



April 2008 • Issue Four

News You Can Use!

New Name, New Look, Same Service

Did you notice the new name at the top of this newsletter?

It's still from me, Kathy Kouwe, and I am here to help you in any way I can. Call or email any time.

315-365-3739

Kathy@oilslady.com

INSIDE

Allerzyme®

How Do I Build a Successful Young Living Business?

FREE NingXia Red

Have No Fear; Allergies Aren't Here

Did you know that allergies affect approximately 38% of Americans? A survey released by the American College of Allergy, Asthma and Immunology, states that millions rely on medications unnecessarily because they don't know about other effective treatment options.

Today the world is poisoned with toxins in the food we eat, the water we drink and the air we breathe. Sometimes bodies begin coughing, wheezing, running nose, watery eyes and other symptoms, but can be helped by taking positive steps to remove toxins from your environment and to control what you eat.

Allergies are a result of a breakdown of our immune systems according to Don Colbert, author of *The Bible Cures for Allergies*. Keeping our immune systems strong gives the body the power to fight physical attacks, and resist most allergic reactions. It is when our immune system becomes weakened; the strength of allergic reactions can overcome the body's ability to resist them.

Review the material about cleansing from the March email news. ***Cleansing is one of the best ways to combat most allergies.*** Start with the Cleansing Trio which is easy and effective.

Both resources listed below divide allergies into food allergies and environmental allergies. You will want to explore specifically the resources listed below for more specific information. The information that follows is general and tends to focus more on environmental allergies.

Now what? Be encouraged!

Some nutritional tips:

- ❖ Add enzymes: Many individuals need to supplement their meals with enzymes.

- ❖ Get good bacteria: Lactobacillus acidophilus and bifidus helps to re-colonize the GI tract. You can replenish your body with eating foods such as plain yogurt, keifer, etc. Sometimes a supplement is more helpful—such as after taking antibiotics. (Life 5 #3099 is an excellent source)
- ❖ Watch out for chemicals in foods: There are just plain excessive chemical pollutants in our food and water. **Take time to become an informed consumer.** Read the labels. Organic foods are grown free of toxic chemicals and additives and are much better for you. **Eating organic DECREASES the allergic effect.**
- ❖ Avoid aspirin: Avoid aspirin, alcohol, ibuprofen, antibiotics and environmental toxins. Yeast overgrowth in the small intestines and bacterial overgrowth caused by these may damage the immune barrier according to Dr. Colbert.

Supplements

- ❖ Bromelain is a digestive enzyme that will help you digest proteins. (Essentialzyme #3272 or Allerzyme #3288)
- ❖ Vitamin C: High levels of vitamin C in the body have an antihistamine effect. It also supports the adrenals. (Super C #3242)
- ❖ Bioflavonoids are effective against allergy symptoms because they are potent anti-inflammatories. They also boost the immune system and help limit histamine reactions. (Ningxia Red is full of bioflavonoids—increase to 2-3 oz per day)
- ❖ Omega 3 fatty acid (fish oil)

Some environmental tips

- ❖ Control airborne pollen allergies by using a home air purifier. A diffuser also creates a negative ion atmosphere and the

My son and I suffered from seasonal allergies, year after year. This year our medical insurance had decided that they were no longer going to cover our prescription, forcing me to pay \$6 for 5 pills over the counter (ridiculous huh). I decided to try some of the Harmony blend and lavender oils after hearing from another co-worker that this stuff works, and just a few weeks later I noticed that I was using the oils less and less and my allergies were still completely under control. Another change I noticed was that my son was no longer waking me up in the middle of the night because he couldn't breathe through his nose. Now I can save money and sleep through the night, too.

- JOSIE ALVAREZ

Allergies Aren't Here

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essential oil droplets remain in the air for a long time.

