

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.***



Fall into wellness with October's PV promo picks! With the cool, crisp days inviting you to get outside and play, now's the time to refresh your routines and harvest healthy habits. Start by adding the fresh, earthy smell of Ravintsara to your yoga meditation sessions, then boost, well-being with a softgel a day of Inner Defense. After an afternoon or apple picking and mastering corn mazes, cozy up to a cup of Spiced Turmeric Herbal Tea- and enjoy this rejuvenating blend in your exclusive Young Living mug, handmade by women artisans in Vietnam who have faced economic hardships. When life isn't pumpkin spice and everything nice, diffuse AromaEase and make relaxation a priority. Qualify today and earn these free gifts with NO EXTRA SHIPPING CHARGE!

100 PV – FREE SHIPPING – Get our wellness gifts for less. Reach our 100 PV tier and we'll ship your qualifying order for free! Stack the shipping savings. Earn all the fall favorites and wellness-boosters in this promo and get free shipping on your entire order.

190 PV – Retail Value \$131.25– AromaEase 5mL, Bonus Essential Rewards Ravintsara, 5mL, Free Shipping. Treat your tummy to some TLC with AromaEase. Had one too many pumpkin spice treats? Apply equal parts Aroma Ease and V-6 onto your stomach and rub it into your skin for a soothing aromatic experience. Respect your limits. When you need a break from a demanding day, diffuse AromaEase while you take a few deep, deliberate breaths and shake out your neck and shoulders.

Find your center. Cue your mind that it's time to meditate with a Ravintsara diffuser blend that you use only during your practice. Try 2 drops each of Ravintsara, Peppermint, Spearmint, and Copaiba. Look after your skin. Add Ravintsara to your face wash or toner for an extra boost of skin-cleansing properties.

250 PV – Retail Value \$125.65 – Inner Defense 30ct, AromaEase 5mL, Bonus Essential Rewards Ravintsara, 5mL, Free Shipping. Start a wellness routine. Fall is the perfect time to turn over a new leaf, so support a healthy immune system all month long with a 30-day supply of InnerDefence. Rake in the healthy benefits. Up your daily dose to 3-5 softgels or combine the healthy immune-supporting power of InnerDefense with our probiotic powerhouse Life 9.

300 PV – Retail Value \$166.44 – Spiced Turmeric Herbal Tea 15ct, Inner Defense 30ct, AromaEase 5mL, Bonus Essential Rewards Ravintsara, 5mL, Free Shipping. Enjoy a hot cup of goodness. Treat yourself to our exquisite evening tea filled with organic ingredients and warm. Familiar spice. Brew a little sereni-tea. After a long, trying day, press pause to carve out some mindful tea time and quiet mental chatter.

400 PV – Retail Value \$196.44 – Young Living Mug, Spiced Turmeric Herbal Tea 15ct, Inner Defense 30ct, AromaEase 5mL, Bonus Essential Rewards Ravintsara, 5mL, Free Shipping. Empower financial well-being. In collaboration with the Young Living Foundation, each mug is handcrafted from natural, locally minded clay by women artisans in Vietnam. Your order helps these artisans break the cycle of poverty, find financial stability, and provide for loved ones. Sip on something sweet and healthy. Infuse your tea or homemade apple cider with Vitality oils and savor the pure flavor in the beautiful blue and gray mug. *The Young Living mug is available only while supplies last. If the mug goes out of stock, we will reward 30 ER points instead.

Quick Order bonuses for one-time orders:

100 PV – Free Shipping

190 PV – Retail Value \$49.01 – Aroma Ease 5mL, Free Shipping

250 PV – Retail Value \$86.51 – Inner Defense 30ct, Aroma Ease 5mL, Free Shipping

300 PV – Retail Value \$127.30 – Spice Turmeric Herbal Tea 15ct., Inner Defense 30ct, Aroma Ease 5mL, Free Shipping

400 PV – Retail Value \$157.30 – Young Living mug, Spice Turmeric Herbal Tea 15ct., Inner Defense 30ct, Aroma Ease 5mL, Free Shipping

Our Highlighted Product for October

Item #4685

Jade Lemon Essential Oil 5mL

Wholesale: \$11.50



Jade Lemon has a unique lemon-lime scent that is pleasing and uplifting. Taiwan and China are home to this exquisitely scented lemon variety. Unique among lemons, when fully mature it is a lovely green color, hence the name Jade lemon. Not only is the color of this lemon unique, this essential oil has a tantalizing lemon-lime scent. Introduced at the 2014 Young Living convention, it has become a most beloved essential oil. Jade Lemon contains the same major constituents as Lemon essential oil but in slightly different percentages.

Jade Lemon boasts many of the same properties as other citrus oils from Young Living. It can be used as a powerful cleaner to remove grease or stickiness from surfaces. Try the Jade Lemon Vitality by adding a few drops to a glass of water for a lemon-lime flavored refreshment. Mix with Peppermint and Lavender for a relaxing bath soak. Add it to your dishwashing detergent for a spot-free rinse.

Medical Properties: Antitumoral, antiseptic, improves microcirculation, immune stimulant (may increase white blood cells), improves memory, relaxation; rich in limonene, which has been extensively studied in over 50 clinical studies for its ability to combat tumor growth.

Uses: Used to uplift and stimulate the mind and body. Can be used in household cleaning or mixed with Citronella essential oil for a pleasant, citrus-scented insect repellent.

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

Topical: Dilute 1 drop essential oil with 1 drop V-6 or other carrier oil and apply on the location or on chakras and or Vita Flex points. Combine 10-15 drops with lotions and shampoos to energize the spirit.

