

## ***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.***

**MARCH  
PV PROMOTION**



For some of you it may not seem like it, but Spring is right around the corner, I promise. Are you ready to dive into some spring cleaning? Young Living is and we have naturally derived, scrub-ready cleaning companions for the job!

**100 PV – Retail Value \$7.89** - Bonus Essential Rewards exclusive **5mL Orange Vitality**. Add a burst of citrus joy to your favorite cake recipes with Orange Vitality. Add it to your morning green drink and savor the hints of crisp citrus that pack not only a punch of flavor, but also immune system support and antioxidant properties.

**190 PV – Retail Value \$45.72– Thieves Dish Soap 12 fl oz**, Essential Rewards Exclusive **5mL Thieves** and **5mL Orange Vitality**. Refresh and revitalize musty carpets by adding 5 drops of Thieves to a cup of baking soda. Combine and let sit overnight until the oil is absorbed. Sprinkle over carpets and vacuum thoroughly for a room you won't want to leave. Diffuse Thieves in your living room to fill your home with a rich, invigorating aroma that's sure to make guests and family eager to linger.

Use Thieves Dish Soap to wash your dishes with an uncompromising kind of clean that leaves your hands and dishes free of chemicals and residue. Add a couple of drops to water and clean your jewelry for a quick shine.

**250 PV – Retail Value \$89.14– Thieves Foaming Hand Soap 8 fl oz, Thieves Fruit & Veggie Soak 16 fl oz, Thieves Dish Soap 12 fl oz**, Thieves foaming hand soap works in the bathroom or, wash up at the kitchen sink before, during, and after meal prep to keep hands clean and food odors at bay. Little ones adore the spicy gingerbread scent of Thieves Foaming Hand Soap. Keep a bottle within reach at the bathroom sink to make it easy for kids to fall in love with good washing habits.

Use Thieves Fruit & Veggie Soak to safely clean your fruits and veggies without leaving behind any cleaner residue or taste. Fill a small spray bottle and take it with you wherever you go.

**300 PV – Retail Value \$186.05 – Thieves Household Cleaner 14.4 fl oz, YL-branded microfiber towels, Kunzea 5mL, Thieves Foaming Hand Soap 8 fl oz, Thieves Fruit & Veggie Soak 16 fl oz, Thieves Dish Soap 12 fl oz**, Essential Rewards Exclusive **5mL Thieves** and **5mL Orange Vitality**. Ready to show household grime who the boss really is? Use Thieves Household Cleaner with our all-purpose microfiber towels and get ready for a crisp that shines. Say goodbye to finger smudges as you use this cleaning duo on everything from door handles to faucets. Safe for use on stainless steel, granite, wood, and glass.

Purify the air around you by diffusing Kunzea along with Purification essential oil blend. Bask in a clean you can smell and feel. Apply this oil to your chest for a breath of fresh air that reminds you spring is just around the corner.

## **Young Living and Your Pet**

Essential oils aren't just for you and the family. Your pets can benefit from Young Living Essential Oils too. Our four-legged family member is an 11 year old Great Dane, according to our veterinarian that's about 85 in people years! She loves to spend time playing in the snow, and running at the farm, although it definitely catches up with her later. This winter our more than average snowfall has resulted in some pretty sore hips. We have helped her along with a combination of essential oils, mixed with a carrier, and massaged into her hip joints. PanAway, Lavender, Frankincense, and Valor are the 4 major oils we use that seem to help A LOT.

We have also used essential oils throughout the years on our livestock. We have used Animal Scents ointment to treat injuries in our cattle. We have treated scours and pink eye in calves with essential oils. We have used oils to help keep the animals cool on hot summer days, and we have used nutritional supplements to keep them healthy year-round.

But how do you know how much to use, and which ones to avoid? Most animals are more sensitive to the effects of essential oils than humans. They often seem to be more in tune to the healing influence of the oils. Their hair follicles may enhance the absorption of essential oils. As animals clearly have more hair follicles than humans, we can see the potential for animals to effectively absorb essential oils, even from exposure to basic diffusion.

While oral dosage protocol says that if a human weighing 160 lbs. should take 3-5 drops then a 1,600 lb. horse could use as much as 10 times more, and a 16lb dog would need a fraction of the human dose. When applying topically this is not always the case considering hair follicle interactions. In animals smaller than humans such as a bird weighing less than a pound, they may attain therapeutic levels through air diffusion. Start with protocols that are known for your particular species, using small amounts initially and then gradually increasing as needed. It is easy to reapply an oil after an hour if needed, but it is impossible to take back drops that were applied.