- ❖ Take away mold: If you have mold allergies, using Purification oil is very helpful. You can diffuse or put in water for cleaning, or spray. Can be carefully placed in your nose diluted with olive oil.
- ❖ Regularly bath your pet in the Animal Scents shampoo. Little do we realize that pet shampoos are filled with synthetic perfumes and additives which often trigger allergic response. Bathing your pet often reduces the pet dander, bathing with natural shampoo takes away synthetic chemicals.
- ❖ Dehumidifiers help, increase ventilation, and decrease carpeting (where dust mites live)

Essential Oil tips:

- ❖ Single Oils: Lavender, Ledum, German chamomile, Roman chamomile
- ❖ Blends: Harmony, Valor, RC, Raven
- ❖ Alternating the oils is effective. Place in hand, cup hands over nose and breath deeply. Rub the remaining on back of neck, forehead, chest
- ❖ Raindrop Technique is effective as well. See Essential Oil Desk Reference

Allergy symptoms are a signal that your body is struggling to cope with environmental pollutants. A real dedication of cleansing, nutrition and essential oils will have better results.



Allerzyme®

Allerzyme is back and now available in a new ninety-count bottle. It is a high-powered complex of vegetable enzymes that is specially formulated for sensitive digestive systems.* Many modern health concerns stem from the inability to properly digest foods. The enzymes in Allerzyme not only help with complete digestion, but they also help the body absorb vitamins and minerals more effectively.*

Allerzyme contains the essential oils of tarragon, ginger, peppermint, juniper, fennel, and lemongrass.

Enzymes in Allerzyme

Protease—breaks down proteins into amino acids, the building blocks of all muscles and cells. *Bromelain*—promotes protein assimilation. *Amylase*—assists the digestive system in breaking down carbohydrates.

Lactase—breaks down lactose, a sugar found in milk.

Lipase—improves fat utilization in the body, as well as absorption of vitamins A, D, and E. *Phytase*—helps unlock minerals like zinc, calcium, and magnesium from grains and other foods.

Code 3288

Wholesale: \$32.50

PV: 32.50

Preferred Customer: \$37.63

Customer: \$42.76

Resources:

www.allergy.mcg.edu/news/indoor

www.allergy.mcg.edu/Advice/foods

The Bible Cure for Allergies by Don Colbert, M.D. ISBN 0-88419-685-2 \$5.99

Essential Oil Desk Reference—can be ordered 1 866 827-8981



FREE NingXia Red... *You heard it right!!*

NingXia Red Super Promotion

Place an order of \$250 PV or more and receive a FREE NXR Combo Pack, item 4700. That's a bottle of NingXia Red and 10 sample packs, a \$72 value, plus a convention product voucher valued at \$22 when an order is placed of 250 PV or more.

PROMOTION DETAILS

Offer valid from 12:00 a.m. MT April 14, 2008, through 11:59 p.m. MT on May 14, 2008. Offer is limited to one qualifying order per membership, per calendar month. Only orders placed online or with a live operator are eligible. Essential Rewards autoship orders are eligible when the autoship processes between 12:00 a.m. MT April 14, 2008, through 11:59 p.m. MT on May 14, 2008. Orders can be placed online at www.youngliving.us or by calling Distributor Network Services at 1-800-371-2928. Orders faxed or mailed and received within promotion dates will qualify.

NingXia Red® is a naturally delicious, nutrient-infused wolfberry drink that will energize, fortify, and replenish your body. Rich in wide-spectrum antioxidant activity, NingXia Red has the highest levels of naturally occurring, age-defying S-ORAC activity to help support immune function, cardiovascular health, and nourish the eyes. NingXia Red also contains lemon and orange essential oils rich in the powerful antioxidant d-limonene to promote healthy liver function. Ningxia wolfberry, the primary ingredient in NingXia Red, has been cherished for centuries for its health, energy, and longevity benefits. Whole Ningxia wolfberries and other nutrient-dense fruit juices, like blueberry and pomegranate, make NingXia Red the perfect choice for optimizing wellness and stepping up to a whole new level of health.

The NingXia Red Promise

NingXia Red combines the finest Ningxia wolfberries, proprietary

“Nutrient-Guard” preparation, and other all-natural, nutrient-dense ingredients to provide:

- ⚙ Dynamic energy and stamina without harmful stimulants (e.g., caffeine, green tea, etc.)
- ⚙ Key glyconutrients that fuel vital energy systems
- ⚙ Unique protein-polysaccharides that help sustain proper immune function
- ⚙ Highest levels of naturally occurring, age defying S-ORAC activity
- ⚙ Great taste with no sugary “junk-juices” (e.g., apple, white grape, pear, etc.)

