

Balancing Hormones & Igniting Your Inner Fire

*With Essential Oils:
God's Love Manifest In Molecules*



Why I Teach On Essential Oils!

2000-2003

2.5 Years Studying Chinese
Medicine Under Dr. Steven Cook
at Holistic Herbal Health

2001-2003

3 Years Apprenticeship
with Dr. David Hoover at
Hoover Wellness Care



2007-2009

2 Years Serving at the Tree of Life
Rejuvenation Center as SPA DIRECTOR
studying with Dr. Gabriel Cousens :)

15 Years of My Life Working with Essential Oils

My Transformation Toolbox

- Massage Therapy
- Raindrop Technique
- EO Abdominal Massage
- Vita-Flex Reflexology
- Neuro-Auricular Technique
- Accupressure
- Quantum Touch Practitioner
- Quantum Touch Instructor
- Emotional Freedom Technique
- Juice Feasting & Fasting
- Nuero-Emotional Technique
- Applied Kinesiology
- Conscious Language
- Bio-Optic Holography (Iridology)
- Sacred Body Language
- Medical Aromatherapy
- Bach Flower Remedies
- Gemstone Energy Medicine

Essential Oils Are Some Of My MOST Effective Tools!

Use Nature's Living Energies to Remove All Obstacles and Bring Harmony to your Hormones

- Essential Oils Defined
- Antioxidant Power of Oils to Protect
- Fat-Solubility Of Essential Oils
- Petrochemical Cleanse Protocol
- Lowering Cortisol
- Balancing Insulin
- Boosting Testosterone Integrating EO Supplements & Idaho Blue Spruce Oil
- What Makes an EO Therapeutic - Deep Dive into Seed To Seal Quality



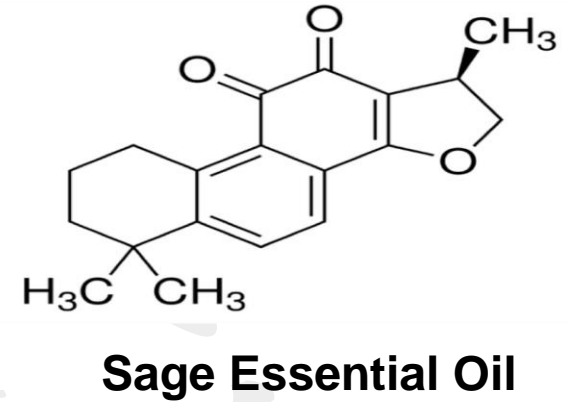
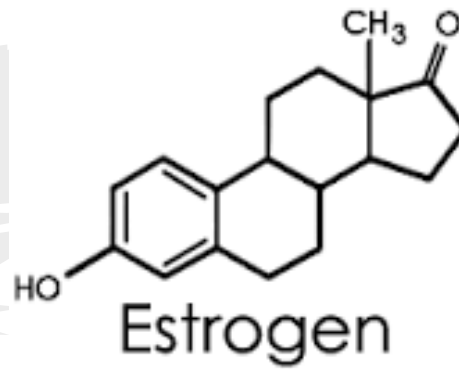
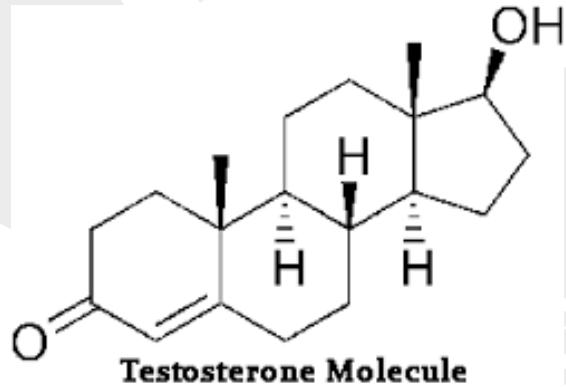
What is an Essential Oil?



Essential Oils are highly concentrated, volatile aromatic compounds steam distilled from plants. They are small enough to be easily assimilated by every cell in the body.

Citrus EOs are cold-pressed from the rind of citrus fruit such as of lemons, oranges, and grapefruit.

How Essential Oil Molecules Mirror our Own Body's Hormones



Clary Sage, Fennel, Yarrow, Idaho Blue Spruce, Nutmeg and Spearmint EOs all have HORMONE-LIKE Properites!

