

# Education for Wellness Purpose & Abundance



STAR TEAM NEWS AND EDUCATION FOR YOU AND YOUR ORGANIZATION VOL: 16 ISSUE: 2

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*Dear YL Friends,*

*Twenty years ago...I (Star) was searching for answers to the modern day wellness puzzle and I responded to two advertisements in a very popular Wellness Magazine, one titled...**Give Yourself the Gift of Gold, Frankincense and Myrrh**, with the Three Wisemen in a picture. The second Advertisement was about Biblical Secrets and what was referenced in the Bible over 300 times. "What was used in Old and New Testament of the Bible, and used by many Ancient cultures?" I requested more information be sent to me via Snail Mail, and I also called the 1-800 number to be sure that someone sent the information fast. I was really excited to learn more!*

*In the mail came a special packet of information containing a **Missing Link** cassette tape with Gary Young, revealing the ancient secret of essential oils. There was a special handout describing Gold, Frankincense and Myrrh, and the second side shared Biblical References for the oils of Ancient Scripture. There was also a Bio-Tech Newsletter on the Science and History of Essential Oils in an easy to read format, plus a double sided handout with stories of real people benefiting from the use of essential oils. Every day I give thanks and am so grateful for my Sponsor's Nancy and Allen of Vitality Consulting, Inc. for taking the time to place those advertisements and become my personal mentors on the value of essential oils and wellness.*

*The way we initially share now may be a bit easier than those early days, but the message is still the same... **Essential Oils are a blessed ancient gift that we can still experience today!***

*We hope this holiday season you will share these precious gifts with family and friends and see how these aromatic gifts can help calm the mind and help create a beautiful environment to share the love and peace that we pray this time of year brings each of you!*

*Thank you for being a part of our journey to bring these ancient gifts to every home in the world and for creating a platform of Wellness, Purpose and Abundance for all!*

*Sincerely,*

*Dave and Star*

*The Moree Family, and the Office of Essentials for Healthy Living, Inc.*



# SEASONAL Tips & Tidbitz

**Autumn lends itself to a cornucopia of healthy choices.** It's easy now to nourish the mind and body from the harvest of fresh fruits, vegetables and grains. This is the time of year we "store the bounty from the outside, to bring it inside" and prepare to rest with the fullness of life we gathered. We can use fall's palette to recreate a sense of safety and abundance in our kitchens, bathrooms, bedrooms, living space and heart space!

**\*Soak your fruits in lemon, lime, orange and other citrus oils to clean them and make your family and guests wonder why your fruit taste so exceptionally good!**

**\*Be creative with garden vegetables** that pair well with herbs like basil, dill, rosemary, oregano and thyme. Add to soups, stews and pasta dishes. (1/2 to 1 drop is usually plenty!)

**\*Diffuse the scent of warm spices** mixed with citrus to enhance the essence of a bountiful year. Dilute 'hot oils' using a single drop for feet, neck or lower back. (Key: pie spices are warm.)

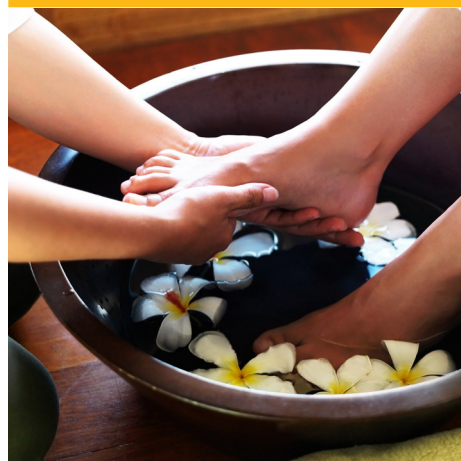
**\*Soak organic, dry beans overnight** with a drop of essential oil that will compliment the soup or stew you are planning. Use a citrus oil to pair with asian foods or chicken based meals. Try herbaceous oils for tomato based and red meat dishes.

**\*Add essential oils to your bath,** your lotions, coconut oil and spritzers. Our limbic system will recognize the presence of the sun and our body will respond! Bring light to the mind in gratitude of all the abundance plants offered from seed to harvest.

**\*Soak your feet and let floral water** remind you of the sweet joy of summer months past and prepare for winter days ahead.

**\*Diffuse conifer oils mixed with citrus or flowers** to ground your emotions against the harsh winds and dark, cold nights. The more you use the vibrational frequencies of light, during shorter days, the more you lift your spirit toward the promise of spring!