Dietary: Put 2 drops in a capsule. Take 3 times daily.

Stress Relief, What Works for You?

It seems every time we turn around life is throwing us another curve ball. Like many people I will be glad to put 2020 in my rearview mirror, although I hope we all take some valuable lessons from this time. One thing I know to be true, everyone could use some stress relief.

Stress can be either good or bad. However, long-term stressful situations can produce a lasting, low-level stress that's hard on people. The nervous system pumps out extra stress hormones over an extended period,

which can wear out the body's reserves and the adrenals and leave a person feeling depleted or overwhelmed, weakening the body's immune system, and causing other problems. In the midst of a pandemic, the last thing we want to do is compromise our immune systems.

During these crazy times we can't always rely on our old forms for stress relief, like down time with friends or a spa day. Here are a few tips to relieve stress in a safe and natural way.

Listen to music: Everyone's music preference is different. I recommend choosing something with a slower beat. Depending on my mood it could be '90's country music, or instrumental classical. Put in your ear buds, close your eyes, and drift away with the music for a half an hour or as much time as you can spare.

Meditation: You may not think meditation is for you, but everyone meditates; whether they realize that's what they're doing or not. Find a quiet place to sit or lie where the outside world won't bother you for a few minutes, or even an hour. Turn the bright lights down, put away the electronics, put your favorite oil in the diffuser, and just sit. Take time to focus your thoughts on something meaningful to you, a loved one, a favorite vacation spot, a painting, or a musical piece. By centering your thoughts on something positive in your life you lift your mood.

Exercise: Physical activity can increase your body's production of dopamine and norepinephrine, the brain's feel-good hormones. Any type of physical exercise is great. From yoga to running, exercise will put more pep in your step. Sometimes the daily focus on physical activity helps shed tensions giving you more energy and helps you to stay calm and focused on everything else.

Play with a Pet: Man's best friend is truly that. Petting your dog or cat has been proven to decrease the levels of cortisol (a stress related hormone) and lower blood pressure. A dog is very intuitive, if you're not listening to your body, listen to your dog when he tries to get your attention for a little head rubbing. Don't have the ability to keep a dog or cat? Even fish can be stress relieving, watching as they glide and float through the water can be a form of meditation.

Take a Nap: I don't always need an excuse to take a nap. Did you know it has been proven that between the hours of 1 and 3 pm body temperatures drop and melatonin levels rise, telling the body it's time for a nap. Research suggests that a short nap during the day can help strengthen your body's ability to weather stress and strengthen the immune system. Napping also helps keep your blood pressure in check.

How can Young Living help you? Nearly all Young Living products are designed to relieve a stressor in your life. A few of my favorites include the obvious oils like Stress Away Roll-ons or diffusing Lavender. Other essential oils recommended by Young Living for stress relief include: Roman Chamomile, Blue Tansy, Cedarwood, Marjoram, Rose, Royal Hawaiian Sandalwood, Sacred Frankincense, Valerian, Sage, Valor, Valor II, Peace & Calming, Tranquil, Trauma Life, Humility, Harmony, RutaVaLa, The Gift, Common Sense. A few nutritional supplements that could also help combat your stress levels: Super B, Super C, MultiGreens, Master Formula, MegaCal, OmegaGize3, MindWise, Cortistop Women. Do not apply all of these oils at one time, or take all of these supplements at once. Use one or two oils a few times a day for a few days. If they don't seem to be working for you, try another one. While all of the dietary aids are good for you, everyone is different. Look up each one to determine which will be most beneficial to you.

When taking oils internally please refer to their application recommendations. Take 1 capsule of vitality oils 2 times daily. Or take 2-3 drops of a vitality oil in a spoonful of syrup or small amount of milk, juice, or water.

When applying oils topically refer to each oil's application guide. Unless you have used the oil topically in the past, I recommend diluting 50:50 before applying on the temples, neck, and shoulders 2 times daily or as needed. You can also mix them with bath salts and use them daily.

However you find best to relieve the stressors of your day I hope you learn what those triggers are and how best to deal with them in the future. Remember that stress can lead to other major complications in your life. "Self-care is so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel." Eleanor Brown.

Fall Delight Foot Soak

3 Drops Thieves Essential Oil
5 Drops Orange Essential Oil
1/3 Cup Epsom Salt
Small Glass Mason Jar

Put all ingredients into glass jar and shake well. Add 1 tablespoon of the mixture to into a footbath to relax your feet.

Hot Cinnamon Spice Drink

1 Drop Cinnamon Bark Vitality Essential Oil
1 Drop Nutmeg Vitality Essential Oil
1 Tbsp Raw Honey
1 Cup Hot Water

Pour hot water into a mug. Add Essential Oils and honey. Mix together well and enjoy

Quick and Easy Pumpkin Muffins

1 Box of your favorite yellow cake mix
1 Can of Pumpkin or 1 pint of home canned pumpkin
2 Eggs
1 Drop of Cinnamon Bark Vitality Essential Oil
1 Drop of Clove Vitality Essential Oil
1 Drop of Nutmeg Vitality Essential Oil

Preheat oven to 350. Mix all ingredients together well in a large bowl. Divide batter into a cupcake pan. Bake for 12-15 minutes or until toothpick inserted in middle cupcake comes out clean.

Enjoy them as is, or my family enjoys extras like: a drizzle of frosting, topped with cream cheese frosting, add whipped cream. You could even add walnuts, raisins, or pecans to the batter.