



# Believe Essentials

November 2008 • Issue Nine

*News You Can Use!*

## Thought for the Day:

Watch your thoughts, they become your beliefs.

Watch your beliefs, they become your words.

Watch your words, they become your actions.

Watch your actions, they become your habits.

Watch your habits, they become your character.

~ UNKNOWN

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## KidScents... Not Just for Kids

Now is the time to use 'chemical free' products on our children, grandchildren, and ourselves.....this new product line Gary has put together adds some fun too....they even have 'toys' in the tubes so the 'kids' can collect and play with them.

Young Living calls this new line KidScents... Just for Kids. But after using them, they are for us older 'kids' too!

### THE SMART CHOICE

Ask any parent or grandparent.....their number one priority is the health and well-being of their children and grandchildren. That's why parents buy special products designed just for kids. Yet most of the children's products on the market today contain artificial perfumes, chemicals, and dyes. These products may be better for kids than the adult versions, but they aren't designed with the overall health of a child in mind.

Now there is a line of children's products that is safe, gentle, effective, and all-natural. Young Living's KidScents personal care products are non-toxic and free of the questionable ingredients commonly used in other children's formulations. Instead, they contain only the highest-quality ingredients that contribute to healthier skin and hair along with soothing the calming pure essential oils that help children relax and unwind after a busy day. KidScents nutritional supplements provide a full spectrum of vitamin support for children without artificial flavorings or dyes.

Gentle, safe, and effective all-natural products made for children. (young or old)

### They include:

**KidScents Shampoo:** Bye-bye harsh shampoos and soaps that leave young scalps dry and irritated. The mild formula in KidScents

Shampoo was designed to provide the perfect pH balance for children's delicate skin.

Code # 3686 Price \$12.00 8 oz

**KidScents Lotion:** No matter what the weatherman predicts, you can be assured that your child's skin will stay baby soft and protected with KidScents Lotion. Formulated to be non-oily and absorb quickly, KidScents Lotion has the perfect pH balance for delicate your skin. It moisturizes, softens, and protects.

Code # 3682 Price \$15.00 8 oz

**KidScents Bath Gel:** Make bath time a happy time! KidScents Bath Gel is gentle, mild, and above all safe. It contains the highest-quality natural ingredients and fragrant therapeutic-grade essential oils that leave tender skin feeling soft and refreshed. Makes goodnight kisses extra nice, too.

Code # 3684 Price \$12.00 8 oz

**TenderTush:** Keep baby's tender parts tender with a gentle diaper rash ointment that calms troubled feelings while it soothes trouble skin. The all-natural ingredients in TenderTush support the delicate skin in the diaper area and gentle therapeutic-grade essential oils provide comforting aromatherapy.

Code# 3689 Price \$15.00 2 oz

**MightyZyme Chewable:** A delicious high-powered vegetable enzyme complex for children. Includes enzymes to digests proteins, carbohydrates and fats. Also includes folic acid and peppermint oil to enhance digestion. This is a must so they will have a normal digestive system that is not always plugged up all the time. Plus they are getting the nutrients out of their foods.

Gary talked to us about the enzymes and how important they are to our good health.

NOVEMBER 2008

*My 10 month old had terrible skin rashes... They were bright red, scabbing over and often oozing. The poor guy couldn't sleep well because he'd wake up itching... I tried lavender and Rose Ointment; it seemed to keep it at bay but wasn't kicking it. I tried 1% cortisone like the doctor suggested but it actually made it worse. She then suggested a stronger steroid, but after reading all the warnings I threw it in the garbage and ordered Kid Scents Tender Tush and Kid Scents Lotion. I knew that the oils in those two products (cedar, frankincense, sandalwood, rose...) were very gentle and supportive of the skin.*

*I applied Tender Tush on all his rash spots... [and] topped it off with the Kid Scents Lotion... a total of 6 times per day... By the evening of day two, the rash was GONE!! ... His skin feels as soft as a rose petal, and best of all he's HAPPY!...*

*My husband was so impressed that he's going to try it on his very sensitive skin.*

BLESSINGS,  
TINA GREGORY,  
LIVERMORE, CA

## *Your Kids and Young Living Essential Oils by Penny LeClair*

# Top Five Common Childhood Illnesses

### 1. Colds

The most common childhood illnesses are upper respiratory infections - colds and other viral ailments that affect the throat, nose and sinuses. While adults average two to four colds a year, children typically have six to ten. Children also tend to have more severe and longer lasting symptoms than do adults.

The best treatment for colds is PREVENTION, Diffusing Essential oils in the home prevent the spread of airborne bacteria and viruses.

#### Child's Feel Better Massage

1oz light carrier oil like Olive Oil or v-6  
2 drops Lavender  
2 drops Eucalyptus  
2 drops Chamomile  
Massage up spine and chest area.

#### Breathe Deeply Bath

5 drops Eucalyptus  
3 drops Peppermint  
2 drops Lavender  
1 cup Epsom salts.  
Mix in bath  
Diffuse Thieves, RC or Raven  
Take an ImmuPro Up to 2x's daily  
Make Ningxia orange juice popsicles.

### 2. The stomach flu (gastroenteritis)

The second most common childhood illness is gastroenteritis, more commonly known as the stomach flu. This childhood illness causes vomiting and diarrhea, and can lead to dehydration, particularly in very young children.

