

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)



This year, our gratitude list looks something like this: sustainable wellness, supportive family and friends, and free Young Living products that make for a happy, healthy home! As you gather with loved ones and give thanks for all you have, be sure to diffuse the cozy wintertime scent of Abundance, the fall forestry fragrance of Gratitude, or the sweet-as-can-be smell of Peace & Calming. While breathing in these blends, fill your home with a diffuser ornament handmade by women in Uganda who are working to overcome economic hardships

and to provide a better life for their children. Qualify today and earn these free gifts with no extra shipping charge!

100 PV – FREE SHIPPING – Give thanks for free shipping. Reach our 100 PV tier and we'll ship your qualifying order for free! Stack the shipping savings. Gather these products so you can add free shipping to your gratitude list.

190 PV – Retail Value \$88.81 – Gratitude 5mL, Bonus Essential Rewards Abundance 15mL, Free Shipping. Trim away your to-dos with Abundance. While bustling around on holiday errands, diffuse this seasonally scented oil blend in your Car Vent Diffuser. Welcome friends and family. Prepare guest bedrooms and bathrooms with the oh-so-warm aroma of Orange and Clove by adding 8 drops of Abundance to a water-filled spray bottle.

Find meaning during merry making with Gratitude. Grab all your closest friends and family, diffuse this harvest-scented oil blend, and have everyone share three things they're grateful for. Wake up with wonder when your alarm blares, perfume the air with this purposeful blend while you meditate, pray, or journal so you always wake up on the right side of the bed.

250 PV – Retail Value \$103.81 – Young Living Foundation Diffuse Ornament, Gratitude 5mL, Bonus Essential Rewards Abundance 15mL, Free Shipping. Give children a chance through the Young Living Foundation. With this diffuser ornament, stenciled with a beautiful botanical, you are helping vulnerable women in Uganda gain stable employment to provide the opportunity to send their kids to school. Diffuse as you deck the halls. Add a drop or two of your favorite festive fragrance and place your ornament in a tree, in your car, or anywhere you want a touch of essential oil magic.

300 PV – Retail Value \$197.56 – Peace & Calming 15mL, Young Living Foundation Diffuse Ornament, Gratitude 5mL, Bonus Essential Rewards Abundance 15mL, Free Shipping. Gather with grace and Peace & Calming. Turn holiday hassles into magical memories while diffusing the light and bright aroma of Peace & Calming until the end of the year. Give the gift of glow, whether you're bringing a host gift or sending a care package, include a bottle of this glow-getting blend that's ideal for every skin hydrating routine

Quick Order bonuses for one-time orders:

100 PV – Free Shipping

190 PV – Retail Value \$36.84 – Gratitude 5mL, Free shipping

250 PV – Retail Value \$51.84 – Young Living Foundation Diffuser Ornament, Gratitude 5mL, Free shipping

300 PV – Retail Value \$145.59 – Peace & Calming 15mL, Young Living Foundation Diffuser Ornament, Gratitude 5mL, Free shipping

Our Highlighted Product for November

Item #3259

KidScents MightyZyme 90ct

Wholesale: \$41.25



With the holidays upon us and all of the goodies they bring, now is a good time to keep your children's gut health in mind as well as your own. KidScents MightyZyme is an all-natural, vegetarian, chewable tablet, designed to give children added enzyme nutrition to prevent any enzyme depletion, which is the precursor to body dysfunction that could impede growth and brain development. Children today face a world of fast foods and nutritionally depleted foods that are practically devoid of enzymes critical for the proper body function of everything from breathing, thinking, circulation, and digestion. MightyZyme combines nine different digestive enzymes with several other nutrients to support healthy digestion, relieving occasional symptoms, including stomach pressure, bloating gas, pain, and minor cramping that may occur after eating.

MightyZyme chewable tablets address each of the digestive needs of growing bodies and assist with normal digestion of all foods, including proteins, carbohydrates and fats. The energize, build, and protect your child's whole system the way Mother Nature intended.

Ingredients: Folate (as folic acid), calcium, Proprietary MightyZyme Blend, carnauba wax, fructose, maltodextrin, apple juice concentrate, coconut oil, silica

Essential Oils: Peppermint

Directions: For children age 6 or older: chew 1 tablet 3 times daily prior to or with meals. For children ages 2-6 years of age: chew ½ to 1 tablet (crushed if needed and mixed with yogurt or applesauce)

Multiply Your Blessings

If I have learned anything during this crazy year, it's that I am blessed beyond belief by many things I used to take for granted. Things I have learned to appreciate more toilet paper, bottled water, my children's innocence. This year has made me evaluate ways I can give back to others. Young Living gives us the opportunity to make an impact worldwide, just by rounding up your order to the nearest whole dollar amount. You can direct the money to a general fund that is divided up among the chosen charities, or you can donate towards a cause you feel passionate about. Did you know that 100% of your donations are used to directly support your chosen cause? Young Living covers the administrative costs, salaries, and all other costs associated with getting your funds where they are needed to make an impact. Below are the charities The Young Living Foundation has chosen to support.

