



OCTOBER 2007

ISSUE ONE

A Message from

Kathy Kouwe



This is the beginning of our Healthy Essentials News You can Use Bulletin! My passion in life is helping families be healthy naturally. I assist the person who introduced you to Young Living products. The following is my story of how I started with Young Living. Please join me on Tuesday October 16th tele-class at 9pmET, 8pm CT, 7pmMT, 6pmPT when I share more about how Young Living has changed my life. Dial 218-486-3650, code 946690#.

I am 44, married with two boys, ages 14 and 11. I began using Young Living Essential Oils in 1996 after listening to "The Missing Link" tape. At that time I chose to leave my employment to stay home with my children. Because I had chosen not to vaccinate I was looking for ways to build their immune system. I ordered an Essential 7 kit and approximately two weeks after receiving it my husband was burned at work, 2nd degree over 20% of his body. He spent a week in the hospital. 5 weeks later he tanned on that skin that was burned and he does not have one scar today. When that happened I learned that your skin is your largest organ and everything you put on your skin goes into your bloodstream. I did my research and found the products I had been using on my family were loaded with chemicals. I was appalled that they were even allowed to be on the store shelves. I began educating myself about

many different healing modalities, including nutritional supplements, herbs, essential oils, chiropractic, vitaflex, reflexology, colon therapy, chemicals in our personal care products and cleaning products, microwaves, fluoride, aspartame, etc. I have since eliminated nearly all harmful products from my home, replaced with safe, immune building, oxygenating products. I have attended many trainings with Dr. Gary Young who is my friend and mentor and the founder of Young Living.

A few examples of what we replaced in our home:

- Allergy medicine ~~ Peppermint, Lavender, R.C.
- Pepto Bismol Stomach/Cramps ~~ Di-Gize, Dragon Time, Peppermint
- Aspirin/Tylenol ~~ Lavender, Peppermint, M-Grain
- Childrens fever reducer/colds/cough ~~ Lemon, Peppermint,

R.C.

- Neosporin/Vaseline ~~ Rose Ointment, Animal Scents Ointment
- Icy Hot, Ben Gay ~~ Ortho Sport, Pan Away
- Sinus Med ~~ Peppermint, R.C., Myrtle, Raven, Eucalyptus
- Cuts medication ~~ Melaleuca, Lavender, Melrose
- Cold Sores, Canker Sores ~~ Thieves, Lavender, Oregano
- Colds/Flu ~~ Thieves, R.C., Di-Gize
- Mouthwash ~~ Dentarome Mouthwash
- Toothpaste, Tooth/Gum Problems ~~ Dentarome, Thieves, Wintergreen
- Tagamet, Pepsid AC ~~ Essentialzyme, Alkalime, Di-Gize, Peppermint
- Bee Stings, Mosquito Bites ~~ Purification, Lavender, Basil
- Burns ~~ Lavender, Lavenderm Mist, Balsam Fir
- Diaper Rash ~~ Rose Ointment

These are just a few uses of these wonderful products.

Healthy Essentials
Healthy Essentials

Dial into our interactive conference calls every Tuesday.
30 minutes of Product followed by an Introductory
Business Presentation.
9pmET, 8pmCT, 7pmMT, 6pmPT
CALL (218) 486-3650 | Code: 946690#

Healthy Essentials

Thieves Essential Oil

Its many uses

Bleeding Gums - place a drop on your finger and then rub it around the gums

Painful Gums - place a drop on your finger and then rub it around the gum area of concern

Toothache - place a drop on your finger and then rub it around the tooth and gum that hurts

Teething - Mix with a little V6 massage oil and dab on gums inside mouth and on jaw line outside mouth.

Jaw Bone Infection - Rub directly on to jaw, both inside and outside the mouth. Put a drop on toothbrush and brush teeth with Dentarome Ultra. Add a drop to Fresh Essence Plus Mouthwash and swish around in mouth for as long as possible.

Jaw Bone Pain - Similar to Jaw Bone Infection, rub directly on to area of pain.

Earache - rub all around outside of ears and down sides of neck. Never pour Thieves into the ear.

Headache - Rub onto area of pain

Neckache - Rub onto area of pain

Cough - one drop directly on back of tongue and swallow, then drink water and/or rub into throat area

Cough - add a drop to 1/4 to 1/2 cap Fresh Essence Plus Mouthwash and gargle then swallow

Sore Throat/Strep/Tonsillitis - follow directions for cough. Or gargle then drink a drop in a cup of water

Sore Throat/Strep/Tonsillitis/Cough

- Add 1 or 2 drops to a spoonful of Young Living's Blue Agave and swallow.

