

## ***Lansing Essential Oils Newsletter***

***William Lansing***

December 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.**



## **Holly Jolly Holidays December's PV Special**

The glow of twinkling lights, flickering candles, and beaming faces has us in a holly jolly mood. Young Living has rounded up some of their favorite seasonal products to give away to you. Perhaps you'll enjoy them so much you'll choose to share them with your family and friends!

**100 PV – Retail Value \$17.11** - Bonus Essential Rewards exclusive **5mL Nutmeg Vitality**. A favorite flavor of the holiday season. Nutmeg Vitality makes it easy to instantly spice up your traditions! Make Homemade cider, truffles, spiced pumpkin bread, and more with this versatile oil.

**190 PV – Retail Value \$63.16** – **5mL Northern Lights Black Spruce**, Essential Rewards Exclusive **15mL Lemon** and **5mL Nutmeg Vitality** Young Living's Northern Black Spruce is an exclusive oil created from the trees of our Northern Lights Farm in British Columbia, Canada. Its rich, woody aroma is the perfect addition to your holiday hosting and family gatherings. Brighten your holidays with a burst of citrus aroma! This fresh scent is a family favorite all year long.

**250 PV – Retail Value \$100.99** – **Life 9, 5mL Northern Lights Black Spruce**, Essential Rewards Exclusive **15mL Lemon** and **5mL Nutmeg Vitality**. Life 9 is our high potency probiotic that promotes healthy digestion, supports gut health, and helps maintain normal intestinal function to help you stay on your feet this busy season. This is also a great kick starter to maintain that New Year's resolution to a healthier lifestyle. A healthy lifestyle starts with a healthy gut.

**300 PV – Retail Value \$156.58** – **15mL Sacred Frankincense, Life 9, 5mL Northern Lights Black Spruce**, Essential Rewards Exclusive **15mL Lemon** and **5mL Nutmeg Vitality**. Distilled from the *Boswellia sacra frankincense* tree, Sacred Frankincense helps take your meditation or spiritual environment to a higher level. Its connection to the holidays make it especially significant this time of year.

## December's Highlighted Oil of the Month

Item #3593

Myrrh Essential Oil 5mL

Wholesale: \$64.75



*Genesis 42:11 Then their father Israel said to them, "If it must be so, then do this" take some of the best products of the land in your bags, and carry down to the man as a present, a little balm and a little honey, aromatic gum and myrrh, pistachio nuts and almonds."*

What better way to acknowledge the holiday season than with one of the most famous oils of the scriptures. From Genesis to Exodus Myrrh is specifically mentioned in the Bible

approximately 152 times. It is an ingredient in the “oil of holy ointment”, and was presented at the birth of Jesus by the three wise men.

What is Myrrh? Myrrh is a resin, or sap-like substance, that comes from a tree called *Commiphora Myrrha*, common in Africa and the Middle East. Myrrh is botanically related to Frankincense. In order to harvest Myrrh the tree trunks must be cut into to release the resin. The resin looks like tears as it runs down the trunk. Once it has dried it is collected and the essential oil made from the sap via steam distillation.

Myrrh as an oil possess many beneficial properties including powerful antioxidant, antitumoral, anti-inflammatory, antibacterial, antiviral, antiparasitic, analgesic/anesthetic.

Its uses include assisting in the treatment of diabetes, cancer, hepatitis, fungal infections, tooth/gum infections, and skin conditions including eczema, wrinkles, and stretch marks. As a aromatic it promotes spiritual awareness and is uplifting. It contains sesquiterpenes, which stimulate the limbic system of the brain (center of memory and emotions) and the hypothalamus, pineal, and pituitary glands. The hypothalamus is the master gland of the human body, producing many vital hormones, including thyroid and growth hormones.

Myrrh is mentioned in one of the oldest known medical records, the *Ebers Papyrus* (dating from the 16<sup>th</sup> century BC), and ancient Egyptian list of 877 prescriptions and recipes. The Arabian people used Myrrh for many skin conditions such as cracked skin and wrinkles. It was listed in *Hildegard's Medicine*, a compilation of early German medicines by highly regarded Benedictine herbalist Hildegard of Bingen (1098-1179)

*Matthew 2:11 And when they were come into the house, they saw the young child with Mary his mother and fell down, and worshiped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense, and myrrh.*

**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**

**Congratulations of Karen Sheroan on achieving the rank of SILVER!**

Karen is sponsored by Janet Holbrook and they are in Mary H Clark's group.

