

Lansing Essential Oils Newsletter

William Lansing

November 2017

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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.

REMINDER: Temperatures will soon be dropping below freezing in many areas. Be conscious of packages being delivered that may be subject to freezing and breakage. We recommend ordering Ningxia Red in the 2oz singles.



Make the Holidays Even Happier with November's PV Special

Do you wait until the day after Thanksgiving to get in the spirit for Christmas, or are you ready to celebrate months before? Whether you patiently put off decorating and celebrating or rush into the festivities the November PV Promo is here to help you get ready for the holidays!

100 PV – Retail Value \$13.49 - Bonus Essential Rewards exclusive **5mL Christmas Spirit**. It doesn't feel like the holidays until you bring out the Christmas Spirit! A YL exclusive, this warm, nostalgic essential oil perfectly blends Orange, Cinnamon, and Black Spruce.

190 PV – Retail Value \$72.04 – **15mL Eucalyptus Radiata**, Essential Rewards exclusives **5mL Christmas Spirit** and **15mL Tea Tree**. Fill your home with the crisp, clean scent of Eucalyptus Radiata just in time for the holiday guests! Diffuse it on its own or with complementary oils such as Orange, Lavender, and Rosemary. Tea Tree makes prepping for the holiday hosting a breeze with help from this home cleaning must-have. Use Tea Tree for DIY linen spritzers, household cleaners, and air fresheners to keep your home cozy and comfortable.

250 PV – Retail Value \$113.73 – **Christmas Tree Ornament, 15mL Pine, 15mL Eucalyptus Radiata**, Essential Rewards Exclusive **5mL Christmas Spirit** and **15mL Tea Tree**. Trim the tree with this oil-infused ornament. Designed with a festive snowflake pattern, this glass orb includes an essential oil basin and diffuser sticks to help you spread your favorite scents of the season. Bring the freshness of the forest inside! Pine is the perfect complement to your real or artificial tree when you diffuse the woody, rich aroma throughout your home.

300 PV – Retail Value \$210.44 – **15mL Frankincense, Christmas Tree Ornament, 15mL Pine, 15mL Eucalyptus Radiata**, Essential Rewards Exclusive **5mL Christmas Spirit** and **15mL Tea Tree**. With Biblical ties to Christmas, Frankincense is a wonderful oil to elevate the spirit of the season. Apply its uplifting aroma by massaging it into your chest, temples, or neck. As one of the higher frequency oils available from Young Living the benefits both aromatically and topically of Frankincense are numerous.

November's Highlighted Oil of the Month

Item #3356

Christmas Spirit Essential Oil 5mL

Wholesale: \$10.25



Christmas Spirit taps into the happiness, joy, and comfort associated with the holiday season. It combines Oranges, Cinnamon Bark, and Spruce to create a warm, spicy and sweet Christmas essential oil blend that's sure to be loved by everyone in the family

Thanks to its familiar notes and timeless aroma, Christmas Spirit essential oil blend helps evoke feelings and memories tied to the joy of Christmas and simpler more peaceful moments. It's a

great gift for the holidays, and it can easily become an important part of your family traditions. Diffuse it during the holidays and winter months to help children, family, and friends reminisce over the past and create new memories for the future.

Aromatic: Diffuse up to 30 minutes 3 times daily or directly inhale. **Topical:** Dilute 1 drop with 4 drops of V-6 or carrier oil. Apply 1-2 drops over heart, on wrists, neck, temples, foot Vita Flex points, or desired locations as needed.

*Young Living Essential Oils Website and Desk Reference 7th Edition pg 147

Gathering, Grounding, Family, and Friends

November is a time for coming together and celebrating the many blessings in our lives. It can also be one of the most stressful times of the year. Signifying the changes in nature and our lives, as we prepare for the coming winter. Harvesting crops, clearing fields, gathering together, and coming to terms with events from the year past.

