



YOUNG  LIVING
ESSENTIAL OILS



Gary Young





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7 questions you should ask yourself about a company that offers essential oils:

1. Does the company have its own farms where it raises the plants for distilling oils on natural, unpolluted soil that has not been chemically treated for the past 100 years?

7 questions you should ask yourself about a company that offers essential oils:

2. Does the company have a complete laboratory with mass spectrometers, gas chromatographs and other state of the art machines to test the consistency of an oil?

7 questions you should ask yourself about a company that offers essential oils:

3. Does the company follow a well established manufacturing process, which includes (1) sowing (2) cultivating and harvesting (3) distilling (4) testing and analysing (5) and finally sealing the oil bottles, that are directly dispatched to the customer?

7 questions you should ask yourself about a company that offers essential oils:

4. Do company representatives regularly visit all their supplier's farms and distilleries worldwide, to ensure the highest possible quality of their oils?

7 questions you should ask yourself about a company that offers essential oils:

5. Does the company encourage their distributors and other visitors to go, see and experience the sowing, planting, cultivation, harvesting, distillation and testing in the Laboratories, by offering them to participate in all these steps?

7 questions you should ask yourself about a company that offers essential oils:

6. Does the company allow independent laboratories to test their oils among with oils of other companies, to provide an uninfluenced comparison?

7 questions you should ask yourself about a company that offers essential oils:

7. How long does this company already exist?



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Essential Oils: “the blood of the plants”

Essential oils offer the same benefit to human beings and animals as they offer to plants: they act antibacterial, antiviral, antifungal, antiparasitic and protect us from microorganisms.

Why?

Because we all evolved from the same evolutionary process and thus have the same natural enemies.

Essential Oils: Nature's Pharmacy

Essential Oils have been distilled for at least 6,500 years. They have been used by many ancient cultures and tribes such as the Egyptian, Tibetan, Druidic and Essenic culture as well as indigenous peoples in North, Central and South America .

Nowadays they are used for modern Aromatherapy, which was set in motion by René-Maurice Gattefossé in the 1920's.

Essential Oils - how to use them:

- for inhalation
- for evaporation
- for massage
- for reflexology
- some oils such as lemon and peppermint may be drunk if diluted
- as a perfume or to support meditation

These products are not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment. All advice applies for Young Living Essential Oils only.

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Golden Touch 1

Formulated for wintertime discomforts



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EndoFlex

EndoFlex™ preserves our vitality by stimulating the endocrine system. It balances our hormones and metabolism and supports proper thyroid function. Use of EndoFlex™ may cause weight loss.

For ingestion or local application.

When using as a supplement, dilute one drop in 4 fl. oz. (100 ml) of liquid such as rice or soy milk.

Contains Oils of: Spearmint, sage, geranium, myrtle, Nutmeg and German chamomile, a base of sesame seed oil 138Hz.

Di-Gize



Di-Gize™ supports proper digestion when used as bitters (1-2 drops in a glass of water). Ideal to be combined with ComforTone® and JuvaPower®. Resolves flatulence, abdominal fullness, digestive concerns. Eliminates parasites and eases food intolerances.

Apply to stomach's Vitaflex points, or directly on stomach area (5-7drops) in combination with hot compress.

Apply behind the ears to overcome morning sickness.

When using as a supplement, dilute one drop in 4 fl. oz. (100 ml) of liquid such as goat's or rice milk.

For children dilute in a 1:1 ratio with V-6™ Enhanced Oil Complex

Contains Oils of: Tarragon, ginger, peppermint, juniper, fennel, lemongrass, anis and patchouli.

102 Hz



Melrose

Melrose™ - Gary Young's "first-aid-oil". Its antiseptic quality provides a protective barrier for our skin and may be used to cleanse smaller wounds, scratches and cuts. It prevents bacterial, fungal and viral proliferation and eliminates unpleasant odor.

For inhalation or local application.

To be diffused or applied topically on smaller skin ailments

Contains Oils of: Melaleuca alternifolia, naouli (Melaleuca quinquenervia), rosemary and clove

48 Hz.

Thieves



Thieves® is based upon the “four thieves formula.” which was rediscovered by Jean Valnet PhD. It was used by four French spice traders to protect themselves from the plaque while robbing its victims.