Awesome Job!

## 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.

- Dec 5<sup>th</sup>** 6-8pm 641 Cedar Bend St, **Waterloo, IA**. Contact Juanita Stewart at 319-233-7387.
- Dec 7<sup>th</sup>** 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.
- Dec 12<sup>th</sup>** 6:30pm Iowa Grape Vines Winery, 18345 55<sup>th</sup> Street, **Maquoketa, IA**. Corner of Highway 61 and Caves Rd. 563-940-3830. For more information contact Willy at 563-543-5418.
- Dec 13<sup>th</sup>** 6:30pm 4480 Amesbury Dr., **Bettendorf, IA**. For more information contact Rochel at 309-269-6989.
- Dec 19<sup>th</sup>** 6:30pm The Clinton Area Chamber of Commerce Meeting Room. 721 South 2<sup>nd</sup> St, **Clinton, IA**. For more information contact Dixie Shaff at 563-249-0353.
- Dec 19<sup>th</sup>** **Manchester, IA**. No meeting Merry Christmas and Happy New Year.
- Dec 21<sup>st</sup>** **Clermont, IA**. No meeting Merry Christmas and Happy New Year.
- Dec 21<sup>st</sup>** 6:30-8:30pm Lawlor Family Chiropractic. 616 Parkview Plaza **Parkview, IA**. For more information contact Dixie Shaff at 563-249-0353 or Willy at 563-543-5418.
- Dec 25<sup>th</sup>** **Monticello, IA**. No meeting Merry Christmas and Happy New Year.
- Dec 26<sup>th</sup>** **Cedar Rapids, IA**. No meeting Merry Christmas and Happy New Year.
- Jan 2<sup>nd</sup>** 6-8pm 641 Cedar Bend St, **Waterloo, IA**. Contact Juanita Stewart at 319-233-7387.

**Jan 4<sup>th</sup>** 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.

**Jan 4<sup>th</sup>** 6 pm Deb Guyer. Brick City Inn **Clermont, IA.** Contact Deb at 563-423-5976 or Julie Abbott at 563-380-2367.

## Peppermint Patties

2 ¼ Cups Powdered Sugar  
2 Tbsp Softened Butter  
3-4 Drops Peppermint Vitality Essential Oil  
2 Tbsp Cream  
12 oz Chocolate Almond Bark

1. In a bowl mix together sugar, butter, oil, and cream until well combined and the consistency of play-doh. If sticky slowly add powdered sugar until no longer so.
2. scoop mixture out onto a section of plastic wrap and form into a tube approx. 1 ½" in diameter. Wrap it tight and twist ends shut. Chill until firm, about 45 minutes. Once cool remove from wrapping and slice into 1/4" pieces.
3. Melt the almond bark in the microwave in 30 second increments to prevent burning. Use a fork or dipping tool to dip peppermint patties. I've found it's easier to drop them in and then use a tool to flip them over for coating. Place on waxed paper until firm again.

## Orange Melt-aways

1 pkg Milk Chocolate Chips  
1 Cup Semi-Sweet Chocolate Chips  
¾ Cup Heavy Whipping Cream  
1 Tsp Grated Orange Peel  
3 Drops Orange Vitality Essential Oil