While bringing your friends and family together to celebrate always sounds exciting, the closer the time comes the more we begin to realize the differences we all have. Combining that stress with the anxiety of preparing for the feast itself can leave many feeling drained. Let Young Living Essential Oils relieve some of that burden. Prepare yourself and your home, for a time of gathering, acceptance, and maybe some forgiveness.

Gathering: This blend is created to help us overcome the bombardment of chaotic energy that alters our focus and takes us off our path toward higher achievements. This combination of Northern Lights Black Spruce, Vetiver, Frankincense, and Sandalwood have a strong effecting in gathering out emotional and spiritual thoughts. These oils will help increase the oxygen around the pineal and pituitary glands, bringing greater harmonic frequency to receive the communication we desire. In other words, it makes you a much happier and gracious host even when “you know who” shows up with extra guests in tow!

Acceptance: Stimulates the mind, compelling us to open and accept new things, people, or relationships in life. Allowing one to reach a higher potential. It also helps us to overcome procrastination and denial. This is a great oil to diffuse in the weeks leading up to your gathering, and to wear throughout the day of.

Forgiveness: Helps to release hurt feelings and negative emotions. It also helps release negative memories, allowing one to move past emotional barriers and attain higher awareness, assisting the person to forgive and let go. This is the true reason behind Thanksgiving. It is very hard to be thankful for the blessings before you, without forgiving the things that weigh heavily on your heart. The true path to acceptance is through forgiveness.

Challenge: We would like to challenge you all to ONE act of kindness for a random stranger between now and the end of the year. Buy the next person in lines coffee. Rake the leaves for

the elderly couple down the street. Donate to the local food bank or Angel Tree program. Even something as small as a compliment to a stranger can make all the difference in someone's life.

This time is also one of the most difficult for people suffering from depression. Suicide is an unfortunate out for many. 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.

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.

- 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 7th** 6-8pm 641 Cedar Bend St, **Waterloo, IA.** Contact Juanita Stewart at 319-233-7387.
- Nov 14th** 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.
- Nov 16th** 6 pm Deb Guyer. Brick City Inn **Clermont, IA.** Contact Deb at 563-423-5976 or Julie Abbott at 563-380-2367.
- Nov 16th** 6:30-8:30pm Lowler Family Chiropractic. 616 Parkview Plaza **Parkview, IA.** For more information contact Dixie Shaff at 563-249-0353 or Willy at 563-543-5418.
- Nov 21st** 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.

- Nov 21st** 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.
- Nov 22nd** 6:30pm 4480 Amesbury Dr., **Bettendorf, IA**. For more information contact Rochel at 309-269-6989.
- Nov 27th** 6pm Product knowledge 303 East 1st St, **Monticello, IA**. For more information contact Mareda at 319-480-4482 or Willy at 563-543-5418.
- Nov 28th** 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.
- Dec 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.

Traditional Thanksgiving Stuffing

- 1 Cup Butter
- 1 lb day-old white French Bread, diced into ½" cubes and dried
- 1 large sweet Vidalia or yellow onion chopped
- 1 ½ Cups Celery chopped
- ½ Cup Italian flat leaf parsley leaves
- 3-4 Drops Sage Vitality
- 3 Drops Rosemary Vitality
- 2 Drops Thyme Vitality
- 2 ½ Cups Low Sodium Chicken Broth
- 2 Large Eggs
- Salt & Pepper to taste



Preheat oven to 250. Place cubed bread on a baking sheet and bake stirring occasionally until dried out. About 45 minutes. Bread must be very dry to begin with. Transfer bread to a very large bowl and set aside. Preheat oven to 350 and spray 3qt baking dish with cooking spray

In a large skillet add ¾ cups of butter and melt over medium heat. Add in celery, onions, and cook until softened, and lightly browned. Transfer to bowl with bread.