While applying oils to the feet has been considered the safest for humans, that is not the case for animals. Evidence suggest they carry many more toxins within their foot pads, applying essential oils (especially neat) to the pads of dogs and cats' feet may create an uncomfortable detoxification. For large animals such as horses and cows, applying to the hooves and along the frog or coronet band region remains well-tolerated.

Some species, like cats, are truly more sensitive to the biochemicals in the oils than humans. Cats are notoriously deficient in the Cytochrome P450 liver metabolism pathway. This fact has made cats unique in veterinary medicine. It is wise to use caution when choosing oils high in phenols and eugenols with cats because they can be extremely sensitive to stronger oils. Avoid Oregano, Thyme, Clove, and Cinnamon.

**Recommended Oils for First Aid for Animals:** Animal Scents Ointment to seal and disinfect open wounds. Copaiba for bruising and soreness on small animals, also used in replacement of NSAIDs. Exodus II for infections and inflammation. Helichrysum as a topical anesthetic and for neurologic conditions. Idaho Tansy is one of the most versatile oils for animals. It is purifying, cleansing, tissue-regenerating, anti-inflammatory, anesthetic, and is used for bruised bones. It also repels flies, and may be substituted with Palo Santo. Lavender for tissue regenerations and desensitizing the wound; effective against ringworm. Melrose for disinfecting and cleaning wounds; accelerates healing of wounds. Mountain Savory for reducing inflammation. Myrrh for infections. Ocotea for bruising and soreness. Ortho Ease to use as a carrier oil and pain reliever. PanAway for pain killer (do not use on open wounds or raw tissue). Purification is more effective than iodine or peroxide for cleansing wounds. Roman Chamomile desensitizing wounds and promotes tissue regeneration. Thieves for inflammation and infection. Valerian and Vetiver used internally and externally for controlling pain.

**Young Living Animal Scents Products:** Animal Scents Dental Pet Chews, Animal Scents Cat Treats, Animal Scents Ointment, Animal Scents Shampoo, Animal Scents Essential Oil Blends: Infect Away, Mendwell, ParaGize, PuriClean, RepelAroma, T-Away.

Consulting with a veterinarian and having blood and urine evaluations prior to starting the use of essential oils is always recommended.

*\*Information obtained from the Essential Oils Desk Reference 7<sup>th</sup> edition copyright 2016.*

## March's Highlighted Product of the Month

### Animal Scents Ointment 6.3oz

Item #5165

Wholesale: \$24.75



Animal Scents Ointment is a protective, soothing salve designed specifically for external use on animals. The gentle and safe formula is enhanced with pure Tea Tree and Myrrh, two of nature's most powerful essential oils. *\*a portion of all proceeds from Animal Scents products goes to support Vital Ground, a nonprofit organization dedicated to protecting the habitat of grizzly bears and other wide-roaming wildlife.*

We have been using Animal Scents Ointment for many years on both ourselves and our children. Some of the more popular uses in our home are: Diaper rash ointment, when our kids were small we often used this instead of Tender Tush for more severe cases. Minor wounds, scrapes, and burns; we used this ointment instead of other leading antiseptic creams like Neosporin.

**Directions:** Clean the affected area. Apply as needed. If using Young Living essential oils, apply oils prior to application of Animal Scents Ointment. Store in a cool, dry place. Do not expose to excessive heat or direct sunlight. Keep out of reach of children. For external use only.

### Going to the Dogs!

#### Fleas, Ticks & Mosquitos

½ tsp Thieves Cleaner  
1 Drop Cedarwood  
3 Drops Purification  
2 Drops Lavender  
2 Drops Citronella  
1 Drop Thyme  
3 Drops Orange  
Rub mix on coat or soak collar  
and let dry

#### Arthritis and Hip Pain

½ oz Carrier Oil of choice  
6 Drops Helichrysum or Frankincense  
4 Drops Peppermint  
2 Drops Ginger  
3 Drops Vetiver or Valor  
Use this blend topically to massage your dog's sore joints or pain caused by arthritis, or dysplasia. Drop one or two drops of this blend into the palm of your hand and massage into the effected areas and the tips of your dog's ears.  
DO NOT drop oils directly into the ears.

#### Skin Irritation and Anxiety

2 tbsp of carrier oil  
10 Drops Lavender  
Massage the oil mixture into skin irritations to help reduce itch, combat bacteria, and even calm nerves