

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

***William Lansing***

***YL #340519***

May 2018

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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.***

SCHOOL'S  
OUT!  
WE'RE IN!



## **Welcome Summer with Some Clarity and May's PV**

School is nearly out, summer is just around the corner, and the busyness of the season is about to kick in. Before the rush hits you like a heat wave, see how you can ease your mind with May's PV Promotion. With your qualifying order, you will be ready to relax with Clarity, Peace & Calming, Juniper and more!

**100 PV – Retail Value \$7.57** - Bonus Essential Rewards exclusive **5mL Lime Vitality** Every bowl of guacamole needs some Lime Vitality for an extra boost of citrus zest! After all, what's summer without chips and dip? Lime is an important ingredient in one of our most popular

blends, Stress Away! Whether you're stirring it into drinks for a bright burst of flavor or giving your food a little extra citrus zip, Lime Vitality essential oil is a welcome kick of summer that you can enjoy year-round.

**190 PV – Retail Value \$78.29– 15mL Eucalyptus Radiata**, Essential Rewards Exclusive **5mL Peace & Calming** and **5mL Lime Vitality**. Going outside? Don't forget your new favorite outdoor companion! Eucalyptus Radiata has a crisp livening aroma that's perfect for your journey to a fresh perspective. There are so many different uses for this stimulating and rejuvenating oil. Turn your shower into a spa by placing 5-10 drops on a warm, damp washcloth and placing in the shower, just out of direct contact with the water. Loved by parents and children alike Peace & Calming is all you need with the day gets away from you. You will love that you can use this oil for your children's bedtime and then for yourself for a moment of quiet after the house has settled down. This also works wonders on those over active pets!

**250 PV – Retail Value \$123.68 – 15mL Juniper, 15mL Eucalyptus Radiata**, Essential Rewards Exclusive **5mL Peace & Calming** and **5mL Lime Vitality**. Earthy, Woodsy, and slightly sweet, Juniper is a great essential oil to create an environment to ground your thoughts. Other Juniper benefits include, relieving cramps, purifies blood, fights arthritis, and is an antiseptic!

**300 PV – Retail Value \$224.33 – 15mL Clarity, 15mL Thieves, 15mL, 15mL Juniper, 15mL Eucalyptus Radiata**, Essential Rewards Exclusive **5mL Peace & Calming** and **5mL Lime Vitality**. Put a drop of clarity behind your ears during a meeting a day with friends. Clarity is a blend whose aroma invites a sense of clarity and alertness. Thieves can transform your home into a welcoming oasis with its' signature blend. Made with oils such as Clove and Lemon, Thieves is a powerful oil in the Young Living line up.

## May's Highlighted Product of the Month

Item #3032

Ortho Sport 8 oz

Wholesale: \$35.75



Ortho Sport Massage Oil is my personal savior when I start weight lifting after a break or after a particularly intense swim workout. It's the perfect product for the sore athlete. Ortho Sport is an anti-inflammatory and pain killing blend of essential oils and vegetables. Ortho Sport has a higher phenol content than Ortho Ease while creating a greater warming sensation. It is perfect for swollen, strained or torn muscles and ligaments.

**Ingredients:** *Essential Oils* – Wintergreen, Peppermint, Oregano, Eucalyptus Globulus, Elemi, Vetiver, Lemongrass, Thyme    *Other* – caprylic/capric triglyceride, grape seed oil, wheat germ oil, sweet almond oil, olive oil

**Directions:** Shake well before using. Thoroughly massage into areas of the body feeling stress after exercise.

**Warning:** Contains wheat products.

## **May's Topic: Essential Oils and Sports Injuries**

It's May, and you know what that means! The fitness buffs are breaking out of the indoor gyms and everyone is in the mood for increased activity due to the increase in temperature. Everyone is getting active, and with that comes improper techniques, which in turn leads to injuries. Luckily, anti-inflammatory essential oils can save the day by numbing and warming.

When you have an injury, the body sends a signal to the brain, which sends signals and chemicals back to the injury, creating pain. There are some essential oils that completely block prostaglandins and re-route the pain signals to the brain. This depresses the receptors in the brain. Wintergreen, Frankincense, Peppermint, Clove and Ginger are all known to possess the aforementioned numbing ability. Even better, if you blend any of the above oils with Helichrysum, it creates a powerful restorative blend. Helichrysum enables the body to repair cells by reducing inflammation and creating proper circulation. Mixing Helichrysum with a numbing oil will be a very helpful tool in your essential oil tool box for sports injuries. Of course, if you don't have these available to you, Ortho Sport is also a top option.

We hope you find these tips for sports injuries helpful, but above all, we hope you do not need them. Remember to use proper technique when participating in sports and exercise to prevent injuries from occurring. Stay safe!

### **ATTENTION YOUNG LIVING CONVENTION ATTENDEES!**

If you will be attending the Young Living Convention please send your contact information to Willy. We would like to catch up with you during this time. Please email Willy at [Lansingessentialoils@gmail.com](mailto:Lansingessentialoils@gmail.com) or call him at 563-543-5418. Please include your cell phone number and the hotel you are staying. Thank you, let's make this convention one to remember!

## 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.

**WILLY WILL BE OUT OF THE OFFICE FROM APRIL 15<sup>TH</sup> THRU MAY 15<sup>TH</sup>. IF YOU NEED ASSISTANCE DURING THIS TIME PLEASE REACHOUT TO YOUR DIRECT UPLINE OR COLLEAGUE.**

- May 1<sup>st</sup>** 6:30pm 641 Cedar Bend St, **Waterloo, IA**. Contact Juanita Stewart at 319-233-7387.
- May 3<sup>rd</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.
- May 3<sup>rd</sup>** **No Class in Clermont this month.** Contact Deb at 563-423-5976 or Julie Abbott at 563-380-2367.
- May 8<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.
- May 14<sup>th</sup>** **No class this month in Dyersville, IA. Meeting moved to June 5th** For more information contact Shirley Pirc at 563-875-6015 or Willy at 563-543-5418.
- May 15<sup>th</sup>** 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.

**May 15<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.

**May 17<sup>th</sup>** 6:30-8:30pm Lawlor Family Chiropractic. 616 Parkview Plaza **Parkview, IA**. For more information contact Dixie Shaff at 563-249-0353

**May 22<sup>nd</sup>** 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.

**June 5<sup>th</sup>** **No class this month in Waterloo, IA.** Contact Juanita Stewart at 319-233-7387.

**June 7<sup>th</sup>** 6:30-8:30pm Hills & Dales 3505 Stoneman Rd, **Dubuque, IA**. Contact David & Claudia March 563-516-1127

### **Thieves Cleaner Wipes**

A roll of paper towels

Water

Thieves Household Cleaner

A container to store ( I use an old Clorox Wipes container)

1. Cut paper towel roll in half with a knife and place one half into the container.
2. Pour 2 cups of water and 2 caps-full of Thieves Household cleaner. Let sit until all paper towels are damp.
3. Pull the cardboard center out (it should come out easily since the paper towels are damp).
4. Use in replacement of normal wet wipes to reduce exposure to chemicals!