Essential nutrients in NingXia Red also help support the following: normal cardiovascular function, normal eye health, normal cell growth, and healthy liver function.

Nutrition Facts per serving: Calories: 19; Total Carbohydrate: 4 grams; Dietary Fiber: 0.2 grams; Sugars: 3.4 grams; Sodium: 15 mg; Protein: 0.65 grams; Vitamin C: 180 mg. Approximately 34 servings per container

I put my husband on the Ningxia Red juice, just an ounce a day, and his LDL (bad cholesterol) lowered 32 points in a couple of months. His doctor was amazed and said he had never seen that happen without some type of medication. He also wrote in my husband's chart “Listen to your wife,” because my husband had told him the only thing he was doing differently was drinking “that juice my wife has me on.” :) I also have heard Gary say on some training tape that rosemary and lemongrass essential oils, taken internally, will lower cholesterol. Hope that helps!

— LADONNA WELLS

My husband has been on NingXia Red for just over a month now, and he has noticed a dramatic difference in how long it takes him to urinate! AMAZING! Instead of taking MINUTES, it now takes less than a minute!! He is over 50 and now he won't dare miss his daily dose of NingXia Red!

— PAM FROST

“I used the Eucalyptus Oil for my allergies by inhaling for only 3 days. The results was remarkable. Not only did it stop my allergy problem, my sense of smell has returned after 32 years. I can walk in the yard now and actually smell the different flowers and plants. I can smell the different crops and pesticides. It is amazing.”

— JOE C. VISUAL

“I became interested in Young living Essential Oils after listening to The Missing Link tape. As a nurse, I was doubtful that any oil rubbed into my skin could do so much, but was inquisitive enough to take a chance. How glad I am that someone gave me the tape to listen to! By Using Peppermint and R.C. I was able to stop my allergy medicines. By rubbing Peace and Calming on my wrists I stopped using Benadryl for sleep. And I could go on and on for all the uses the oils have in my life.”

— GLORIA DEHART

Here's more of what people are saying about YL Essential Oils...

I was introduced to Young Living Essential Oils and NingXia Red in March 2007. I was looking for a natural way to deal with the pain I had been suffering with fibromyalgia since 2005. I used to hurt the worse in the morning, aching so bad I could barely move. After the first bottle of NingXia Red I realized how much better I felt. Then I learned of the oils for pain including Pan Away, Lemongrass and Lavender. These all help with the deep muscle aches associated with fibromyalgia. I learned that acidosis, the state of pH in our bodies that is too acidic, is a starting place for many ailments, so I chose to avoid coffee, sugar and MSG (monosodium glutamate, a food additive). If I needed something sweet I would choose fruit, toast with honey or nuts drizzled with real maple syrup. I also started drinking more water, which I would add oils to, including peppermint, lemon or grapefruit. After just 2 months of these changes I have increased energy and a significant reduction of pain. I can now wake in the mornings and move freely. I have also lost 16 lbs. Many thanks to God and to the people of Young Living.

— CHRISTINE MCCULLOUGH

I have posted several ideas on Joy regarding allergies. This morning I awoke to the realization that I haven't mentioned the value I have received from Spruce. I used to use a cortisone inhaler (for many years) to relieve symptoms. I woke up this morning with alot of sinus stuff going on so I applied about three drops of Spruce to my sinuses and the bottoms of my feet and found a great deal of relief as Spruce has a cortisone type action. I have been using a variety of oils and been off of meds for a year now. Spruce has been an important oil in achieving that.

Blessings and happy oiling, SHIRLEY MCKINNEY



I had allergies to all trees and grasses and my daughter who was 11 at the time was allergic to molds, cats saliva, grass, dust, etc., we used to go for allergy shots, then brought the shots home and tried Hisminal, Claritin, anything over-the-counter. I was so bad once I went on Predispose until the side effects were so bad I decided to try Lavender oil that I had been told about but didn't believe. Within two weeks of using 2 drops of lavender on the bottom and 2 drops applied to the forehead, temples and back of the neck I noticed dramatic results. I have not used over-the-counter medicine since or needed to. I can mow the lawn and have no trouble. If it's a really high pollen day, I use 1 drop of lavender on a Q-tip and swab my nostrils. Gotta love these oils.

— JILL YOUNG



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*Believe
Essentials
News You Can Use!*

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