

***Lansing Essential Oils Newsletter***

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***YL #340519***

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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.***

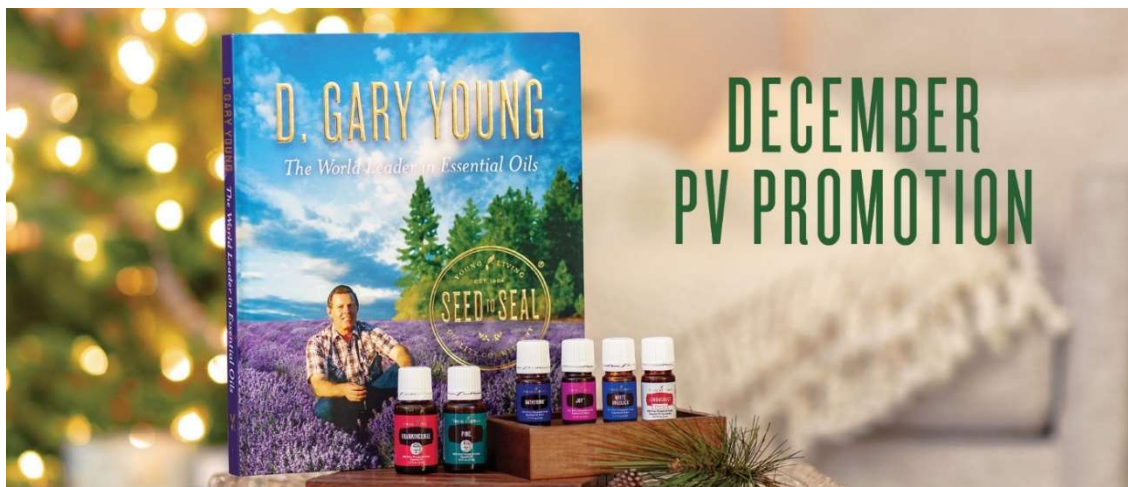
***Coming into the colder months please keep a couple of things in mind:***

***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)***



***We would like to wish all of you a very Happy Holidays and a New Year full of love and prosperity.***

***From our family to yours, Thank you!***



It may be cold out, but you can still gather with the ones you love to feel the warmth of the season. Focus on togetherness and the joy of the holidays with a bounty of holiday goodies in this month's PV promo.

**100 PV – Retail Value \$8.22** - Bonus Essential Rewards exclusive **5mL Lemongrass Vitality**. Warm your soul. Try adding a drop or two to your favorite herbal tea for a light, citrus-herb flavor that will have you feeling cozy from the inside out. Add 1-2 drops to a vegetarian gel capsule and take it as a dietary supplement to support your overall wellness.

**190 PV – Retail Value \$52.95**– **5mL Joy**, Essential Rewards Exclusive **15mL Pine** and **5mL Lemongrass Vitality**. Make the holidays smell like the holidays. Diffuse Pine for a clean, woody scent to evoke the feeling of chopping your own tree and pulling it through the snow. Prepare yourself for the holiday crowds. Embrace the grounding properties of Pine and use it to stay in the holiday spirit as you face the bustle of seasonal shoppers. Try applying it behind your ears.

Share your celebrations with Joy. Create a space where your friends and family can gather joyfully by diffusing the cozy, floral scent. Relax and reflect when you add a few drops to your bath, then let your mind ease into a space of contemplation.

**250 PV – Retail Value \$90.78** – **5mL White Angelica**, **5mL Joy**, Essential Rewards Exclusive **15mL Pine** and **5mL Lemongrass Vitality**. Stand out in a crowd. Wear White Angelica as a signature scent by applying it to your wrists and neck. Find peace on earth. Diffuse this warm, citrusy aroma to share its harmonizing scent with the ones you love.

**300 PV – Retail Value \$130.91** – **5mL Gathering**, **5mL White Angelica**, **5mL Joy**, Essential Rewards Exclusive **15mL Pine** and **5mL Lemongrass Vitality**. Keep it calm. Escape the chaotic energy that sometimes surrounds the holidays by taking a moment to yourself with Gathering. Bring loved ones together with this complex blend of aromas that can transform any space into a tranquil haven, providing welcome respite in the cold of winter.

**400 PV – Retail Value \$255.20** – **15 mL Frankincense**, **D. Gary Young: The World Leader in Essential Oils Book**, **5mL Gathering**, **5mL White Angelica**, **5mL Joy**, Essential Rewards Exclusive **15mL Pine** and **5mL Lemongrass Vitality**. Reflect on our foundations. This impactful book, written by Young Living Co-Founder and CEO Mary Young, gives you an expansive overview of the life, passions, and achievements of Young Living

Founder D. Gary Young. Share a story and take time to tell a friend, family member, or colleague about our incredible beginnings or something new you've learned.

