

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

***William Lansing***

***YL #340519***

February 2019

3266 275<sup>th</sup> St, Worthington, IA 52078

563-926-2534

Lansingessentialoils.com

Lansingessentialoilsinc@gmail.com

**Newsletter specific:** Lansingessentialoilsnewsletter@gmail.com

---

***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.***

***During these colder months please keep a couple of things in mind:***

***If you are receiving a shipment of Ningxia Red or other liquids, they are subject to freezing and expanding this could lead to broken containers. Consider other delivery arrangements, or purchasing options (2oz singles rather than bottles)***



Love is always in the air with Young Living. Love for yourself and love for our amazing products. This year you can be your own valentine with February's PV promo. Spoil yourself, your family, or a friend with these amazing rewards.

**100 PV – Retail Value \$9.87** - Bonus Essential Rewards exclusive **5mL Clove Vitality**. Support whole-life wellness. Use Clove Vitality in your morning oatmeal as a tasty way to support your immune system. Or spice things up in the kitchen. Make delicious spice cakes by adding a drop of Clove Vitality to the batter.

**190 PV – Retail Value \$64.15– Super Cal Plus**, Essential Rewards Exclusive **5mL Marjoram** and **5mL Clove Vitality**. Bring relief to sore muscles with Marjoram. Dilute with a drop of V-6 Oil and use it in a soothing massage after a long day. Boost your post-workout recovery. Relax after a hard workout by applying diluted Marjoram oil to areas in need.

Use Super Cal Plus to promote overall bone healthy and support your body's ability to resorb and deposit new bone tissue as you stick to your New Year's resolution. Support your smile. Support the structure, integrity, and density of bones and teeth while you share a smile with a stranger.

**250 PV – Retail Value \$90.14– 15mL Cypress, Super Cal Plus**, Essential Rewards Exclusive **5mL Marjoram** and **5mL Clove Vitality**. Meditate on a deeper level. Relax after a long day by diffusing Cypress during moments of quiet contemplation. Make time for personal reflection. Diffuse the grounding aroma of Cypress while you write your thoughts and feelings in a journal.

**300 PV – Retail Value \$157.57 – 5mL Purification, 5mL Palo Santo, 15mL Cypress Super Cal Plus**, Essential Rewards Exclusive **5mL Marjoram** and **5mL Clove Vitality**. Go for the goals. Diffuse Palo Santo as you set ambitious personal goals for the coming month. Give your body some TLC. Dilute Palo Santo with V-6 Oil and use in massage to relax and refresh your muscles after strenuous activity. Side Note: we have seen awesome results with scars and burns when using Palo Santo in our home.

Freshen your frocks. Add a few drops of purification to laundry to give your wash a great-smelling boost. Banish bad odors. Place a few drops of purification on cotton balls and stash them wherever necessary – the car, closets, drawers, air vents, and shoes.

**400 PV – Retail Value \$212.83 – 15mL Ylang Ylang, 5mL Purification, 5mL Palo Santo, 15mL Cypress Super Cal Plus**, Essential Rewards Exclusive **5mL Marjoram** and **5mL Clove Vitality**. Stop and smell the flowers. Rub Ylang Ylang on your wrists and neck to leave a calming, floral fragrance you can enjoy throughout the day. Get a gorgeous glow by adding Ylang Ylang to your lotion or a non-comedogenic carrier oil and enjoy its moisturizing properties.

## **How I was introduced to Young Living Essential Oils**

### **William Lansing's story of both medical and physical recovery that opened his door to Young Living Essential Oils.**

My family's life was forever changed in 1998. My wife, son, and myself were involved in a serious rear end car accident that resulted in damage to my back and a lot of pain. This back pain caused me to have many bad falls. After months of seeing my doctor I was still covered in large bruises and could barely walk. The doctor gave me a walker – and the unfortunate news that I would likely be confined to the walker for the rest of my

life. I eventually got to the point where I could no longer go up the stairs in our home. I was sleeping downstairs however I could get comfortable. For many years, my doctor's only advice was to stick with the walker. All the while, I continued to meet with specialists to look into my problem, but no one could seem to help. They just continued to hand me one prescription after another. A future of always needing a walker to move, constant pain, and loss of work was a dim one that led to a state of depression.