Studies of the Weber State University indicate : “Thieves” eliminates 99,96% of airborne and 91,7% of water borne germs. It support the immune system and enhances a solid health.

Ingest 5-7 drops in a 00 sized, clear vegetable capsule

Ad to rinsing water for cleaner dishes and to eliminate unpleasant odors

Diffuse in intervals of max. 30 min to eliminate airborne bacteria

Contains Oils of: clove, lemon, cinnamon, eucalyptus radiata and rosemary
150 Hz.

JuvaFlex



JuvaFlex™ - a blend of Oils which, according to studies, have a supportive effect on lymphatic system, liver and digestive system.

JuvaFlex™ acts detoxifying and enhances proper cell function. Ideal to be combined JuvaPower™ dietary supplement and Di-Gize™ Essential Oil.

For ingestion or local application.

Dilute one drop in a glass of rice or soy milk to use it as a dietary supplement.

Contains Oils of: fennel, geranium, rosemary, Roman chamomile, blue tansy, helichrysum and a base of sesame seed oil
82 Hz.



Raven

Raven™ - a composition of Oils with a calming impact on throat, chest and respiratory system. Raven derives from ravensara, a Madagascan plant. “The healing Oil”, as it is called by Madagascan natives, acts antiinflammatory and is an ideal companion to ImmuPower Essential Oil.

Diffuse or inhale for aromatic use.

Apply to neck and chest area in combination with hot compress to ease issues of throat and lung.

Spread on cushion or apply on wrists and soles of the feet.

To be alternated with R.C.™ Essential Oil.

Contains Oils of: ravensara, lemon, wintergreen , peppermint and eucalyptus radiata.

70 Hz



R.C.

R.C.™ contains powerful oils that act invigorating when applied to the chest and throat area. It is a wonderful blend to diffuse especially during winter. R.C.™ dissolves blockades of sinuses and respiratory system and eases cough, soar thought and allergic symptoms.

For topical or aromatic use.

Diffuse in living areas and workplace.

Apply on chest, neck, ears and bottoms of feet.

Use with a compress on chest and back.

Alternate with Raven™ Essential Oil.

Contains Oils of: eucalyptus globulus, myrrh, pine, marjoram, eucalyptus radiata, eucalyptus citriodora, lavender, cypress, tsuga and peppermint

75 Hz

Bonus:

ImmuPower



ImmuPower™ is a powerful blend of therapeutic-grade essential oils that create a fragrant and protective atmosphere while increasing positive energy.

For topical or aromatic use.

Diffuse daily to protect your home environment.

ImmuPower™ may be applied to the bottoms of feet, at the base of the neck and along the spine.

Contains Oils of: hyssop, mountain savory, cistus, ravensara, frankincense, oregano, clove, cumin and Idaho tansy.

Bonus: Brain Power



Brain Power™ gives your brain a boost with essential oils that are high in sesquiterpenes. Use it to clarify thought and develop greater focus.

For topical or aromatic application.

Apply on neck, temples, soles of the feet or under the tongue

Contains Oils of: frankincense, blue cypress, lavender and helichrysum

Bonus: JuvaCleanse



Juva Cleanse® - a specially formulated blend that supports normal liver function.

For topical and dietary use.

When using as a supplement, dilute one drop in 4 fl. oz. (100 ml) of liquid such as rice or soy milk.

Use 5-6 drops with hot compress on liver and stomach (apply daily in the morning and in the evening , after 7-10 days take a break of 4-5 days, than apply for another 7-10days)

Contains Oils of: helichrysum, ledum and celery seed

Bonus: Longevity



Longevity™ consists of the most powerful antioxidant damage caused by free radicals by absorbing them. In the same way they protect our skin, slow down ageing and make us look youthful. Longevity contains ingredients that score a very high 1,500,000 on the ORAC scale.

For topical and dietary use.

When using as a supplement, dilute one drop in 4 fl. oz. (100 ml) of liquid such as rice or soy milk.

Contains Oils of: thyme, orange, clove and frankincense

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Golden Touch 2



Aroma Life

Aroma Life™ combines the harmonizing effects of ylang ylang with the well known powers of cypress, helichrysum and marjoram. Pulsing with life, this blend energizes your life force, supports cardiac function and regulates blood circulation. It is best applied to the heart area (front and back). Helichrysum and cypress may be supportive in getting rid of varicose veins.

