

Lansing Essential Oils Newsletter

William Lansing

October 2017

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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.

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 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

- Oct 10th** 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.
- Oct 14th** 9:30am-4pm **LIVE YOUR PASSION RALLY**, 303 East 1st St, **Monticello, IA.** For more information contact Mareda at 319-480-4482 or Willy at 563-543-5418. Get excited about Young Living, and what it can do for you. Invite friends, family, coworkers, and neighbors to this exciting event. Designed to kick start your life and business.
- Oct 17th** 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.
- Oct 17th** 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.
- Oct 18th** 6:30pm 4480 Amesbury Dr., **Bettendorf, IA.** For more information contact Rochel at 309-269-6989.
- Oct 19th** 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.
- Oct 23rd** 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 24th** 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.
- Oct 28th** 9am-4pm American Legion 1535 Main St, Ely IA. **HEALTH AND WELLNESS FAIR – SEE THE ENCLOSED FLYER FOR MORE INFORMATION!**
- Oct 30th** 7-9pm Dyersville Senior Center 625 3rd Ave SE, **Dyersville, IA.** Open to the public. For more information contact Willy at 563-926-2534.

- Nov 7th** 6-8pm 641 Cedar Bend St, **Waterloo, IA.** Contact Juanita Stewart at 319-233-7387.
- Nov 2nd** 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.
- Nov 16th** 6 pm Deb Guyer. Brick City Inn **Clermont, IA.** Contact Deb at 563-423-5976 or Julie Abbott at 563-380-2367.

Cozy up to Fall with October's PV Special



Now that October has arrived, fall is in full swing with sweater weather, changing leaves, and pumpkin spice everything. In the spirit of the season, our October PV Promotion is filled with some of our autumnal favorites!

100 PV – Retail Value \$31.58 - Bonus Essential Rewards exclusive **5mL Cinnamon Bark Vitality**. Add a classic fall flavor to your favorite treats with this oil. It's perfect for hot cereal, baked goods, teas, smoothies, and spiced cider.

190 PV – Retail Value \$120.39 – **15mL DiGize**, Essential Rewards exclusives **5mL Cinnamon Bark Vitality and 15mL Raven**. With Terragon, Ginger, Peppermint, Juniper, Lemongrass, Anise, and Patchouli, DiGize has a rich spicy aroma. Apply it topically or diffuse it for a grounding scent that is perfect for fall. Apply Raven as an invigorating oil to the neck and chest on crisp fall mornings. Its blend of Ravintsara, Peppermint, Eucalyptus Radiata, and more is the perfect early morning pick-me-up.

250 PV – Retail Value \$154.27 – **Breathe Again Roll-On, 15mL DiGize**, Essential Rewards Exclusive **5mL Cinnamon Bark Vitality and 15mL Raven**. Walking among the changing leaves to enjoy the scents of autumn is a fall must! Apply the fresh clarifying aroma of Breathe Again made with Peppermint, Eucalyptus, and move to your neck and chest before heading out. We don't want you to miss out on all the marvelous scents of fall.

300 PV – Retail Value \$196.05 – **Super S Chewable Tablets, Breathe Again Roll-On, 15mL DiGize** Essential Rewards Exclusive **5mL Cinnamon Bark Vitality and 15mL Raven**. Prep your immune system for chillier weather with Super C chewable tablets! This immune-supporting supplement includes orange essential oil, camu camu, rose hip fruit powder, and acerola cherry.



Health and Wellness Day

Hosted by: Lansing Essential Oils, Inc.

October 28th 9am-4pm

Open to the Public

Come learn about natural health and a chemical free lifestyle

Vendors, Guest Speakers, Detox Foot-baths, and New Product Information

**Where: American Legion Post 555, 1545 Main
Street Ely, IA 52227**

For More Information Contact:

awn at (563) 542-1954 dawn52405@yahoo.com

Mark at (319) 899-7784 or mark.w.lansing@gmail.com

Special Guests Include

Dr. Ron Deyo – Live Blood Analysis

Call to schedule your session at (815)244-2699
Promotional Special \$60 per session

Dr. Nick Kuennen – Network Spinal Analysis

Call to schedule your session at (312)848-5235
Wellness Day Special \$25 per 30 min session

Melissa Brown LMT, RKM – Massage and Raindrop™ Technique

Call to Schedule your session at (319) 360-6238 or melissa@myhih.com
Special Price of \$77 per session

Claudia March – Zyto Scans

Call (563)516-1127 to schedule your session

**Himalayan
Salt Lamps
and Products
By Karen
James**

**Lunch Available
for Purchase
GLUTEN FREE
ITEMS**

PRESENT THIS FLYER FOR A DOOR PRIZE!



