

Lansing Essential Oils Newsletter

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YL #340519

February 2021

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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.

During the colder months please keep in mind:

If receiving a shipment of Ningxia Red or other liquids (non-oils) they are subject to freezing and expanding which could lead to broken containers. Either make other delivery arrangements or try another purchasing option (2oz singles instead of glass)



Love is in the air, and what better way to celebrate than with some self-care? Making yourself a priority empowers you to be your best and February's PV promo has what you need to do just that. Start by diffusing Sacred Frankincense during a restorative yoga flow and making time for midday meditation with the harmonizing of One Heart. Then pamper yourself with personal-care favorites Stress Away, Ylang Ylang, and Patchouli. Claim these oils today and get free shipping!

100 PV – FREE SHIPPING – Spoil yourself with new oils. Reach our 100 PV tier and we'll ship your qualifying order for free! Treat yourself to something special and let us cover the cost of your delivery.

190 PV – Retail Value \$23.68– Ylang Ylang Essential Oil 5 mL, Bonus Essential Rewards: Patchouli Essential Oil 15mL, Free Shipping. Soak in the moment with Ylang Ylang. Draw a dreamy bath with ½ cup Epsom salt and 5-8 drops of Ylang Ylang. Treat your tresses. Make a moisturizing night mask for your hair with 3 drops Ylang Ylang, 2 drops Orange, and 2 tablespoons olive oil.

Use Patchouli to pamper your complexion. Gently hydrate dry skin with a drop of Patchouli in your lotion or serum. Smell good, feel good, and perk up your senses with a custom body spray-Patchouli makes a great base scent.

250 PV – Retail Value \$89.47 – Stress Away Essential Oil 15mL, Ylang Ylang Essential Oil 5 mL, Bonus Essential Rewards: Patchouli Essential Oil 15mL, Free Shipping. No date? No Problem. Plan a pampering night-in complete with a playlist of your favorite songs, essential oils infused face mask (recipe listed below), and the citrus sweet aroma of Stress Away. Soften your skin. Make a post-shave oil with 1 or 2 drops of Stress Away and 1 tablespoon coconut oil.

300 PV – Retail Value \$208.22 – Sacred Frankincense Essential Oil 5 mL, One Heart Essential Oil 15mL, Stress Away Essential Oil 15mL, Ylang Ylang Essential Oil 5 mL, Bonus Essential Rewards: Patchouli Essential Oil 15mL, Free Shipping. Go with the flow, diffuse Sacred Frankincense while performing heart-opening yoga poses to inspire feelings of passion and acceptance. Knead it out. Combine Sacred Frankincense with a carrier oil and massage it into tired muscles.

Apply One Heart and look forward. Diffuse this blend's sweet scent while you write a letter to yourself describing your strengths and potential. Let love in. Apply One Heart over your heart and breathe in the blend's heavenly, harmonizing aroma as you meditate on ways you can brighten someone's day.

Quick Order bonuses for one-time orders:

100 PV – Free Shipping

190 PV – Retail Value \$23.68 – Ylang Ylang 5 mL, and Free shipping.

250 PV – Retail Value \$65.46 – Stress Away 15 mL, Ylang Ylang 5 mL, and Free shipping.

300 PV – Retail Value \$184.21 – Sacred Frankincense 5mL, One Heart 5 mL, Stress Away 15 mL, Ylang Ylang 5 mL, and Free shipping.

Gut Health

Let's talk about your guts. Until recently the gut was considered a fairly simple system in the body. You ate food, your processed food, you expelled the waste. More and more research is being done that links your gut health to your immune system, depression, obesity, skin conditions, endocrine disorders, and even cancer.

What are some of the signs of an unhealthy gut that you may have ignored as a different issue? Upset stomach is fairly obvious. When your belly aches, obviously your gut is not happy about something. But how frequently do you have a belly ache? Occasionally, more frequently?

A high sugar diet can create an imbalance of the good bacteria in your gut, all of that sugar only feeds the bad bacteria's, and cancers leading to inflammation in the gut. Are you experiencing unintentional weight changes

that are difficult to explain? An unhealthy gut can prevent your body from properly absorbing or processing nutrients. It can cause issues to your blood sugar and cause your body to store more fat. An unhealthy gut may also present its self as a food intolerance. When there isn't enough good bacteria to process some of the complex foods you eat, it may present as an intolerance to those foods.

How can Young Living help get your gut back on track? Young Living offers a wide variety of probiotics and prebiotics support supplements. A few of my favorites for the whole family include:

Life 9 30ct Item 18299 Whs \$30.75 – this high-potency probiotic combines 17 billion live cultures from nine beneficial bacteria strains. It helps promote healthy digestion, supports gut health, and helps maintain normal intestinal function for the overall support of a healthy immune system. Life 9 is designed with targeted-release capsules, a dual-sorbent desiccant, and a special bottle to ensure that it stays fresh and effective.

KidScents MightyPro Supplement Item 24261 Whs \$34.00 – This is a unique synergistic blend of prebiotics and probiotics in a supplement specially formulated for children. Packaged in easy, one-dose packets that can be taken almost everywhere you go. This supplement features over 8 billion active, live cultures to support digestive and immune health. This great tasting formula can be added to cold foods or drinks for easy consumption.

ICP Item 3208 Whs \$27.50 – ICP helps keep your colon clean with an advanced mix of fibers that scour out residues. ICP contains ingredients like psyllium, oat bran, flax and fennel seeds to form both soluble and insoluble fibers. It is enhanced with a special blend of essential oils. The fibers work to decrease build up of wastes and improve nutrient absorption.

Detozyme 180ct Item 3203 Whs \$44.75 – This capsule combines a myriad of powerful enzymes that work with the body to support normal function of the digestive system.

Other things to keep in mind when building a healthier gut. Get plenty of sleep, sleep is important to allow your body to reset and heal its self. Eat slower, healthier foods, and drink lots of water. Take time to enjoy what you eat, and remember hydration is also key to a healthier you. Add foods that are high in fiber to your diet. Also add in fermented foods for that boost of natural probiotics. Garlic and onions are also a great digestive aid.

Like any advice these are recommendations based on my personal experiences. If you have questions about your personal gut health please speak with your personal health professional.

Fresh Face Mask

- 1 Tbsp Honey
- 1 Tbsp Lemon Juice
- 1 Tbsp Ground Nutmeg
- 1 Tbsp Powdered Cinnamon
- 1 Drop Nutmeg
- 2 Dops Ylang Ylang

Combine all ingredients in a medium-sized bowl to form a thick paste. The paste should have a consistency that sticks to your skin. Add lemon juice or other ingredients as necessary to reach your desired thickness. Apply the paste to your entire face or affected areas. After 29 minutes, rinse off the mask and pat dry.