Essential Oils Possess Natural Plant Intelligence



THE POWER
OF NATURE

CAPTURED IN
A BOTTLE

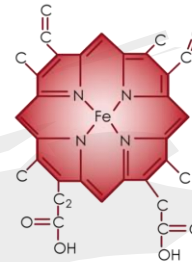
“Our bodies are biologically programmed to react to essential oil constituents, which interact with a variety of receptor sites, neurochemicals and enzymes, giving them a potential for amazing therapeutic activity.” Robert Tisserand

4 Powerful Dimensions of Healing with *Essential Oils*

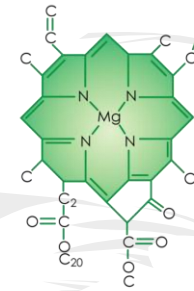
1. High Oxygen Content
2. Small Molecular Size
3. High Electromagnetic Frequency
4. Natural Plant Intelligence



**Essential Oils Are Made of Carbon,
Hydrogen, Oxygen and Nitrogen -
The Same Essential Building Blocks
of Every Cell in Our Body.**



Human Blood
Hemoglobin



Plant Chlorophyll

EO Function in Plants

- Deliver Oxygen
- Expel Wastes and Toxins
- Boost Immunity
- Protect Every Cell

EO In the Human Body

- Deliver Oxygen
- Expel Wastes and Toxins
- Boost Immunity
- Protect Every Cell

Topically



Direct Inhalation



Internally



3 Easy Ways to Use Essential Oils

Essential Oils are **THE Most Powerful Antioxidants** Known to Man!

ORAC Levels of Foods*

- Oranges - 750
- Blueberries - 2,400
- Goji Berries - 25,300
- Cacao Powder - 95,600
- Ground Turmeric - 102,700

*Essential Oil Desk Reference 6th ed. p 415

ORAC Levels of Essential Oils*

- Cinnamon 103, 448
- Thyme 159,590
- Fennel - 238,400
- Coriander Oil - 298,300
- Myrrh Oil - 379,800
- Clove Oil - 1,078,700

Two High Antioxidant EO Supplements

Longevity Softgels

(Anti-aging)



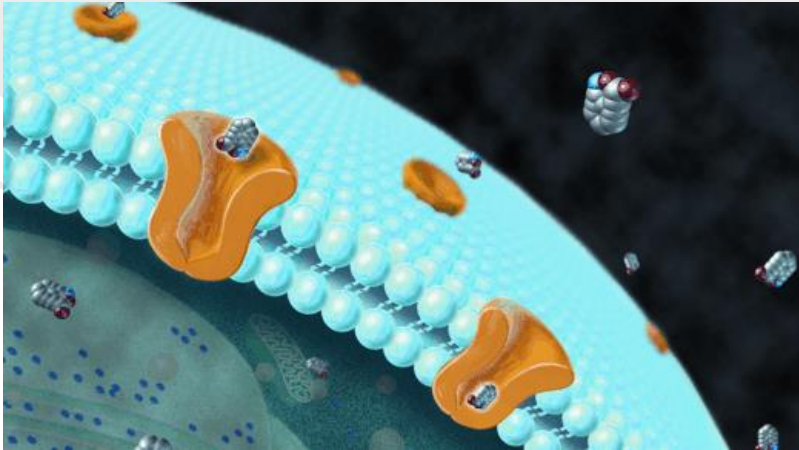
Inner Defense Softgels

(Powerful Immune Booster)



Essential Oils are Fat Soluble

Cell Plasma Membrane



Essential Oils are Fat-Soluble and their Molecules are up to 500 times smaller than the plasma membrane of our cells.

EOs easily pass through the plasma membrane of every cell in the body delivering oxygen & nutrients, dissolving toxins, transporting wastes, and opening intra-cellular pathways for enhanced cellular vitality and greater hormone balance.

Safely Removing Fat-Soluble Toxins



“Water soluble toxins are easily flushed out of the body via the blood and kidneys, but the fat soluble toxins are a challenge for the body to remove. These fat soluble toxins are man-made toxins such as heavy metals, parasites, pesticides, preservatives, food additives, plastics and other environmental chemicals. **If our digestive and detox pathways are not functioning optimally, these toxins find their way to the liver, blood, fat cells and brain where they store indefinitely** and cause disease and endocrine disruption.”