Let's keep our Spirits in Gratitude and Joy as we Share Our Great Blessings with friends and family. **Happy Holidays!**





# Seasonal Tips & Tidbits

**Winter is symbolic of rest and stillness.** It is the season that brings us together in ceremony, holiday, intimacy and “celebration of light.” We honor the Solstice, the shortest day of the year, and the return of the sun as a new year approaches. Essential oils embody “the light” of each plant, region and season they represent. Applying the essence of life’s cycles during the winter months, will keep your mind, body and spirit warm!

*\*Diffuse conifer oils mixed with citrus or floral aromas to ground your emotions against the harsh winds and dark, cold nights. Conifer oils are also good for bone and muscle support to keep your posture strong.*

*\*Biblical oils can invoke your faith and open your heart. Apply frankincense, myrrh and cedarwood to the crown of your head and over your heart. Blend the spices of Asia’s Middle East and inhale them to ‘remember’ sacred places. Let yourself transcend to a different place and time. Try hyssop and cistus on the bottom of your feet for immune support, warmth and meditation.*

*\*Add essential oils to your bath, your lotions, coconut oil and spritzers. The more often you bathe in oils and breathe them in, the easier the holidays become. Essential oils make the holiday’s sweet.... without a drop of sugar!*

*\*Soak your feet after working or playing in the snow, to relieve the chill and the added stress of winter’s struggle. Warm oils include cinnamon, clove and cassia (but they can be harsh so use sparingly). Try an herbal foot soak or citrus-based essential oils for a positive mood shift.*

*\* Don’t forget to add oils to your water, tea and beverages for better hydration during these dry, cold days. Make it fun and festive to use oils in your holiday meals. Enjoy nature’s scents and promise of the great outdoors.*

*\* There are a number of ways to create purifying smoke that symbolize the sacredness of the winter season and many holidays. Cultures that did not extract or distill plant essences burned resins or tightly bundled leaves.*

**Holidays are celebrated in a thousand different ways.** All cultures carry similarities in their creation stories and all religions have prophets and messengers that brought God’s Word to help them. “In essence,” we are all born to the Kingdom of Earth and can be blessed by a thousand oils.

*\* The native plants of the Middle East include frankincense, myrrh, spikenard, hyssop, cistus and cinnamon.*

*\* Asian and Indian cultures scent their kitchens with curries, clove, ginger, cinnamon, nutmeg and citrus.*

*\* Native Americans purify with sage, cedar, sweetgrass, juniper, pine, fir and spruce.*



# *\*New\* Ancient Oils of Scripture*

**T**he Ancient Oils of Scripture Collection has been repackaged for multiple benefits. The Biblical oils available today still symbolize the most significant oils of history. Young Living partnerships are sustainable and meet the standards we care about. The packaging is secure and beautiful and will hold up to generous sharing and teaching opportunities to remind people of their origins and value 3,000 years ago. We are blessed to still have them today!

**Aloes:** (Royal Hawaiian Sandalwood): One of the oldest sources used in the holy anointing oil. Prized by royalty throughout the ages. Dilution not required except for sensitive skin.

**Cassia:** One of the oldest known spices. Known as the “oil of gladness” for its elevating effects. Dilute with V-6 or olive oil. Test skin.

**Cedarwood:** Considered to be “the trees of the lord. Towering to great heights and exceeding 2,000 years. Dilution not required.

**Cypress:** The cypress tree is renowned for its durability. Biblical scholars believe cypress may be the wood used to build Noah’s Ark. Dilution not required.

**Frankincense:** Because frankincense symbolizes divinity, it was one of the three gifts given to the Christ child. Dilution not required.

**Hyssop:** In Exodus, branches of hyssop were used to paint lamb’s blood as protection from evil deities. Dilute with V-6 or olive oil.

**Myrrh:** precious resin from the tree hardens into drops called “tears.” Considered a servant as it increases the fragrance of others. Dilution not required.

**Myrtle:** To the ancient Jews, myrtle was symbolic of peace and justice. Dilute with V-6 or olive oil.

**Onycha:** Used historically in religious ceremonies for its vanilla overtones. Referenced as one of the aromatics in the holy incense. Dilution not required.

**Cistus:** (Rose of Sharon): The gum that exudes from this plant was first collected from the hair of goats that had browsed among the bushes. Dilution not required.

*For detailed handouts on the New Ancient Oils of Scripture, Bible Passages and history, go to the website: [essentials4healthyliving.com](http://essentials4healthyliving.com) Log in to Member pages/handouts. Password is: Starteam\**

**\*reNEWed! \$199.75**



Item: 3143 PV: 199.75

*Gold is the symbol of wealth and success. It is also used to describe one of the Gifts of the Magi. Scholars are still seeking proof of the three gifts given to the Christ child.*

*Some believe that the “Gold” was liquid gold in the form of Myrrh oil that would offer protection for the child.*

*New speculation points to turmeric, with it’s deep golden/orange tones, known for its supportive properties that it, too may have been a precious commodity and a gift fit for a king!*



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



# Raindrop ♦ Gift Yourself ♦ for 2017

Raindrop update: you'll find the training DVD on line now so any changes can be adapted quickly to keep your Raindrop Sessions compliant and result oriented.

