

Lansing Essential Oils Newsletter

William Lansing

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Lansingessentialoils.com

We do not treat or diagnose. This newsletter is intended for informative purpose only. If you have an illness or personal issue it is always best to consult your physician.

Upcoming Classes and Meetings

ALL classes listed are open to the public! You are welcome to attend any class that may be in your area.

Stay up to date on Young Living Essential Oils. Come to learn something new, or bring a friend and introduce them to the amazing benefits of Young Living's products. Do you have a class you would like included? Are you interested in hosting a class in your area? We are always willing to help a member grow, and teach them how to host their own meetings. Contact Willy for more information 563-926-2534 or 563-543-5418.

- Sept 7th** 6:30-8:30pm Hills & Dales 3505 Stoneman Rd, **Dubuque, IA.** (North end of the Kennedy Mall area) For more information contact David & Claudia March 563-516-1127 or Willy at 563-543-5418.
- Sept 10th** 2-4 Pm Community Savings Bank Drive-up, **Elkader, IA.** Essential Oils meeting. For more information contact Becky at 563-880-1945
- Sept 11th** 6 pm Deb Guyer. Brick City Inn **Clermont, IA.** Contact Deb at 563-423-5976 or Julie Abbott at 563-380-2367.
- Sept 11th** 6:30-8:30pm Product knowledge and information meeting. Corner Stone Christian Church, 900 Galena Square, **Galena, IL.** Willy will be the presenter this night. Contact Willy at 563-543-5418.

- Sept 12th** 7pm Iowa Grape Vines Winery, 18345 55th Street, **Maquoketa, IA.** Corner of Highway 61 and Caves Rd. 563-940-3830. For more information contact Willy at 563-543-5418.
- Sept 18th** 7-9pm Dyersville Senior Center 625 3rd Ave SE, **Dyersville, IA.** Open to the public. For more information contact Willy at 563-926-2534.
- Sept 19th** 6:30pm The Clinton Area Chamber of Commerce Meeting Room. 721 South 2nd St, **Clinton, IA.** For more information contact Dixie Shaff at 563-249-0353.
- Sept 19th** 6:30pm Pizza Hut 1129 E. Main St, **Manchester, IA.** This is an open meeting for everyone to attend. Contact Willy at 563-543-5418.
- Sept 20th** 6:30pm 4480 Amesbury Dr., **Bettendorf, IA.** For more information contact Rochel at 309-269-6989.
- Sept 21st** 6:30-8:30pm Lawler Family Chiropractic. 616 Parkview Plaza **Parkview, IA.** For more information contact Dixie Shaff at 563-249-0353 or Willy at 563-543-5418.
- Sept 25th** **PLEASE NOTE DATE AND DAY CHANGES!** 6-8pm Dawn's House 212 Windsor Dr NE, **Cedar Rapids, IA.** For more information contact Willy at 563-543-5418, Dawn at 563-542-1954, or Heidi at 319-521-6431.
- Sept 26th** **PLEASE NOTE DATE AND DAY CHANGES!** 6pm Product knowledge 303 East 1st St, **Monticello, IA.** For more information contact Mareda at 319-480-4482 or Willy at 563-543-5418.
- Oct 2nd** 6 pm Deb Guyer. Brick City Inn **Clermont, IA.** Contact Deb at 563-423-5976 or Julie Abbott at 563-380-2367.
- Oct 2nd** 6-8pm 641 Cedar Bend St, **Waterloo, IA.** Contact Juanita Stewart at 319-233-7387.
- Oct 5th** 6:30-8:30pm Hills & Dales 3505 Stoneman Rd, **Dubuque, IA.** (North end of the Kennedy Mall area) For more information contact David & Claudia March 563-516-1127 or Willy at 563-543-5418.
- Oct 8th** 2-4 Pm Community Savings Bank Drive-up, **Elkader, IA.** Essential Oils meeting. For more information contact Becky at 563-880-1945

UPCOMING HEALTH AND WELLNESS FAIR

Lansing Essential Oils will be hosting a Healthy and Wellness day in Ely IA! October 28th, 9am-4pm. Don't miss out on this exciting day of demonstrations, product knowledge, and much more! Start today by inviting your downlines, family, friends, and Co-workers. More information in next month's newsletter.

Support Your Wellness with September's PV Special

As kids are going back to school, and the dog days of summer are winding down you may start finding yourself in closer contact with those around you. Now is the time to start building up your defense system. A great way to do that is through exercise, healthy eating, and meditation. This month's PV special is designed to help you with all of those things. Receive the most from your order and your company by taking advantage of these deals.

100 PV – Retail Value \$15.46 - Bonus Essential Rewards exclusive **5mL Oregano Vitality**. Oregano Vitality isn't just known for its savory flavor, it also supports a healthy lifestyle when taken daily. Oregano is a powerful antibacterial and anti-inflammatory. It can be used for arthritis and respiratory issues.

