

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

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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.***



*Refresh, recharge, and recommit with*  
**AUGUST'S PV PROMOTION!**

It's official, we're over halfway through the year! Time is flying by, but don't let this year's dreams slip away with it. Whether you're working on your goals every day or your motivation could use a pick-me-up. August's PV promotion is here to help you refresh, recharge, and recommit; so you can achieve every accomplishment you have planned.

**100 PV – Retail Value \$14.47** - Bonus Essential Rewards exclusive **5mL Spearmint**. Start your day with the fresh uplifting scent of Spearmint. Diffuse this minty essential oil to inspire your mood and make the most of your morning momentum. A space encourages a messy mind. Add a few drops Spearmint to your homemade household cleaner and wipe down counters, tables, desks, and move to refresh your home and your mental space.

**190 PV – Retail Value \$75.98– 15mL Wintergreen, Essential Rewards Exclusive 5mL Ravintsara and 5mL Spearmint**. Get grounded! Diffuse Ravintsara, a clean-smelling oil, or apply it to your wrists and temples as you reflect on how you can crush your goals. Take time to unwind. Hard work requires you to slow down sometimes, so spend a minute meditating with a few drops of Ravintsara applied over your heart. Accomplish your fitness goals with help from a rejuvenating post-workout massage. Combine Wintergreen with a carrier oil or lotion and massage into tired muscles for a refreshing pick-me-up. Jump out of bed early and start chasing your dreams! Diffuse Wintergreen for an energizing aroma that can motivate you while the world still sleeps.

**250 PV – Retail Value \$118.74 – 15mL Aroma Siez, 15mL Wintergreen, Essential Rewards Exclusive 5mL Ravintsara and 5mL Spearmint**. Stay motivated even after the toughest days. Use equal parts Aroma Siez and carrier oil and massage into the neck, chest, and temples for a relaxing reward before bed. Use the fresh, herbaceous scent of Aroma Siez after a relaxing shower. Rub a few drops between your hands and massage into the scalp, neck, or shoulders, for a moment of tranquility.

**300 PV – Retail Value \$184.69 – Bamboo Oil Bar, 5mL Acceptance, 15mL Aroma Siez, 15mL Wintergreen, Essential Rewards Exclusive 5mL Ravintsara and 5mL Spearmint**. Use this beautiful oil car to store your must-have oils on your bedside table, vanity, or desk so you can reach for them anytime you need a boost – morning, day, or night! Keep a few favorite Vitality oils on the kitchen counter for each access. The instance fresh flavor or Vitality can help you drink more water and choose healthier food options!

Accept yourself for who you are while feeling empowered to be better<sup>1</sup> Apply 2-4 drops over your heart for an aroma that encourages self-worth, achievement, and self-discovery. When your day throws a particularly difficult obstacle your way,

diffuse Acceptance while saying a favorite mantra or quote to help you find the patience and strength to move forward.

## **Muscle Spasms, Cramps, and Charley Horses**

We've all experienced that agonizing Charley Hose cramp that suddenly comes on in the middle of the night. Or the twitching muscles in the legs or arms have a hard work out. How can Young Living Help? We know that some muscle cramps can be attributed to deficiencies of magnesium and calcium, as well as dehydration.

**Supplements:** Try adding Mega Cal, Mineral Essence, and/or BLM to your daily vitamins. Enzymes including Essentialzyme, and Allerzyme both help with the needed enzymatic conversion of minerals for absorption.

**Oils:** In Singles try Idaho Blue Spruce or Balsam Fir. Wintergreen, Ravintsara, Basil, Copaiba, Palo Santo, or Dorado Azule. In Blends Panaway, Relieve It, Deep Relief Roll-on.

**Body Care:** Cool Azul Pain Relief Cream, Ortho Sport Massage Oil, Ortho Ease Massage Oil, or Cool Azul Sports Cream.

Apply these oils directly to the affected areas. Some of these oils can become warm or "hot" with direct skin application. Until you are confident in your body's reaction to the oils please use a carrier oil.

### ***Blend for Muscle Spasms***

2 Drops Ravintsara  
5 Drops Aroma Siez  
2 Drops Black Pepper

Apply 2-4 drops diluted 50:50 on cramped muscle 3 times daily. Alternate with cold and hot packs when applying the blend for muscle spasms.

## August's Highlighted Product of the Month

**Thieves Fruit and Veggie Soak (16oz)    Fruit and Veggie Spray (2oz)**

**Item #5352**

**Item #5348**

**Wholesale: \$19.75**

**Wholesale: \$8.50**



The Environmental Working Group (EWG) releases an annual update to their “Dirty Dozen and Clean 15 Lists” These lists show produce with both the highest and lowest levels of pesticide residue found in grocery stores. Also, be aware that even though it is organic, that does not mean that pesticides aren’t used. Organic refers to a system of food production and processing. Organic food is regulated by the USDA and designed to preserve our natural resources. Pesticides in organic farming are made from natural substances rather than synthetic ones. The 2018 list released in April are as follows.

### **Dirty Dozen**

- 1. Strawberries**
- 2. Spinach**
- 3. Nectarines**
- 4. Apples**
- 5. Grapes**
- 6. Peaches**

- 7. Cherries**
- 8. Pears**
- 9. Tomatoes**
- 10. Celery**
- 11. Potatoes**
- 12. Sweet Bell Peppers**

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The idea of “Organic Pesticides” is definitely more appealing than synthetic pesticides, but as in most things it comes down to quantity over quality. So, let’s

just play is safe and carefully prewash all of our produce either from the store or our own backyards. Fortunately, Thieves makes that easier!

### **Clean 15**

- |                       |                        |
|-----------------------|------------------------|
| <b>1. Avocados</b>    | <b>9. Mangos</b>       |
| <b>2. Sweet Corn</b>  | <b>10. Eggplant</b>    |
| <b>3. Pineapple</b>   | <b>11. Honeydew</b>    |
| <b>4. Cabbage</b>     | <b>12. Kiwis</b>       |
| <b>5. Onions</b>      | <b>13. Cantaloupes</b> |
| <b>6. Frozen Peas</b> | <b>14. Cauliflower</b> |
| <b>7. Papayas</b>     | <b>15. Broccoli</b>    |
| <b>8. Asparagus</b>   |                        |

Thieves fruit and veggie soak and spray safely and effectively washes produce with the cleansing power of three exclusive essential oil blends – DiGize, Thieves, and Purification. When combined with other naturally derived ingredients produce is easily and conveniently cleaned. Just add Thieves Fruit & Veggie Soak to a basin of water: soak, rinse, and enjoy eating your fruits and vegetables as nature intended.

\* <https://www.nbcnews.com/better/health/produce-side-pesticides-what-nutritionist-wants-you-know-about-ewg-ncna864156> Samantha Cassety, RD. April 14<sup>th</sup>, 2018. Updated April 15<sup>th</sup>, 2018\*

### **Dreamsicle Fruit Dip**

**8oz Cream cheese, softened**

**4oz Whip Topping, thawed**

**1/3 cup Powdered sugar**

**3 Drops Orange Vitality**

#### **Directions:**

Combine cream cheese and sugar. Cream together in a mixer. Fold in whip topping and Orange Vitality oil. Chill for an hour before serving. Serve with fresh fruit such as strawberries, blueberries, grapes, bananas, etc.