October's Highlighted Oil of the Month

Item #3372

Joy Essential Oil 15mL

Wholesale: \$44.75



This beautiful blend produces a magnetic energy that brings joy to the heart, mind, and soul. It inspires romance and helps overcome deep-seated grief and depression. With Ylang Ylang, Geranium, Jasmin, Palmarosa, and Rose essential oil. Joy has a fresh, floral aroma with notes of citrus from the essential oils of Bergamont, Lemon, and Tangerine.

Joy essential oil blend is perfect for diffusing or applying topically. Members' favorite Joy oil uses include diffusing it around the home for a pleasant, joyful aroma. Apply Joy essential oil blend topically and wear it as a fragrance to invite togetherness. You can also find Joy oil in Young Living's popular Everyday Oils™ essential oil collection.

*Young Living Essential Oils Website and Desk Reference 7th Edition pg 154

October is National...

Antidepressant Death Awareness Month

Emotional Intelligence Awareness Month

Emotional Wellness Month

Depression Education & Awareness Month

Today we live in a society of emotional turmoil. More and more the evidence is accumulating that our emotional health can have a profound effect on our physical health. More than ever before, researchers are probing the impact that emotional state have on the physical condition of the body.

Did you know:

- Over 15 million American adults ages 18 and older suffer from depression in a given year.
- In 2015 about 3 million teens age 12-17 had at least one major depressive episode in the past year.
- Women are twice as likely to suffer from depression than men
 - Married women are more likely to be depressed. Married men are less likely to be depressed.
- Depression affects all people regardless of age, geographic location, demographic, or social position.
- The World Health Organization (WHO) estimates that depression will be the second highest medical cause of disability by the year 2030. Second only to HIV/AIDS
- Many of history's creative minds suffered from depression including Beethoven, John Lennon, Edgar Allan Poe, Mark Twain, Georgia O'Keefe, Van Gogh, Hemmingway, and F. Scott Fitzgerald.

**<https://www.dosomething.org/us/facts/11-facts-about-depression>*

Depression, a nasty little thing none of us wants to admit to. A dirty little secret no one wants to talk about. This skews many of the statistics. Sometimes we all just need a little emotional pick me up. When that's the case Young Living is here to help.

A few strongly recommended essential oils for depression from the Essential Oils Desk Reference.

Singles:

Frankincense – The “Holy anointing oil” well known during the time of Christ for its anointing and healing powers. It was also given to Christ at his birth.

Royal Hawaiian Sandalwood – Grounding and stabilizing, it enhances deep sleep and may help remove negative programming from the cells.

Ylang, Ylang – Combats anger and low self-esteem, increases focus of thoughts, filters out negative energy, restores confidence and peace.

Blends:

Valor – Balances energies and instills courage, confidence, and the body to align itself.

Live with Passion – Revives the zest for life and improves internal energy. Helps people attain an optimistic attitude.

Harmony – Promotes physical and emotional healing. Creates a harmonic balance for the energy centers of the body.

Gentle Baby – Calming and brings a feeling of peace for babies, children and adults.

Other options with Young Living Essential Oils to help combat depression include oils kits like Feelings Kit, Freedom Bundle Kit, and the Reconnect Collection. You may also be interested in a

Raindrop™ Technique massage or and Emotional Release with a trained and skilled Young Living Essential Oils Representative. Please contact Willy for a trained member in your area.

Suicide is an unfortunate out for many suffering from depression. If you or someone you know is suffering please pass along the following information. Even if only one call saves a life, it's worth it.

**Text HOME to 741-741 – Speak with trained counselors, Free, Confidential, 24/7.
800-273-8255 – National Suicide Prevention Lifeline.**

Soothing Honey and Oils Lozenges

- 1 Cup Raw Honey
- 1 tsp Coconut Oil
- 8 Drops Thieves Vitality
- 4 Drops Lemon Vitality
- 1 Candy Thermometer
- 1 Silicone mold – Smaller mold size

Place honey in saucepan and bring to 300 degrees on medium heat. It will bubble so make sure you continually stir. They must reach 300 or they will not harden! Yes, this may decrease the natural healing power of honey, but it is better than the corn syrup alternative.

2. Remove from heat and let cool. Then add essential oils.
3. Spoon into silicone mold. Set the molds on parchment paper. They will get sticky.
4. Cool completely and store in the fridge or freezer to enhance freshness. They will become soft again if left to get warm.

Note: You can coat them in powdered sugar before wrapping in parchment paper to store.