~ Dr. John Douliard, Ayurvedic Doctor at Life Spa

Introducing the EO Petrochemical Weight Loss Protocol to ELIMINATE Fat-Soluble Toxins



Essential Oils are fat-soluble, highly oxygenated molecules to deeply detoxify and safely remove heavy metals, petrochemicals, and toxins from your fat cells... with ease!

Special Note from Tiffany, creator of the EO Petrochemical Weight Loss Protocol:

“In 2014, the popularity of the protocol exploded all over the internet with ecstatic protocol users posting their results on their blogs and starting private Facebook groups to share in their successes.”

“We heard amazing stories of health conditions reversing simply because their cells were rid of petrochemicals that prevented the cells to communicate with each other correctly.”

Recent Testimonial from Annie from the EO Petrochemical Detox Protocol

I highly recommend EO Petrochemical Detox Protocol. I was amazed how many inches I lost all over my body in just 3 weeks, **including 2 inches around my waist.**

Who knew I had so many toxins stored in my fat cells! Not only did I shrink and reshape my body, my energy and mood were positively enhanced as well, including more energy, less irritability, a sense of calmness, peace of mind and joy.

~Annie Lawrence



How To Make Your EO Petrochemical Detox Blend

- **3 Bottles Citrus Fresh**
- **1 Bottle JuvaCleanse**

(JuvaCleanse: Ledum, Celery Seed, Helichrysum)



1. Mix all 4 bottles in a 40oz glass jar.
2. Then refill each individual 15ml bottle with your custom blend using a pipette or glass dropper.
3. Use one bottle per week on your hips, thighs, abdomen. **You may repeat this protocol 2-3 times to go deeper in reshaping and cleansing your body.**
4. Double the recipe above - to do both the breasts and lower body at the same. Cleansing the upper lymphatic and breasts can bring powerful results!

Use Conscious Language And Program Your Body, Mind, and Spirit For Inner Beauty!



When applying your oils each day... **Say out loud:**
"I love and accept my body... Just the way I Am!"
"My body is beautiful."
"I AM beautiful!"
"I love and accept my body... just the way I Am."

Keep Cortisol Down with Ocotea & Cortistop

Take this formula 5 days on - 2 days off - for 7 weeks.... rest the 8th week and repeat if needed.

Ocotea & Peppermint



- 6 Drops Ocotea
- 3 Drops Peppermint in OO Veggie Cap
- Top off with Olive Oil
- Take twice a day

Cortistop For Women

Enhanced w/EO of Clary Sage, Conyza, Fennel, Frankincense & Peppermint



- 2-3 Caps of Cortistop with Ocotea EO Blend at Breakfast and 2pm

Balancing Blood Sugar with Key EO Blends



Essential Oil Formula #1: Cinnamon (*cinnamomum verum*), Coriander (*coriandrum sativum*), Ocotea (*ocotea quixos*)

In a OO Veggie Cap Combine:

- 3 drops Cinnamon
- 3 drops Coriander
- 3 drops Ocotea
- Top off with Olive Oil & Cap

Take twice a day

*Take this formula 5 day on - 2 days off
for 7 weeks.... rest the 8th week and repeat if needed.*

Boosting Testosterone with Essential Oils

Take this formula 5 days on - 2 days off - for 7 weeks.... rest the 8th week and repeat if needed.

Idaho Blue Spruce & Spearmint



- 8 Drops Idaho Blue Spruce
- 2 Drops Spearmint in 00 Veggie Cap
- Take twice a day

EndoGize Kidney/Adrenal Formula

Enhanced w/EO of Ginger, Myrrh, Clary Sage, Cassia, & Canadian Fleabane



- 2-3 Caps with Blue Spruce EO Blend twice a day

"8 drops/day in a capsule have been shown to increase testosterone by 30% in 2 weeks." Dr. Dan Purser, expert in Medical Aromatherapy for hormone rejuvenation.

My Son **Orion Daryes Keszainn**

Born Jan. 15, 2015 --- With an Essential Oil Enhanced Birth Followed by
Sacred Frankincense and Myrrh for the first two weeks!



Pure Oxytocin Generator In Action!!!