I tried to continue my stray energy work by picking up small jobs every once and a while. While things were always difficult, it seemed as though someone was always looking over myself and my family. In 2000 I presented a stray energy booth in Osage. From there a friend invited me to go to Minnesota to talk about my energy work. I wasn't really looking forward to the stresses on my body, mind, and family that this trip would cause. I was a little relieved when the original date was canceled, but it was soon rescheduled, and I reluctantly attended. On that day in Minnesota, I was introduced to Cherie Ross, who worked with Young Living Essential Oils. Later that day, Cherie offered to give me a Raindrop massage, and the results were astonishing. After the technique, my pain virtually disappeared. Only four hours after the Raindrop, I no longer needed my walker and haven't used it since. I went home that night and walked up the stairs to my bedroom, something I hadn't been able to do in a long time. I immediately became a member after that first encounter. Today I drive the tractor and help my sons farm. I split wood for our furnace and have been able to travel extensively. I am forever grateful for the years I have been given back.

After many years of hard work and dedication with Young Living Essential Oils, my wife Joan and I have reached the level of Diamond. We have also passed on our passion for Young Living Essential Oils to our children and even grandchildren. I am not passionate about the product because someone convinced me, my passion is because I have reaped the rewards of the products through all aspects of my life.

## **February's Highlighted Product of the Month**

**Palmarosa 15mL**

**Item #3077**

**Wholesale: \$20.25**



A relative of lemongrass, Palmarosa was used in temple incense by the ancient Egyptians. Palmarosa essential oil is steam distilled from Palmarosa grass. The aroma of Palmarosa can create a feeling of security. It can also help reduce stress and tension, promotes recovery from nervous exhaustion, and can be stimulating and soothing when diffused.

Palmarosa is antibacterial, antifungal, and antiviral. It supports the heart and nervous system, reduces blood sugar fluctuations, stimulates new skin cell growth, and regulates sebum production in skin. Palmarosa is often used for fungal infections/candida, neuroprotective, cardiovascular/circulatory diseases, digestive problems, acne, and eczema.

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

**Topical:** Apply 2-4 drops on location, chakras, and/or Vita Flex points. Dilution is not required except for the most sensitive skin.

**Dietary:** Dilute 1 drop with 1 drop of V-6 or other pure carrier oil, put in a capsule, and take up to 3 times daily

### **A Note from one of our Young Living members:**

Hello Young Living Family!

My name is Dr. Nick Kuennen and I am honored to share with you how to connect some dots in physical pain, emotions, breath and essential oils! When back and neck pain happen, it feels like something is wrong and should not be happening! I invite you to relate to this pain as a message- like an alarm clock that wakes you up!

The location where the pain is felt will relate to many different aspects of your life and relationships. Pain felt at the base of the skull is stress felt in maintaining schedules, relationship stress, financial stress, and feeling like you can't imagine life being any different... This can lead to many things, most often 'tension' headaches, sinusitis or neck pain. To help alleviate this pain, 1) become aware of the life-body connection, 2) inhale/rub an essential oil (Harmony, Valor, Panaway, etc.), 3) close your eyes, clear your mind, place one hand on your heart and one hand on pain area, 4) breathe and repeat for 5 minutes.

TO LEARN MORE, call/text 319—777-9147 and please join us for a FREE workshop at our office on Saturday, February 23, 2019 at 12 PM. 5225 N Park Place, Cedar Rapids, IA. Please RSVP by February 16<sup>th</sup>.

### **“Oola” Lash Serum**

**Your dream lashes are one simple blend away!**

#### **Ingredients:**

- An empty mascara bottle
- Jojoba/Coconut/Olive Oil
- 2 drops of Lavender Oil
- 2 drops of Cedarwood Oil
- 1 drop of Rosemary Oil

#### **Directions:**

1. Fill the empty mascara bottle  $\frac{3}{4}$  full with the jojoba/coconut/olive oil
2. Add your essential oils
3. Top off with the jojoba/coconut/olive oil
4. Apply to lashes before bed