190 PV – Retail Value \$80.26 - **5mL Peace and Calming**, Essential Rewards exclusives **5mL Thieves Vitality** and **5mL Oregano Vitality**. Thieves Vitality is a staple in any home with essential oils. Thieves Vitality help support overall wellness and a healthy immune system. Try adding a drop or two to your favorite hot drink; hot chocolate, tea, or coffee. Combined with Peace and Calming's gentle blend of Ylang Ylang, Orange, Patchouli, and Blue Tansy you are sure to have a relaxed and centering start to your day. Peace and Calming is a great tool to aid in your mental and spiritual wellness.

250 PV – Retail Value \$115.46 – **Inner Defense**, **5mL Peace and Calming**, Essential Rewards Exclusive **5mL Thieves Vitality** and **5mL Oregano Vitality**. Let Inner Defense go to work for you. It's designed to reinforce your systemic defenses and support your immune system. Be proactive, start the fight from the inside.

300 PV – Retail Value \$213.82 - **15 mL Cool Azul**, **Inner Defense**, **5mL Peace and Calming**, Essential Rewards Exclusive **5mL Thieves Vitality** and **5mL Oregano Vitality**. Exercise is the foundation to a healthy lifestyle. Hit the gym with the cool topical sensation and refreshing aromatic experience of Cool Azul essential oil blend. Apply this oil topically after physical activities to relieve sore or stressed muscles or for a cooling aromatic sensation.

Our Highlighted Product for September

Item #3234

BLM Capsules 90 ct

Wholesale: \$42.75



Once men and women reach adulthood we begin losing bone density, and probably at a higher rate that you would expect. According to Dr. Harris H. McIlwain, MD of Rheumatology; between the ages of 30 and 40 women lose bone mass at a rate of up to 1% per year. After Menopause that rate increases to about 4%! For those who did not intake a lot of calcium during childhood this rate could be higher. Many women have lost 25% of their bone density within the first five years after menopause.

This is not something anyone can avoid. We are all going to have to deal with this at some point in our lives, some of you may be dealing with it now. BLM supports normal bone and joint health. This formula combines powerful, natural ingredients, such as type II collagen, MSM, glucosamine sulfate, and manganese citrate, enhanced with the anti-inflammatory and pain relieving essential oils of Idaho Balsam Fir, Wintergreen, and Clove.

This product is highly effective arthritis treatment for building bones, ligaments, and muscles. The exclusive collagen and hyaluronic acid blend strengthens and rebuilds damaged joints and cartilage as it combats arthritis inflammation and bone pain.

How to Use: Take 1 capsule 3 times daily if you weigh less than 120lbs. Take 1 capsule 4 times daily if you weigh between 120-200lbs. Take 1 capsule 5 times daily if you weigh over 200lbs. Allow 4-8 weeks of daily use before expecting noticeable results.

Allergy Warning: *Contains ingredients derived from shellfish.*

*Young Living Essential Oils Website and Desk Reference 7th Edition pg 170

Living with Arthritis

More than 100 different kinds of arthritis have been identified. Two of the most common kinds are osteoarthritis and rheumatoid arthritis. Osteoarthritis occurs when the cartilage between the joints begins deteriorating, the joints start rubbing together and wear down. Rheumatoid is caused from a swelling or inflammation of the membrane lining the joints.

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Natural anti-inflammatories such as German Chamomile and Wintergreen when combined with cartilage builders are power in the fight against arthritis. The best natural anti-inflammatories include fats rich in omega-3s and anti-inflammatory essential oils.

Clove, Nutmeg, and Roman Chamomile work by inhibiting pro-inflammatory prostaglandins when taken internally or topically applied. Wintergreen contains the compound methyl salicylate which is very similar to the active compound in aspirin. Pan-Away and Cool Azul both contain wintergreen and are strong anti-inflammatory.

Things to Consider:

- Detoxification of the body – cleanse the colon and liver, help strengthen the joints
- Lack of water intake and eating breads can aggravate arthritis
- Boswellic acids found in Frankincense have been shown to be effective against rheumatoid arthritis.
- MSM (the main ingredient in Sulferzyme) and Type II Collagen have been proven to successfully treat rheumatism and arthritis.

*Young Living Essential Oils Desk Reference Seventh Edition

Smoothies!

Pina Colada Delight

1 Cup Almond Milk	1 Cup Coconut Milk
1-2 Scoops Pure Protein Vanilla	½ Cup Fresh Chopped Pineapple
1 Frozen Banana	½ Cup Ice Cubes

Blend all ingredients together. Enjoy as a nutritious drink of freeze for a frozen treat.

Protein Power

1-2 Scoops Balance Complete or Pure Protein	½ Cup Carrot Juice
½ Cup Coconut Milk	1 Drop Orange Vitality
¼ - ½ Cup Water or Ice	

Blend all ingredients together. This tastes like “Creamsicle” and perfect for all ages.

Additions could also be made with mangos and or pineapples.

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3266 275th St
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YL# 340519
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