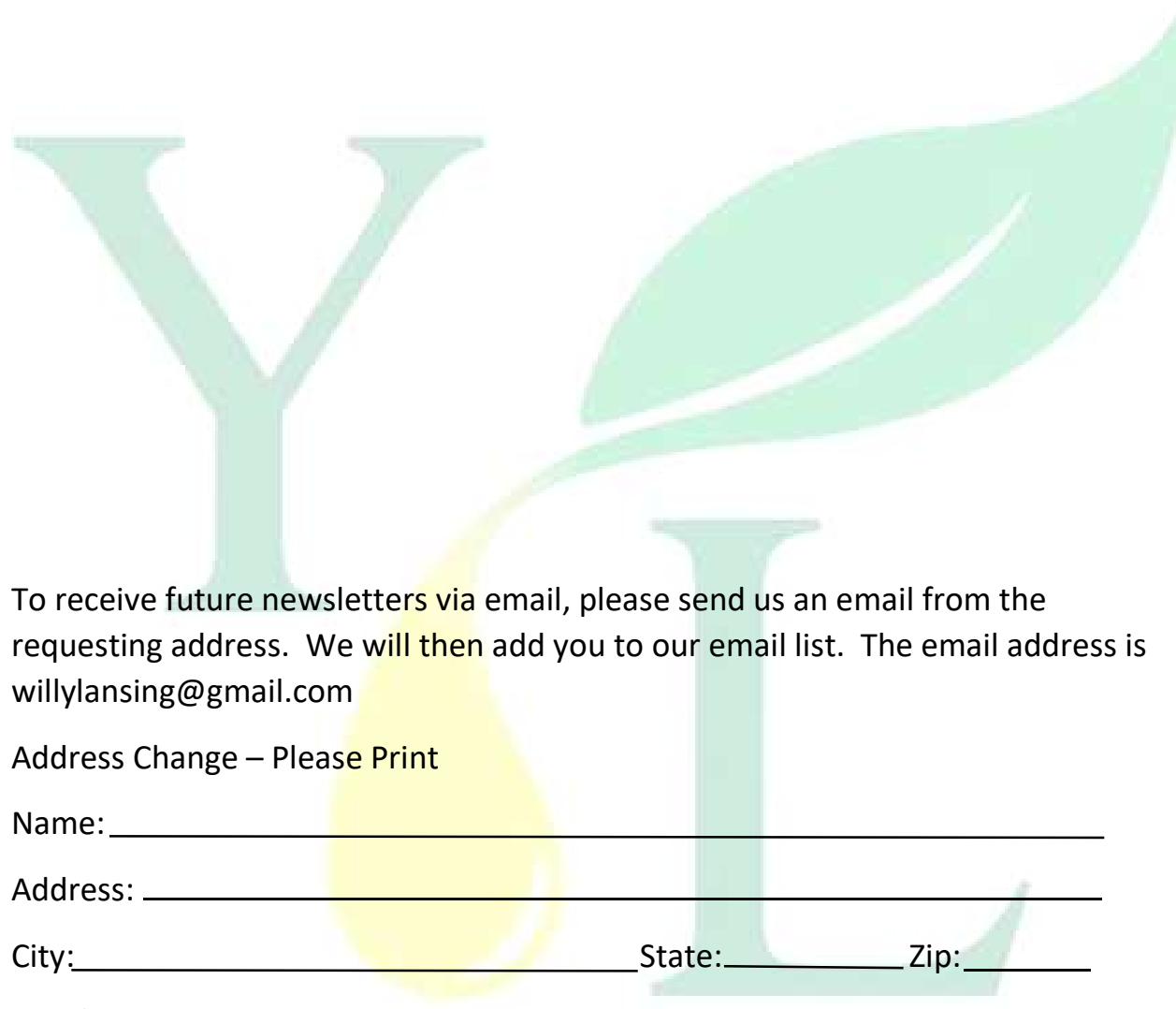
### Coating

- 1 Cup Milk Chocolate Chips  
2 Tbsp Shortening
1. Place chocolate chips in a bowl; set aside. In a saucepan, bring cream and orange peel to a gentle boil; immediately pour over chips. Let stand for 1 minute; whisk until smooth. Add essential oil. Cover and chill for 35 minutes or until mixture begins to thicken.
  2. Beat mixture for 10-15 seconds of just until it lightens in color (do not overbeat). Spoon rounded teaspoonfuls onto waxed paper-lined baking sheets. Cover and chill for 5 minutes.
  3. Gently shape into balls. In a microwave melt chocolate and shortening stir until smooth. Dip balls in chocolate; allow excess to drip off. Place on waxed paper; let stand until set. Store in Refrigerator.

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**Lansing Essential Oils**  
**3266 275<sup>th</sup> St**  
**Worthington, IA 52078**  
**YL# 340519**  
**December 2017**



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If you have a change of address of Email please let Young Living know so they can update your information also.

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