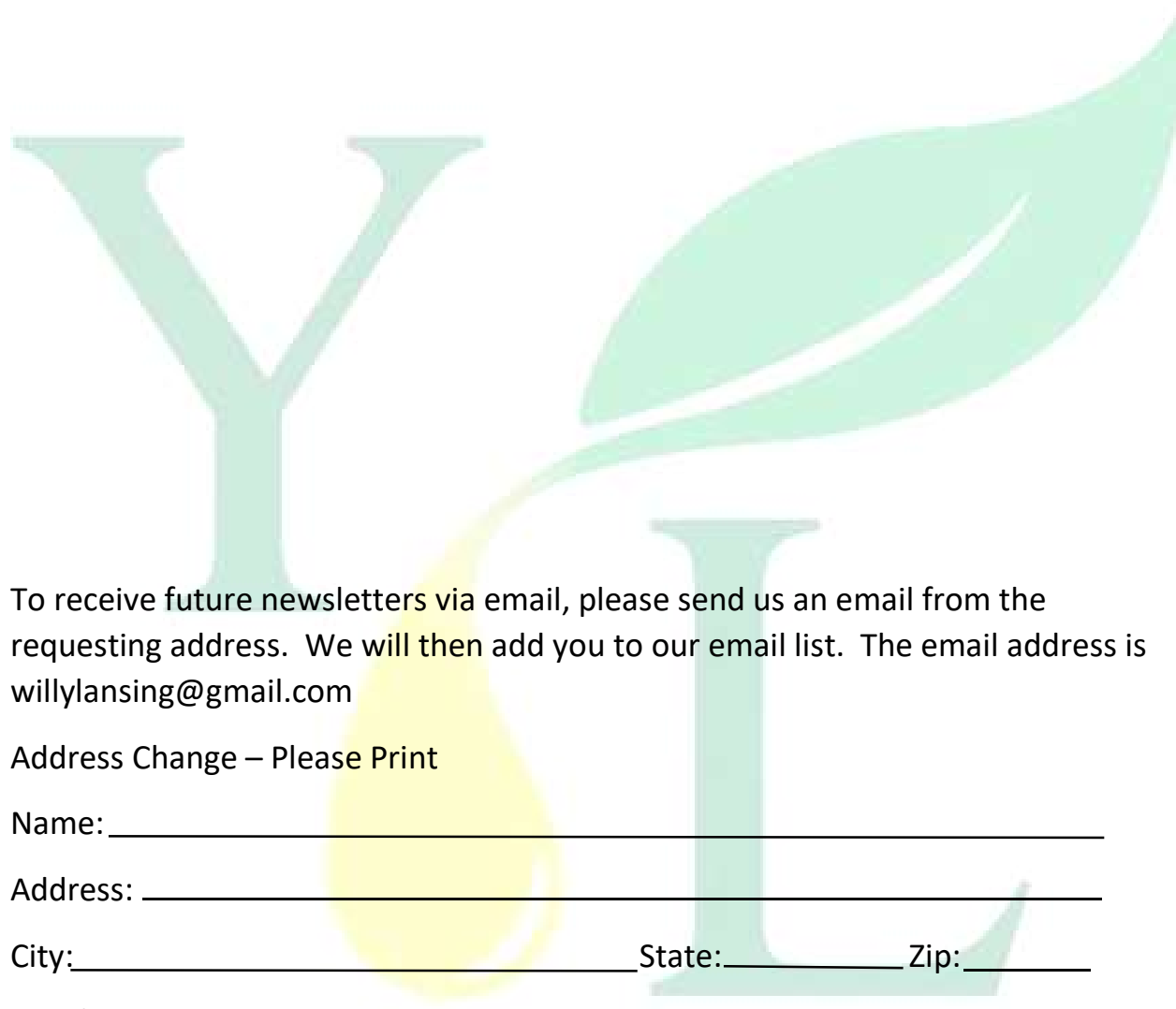
In a separate bowl mix chicken broth, parsley, sage, rosemary, thyme, salt, & pepper. Whisk in eggs. Combine well and pour over bread, toss well to combine. Turn mixture out into prepared baking dish.

Dice the remaining butter in to pieces and evenly dot the butter over the top of the stuffing. Cover with foil and bake for 40 minutes. Uncover and bake for an additional 40-45 minutes or until top is lightly golden brown. Serve immediately.

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