Food Stuck in Throat - either swallow a drop of Thieves placed on the back of the tongue or rub a drop onto throat area, or both

Too Much Mucous/Phlegm in Throat - either swallow a drop or rub a drop onto throat area, or both

Memory Improvement - place on upper palate with thumb, and/or rub on temples, back of neck, top of head

Thinking Clarity - place on upper palate inside mouth, with thumb

Driving - Staying more alert/awake while on long trips - rub into temples and along hairline and inhale.

Studying - Staying more alert/awake late at night - rub into temples and along hairline and inhale.

Blood Nose - rub all over nose

Blocked Nose - rub all over nose (will probably need to blow your nose shortly after applying Thieves as it will be released)

Clogged Sinuses - rub all over nose, cheeks, and above eyebrows. *Caution: do not get in to eyes or it will sting*

Pimples - place directly on them as often as necessary Alternate with lavender

Cold Sore - place directly on sore as often as necessary to help it heal and disappear. Alternate with peppermint

Cancer Sores - Put on as often as nec-

essary to help them heal and disappear. Alternate with lavender

Aids Nausea - (See testimonial below) How Kimberly overcame her "Aids" related nausea as well as 'Aids' using Thieves products

Bug Repellent - rub on neat onto head/hair/face/arms/legs. Add to a spray bottle with water and spray all over yourself, your clothes, camping tent, picnic tables etc.

Chest Congestion - massage over chest and back

Abdominal Pains - massage all around belly button, under feet, down spine

Backache - massage directly onto the area with pain

Wrist Ache - massage into area with ache

Aching Knuckles/Fingers - Rub into the areas of pain as often as needed, until pain subsides

Lumps - Rub all over blistery little lumps on fingers or body

Warts - Keep rubbing on until they disappear

Athletes Foot - Rub over area of concern as often as needed, until it is gone

Cat Bites / Animal Bites - If possible, soak area in warm water with Thieves mixed into it. Then rub Thieves directly all around bitten area. Repeat as often as needed

Bug Bites - Apply onto bite to help expel poison and reduce pain and

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Join our email list and Please visit:
www.chipandkathy.net

Healthy Essentials

Essential Rewards Program Earns Free Products

THE ESSENTIAL REWARDS AUTOSHIP ADVANTAGE:

'ONE SMALL STEP FOR HUGE REWARDS IN SECURITY, SAVINGS, AND SUCCESS'

Security of always having the products you use. Just make your selection, and then put your mind at ease.

Young Living will do the rest.

Savings generated from points earned for FREE PRODUCT. You also save on shipping costs.

Success created by increased business, educational opportunities, and exclusive club promotions.

From Young Living's Door to Yours -- Hassle Free!

The Essential Rewards program is an easy-order process. It is a hassle-free way to secure your monthly PV requirements.

1. **Choose products** totaling at least 50 PV **that you love best** (the only difficult part of the program). *Recommendation: Purchase at least 100 PV each month on autoship so that you are secure at any level of achievement

2. **Sign up by:**

- Calling Distributor Network Services at **1-800-371-3515**, or by
- Visiting YL's website at: www.youngliving.com, or by
- Faxing the signed, Autoship Agreement to 866-203-5666. *

3. Change your mind? Give YL a call

or log into your virtual office on their website. You may switch products in your autoship right up to midnight (MST) of the day before your order is processed. You can even change the date of your shipment.**

4. Your autoship order ships the same day of each month. The cost is billed to your credit card or to your arranged payment method kept on file.

Savings are created with each Autoship order.

As your months on Autoship increase, so do your rewards!

◇ First Six Consecutive Months

(Earn 30 Maximum Credits Per Mo.)

◇ Second Six Consecutive Months

(Earn 50 Maximum Credits Per Mo.)

◇ One Year and Beyond

(Earn 75 Maximum Credits Per Mo.)

(For example: If your first month Autoship order is 100 PV, you receive 10 credit points that can be used for purchasing product. In your thirteenth consecutive month, you would earn 20 credit points that can be used for purchasing product.)

After participating in the program for two months, you are eligible to redeem your Essential Reward Points for any PV product. Call Distributor Network Services at 1-800-371-3515 and speak with one of our friendly representatives. Specify that you are using your Essential Rewards to purchase product.* Generally, 1 credit point is equivalent to 1 PV, and the credit points

required to redeem a product are generally the same as the product's PV.