Kit includes: Valor II; Oregano, Thyme, Basil, Cypress, Marjoram, Wintergreen, AromaSiez and Peppermint. Also includes 8 oz. V-6 and Ortho Sport body oil.



**Raindrop Kit: 3137 PV: 129.75**

**List of current 30 5ml bottles.** (Substitutions will be made when necessary.) Easy to transport and makes sharing fun when you can experience so many scentsible choices at once!

## Singles

Cedarwood  
Cinnamon Vitality  
Clove Vitality  
Copaiba Vitality  
Eucalyptus globulus  
Frankincense Vitality  
Grapefruit Vitality  
Lavender Vitality  
Lemon Vitality  
Lemongrass Vitality  
N. Lights Bl. Spruce  
Orange Vitality  
Oregano Vitality  
Peppermint Vitality  
Tea Tree

## Blends

Abundance  
AromaEase  
Citrus Fresh Vitality  
Deep Relief  
DiGize Vitality  
EndoFlex Vitality  
En-R-Gee  
ImmuPower  
Melrose  
PanAway  
Purification  
R.C.  
Sacred Mountain  
Stress Away  
Thieves Vitality

## **New Goal?**

**\*NEW SELECT 30**

**The perfect gift to give yourself!**



**Bridge the gap while you build your business. Now you don't have to wait for the AromaComplete Kit.**

**Start here with a comprehensive selection of popular oils.**

**Take a last minute tax write off to set your goals in 2017!**

**Item: 57563 PV: 375.00**



**AgilEase** supports cartilage and joint function with frankincense resin and UC 41™ undenatured collagen.

**Item: 5764 PV: 45.75**

**Turmeric and Curcumin** gives curry it's beautiful **Golden** color. It contains the compound "curcumin" known for many supporting benefits.

**AgilEase** contains: Curcuminoids Complex [tumeric rhizome extract] and piperine from black pepper found to be essential for absorption of turmeric root values vs the plant.

Especially beneficial for athletes, as well as middle-aged and elderly people who may experience a natural, acute inflammation response in their joints after exercise, AgilEase™ is a joint health supplement that's perfect for healthy individuals who are looking to gain greater mobility and flexibility through the reduction of inflammation.

YL used unique and powerful ingredients such as frankincense powder, UC-II undenatured collagen, hyaluronic acid, calcium fructoborate, and a specially formulated proprietary essential oil blend of Wintergreen, Copaiba, Clove, and Northern Lights Black Spruce—oils that are known for their joint health benefits. Take AgilEase to support joint health or as a preventative measure to protect joint and cartilage health.



# Social Media ♦ New Website Tools

**FaceBook/Essentials for Healthy Living:** FB link: [www.facebook.com/essentials4healthyliving](http://www.facebook.com/essentials4healthyliving)

We have ongoing classes for you to keep **“FUN • FIT • FRESH and FAB-U-LOUS!”** Join our **Lunch & Learn Events** for more **Wellness Education**. Use our **Tips & Tidbitz** to keep things simple so we can all **Grow Fabulous** together!

**Like** our main page: [facebook.com/essentials4healthyliving](http://facebook.com/essentials4healthyliving) and **ask to join our SBYC: Oil Up and Live Vibrantly** events to help you grow your teams. You can join our **Tips & Tidbitz** for fun, fit, fresh and fabulous ideas!

## **Open Group: SBYC: Oil Up & Live Vibrantly**

*Formerly: Share Because You Care*

We'll help with Simple Ways to Share, Simple Tips and Tools, Taking Action, Monthly Check-in Events and Continuing Education. **Classes are held weekly to monthly** depending on our travel schedule. The beauty of these online Facebook events, is that the information is always there for you to review. You can join any time and add new, fresh thoughts or ideas any time!

**Closed Group Pages** The Business of Growing your Teams:

**RISING STARS TIPS & TIDBITZ** You can request to be a member of this page if you are a member of the Star Team: [www.facebook.com/groups/risingstarstipsntidbitz](http://www.facebook.com/groups/risingstarstipsntidbitz)

**RISING STARS INITIATIVES** This page is designed for those interested in the YL Business Opportunity and Business Education! You can request to be a member of this page when you have reached the rank of **Star**. More initiatives @ **FB Group: [facebook.com/groups/yleorisingstars](http://facebook.com/groups/yleorisingstars)**

**RISING STARS DREAM TEAM** You can request to be a member of this page when you reach the rank of **Executive**+. **FB Group: [facebook.com/groups/risingstarsdreamteam](http://facebook.com/groups/risingstarsdreamteam)**

**SPANISH CONNECTION: Vida Saludable Rising Stars** is our new Spanish Team page for our Latino YL family here in the US, Mexico, Puerto Rico and abroad! Please join us on this page for those that speak only Spanish or a combination of Spanish and English.

