Chief. It read, "Only the government would believe that you could cut a foot off the top of a blanket and sew it to the bottom and have a longer blanket."

Like it or not, it is here! The days are getting longer—yippee—and the sun is melting the snow. Bring on Spring!

"Are your 'springs' a little slow adjusting to the jump forward?"

With longer days and warmer weather comes more outside activities, gardening, sports, etc. Are your "springs" a little slow adjusting to the jump forward? It's time to stoke the old stamina and awaken our bodies from winter hibernation. One way to do that is to

ensure we are getting the right nutrients.



Master Formula HERS contains vitamins, minerals, antioxidants, and other nutrients—Vitamins E, B12, and magnesium—specially formulated to support the nutritional needs of women. (There's also a Master Formula HIS!)

It's Tax Season!

For many, this is a dreaded time of year. Gathering receipts, searching for records, calculating mileage! It can make for some late, sleepless nights and tense times. Hopefully, we are all getting refunds, but still....

Whether tax season has you tense or it's just the events of the regular, daily grind that has you wound tight, let me introduce you to a wonderful, fragrant

"Take Me Away" oil—Stress Away!

Ahhhh!



Its unique blend of Vanilla, Lime, Copaiba, Cedarwood, Ocotea, and Lavender offers a light fragrance that encourages relaxation and reduces feelings of nervous tension.

With its roll-on applicator, it's easily applied to the wrists, temples, or back of the neck. It's one of my all-time favorites! I even apply it under my nose to make the fragrance last and last.

Recipe of the Month: Lemon Peas Recipe

Add a little zing to your veggies AND get your “green” for your St. Patty’s Day dinner!

This recipe is with peas, but rumor has it that it is just as good with asparagus!

Lemon Peas Recipe

- 2 tablespoon extra-virgin olive oil
- 2 cups frozen peas, thawed

- and drained
- 2-3 drops Lemon essential oil
- Salt to taste

Heat olive oil in a large frying pan over medium heat. When hot, add the peas. Cook until softened, 3-5 minutes. Remove from heat and add salt and Lemon essential oil to the pan. Adjust seasonings to taste and serve warm.



Tips from Tex

The Indiana snow is melting. Other parts of country are already starting to enjoy the warm weather that comes with spring.

Unfortunately, the warmer weather also brings unwelcome pests—fleas, ticks, and mosquitoes. Yes, I know it may be a little early in the season, but Tex didn’t want you to get caught without the needed oils. It’s time to stock your cabinet now so you don’t

Tex says, “Try Chemical-free Pest Control with Young Living’s essential oils!”

have to run to the store and buy some chemicals off the shelf that aren’t good for you or your pet.

Dogs have fleas?

Try a REAL flea bath!



Give your dog a bath with a capful of Thieves Cleaner and a couple drops of citronella, purification, and lavender. Watch the fleas fall right off into the water dead! There are options for your furry family without the use of harmful or toxic products!



Something to Ponder



I don’t believe in luck. I do, however, believe in blessings. I believe in a heavenly Father who loves to shower His children with blessings.

We are fast approaching the Easter season, the greatest blessing of all!

Maybe it’s time to take our eyes off of our circumstances and put them on the One who is King of kings and Lord of

lords. Begin to count all the many blessings you have— especially, blessings that money can’t buy.

Go GREEN!

It’s the color of life! Jesus came that we might have life and have it abundantly! (John 10:10)

Slap a smile on your face; put a spring

in your step; and sing a little song, even if you have to resurrect one from your childhood.

Life is a series of choices!

“Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live!” Deuteronomy 30:19

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**Find me at
www.imoilin.com**

My Journey Starts With Me!



Dear Friends,

I want to leave you with one of my favorite prayers—the Irish Blessing. I pray this month you focus on your blessings and awaken your soul to the coming Spring and all that life has to offer you.



“See” you next month!

Ever Blessed,

Cindy

*When it comes to Young Living™ Essential Oils,
“I’m Oil In!”*

Coming Attractions!

I thought I would end this month by telling you of some of the tips and topics coming in future newsletters!

There is a catch, though. I want to hear from you.

.....Hot Topics!

What are some of your hot topics? Do you have questions about how to use the oils? Maybe you're not even sure which oils to use. In addition, we are from different parts of the country (USA), in fact, some of you are from around the globe!

After you have read the March Newsletter, go to my blog “reply” section and drop me a note about your suggestions for future topics. I would love to hear from you.



- ◆ *Organic Gardening*
- ◆ *Natural Pest Control*
- ◆ *Summer Survival Tips*
- ◆ *Vacation Must Takes!*
- ◆ *Favorite Summer Recipes*
- ◆ *Tex's Hot Weather Tips*
- ◆ *Hot Topics Request*

If you happen to have any tidbits to share on any of the upcoming topics, please contact me by email or comment on my blog.

One of the great things about being an “oily community” is the willingness to share knowledge and experiences.

And don't forget to share those recipes, too!