Sole Hope

Sole Hope is in Uganda. They offer hope, healthier lives, and a freedom from foot-related diseases through education, jobs, and medical relief. One of their primary focuses is to help children and adults become and remain jigger free.

Jiggers are sand fleas that burrow into the hands and feet. Once they are embedded, the female jigger lays eggs and creates egg sacks in the skin up to the size of a pea. They continue to multiply by laying more eggs until the wounds become so irritating, they limit normal childhood activities. Simple things such as walking, running, playing, and even attending school become excruciating and limit their quality of life. In addition to the dangers these open wounds can create, a stigma follows the person infested. They are teased, taunted, or

bullied. In some cases, they are even locked in their homes because they believe the infestation is the result of witchcraft or evil spirits. Leaving many people ostracized from their families and communities.

Sole Hope has grown to help roughly 400 people, mainly children, each week. They begin by washing the feet then medically treating and removing the jiggers by trained professionals. They then educate children and caretakers on how to remove jiggers, prevent infection, and reduce the negative stigma associated with the parasite.

Sole Hope employs local shoemakers and trains them in making durable, protective shoes for the community. Once a patient is in recovery they are returned to their village where the home is sanitized inside and out, and they are provided with a new bed.

Hope for Justice

Today 24.9 million people around the world are stripped of their freedoms, exploited, and made to live in barbaric conditions. The Young Living Foundation provides funding to support Hope for Justice's four step approach to ending exploitation. From prevention to policy reform, they help fund the initiatives that are stopping the cycle of trafficking before it begins, they are restoring survivor's lives, and they are delivering justice by prosecuting perpetrators and educating the public to spot the signs of trafficking. These four steps are used by Hope for Justice to end exploitation in the United States, Cambodia, Uganda, Ethiopia, Australia, and Europe.

Hope for Justice works to establish trusting relationships in at-risk communities through outreach programs, child protection clubs and committees, women's self-help groups, and educating families. They collaborate with specialized teams and law enforcement to identify victims, build trust, and remove them from exploitation. Once rescued girls are brought to the Lighthouse where they receive immediate crisis support, counseling, food, medical and dental treatment. The next step is to restore those survivors and help them rebuild their lives. For six to eight weeks they participate in various therapies and groups to express their stories, address their trauma and prepare to make the transition into long-term services with their communities and families. In addition to working with the survivors, they also make great strides towards policy reform and public education to raise awareness on the issue of modern slavery, implement stricter measures against traffickers, and help businesses protect their supply chains from exploitative practices.

Escalara

The Young Living Foundation partners with Escalara to provide funding for their REACH program in Chiapas, Mexico's poorest state. Through this program, Escalara provides small scholarships to students for every semester they attend high school. These scholarships are designed to reduce the potential financial burden on a family to send their child to high school, providing for school fees and supplies. These scholarships also help a student's family offset the loss of income a high school-aged child would typically earn to help support the family and helps position a family to be better able to afford higher education for their high school graduate.

Goals for Girls

Goals for Girls is a leadership development platform that uses soccer to teach young women how to be leaders and changemakers in their own lives and in their communities. The role of girls and women is central around the globe, both in communities within families. However, gender discrimination is rampant in the

developing world. Goals for Girls supports leadership development events for girls ages 12 to 18 across the United States, India, and South Africa.

Rebuild Nepal

The Young Living Foundation provides funding for local restoration and rebuilding efforts in Nepal after the devastating earthquakes of 2015. The rouse locally whenever possible and creating employment opportunities.

Young Living Academy

After recognizing the need and potential in a town nestled in the tropical region of Ecuador, Young Living Founder D. Gary Young set out to establish their first Foundation project, Young Living Academy. Since 2009 the Academy has stood strong as a beacon of hope in the community of Chongon. The Young Living Academy has grown to provide quality education to 350 students annually. The first graduating class was celebrated in 2016. Today they boast 98 graduates, 54 of whom have continued on to pursue a higher education. Many are the first in their families to achieve a high school diploma. If you were interested, Young Living also offers an option to sponsor a specific student. For less than \$3 per day you can provide a student with an education, nutrition, and school supplies.

Holiday Cheer Body Spray

6 Drops Stress Away Essential Oil
4 Drops Christmas Spirit Essential Oil
Water
2oz Glass Spray Bottle

Add the Essential Oils into the spray bottle. Fill with water and put on the spray bottle top. Shake well before spraying onto your body.

Soothing Honey and Oils Lozenges

1 Cup Raw Honey
1 tsp Coconut Oil
8 Drops Thieves Vitality
4 Drops Lemon Vitality
1 Candy Thermometer
1 Silicone mold – Smaller mold size

Place honey in saucepan and bring to 300 degrees on medium heat. It will bubble so make sure you continually stir. They must reach 300 or they will not harden! Yes, this may decrease the natural healing power of honey, but it is better than the corn syrup alternative.

2. Remove from heat and let cool. Then add essential oils.
3. Spoon into silicone mold. Set the molds on parchment paper. They will get sticky.
4. Cool completely and store in the fridge or freezer to enhance freshness. They will become soft again if left to get warm.

Note: You can coat them in powdered sugar before wrapping in parchment paper to store.