

I'm Oil In! - April



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Colored Eggs

I never liked hard boiled eggs, and dyeing them for Easter always seemed like a total waste of time.

Sure, I enjoyed the family egg hunts. There was always a gold and silver egg that meant a prize, usually a chocolate bunny, for the individuals who found them. We still tell stories about some of the unique hiding places. We would hunt them again and again until the shells were cracked and the eggs were breaking apart.

It was all part of the fam-

ily tradition. Traditions are important and are part of the history that is handed down from generation to generation. I never realized how much it affected me until the Easter following my Momma's death.

Momma died the week before Christmas, her favorite holiday of the year. I thought I was doing well until Easter came along. I was shopping at the local pharmacy and passed through the aisle with all the Easter trappings. When I

saw the egg dyeing kits, I began to cry. There was no one to dye eggs this year.

Momma was the keeper of the family traditions as my NaNa was before her. I now try to carry the torch.

If you don't have any traditions, make some! Don't have family nearby? Adopt some! Fill your table with those who need someone to "dye eggs"!



Free April Promotion

Retail Value \$26.61—
\$107.86

-5 ml Lavender EO:

Lavender essential oil offers a fresh, floral, herbaceous aroma that is calming and refreshing.

-5 ml Wintergreen EO Bonus for ER Orders:

As an important ingredient in our Ortho Ease® and Ortho Sport® massage oils, Wintergreen is pleasant when applied after a workout. When diffused, it will also help you fill your home with spring-like freshness. (Only available in quali-

fying Essential Rewards orders of 190 PV or more.)

-Thieves Spray:

Thieves Spray is ideal for small surfaces such as doorknobs, handles, and toilet seats and is a great companion for your spring cleaning.

-10% in additional Essential Rewards

Points: Earn an additional 10 percent back in points with any order over 300 PV, up to 50 points!

Reach any of these PV minimums—190 PV,

250 PV, or 300 PV—with your April 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.

Volume 2, Issue 4

April 1, 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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Lavender Essential Oil

Lavender Essential Oil is sometimes called the “Swiss Army Knife” of oils. If you could only have one oil in your oily arsenal, Lavender might be it!

- It's highly regarded for skin and beauty (and who doesn't want to be more beautiful?)
- Supports healthy nasal and lung functions

- Promotes relaxation and restful sleep
- Helps prevent and ease the nausea and vomiting or dizziness associated with motion
- Helps around the house

Go to my website for more complete suggestions on actual use, i.e., where to apply, when to apply, how much to apply.

YL FACT: It takes 27 square feet of lavender plants to make one 15 ml bottle of Lavender Oil.



Wintergreen Essential Oil

With Spring Break upon us, can summer be far behind? That means longer days, more physical activities, and strenuous workouts to get those fabulous bodies ready for the beach!

If you are discovering muscles you didn't know you had, Wintergreen is the oil for you!

Wintergreen provides the “Aaaahhh!” following your workout!



Apply to Vita Flex Points on the bottoms of your feet and/or directly on the area of concern.

“It is known for its ability to alleviate bone pain. It has a cortisone-like action due to the high content of methyl salicylate” (*Reference Guide for Essential Oils* by Connie and Alan Higley, p. 134)

Thieves Spray (3 Pack)

This small spray bottle is created with the same Thieves oil that boosts the immune system and disinfects. It is ideal for carrying in your purse or briefcase and should be part of every vacation survival kit.

Use it on grocery cart handles,

door knobs, and restroom stalls—handles and toilet seats. Use it for business travel and vacation: the steering wheels and gear shifts of rental cars, hotel room doors, telephones, and the ever-bacteria-filled remote control!

Don't forget to include it in the children's camping gear for all those great summer camps.

It is also a great companion for your spring cleaning.



Recipe of the Month: Easter Ham Glaze

Ingredients:

- 1 cup honey
- 1 tsp. dry mustard
- 1 drop clove essential oil
- 1 drop orange essential oil
- 1 toothpick cassia essential oil

Instructions:

1. Combine all ingredients in a glass bowl, and stir until well incorporated.
2. Drizzle the glaze over your

ham 20 minutes before it is done cooking. Return your ham to the oven, and cook uncovered for the remaining 20 minutes.

3. If you desire, you can reserve some of the glaze to drizzle over your ham when serving.

<https://essentiallylivingindoor-county.wordpress.com/.../easter.../>



Tips from Tex

Most homes have some kind of first aid kit handy, but have you ever considered having one at the ready for your pets? This month and next Tex will be sharing the nine essential oils recommended by Veterinarian, Dr. Mary Hess, for an at-home emergency kit for pets.

Purification: useful for external parasites such as fleas, ticks, and mosquitoes. It also provides protection from infectious agents.

Thieves: the strongest antimicrobial blend available. It is useful in wounds,

Essential Oil Emergency Kit for Pets Part 1

abrasions, and lacerations. It is the primary oil for dental problems and is a safe alternative to toxic chemicals for cleaning contaminated areas.

Melrose: useful for respiratory infections and urinary tract conditions. Can

be used where Thieves cannot be tolerated. Best oil for sinus infections.

Raven: great in conjunction with Melrose for respiratory and urinary tract conditions. Together the two oils complement each other.

DiGize: helps with most gastrointestinal conditions. Diarrhea, vomiting, and internal parasites are all treated with this combination of essential oils.

Check back in May for Part 2!

(Essential Oils & Pets by Dr. Mary Hess, DVM)

Something to Ponder

“But he was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed.”

—Isaiah 53:5 (RSV)



Good Friday

Regardless of what measures we might adopt to bring us to greater health—vitamins, exercise, special diets, even essential oils—our ultimate health was sealed for us on Calvary. Embrace the healing He bought for each of us and begin to walk in divine health.

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My Journey Starts With Me!



Never Give Up!

I've watched the snow fall and accumulate for several months now. Even though it is officially Spring, there is still one patch of snow that refuses to give up the ghost.

My flower beds, however, are free from snow. That's not to say that the ground has sufficiently thawed, but we are making progress.

I went searching for signs of life yesterday. It was my first day of Spring Break, the sun was shining, and I had high hopes of being outdoors. The wind quickly brought me back

inside in front of the fire. Today is still way too windy. March certainly came in like a lion and is still roaring.

While I was out yesterday, though, I spied a humble tulip pushing its way through the hard ground and layers of mulch to receive the kiss of the sun's warmth.

If I had based the beauty of my bulb garden on the inches of snow, I would have said that nothing was happening.



Dear Friend,

I've spent many years conducting church choirs and leading worship. Some of my favorite songs come from the Easter season. Why? Because not only did Jesus suffer and die for us, but He didn't stay dead. It is His Resurrection that sets Him apart from other religious figures. We serve a Risen Savior!

He knew pain, loss, tiredness, hunger, thirst, joy, celebration, love, and betrayal. He knows what you are facing everyday, and He wants to be a part of your life. All you have to do is accept what Jesus has already done for you through His crucifixion and resurrection.

Because He lives,

Cindy



It was going to be a bad season.

You see, you never know what is happening below the surface, in the hidden places. Never give up! Your Spring is coming!