SAVINGS — The Autoship advantage reduces your shipping costs. Essential Reward Members pay a \$6.50 FLAT FREE for the first 7 pounds on their Autoship orders, only .60 cents per pound for orders weighing 8-29 pounds and .40 cents per pound thereafter.** (Rates applicable in the continental USA on ground shipping only and not applicable to product redemption orders.)

MEMBERS-ONLY SPECIALS — Enjoy more savings by participating in monthly "Members Only" specials—Selected products offered at a reduced cost; special prices on YL events—**All savings just for you!**

NEW AUTOSHIP INTRODUCTION

Ensure you'll always have the benefits of Young Living's premium health products on hand with one of the **FIVE** new **EXCITING** autoship packs. **Exclusively** available for **participating Essential Rewards** members! Delivered straight to your door each month, the products in each pack will provide daily support for your well-being and that of your family. Take advantage of the ease of autoship and save on the cost of products, and shipping, by adding these innovative new packs to your monthly order!

Core Essentials™ Autoship Pack

Save \$14.75! Code # 3297

www.OilsLady.com
phone: 1-866-827-8981 | cell: (315) 246-2592
651 Olmstead Road, Savannah, NY 13146
e-mail: Kathy@OilsLady.com



**“For information on events in your area visit: www.youngliving.us
click on world map of events”**

Whsl. \$155.00/Pref. Cust. \$179.47/PV 155

Focus on strengthening the building blocks of total body wellness with this essential collection of nutritional products. Pack includes NingXia Red, Longevity softgels, Omega Blue, and (2) Balance Complete.

NingXia Red® Autoship Pack

Save \$9! Plus get 10 FREE NXR Singles - Code #3699

Whsl. \$150.00 / Pref. Cust. \$173.68 / PV 150

Have your monthly nutrient infusion automatically shipped to your door to energize, fortify, and replenish your body. Step up to a whole new level of health with a monthly supply of NingXia Red for the whole family. Pack includes (4) bottles of NingXia Red and (10) NingXia Red Singles.

A•R•T® Autoship Pack

Save \$14.50! Code #3765

Whsl. \$115.00 / Pref. Cust. \$133.16 / PV 115

Ensure that your basic skincare needs are always met by adding this pack to your autoship order; it's the ideal way to take advantage of A•R•T's advanced technology in skin restoration. Pack includes: A•R•T Day Activator, ART Night Reconstructor, A•R•T Gentle Foaming Cleanser, and A•R•T Purifying Toner.

Thieves® Autoship Pack

Save \$11.50! Code 3697

Whsl. \$115.00 / Pref. Cust. \$133.16 / PV 115

Receive the benefits of the purifying action of Thieves essential oil blend in a variety of products for the home with the simplification of this auto-

ship pack. Featuring our newest addition to the renowned Thieves product line, Thieves Foaming Hand Soap, this pack will ensure that the benefits of the revolutionary Thieves oil will always be available to you! Pack includes (2) Thieves Household Cleaner, Thieves Essential Oil Blend, Thieves Dentarome Ultra Toothpaste, Thieves Fresh Essence Plus Mouthwash, (3) Thieves Spray, and (2) Thieves Foaming hand Soap.

Everyday Oils™ Autoship Pack

Save \$10.00 Code #3695

Whsl. \$115.00 / Pref. Cust. \$133.16 / PV 115

The essential oils in this collection offer ongoing benefits for your home, car, travels, and body. Enjoy the relaxing benefits of Lavender and Peace & Calming, the cleaning power of Thieves and Purification, the comforting touch of Valor and PanAway, and more! Pack includes 5ml. bottles of Frankincense, Lemon, Lavender, Peppermint, Pan-Away Blend, Peace & Calming Blend, Thieves Blend and Valor Blend.

These “NEW Product Packs” are a fantastic addition to the Essential Rewards

Autoship Program. What an easy way to enjoy discounted prices while earning FREE credits towards the purchase of the many Essential Oils and Essential Oils enhanced Young Living Products.

Join with us in this WIN WIN program. Sign up today for the Essential Rewards Autoship Program where you and your loved ones will feel the powerful benefits from Young Living's natural products.

Choose one, two, or all five of the NEW Autoship Packs for your Autoship order. Remember, you have the ability to change this order each month so that you can experience different products each and every month, or choose your favorites to remain on your Autoship order and then each month add new ones for you to experience as well.

