

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.

Coming into the colder months please keep a couple of things in mind:

If you are receiving a shipment of Ningxia Red or other liquid (non-oils) they are subject to freezing and expanding which could lead to broken containers. Either make other delivery arrangements, or purchasing options (2oz singles rather than bottles)



Stress can be at an all-time high during the holidays, but it doesn't have to be that way! This season, we've got goodies to help you enjoy moments of reflecting, finding abundance, and expressing gratitude.

100 PV – Retail Value \$17.43 - Bonus Essential Rewards exclusive **5mL Nutmeg Vitality**. 'Tis the season of sweet treats and flavorful bakes. Add Nutmeg Vitality to your kitchen adventures and wow loved ones with this classic holiday spice. Whether it's on the go or relaxing at home, add a drop of Nutmeg Vitality to eggnog or warm cider for just enough spice.

190 PV – Retail Value \$78.62– **15mL Christmas Spirit**, Essential Rewards Exclusive **5mL Northern Lights Black Spruce** and **5mL Nutmeg Vitality**. From our Northern Lights farm in Canada, take a break from the holiday rush and take in the grounding fragrance of Northern Lights Black Spruce essential oil directly from the bottle. Diffuse Northern Lights in your car during rush hour to create a natural escape of gratitude and serenity.

Diffuse Christmas Spirit while decorating the tree or baking treats with loved ones. Add a few drops of Christmas Spirit to the wool dryer balls so that family and guests can also experience the warmth of the holidays as they slip into clean sheets or sport their favorite sweater.

250 PV – Retail Value \$113.82 – **5mL Myrrh**, **15mL Christmas Spirit**, Essential Rewards Exclusive **5mL Northern Lights Black Spruce** and **5mL Nutmeg Vitality**. Diffuse Myrrh to give the aromatic gift of spiritual awareness and reflection to those around you. Add a drop or two of Myrrh to your favorite carrier oil or lotion and experience the rich fragrance and deep hydration.

300 PV – Retail Value \$196.06 – **5mL Sacred Frankincense**, **Glass diffuser ornament**, **5mL Myrrh**, **15mL Christmas Spirit**, Essential Rewards Exclusive **5mL Northern Lights Black Spruce** and **5mL Nutmeg Vitality**. At this time of personal reflection and gratitude, deepen your spiritual enlightenment with Sacred Frankincense during prayer, meditation, or relaxation. Stress can sometimes show on the skin. Apply 2-4 drops of Sacred Frankincense during your morning facial routine for skin that looks healthy and glowing.

Bring out this one-of-a-kind YL glass diffuser ornament and add it to your holiday traditions. Dress up your holiday tree with the ornament, and drop in a few of your favorite seasonal oils to add to the festive spirit.

400 PV – Retail Value \$367.11 – 5 mL Higher Unity, 5mL Sacred Frankincense, Glass diffuser ornament, 5mL Myrrh, 15mL Christmas Spirit, Essential Rewards Exclusive 5mL Northern Lights Black Spruce and 5mL Nutmeg Vitality. During this holiday season, invite an aroma that promotes self-care and creates a sense of unity with others. Take a break from the rush and diffuse Higher Unity to invite feelings of clarity and thoughtfulness.

Dental Health and Essential Oils

What is one visit we all dread? A trip to the dentist. I have spent a lot of money on oral health care, and have a long future of a lot more visits. As a child I suffered from tooth discoloration. Then as a teenager an accident resulted in jaw reconstruction surgery and a bridge. I have had teeth pulled, whitening treatments, crooked teeth straightened, and cavities filled. I dread the dentist. However, I also know the importance of oral health and am often looking for a more natural way to address my oral issues.

Poor oral hygiene has not only been linked to bad breath (halitosis) but also to cardiovascular disease. Some of the same bacteria that populate the mouth have now been implicated in arteriosclerosis (the thickening and hardening of the walls of the arteries).

Clove essential oil has been used in mainstream dentistry for decades to numb the gums and help prevent infections. Similarly, menthol, methyl, thymol, and eucalyptol (found in Peppermint, Wintergreen, Thyme, Eucalyptus, and Rosemary) are approved OTC (over the counter) drug products for combating gingivitis and periodontal disease.

Bleeding Gums:

Bleeding gums can be a sign that you have, or are at risk for, gum disease. Bleeding gums are mainly due to inadequate plaque removal from teeth at the gum line, which will lead to gingivitis, or inflamed gums.