"75% of Essential oils on the market today are adulterated." - Dr. Robert Pappas - EO University

What Makes an Essential Oil Pure and Therapeutic For Your Body?

- Conscious Farming and Harvesting Practices
- Proper Genotype - Using the Proper Seeds and Plant Species
- Proper Chemotype - Precise Growing Conditions, Climate, and Harvesting Times
- Each Distillation is Lab Tested 8 Unique Ways
- Low-Temperature Distillation
- Each Plant Is Distilled According to Unique Temperatures, Pressure and Distillations Times aligned With Species and the Growing Conditions



Why Young Living?

The Dream of Gary Young, Founder



Fine-tuning the GC-MS in the Ecuador lab: Gary with his mentor, Herve Casabianca, PhD, the world's foremost GC-MS expert.



WELCOME TO YOUNG LIVING!



Young Living is the World Leader In Essential Oils

- 20 Years growing essential oil plants worldwide
- 20 years distilling essential oils in over 12 countries
- 20 years testing and analyzing essential oils
- 20 years of global research by Gary Young to bring you the best essential oils in the world!
- 12+ Essential oil farms, Young Living owned and operated using the highest distillation standards in the world.

Young Living Winter Harvest at
Idaho Flats Tree Farm - Distilling Balsam
Fir & Blue Spruce Essential Oils



Young Living Farms Distilling Rare Botanicals Worldwide!





*“The Highest Standards Weren’t Available,
So We Created Them”* ~Whole Foods

Seed



Seed Potential

Powerful, effective essential oils come from seeds and plants that are verified for their potential to produce high-quality essential oils.

Expert Evaluation

Our own experts partner with university researchers to evaluate the essential oil potential of our seeds.

Proven Potency

The seeds we use are selected for their scientifically proven ability to become plants with the highest possible levels of bioactive

Cultivate



YOUNG LIVING
ESSENTIAL OILS



Sustainable Methods

Young Living farms, located around the globe, are dedicated to perfecting our responsible and sustainable growing and harvesting methods.

Superior Quality

Our experts travel the world visiting our co-op farms to verify that their growing and cultivating processes match our high standards.

Rich Supply

These operations provide an ongoing source for essential oils that meet Young Living's demanding quality standards.

Distill



Innovative Approaches

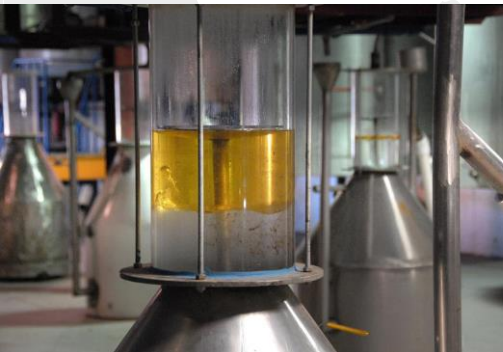
Combining ancient and modern techniques, Young Living is recognized as an innovator in essential oil distillation - with 12 international farms and growing!

Proprietary Techniques

We use a gentle, proprietary technique for steam extracting essential oils and preserving their precious constituents.

Diverse Methods

We use cold pressing and resin tapping methods for select oils.



Test



- 1) Gas Chromatograph (GC)**—Measures the percentage of constituents (plant chemicals) in the oil. That is why Young Living uses the same specification as Dr. Casabianca (50 m + 60 m columns), Chairman of the Committee for the Association Française de Normalisation Organization Regulation (AFNOR)/ International Standards Organization (ISO)
- 2) Mass Spectrometer (MS)**—Identifies the names of each constituent in the oil. Performed after GC, the MS testing will get an even greater separation and be able to identify a number of additional compounds.
- 3) Optical Rotation /Chiral column testing** - compounds have determined chirality, The chiral column testing is more detailed and will identify a marker that reveals a synthetic origin. That oil would then be rejected.
- 4) Refractive Index**—Measures the density of the oil using a concentrated beam of light.
- 5) Specific Gravity**—Measures how heavy the oil is as compared to water
Testing at Young Living Lab
- 6) Flash Point**—Ignites the oil and tests it against standard flash temperatures.
Additional tests conducted on certain oils include:
- 7) High Performance Liquid Chromatography (HPLC)** – due to great strides in technology, more sensitive and complex testing is available. High performance liquid chromatography is now one of the most powerful tools in analytical chemistry.
- 8) Isotopic ratio mass spectrometry (IRMS) analysis**

Seal



Dedicated Facility

Young Living completes the Seed to Seal process in its 107,000-square-foot facility in Spanish Fork, Utah.