The Essential Rewards Autoship Program also assures you that you will never lose commissions again because of forgetting to place a qualifying PV order.

Keep in mind, the advantage an Autoship order provides for you is:

Young Living Waterloo Training

Sunday, October 7th, 2007 at 2pm – 4pm
Waterloo Holiday Inn

Located on Rte 414 take exit 41 off the NY State Thruway
Sarah Lobisco DNM (Doctor of Natural Medicine)

Basic principles of EOs and some practical applications in clinical practice.

Mark Your Calendars: December 9th:

Holiday Gifts & Recipes

Pre-Registration: only \$5.00

To Register send check or MO for \$5.00 to: Kathy Kouwe, 651 Olmstead Ave, Savannah, NY 13146

Received by 11/1/07 or \$10.00 thereafter or at the door (NO EXCEPTIONS) or PayPal: kathy@oilslady.com

All Paypal payments made will be donated to www.vaccinetruth.org

For a list of trainings in your area, visit: www.youngliving.com and click on events

Healthy Essentials
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Join our email list and Please visit:
www.chipandkathy.net

Healthy Essentials

Change Your Focus Change Your Life!

Sometimes folks who earn what they consider to be small amounts with YL tend to compare themselves negatively with others whose checks are larger. They may tell themselves things like, "I'm not doing very well at this. This amount of money hardly even counts." This stream of thoughts usually includes words like hopeless, I can't, not smart enough... This not so merry-go-round only leads to even greater feelings of inadequacy and scarcity. So how about a change of focus?

Consider this:

- A check for \$50 is like a 50% discount on a \$100 autoship, over and above your Essential Rewards Credits.

- \$100 a month will make a big dent in your monthly utility bill.

- Only \$167 each month will fund an \$2000 IRA for the year.

- Just think what \$300 per month can do to reduce debt or increase savings!

- And get this! If you earn a commission each month, a \$100 monthly order for health promoting Young Living oils, supplements, and personal care items you use every day can bring you a \$1200 annual tax deduction! And there are other things you can deduct for even greater benefits at tax time!!!

So, you see? We can let ourselves get caught in the experience of scarcity or we can change our focus to be grateful for the benefits, and open our minds to even more possibilities. Either way,

we choose and our experience obeys!

Quick and To The Point from the Essential Oils Desk Reference

- PanAway is powerful for pain reduction. When applied on location or to the Vita Flex points on the feet, it can act within seconds. Alternate with Relieve It. These 2 blends are powerful combinations for deep-tissue pain as well as bone-related pain.

- When fluid pressure inside the cells is higher than outside, pain is experienced. The MSM found in Sulfurzyme equalizes fluid pressure inside cells by affecting the protein envelope of the cell so that water transfers freely in and out.

- Chiropractors have found that by applying Valor to the bottom of the feet, spinal manipulations take 60 percent less time and work, and the results last 75 percent longer.

How Can I Learn All This Stuff?

If you have been using Young Living products for a while you know how effective they are for a nearly unbelievable number of situations. If the oils, supplement, personal care items are new to you, and you would like to know more about supporting good health, following are some ways to make that happen.

First, get a copy of the Essential oils Desk Reference!!! Attend the convention and other classes. Learn the simple "rules of the road" and experiment. Request assistance from your sponsor and ask others with experience too. Search www.oil-testimonials.com for personal stories about hundreds of topics. Here are some:

Examples from oil-testimonials
Wellness - www.oil-testimonials.com/essential-oils/2191

Good grades - www.oil-testimonials.com/essential-oils/387

ADHD - www.oil-testimonials.com/essential-oils/2041

Pink eye - www.oil-testimonials.com/essential-oils/565

Head lice - www.oil-testimonials.com/essential-oils/745

www.OilsLady.com
 phone: 1-866-827-8981 | cell: (315) 246-2592
 651 Olmstead Road, Savannah, NY 13146
 e-mail: Kathy@OilsLady.com



**"I love waking people up to the fact they have a choice"
 "You were created to live in perfect health your entire life... Naturally!"**

How Healthy Essentials Changed Some Lives

According to my daughter, my grandson did not like the Dentarome toothpaste, and would not use it. Instead he was using Spiderman toothpaste with fluoride from the store.

Not only were the ingredients not healthy, but my four year old grandson was swallowing the toothpaste. He just didn't understand how to spit yet.