**Young Living Monthly Promotions:** Please refer to YL media announcements, not Social Media to get information on events, promotions, contests, or changes that effect your business or purchases.

Check out the new website: [essentials4healthyliving.com](http://essentials4healthyliving.com) for Tips & Tidbitz, Newsletters, Handouts, Book Sales, Events, Contests, Incentives and ongoing education.

*If you're not on social media and need some guidance, check with your Young Living family to get you started. If you're a savvy FB user, please help your members set up a FB account to get connected!*

## **New Website!**

[essentials4healthyliving.com](http://essentials4healthyliving.com)

If you received this newsletter, **You are a Member of the Star Team!**

To log on to the Member's Page use the **Password: Starteam\***

This will give you exclusive access to: Rising Star Tips and Tidbitz, Newsletter, Handouts, Business Tools, Private Events, Team Building, YL Monthly Promotions, other resource links,

Rising Star Contests, 90 Day Challenge, Incentives and Support for your Teams!

Other navigation tabs include: Contact Information, Weekly Tips & Tidbitz, Education, Events and Classes, Book Store

Our website is to help our members stay informed. FaceBook has become a widely used tool for communication, but we know not everyone has an account or can make it to an online event.

# New Year... New Vitality... New You

**Vitality and Wellness** includes a supplemented diet of quality vitamins and minerals as well as essential oils that fit an age-old paradigm of human uses. How did people protect themselves from some of nature's not-so-gentle ways? A strong immune system is the best way to face the challenges of the physical body and keep our brain in top form. Essential oils work best when combined with good nutrition!

**Some of Our Favorites this time of year.....**

## Nature's Support!

Some of the most powerful sources that our bodies can assimilate, come from plants.

**Einkorn Pancake Mix**  
Item: 5300 PV: 10.50

**Einkorn Granola**  
Item: 5300 PV: 10.50

**NingXia Red 2 pack**  
Item: 3042 PV: 71.00

**NingXia Nitro**  
Item: 3064 PV: 38.75



## Approved for Internal Dietary Use

Basil Vitality™	5583	10.75
B. Pepper Vitality™	5617	18.75
Bergamot Vitality™	5616	13.00
Carrot Seed Vitality™	5618	21.75
Celery Seed Vitality™	5584	11.75
Cinnamon Bark Vitality™	5585	24.00
Citrus Fresh Vitality™	5619	7.25
Clove Vitality™	5620	7.25
Digize Vitality™	5621	13.75
Dill Vitality™	5622	15.75
EndoFlex Vitality™	5623	12.50
Frankincense Vitality™	5587	29.75
Ginger Vitality™	5588	13.25
Grapefruit Vitality™	5624	7.50
Jade Lemon Vitality™	5589	10.75
Lavender Vitality™	5590	11.75
Lemon Vitality™	5625	6.25
Lemongrass Vitality™	5626	6.25
Lime Vitality™	5591	5.75
Orange Vitality™	5627	6.00
Oregano Vitality™	5594	11.75
Peppermint Vitality™	5628	10.00
Rosemary Vitality™	5629	7.50
Spearmint Vitality™	5595	10.75
Tangerine Vitality™	5630	7.50
Thieves Vitality™	5631	14.50
Thyme Vitality™	5597	14.25

**Vitality means “the state of being strong and active; Energy... the power giving continuance of life, present in all living things.”**

## Vitamins and Minerals!

Today's food supply does not meet the body's needs.

**Pure Protein Vanilla**  
Item: 3301 PV: 65.00

**MindWise**  
Item: 4747 PV: 59.75

**OmegaGize**  
Item: 3097 PV: 58.75

**Sulfurzyme**  
Item: 3243 PV: 57.75

**MultiGreens**  
Item: 3248 PV: 39.75







*Seasons Greetings to You and Yours  
as You Enjoy the Essence of the Season!*

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Check out our FB Groups

### *Seasonal Tips*

*Oils of Ancient Scripture*

*Raindrop • Favorites*

*Gift Yourself New Year*

*Social Media*



*New Web Tools*

*Vitality Oils &*

*Wellness*

**“Gift”**; something given voluntarily from one person to another;  
a thing given willingly without payment; a present

*What is the Perfect Gift?*

*Sharing some of the most ancient and cherished  
gifts this holiday season.... Essential Oils!*