For topical and aromatic use.

Apply to heart area, on the feet, on the left hand under the ring finger, and above the inner face of the left elbow.

Dilute with V-6™ Oil Complex for a body massage.

Contains Oils of: cypress, marjoram, helichrysum, ylang ylang and a base of sesame seed oil.

84 Hz



Relieve It

Relieve It™ is a deeply relaxing, warming blend that soothes and comforts muscles and joints. Good to be used after exercises. It has an antiinflammatory effect and relieves issues from the cellular memory.

For aromatic and topical use.

Alternate with PanAway™ or Helichrysum™ Essential Oils

Contains Oils of: spruce, black pepper, hyssop and peppermint.
56 Hz



M-Grain

M-Grain™ acts calming while promoting a sense of well-being, particularly when applied topically in the head and neck area. It can ease nausea, headache, migraine and depression.

For aromatic and topic use.

Take two drops of Oil into your left hand, activate it and hold your palms in front of your nose for inhalation.

Apply M-Grain™ on forehead, temples and neck.

Contains Oils of: basil, marjoram, lavender, peppermint, Roman chamomile and helichrysum.

72 Hz

Clarity



Clarity™ supports a clear mind and alertness. Its stimulating oils including peppermint and rosemary, have been used for centuries to promote mental sharpness and proper memory. Clarity™ promotes vitality. When combined with En-R-Gee Essential Oil Clarity™ it is a perfect companion to night drivers.

A study performed by Dr. William N. Dember (University of Cincinnati) found that inhaling peppermint oil increases mental accuracy.

For aromatic use, evaporation, in bathe water
Put on cotton ball in air vents. (car!)
Apply on forehead, temples and neck.

Contains Oils of: basil, cardamom, rosemary, peppermint, rosewood, geranium, lemon, paplmarosa, ylang ylang, bergamot, Roman chamomile and jasmine.
101 Hz

Mister



Mister™ is comforting for men. It helps to balance the body and may act calming in stressful situations. It is recommended especially for men over 30 years of age. Mister™ has positive effects on the prostate gland and the hormone balance.
Eases women's hot flashes.

For aromatic and topical use.
Apply on ankles and inguinal area

Contains Oils of: sage, fennel, lavender, myrrh, peppermint and blue yarrow in a base of sesame seed oil
147 Hz



Dragon Time

Dragon Time™ - containing natural phytoestrogens this calming and appeasing blend is the perfect choice for women's emotions during special times and needs. Its balancing qualities support, firm emotions during the female monthly cycle. Dragon Time™ is recommended for women at every age.

For aromatic and topical use.

Apply on lower back or as hot compress on lower abdomen,
Dilute with V-6™ Enhanced Vegetable Oil Complex for body massage.

Contains Oils of: clary sage, fennel, lavender, marjoram, yarrow and jasmine.
72 Hz

Gentle Baby



Gentle Baby™ this soft, fragrant blend of Essential Oils was especially developed for mother and child. It helps to calm emotions during pregnancy and is useful for quieting troubled little ones. As many of its ingredients are used in elite cosmetics to promote useful appearance Gentle Baby™ is the ideal oil to take care of tender skin.

For topical and aromatic application.

Diffuse or inhale

Apply on lower abdomen, feet, lower back, face and neck.

Dilute with V-6™ Enhanced Vegetable Oil Complex for body massage.

To use it for little ones dilute in a 1:2 ratio with V-6™ Enhanced Vegetable Oil Complex

Contains Oils of: rosewood, geranium, palmarosa, lavender, Roman chamomile, ylang ylang, lemon, jasmine, bergamot and rose

152 Hz



Bonus: GLF

GLF™ this blend of powerful Essential Oils of helichrysum, ledum, spearmint and celery was especially developed to support the liver.

For topical application

Dilute in a 1:1 ratio mit with olive oil or V-6™ Enhanced Vegetable Oil Complex

Apply 4 - 6 drops to liver area or on Vita Flex points on the feet

Contains Oils of: grapefruit, helichrysum, celery, ledum, hyssop and spearmint



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