Recently, I took a brand new tube of Dentarome toothpaste with me, and told my grandson that I had something very special for him and for his toothbrush. I put just a tiny bit of the toothpaste on his brush, and now he likes it and wants the toothpaste that Granny gave to him for brushing his teeth.

Then, when I wasn't there, his mother put too much on the toothbrush, and he didn't like it again.

So I found out that the problem was that using too much makes it too strong. Using just a little makes it just right, and he likes it. And it's okay if he doesn't spit this toothpaste out.

Gail Kuettel

My 9 year old had nasty dental work coming up. He had the potential for 5 pulpectomies and the first area was irritated and swollen and the dentist wouldn't be able to do the work

if the swelling didn't go down. He gave me a prescription for amoxicillin. Not wanting to break my family's record of only 1 antibiotic in 17 years for 9 people, I was determined to handle the situation with essential oils.

We used a drop of Thieves followed by a drop of Purification rubbed on his jaw and the bottoms of his feet every morning and night until his first return visit. He also brushed with Dentarome Ultra toothpaste and gargled daily with Young Living Mouthwash. I also used a cotton swab with one drop of clove oil onto

his gums before each visit. We have made it through 5 visits and ended up with only 2 Pulpectomies instead of 5!

After the last visit, I asked the dentist if he felt everything went okay with my son and he was

very positive about the results of the visits. I then told the dentist that I never filled his prescription

and told him of my application of the oils. I left the wide-eyed professional with a 'Missing Link'

CD as well as 'Essential Oils in Ancient and Modern Medicine' DVD.

Vivki Dau

Try me!



Trial Size Available
 15 - 25 drops each
 \$5.00 each
 (Exceptions listed below are priced per drop)

Singles:		Blends:	
Cistus	Coriander	Acceptance	Brain Power
Galbanum	Helichrysum	Egyptian Gold	Forgiveness
Idaho Tansy	Jasmine	Gathering	Gentle Baby
Ledum	Melissa	Hope	Juva Cleanse
Petitgrain	Ravensara	Live With Passion	Motivation
Roman Chamomile	Rose	Present Time	Trauma Life
Sandalwood	Spikenard	Magnify Your Purpose	
Valerian			

Pay by check or MO, made payable to: Kathy Kouwe, 651 Olmstead Rd,
 Savannah, NY 13146 (\$20 fee for all returned checks) Or
 PayPal to: Kathy@oilslady.com

Thieves Toothpastes- The healthy choice

Thieves Dentarome Toothpaste:

Contains: an exclusive formula of all-natural, plant-derived ingredients such as vegetable glycerin and ionic trace minerals. It uses gentle, odor-absorbing baking soda and the unique blend of Thieves essential oil. Additional therapeutic-grade peppermint essential oil is added to leave the mouth fresh, fragrant, and clean with no chemical aftertaste. This toothpaste is preferred by children and those with sensitive gums.



#3737

Thieves Dentarome Ultra Toothpaste:

Contains: an exclusive formula of all-natural, plant-derived ingredients such as vegetable glycerin and ionic trace minerals that gently cleans and whitens your teeth while harnessing the power of pure, therapeutic-grade oils. It uses gentle, odor-absorbing baking soda and the unique blend of Thieves essential oil. Additional therapeutic-grade peppermint essential oil is added to leave the mouth fresh, fragrant, and clean with no chemical aftertaste. This toothpaste is preferred children and those with sensitive gums. Essential oils of peppermint, clove, eucalyptus globulus, Thieves, thyme, and wintergreen.



#3744

KidScents Toothpaste:

is a 100% safe and natural alternative to commercial brands of toothpaste. The FDA requires all fluoride toothpastes to carry a poison warning on the label. KidScents Toothpaste is fluoride-free and contains no synthetic dyes or flavors. Perfect for children of all ages. KidScents Toothpaste makes a great training toothpaste for children during the crucial first years while they develop their primary teeth. Essential Oils are peppermint, spearmint, lemon, Thieves, and orange.



#3687

To make your home a healthy home view our complete list of Thieves Products, visit: www.youngliving.com/kk

Testimonial

A few months ago a well intentioned elderly woman that I had never met before told me, "Your teeth are so yellow, please, stop smoking!" I have never smoke even once in my life. Shortly later I switched my toothpaste to Dentarome Plus and today my teeth are so much whiter! Needless to say that I love Dentarome toothpaste.

Aye Jin Masuda

651 Olmstead Road
Savannah, NY 13146

News You Can Use!



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