#### Tummy Oil Massage

1oz v-6 or Olive Oil  
2 drops Chamomile  
2 drop Orange  
1-2 drops Ginger  
Massage on belly and back.

#### Tummy Oil Massage #2

2 drops lavender  
2 drops Di-Gize  
Rub on tummy with v-6 oil.

### 3. Ear infection (*otitis media*)

Ear infections most often occur in children under the age of 2, but the problem can also be common between the ages of 5 and 6 - triggered by the respiratory illnesses picked up in kindergarten or first grade. Colds or allergies cause congestion, which may squeeze shut your child's tiny drainage pipe for the middle ear. Fluid trapped in the middle ear can become a breeding ground for viruses or bacteria.

#### Ear infection (*otitis media*)

Dab a cotton ball with a small amount of the following gentle blend:

3 drops Chamomile  
3 drops Lavender  
1 drop of peppermint  
1 ounce carrier oil like olive oil.

Can rub on the mastoid bone for extra support

Take Immupro, Drink Ningxia Red

“There is NOTHING we achieve without some measure of failure.”

#### 4. Pink eye (*conjunctivitis*)

Pink eye (*conjunctivitis*) is an inflammation of the clear membrane that covers the white part of the eye and lines the inner surface of the eyelids.

When caused by viruses or bacteria, *conjunctivitis* is highly contagious.

#### Pink eye (*conjunctivitis*)

Diffuse Lavender at night while sleeping  
Dilute 20:80 apply 2-4 drops in a wide circle around the eye being careful not to get any oil in the eye or on the eyelid. 1-3 times daily.

Apply on temples and the eye on the *vita flex* points on feet. (Underneath the two largest toes and the index and middle fingers)

If oils get into eyes always dilute with v-6 oil or pure vegetable oil.

#### 5. Sore throat

Most sore throats are caused by viruses and are usually associated with other respiratory signs and symptoms, such as a runny nose and cough. But about 15 percent of children's sore throats are caused by streptococci - bacteria that cause strep throat.

Fevers above 101°F are common in strep throat, and swallowing can be so painful that your child may have difficulty eating.

#### Sore throat

Dilute 50:50 thieves or purification and v-6 oil rub all around throat, chest and neck 2-4 times daily.

Thieves lozenges are too strong for my kids, so they eat toothpaste.

Diffuse Melrose or lemon  
Ningxia Red Popsicles  
Peppermint on feet for fever

#### Kids Get Stressed Too

##### Inner Peace

1 drops Spearmint  
1 drops Lemongrass  
1 drops Marjoram  
1 ylang ylang  
1 oz V-6

or Joy, Peace & Calming, Sacred Mountain, Harmony, Valor applied on the neck, back, feet, chest and or heart.

#### Resources:

<http://www.mayoclinic.com/health/childrens-conditions/CC00059>

<http://www.oil-testimonials.com/>

Essential Oils Desk Reference Fourth Edition



*These are just great products, what else can you say? They have so many healthy ingredients, and none of the poisons which are found in commercial personal care products. The difference is like night and day. People who haven't experienced these products are really missing the boat!*

*I encourage you to order one of the KidScents products, such as the lotion, and read the label. Get rid of the poisonous lotions and other things in your bathroom that contain sodium laurel sulfate, propylene glycol, methyl paraben, sodium fluoride — poison-laden, health destroying, commercial chemicals, and start treating your body to some wonderful, health-giving products instead.*



# KidScents

*continued from page 1*

Enzyme help to increase resistant to disease, improve hormones, speed up bone, and wound healing, increase mental clarity, help digest toxins, burn fat, attach iron to the red blood cells, enzyme may help dissolve blood clots, and use enzyme for anti-aging. Also enzyme helps build the body to prevent onslaught of a cold.

Gary stressed to us that it is very important to give our precious children enzymes too, so they can have a great immune system to avoid school diseases.

Most people don't know that the human body is designed to only break down or digest approximately 50% of the food we eat. Live enzymes are supplied in raw food,

but as soon as we cook or process our food, we kill all the enzymes. This is the most overlooked situation in health today. Until this problem is corrected the body will continue to struggle and suffer. This is a very serious problem that our body faces on a daily basis yet, very few people are paying attention to how they weaken their body's protectors and repairers every single day. So you can see how important it is to start our children on their enzymes today.

## Ingredients

**Essential Oil:** Peppermint. Protease enzyme complex, amylase, peptidase, bromelain 600, cellulase, lipase, phytase, calcium carbonate, fructose, apple syrup, alfalfa powder, carrot powder, coconut oil, silicon dioxide, folic acid.

Directions: Chew one tablet before meals. Use as needed for colic and indigestion between meals.

## MightyMist

A spray a day keeps the doctor away! The delightful citrusy flavor of MightyMist is perfect for children who refuse chewable multivitamins or are too small to chew. MightyMist's oral infusion therapy formula contains many of the same powerful ingredients as MightyVites and additionally has a fantastic absorption factor. It's easy to use, too. All you do is spray the pleasant-tasting mist into your little one's mouth.



Code # 3271 Price \$20.00 1fl oz

*Take a look at some of the excellent ingredients in KidScents products by visiting [www.youngliving.us](http://www.youngliving.us)*



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*Behave  
Essentials  
News You Can Use!*

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