Blend for Combating Gum Bleeding

2 Drops Myrrh

2 Drops Helichrysum
1 Drops Thieves Vitality or Thieves
1 Drop Frankincense (Vitality or Sacred)

Apply diluted 50:50 on the gums 2-3 times daily. Dilute with Blue Agave, Yacon Syrup, maple syrup, coconut oil, milk, juice, or water. Do not use honey or yogurt they are too acidic.

Oral Infections

For general oral infections, roll a piece of gauze tightly into a string about ¼” thick. Put drops of Thieves blend on it; if it feels too “hot”, add V6. Put the string between the teeth and the lip and leave it all night, allowing it to “wick up”, or absorb the infection. Change as often as needed.

Just before a tooth extraction rub 1-2 drops of Helichrysum, Thieves, and RC around the gum area. This will help prepare the area for extraction, and aid in the healing process after. Rubbing RC on the gums may also help to bring back feeling after numbness from anesthesia.

Gingivitis and Pyorrhea

Essential oils are some of the best treatments against gum disease. For example: The active constituent in Clove oil is Eugenol, which is used as a dental disinfectant and is one of the best studied germ killers available.

Use Clove, Thyme, Oregano, Wintergreen, Thieves, Exodus II, or ImmuPower mix 1-2 drops of one or a combination of these with your toothpaste. For some people, the recommended oils will seem very “hot”. Even one drop mixed with toothpaste may seem very strong, but within a minute the “hot” feeling is gone, and the mouth feels very clean and refreshed.

Other Young Living products recommended for oral care include: Thieves AromaBright Toothpaste, Thieves Spray, KinScents Slique Toothpaste, Thieves Dentarome Plus Toothpaste, Thieves Dentarome Ultra Toothpaste, Thieve Fresh Essence Plus Mouthwash, Slique Gum, Thieves Dental Floss, Thieves Mints, Thieves Hard Lozenges,

November's Highlighted Product of the Month

Gathering Essential Oil 5mL

Item #3342

Wholesale: \$30.50



This blend is created to help us overcome the bombardment or chaotic energy that alters our focus and take us off our path toward higher achievements. Northern Lights Black Spruce and Vetiver have a strong effect when blended with Frankincense and Sandalwood in gathering our emotional and spiritual thoughts, helping us to achieve our potential. These oils help increase the oxygen around the pineal and pituitary glands, bringing greater harmonic frequency to receive the communication we desire.

This blend helps bring people together on a physical, emotional, and spiritual level for greater focus and clarity. It helps one stay focused, grounded, and clear and gather motivation for self-improvement.

Ingredients: Royal Hawaiian Sandalwood, Lavender, Ylang Ylang, Geranium, Northern Lights Black Spruce, Vetiver, Cinnamon Bark, Rose.

Directions:

Aromatic: Diffuse up to 1 hour 3 times daily or directly inhale.

Topical: Dilution not required except for the most sensitive skin. Apply 1-2 drops on edge of ears, wrists, neck, temples, or along the spine as in Raindrop Technique. Use Forgiveness on the navel; The Gift and Sacred Mountain on the crown (to clear negative attitudes); Valor on the crown or feet; 3 Wise Men on the crown; Clarity on the temples; and Dream Catcher on the forehead, ears, throat, eyebrows, base of neck and under the nose.

Caution: Possible skin sensitivity.



Rosemary Garlic Mashed Potatoes

5lbs Yukon Gold Potatoes peeled and diced

1 ½ Tsp Salt

1 tsp Garlic Powder

¾ Cup Heavy Cream

6 Tbsp Butter

3 Tbsp Milk

2-3 Drops Rosemary Vitality

1 Drop Black Pepper Vitality

1. Peel, dice and boil potatoes for 20-25 minutes or until soft.
2. Drain Potatoes and place in bowl with butter.
3. Allow butter to melt, then add cream
4. Mash potatoes thoroughly until desired consistency, adding milk as needed.
5. Stir in Essential oils, garlic, and salt to taste.

Ultimate Gravy

½ Butter (1 Stick)

½ Cup Einkorn Flour

4 Cups Chicken Stock

½ Tsp Garlic Powder

¾ Tsp Kosher Salt

2 Drops Sage Vitality

1 Drop Thyme Vitality

1 Drop Black Pepper Vitality

1. Melt butter in a Dutch oven over medium heat.
2. Whisk in flour and cook. Whisking constantly 3 to 4 minutes or until mixture is light brown and smooth.
3. Slowly whisk in 4 cups of stock. Increase heat to high. Bring to a boil whisking occasionally. Stir in salt and garlic powder.
4. Simmer, stirring occasionally 10 to 15 minutes or until desired thickness.
5. Stir in essential oils and serve warm.