Light up the holidays with your own glow! Highlight your natural beauty by adding Frankincense to your daily moisturizer, and you'll shine at every seasonal get-together! Whether you're deepening old traditions or starting new ones this holiday season, diffusing Frankincense will add a sensory highlight to the memories you strive to pass on.

## Keeping Your Gut Healthy Over the Holidays

Tis the season of overeating and feeling miserable. If you're like me once you start eating the carbs and sweets it is very hard to put them down again. Young Living can help you with that! With a large variety of cleansing products, you can take a few days between holiday parties to help your digestive track along.

Just need a little digestive help? I stock up on Digest and Cleanse softgels during this time. I take one about an hour before each large meal of the day (breakfast and supper). When I first started taking Digest and Cleanse I noticed a difference within the day! Digest and Cleanse is designed to soothe the bowel, prevent gas, and stimulate the liver, gallbladder, and stomach secretions, thus aiding digestion and absorption that is imperative for good health.

Another product I have had success with is ComforTone. If you are experiencing constipation try ComforTone. Young Living makes the following recommendations for the use of ComforTone: Take 2 capsules every morning and night for two days. You should notice an increase in bowel movements in 3-4 days. If elimination does not improve increase dosage to 3 capsules morning and night. If you experience cramping you may be dehydrated. You should drink half your body weight in ounces of water. (example: If you weight 160 lbs, you should drink 80 ounces of water per day). If you experience Diarrhea for more than 1 or 2 days, stop the ComforTone, and rest for 1-2 days before starting again at a lower dosage.

An important part of digestive health are enzymes and probiotics. What are enzymes? Enzymes are proteins that act as a catalyst within living cells. Catalysts increase the rate at which chemical reactions occur. Essentialzyme is a complex caplet made to combat the ill effects of a modern diet by supporting and balancing digestive health. Take one caplet before your largest meal of the day for best results.

Life 9 is a high potency combination of nine beneficial bacteria strains that promote natural digestive balance and support a healthy immune system. Take 1 capsule every night following a meal or as needed for intestinal health and comfort. It is important to refrigerate these after opening.

## December's Highlighted Product of the Month

### Harmony Essential Oil 15mL

Item #3342

Wholesale: \$30.50



Gathering promotes physical and emotional healing by creating a harmonic balance for the energy centers of the body. It brings us into harmony with all things people, and cycles of life. It is beneficial in reducing stress, amplifying well-being, and dissipating feelings of discord. It is also uplifting and elevating to the mind, creating a positive attitude.

**Ingredients:** Royal Hawaiian Sandalwood, Lavender, Ylang Ylang, Frankincense, Orange, Angelica, Geranium, Hyssop, Spanish Sage, Black Spruce, Coriander, Bergamot, Lemon, Jasmine, Roman Chamomile, Palmarosa, 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 2-4 drops on edge of ears, wrists, neck, temples, over heart, on chakras, on foot Vita Flex points, or desired locations as needed.

### **Homemade Cranberry Sauce**

- 1 12oz bag of cranberries
- 1 Cup Cranberry Juice
- 1 Cup Pure Maple Syrup
- 2 Drops Orange Vitality
- 2 Drops Lime Vitality
- 1 Drop Lemon Vitality

1. Wash bag of cranberries under cool water, then dump into a medium sauce pan.
2. Pour in Cranberry Juice
3. Pour in Maple Syrup
4. Stir together and turn heat on high until it reaches a boil
5. Once it comes to a rolling boil, turn the heat down to medium/low and continue cooking over low heat for about 10 minutes. Or until the juice is thick. Turn off heat
6. Stir in essential oils. Serve Chilled

### **Herb Cheeseball**

- 2 ½ Cups Sharp Cheddar or Colby Cheese Shredded (room temperature)
- 2 8oz pkgs of Cream Cheese
- 2 Tbsp Fresh Chives chopped
- 1 ½ Cups Toasted Pecan Pieces
- Sage Vitality
- Marjoram Vitality
- Black Pepper Vitality

Mix together cheese, cream cheese, and chives using a stand mixer. Once smooth use a toothpick to add vitality oils to cheese mixture until you achieve desired flavor. Chill for 30 minutes then form into 2 cheeseballs and roll in pecan pieces to coat surface. Chill for 8+ hours before serving with crackers or veggies.