Handling with Care

Using state-of-the-art equipment, each essential oil is carefully bottled and labeled.

Single Source Shipping

Our carefully bottled, painstakingly produced essential oils are shipped to members worldwide.

FLORA RESEARCH ESSENTIAL OIL ANALYSIS

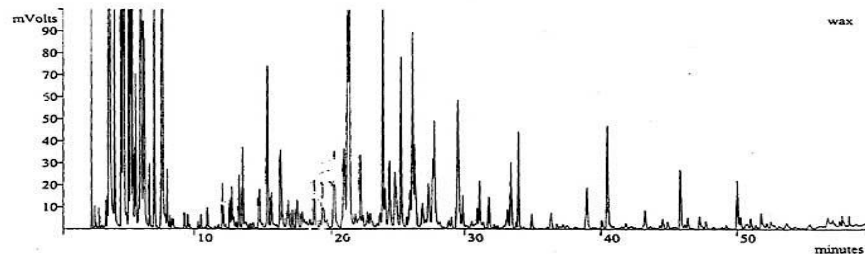


We are the specialists in the quality control of essential oils.

A full service analytical laboratory to handle all of your testing needs.

Data File Information
 Data File: c:\star\module16\frank013.ru
 Channel: B = wax RESULTS
 Sample ID: 970409004
 Operator (kg): JK
 Injection Date: 04/09/97 04:47:04 PM
 Injection Method: c:\star\frankin.mth

Injection Notes: Young Living Frankincense supplier test sample pd015682



Peak No	Peak Name	Percent of Total	Ret. Time (min)	Area (counts)
1	α-pinene	47.098	3.535	3244275
2	camphene	0.733	3.935	50495
3	β-pinene	2.579	4.448	177616
4	sabinene	2.658	4.588	183120
5	myrcene	2.772	5.162	190966
6	α-phellandrene	0.833	5.299	57412
7	α-terpinene	0.330	5.561	22702
8	limonene	11.143	5.999	767547
9	1,8 cineol	0.311	6.172	21422
10	γ-terpinene	0.619	7.004	42670
11	cymene	8.262	7.626	569039
12	Octyl acetate	0.591	15.371	40738
13	Incens. acetate	1.092	21.211	75240
14	B-caryophyllene	1.428	21.344	98362
15	α-terpineol	0.165	26.863	11374
16	Incensone tid	0.795	29.517	54750
Totals		81.409		5607777

This sample is an authentic frankincense oil. No adulteration was found in this sample at this level of testing.

Report prepared by:
 James P. Kababick, Director

Date of report: 4/25 - 1997

FLORA RESEARCH ESSENTIAL OIL ANALYSIS

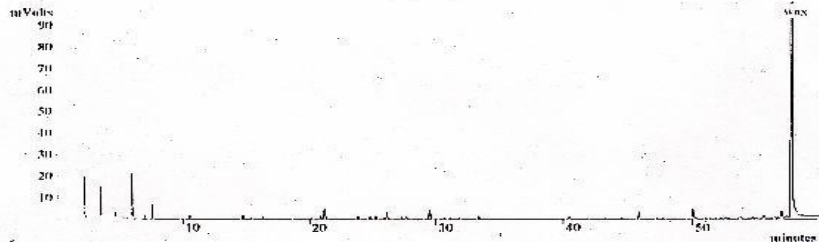


We are the specialists in the quality control of essential oils.

A full service analytical laboratory to handle all of your testing needs.

Data File Information
 Data File: c:\star\module16\frank011.ru
 Channel: B = wax RESULTS
 Sample ID: 970328014
 Operator (kg): JK
 Injection Date: 03/23/97 04:19:37 AM
 Injection Method: c:\star\frankin.mth

Injection Notes: frankincense



Peak No	Peak Name	Percent of Total	Ret. Time (min)	Area (counts)
1	α-pinene	0.486	3.485	3670
2	β-pinene	0.048	4.436	366
3	sabinene	0.109	4.635	828
4	myrcene	0.035	5.146	268
5	α-phellandrene	0.039	5.286	258
6	α-terpinene	0.039	5.555	296
7	limonene	0.863	5.938	6333
8	γ-terpinene	0.103	6.993	795
9	p-cymene	0.302	7.581	2226
10	Incens. acetate	0.131	20.914	1145
11	B-caryophyllene	0.254	21.180	4918
12	α-terpineol	0.073	26.283	356
13	Incensone tid	0.476	29.512	3603
14	Diluent	84.360	27.719	642721
Totals		86.118		667458

This sample is an adulterated frankincense oil. It contains actual frankincense oil blended with a diluent similar to DHE. The adulterant is approximately 85% of the oil.