Peppermint Brownie Bites

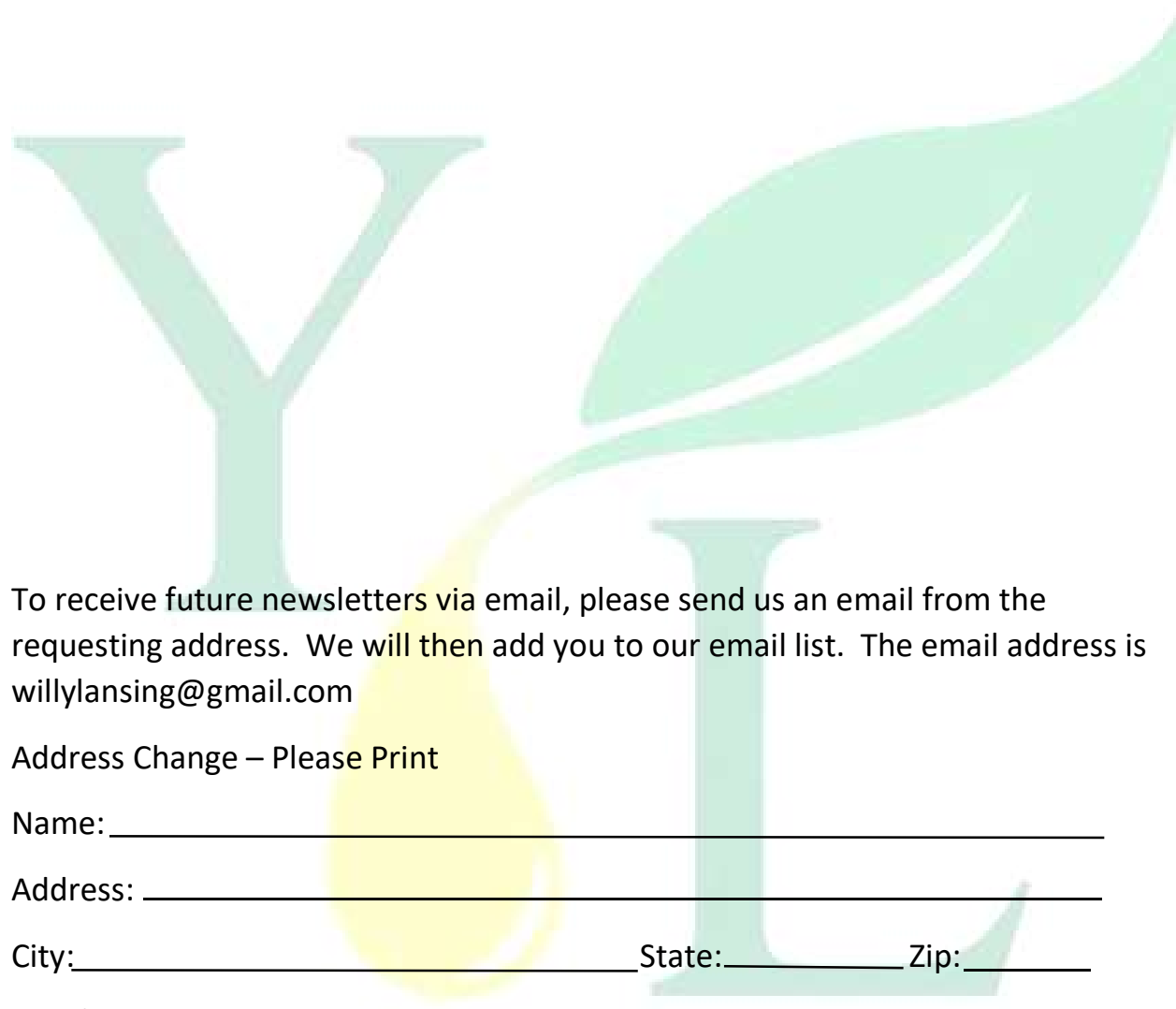
- 2/3 Cup Softened Butter
- 1 ¼ Cup Granulated Sugar
- 1 Tbsp Milk
- 1 tsp Vanilla Extract
- 2 Eggs
- ½ tsp Salt
- ¼ tsp Baking Soda
- ½ Cup Cocoa Powder
- 1 ½ Cups All-Purpose Flour (or Einkorn Flour)
- 3 Drops Peppermint Vitality
- Powdered sugar to sprinkle on top

1. Heat oven to 350 degrees
2. Beat butter, granulated sugar, milk, vanilla, and eggs in a large bowl until well blended
3. Add salt, baking soda, cocoa powder, then flour to butter mixture. Mix until well blended.
4. Stir in Peppermint oil.
5. Spread into 9x9 cake pan and bake for 11-13 minutes.
6. Sprinkle with powdered sugar while warm

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