Status Codes:
 R - Reference Peak

Report prepared by:
 James P. Kababick, Director

Date of report: 4/7 - 1997



Young Living Frankincense Oil


Frankincense Oil From Health Food Store

USE ONLY THE BEST!

Use Young Living Essential Oils



Visit the Links **BELOW** for Special Instructions
On How To Get Started Using 10 Everyday
Essential Oils.

Receive 30 min of
FREE Coaching
when you join! 
(150 Value)

Step 1

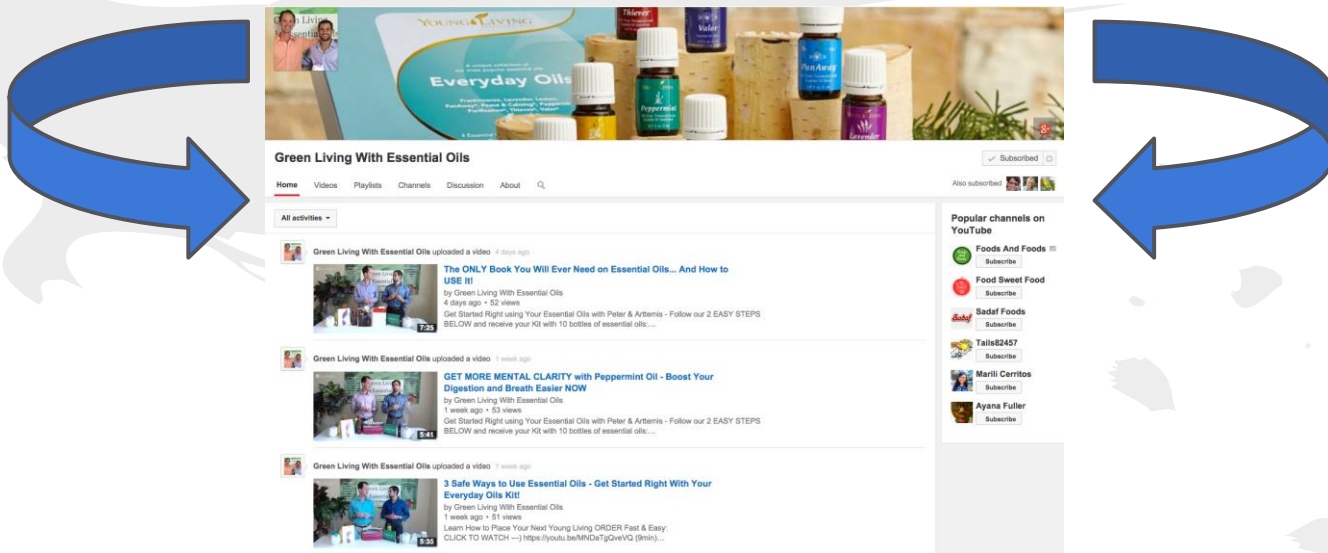
bit.ly/easyaccountsetup

Step 2

tinyurl.com/sivylsignup

Subscribe To Our Green Living Youtube Channel

Go to **YouTube** and type in: **“Green Living with Essential Oils”**
Click - **Subscribe** to learn more from Artemis and the Green Living Team!



Conquering Cortisol with Essential Oils

Essential Oil Formula #1: Idaho Balsam Fir (*abies balsamea*), and Sacred Frankincense (*bosweilia sacra*), Orange (*citrus aurantium*)

In a OO Veggie Cap Combine:

- 4 Drops Balsam Fir
- 3 Drops Sacred Frankincense
- 3 Drops Orange
- Top off with Olive Oil & Cap

*Take this formula 5 days on - 2 days off -
for 7 weeks.... rest the 8th week and repeat if needed.*

