

Scents and Sensibility

April 2009



“why weight?”

**MAGNIFY YOUR PURPOSE AND LEARN THE
INTERNAL SECRETS TO WEIGHT RELEASE—PART ONE**

by Carol Pliska



DETAILS BELOW – HURRY, PROMO ENDS APRIL 15TH



ASK YOURSELF THIS: Feeling exhausted? Low on will power? Having difficulty losing weight? Think it's your thyroid? Think again! Many hypothyroid symptoms are so similar to adrenal fatigue that the two are often confused. Your adrenals—two walnut-sized organs that sit on top of your kidneys—are the workhorses of your body. If you are exhausted, chances are, your adrenals - AND their partner, the thyroid - need attention. What happens when the adrenals and the thyroid lose their life force or "spirit?" Everything suffers—your digestive system, the organs in your brain (e.g., hypothalamus and pituitary), your liver, endocrine system, sexual organ system, heart and central nervous system. **EndoFlex Oil Blend** taken internally in capsules may help support these and stimulate weight loss by improving our metabolic function. (Refer to Essential Oils Desk Reference.) **Endoflex (Item #3333)**



Adrenals and Stress --

The adrenals are your "life-saving" organs because they control the body's hormones and help you cope with stress. Adrenals act as the control center for your "fight or flight" response and secrete many important hormones including: pregnenolone, adrenaline, estrogen, progesterone, testosterone, DHEA and cortisol. **Cortisol, although often referred to as the death or stress hormone, does have some life-giving tasks.** For example, cortisol helps prepare your body to survive in stressful situations; *metabolizes carbohydrates*, protein and fats into energy; slows the immune system's inflammatory response; regulates the balance of converting insulin in breaking down sugar for energy; and helps to maintain your cardiovascular health and blood pressure. Young Living's **Thyromin** may be beneficial in supporting both Adrenals and Thyroid. Consult the Essential Oils Desk Reference for recommended dosage.

Cortisol becomes the "death hormone" when levels remain too high - which it does under chronic stress. The human body was designed to respond effectively to stress, with periods of rest in between. Unfortunately, our modern day society is so full of constant stressors that we no longer take sufficient time to rest. There is an eloquent connection between your adrenals and your brain. These organs are constantly in communication with each other using chemical messengers (or hormones) that flow between the adrenals, the hypothalamus and the pituitary. When your adrenals are constantly stressed, this sets off an autoimmune, inflammatory response in your entire body. The adrenal-hypothalamus-pituitary feedback loop regulates the secretion of cortisol. **All of your organs AND your immunity are impacted negatively by the resulting constant assault of cortisol. Cortisol suppresses DHEA the "youth hormone."** Your brain obtains this hormone from the adrenal glands. DHEA is the most abundant hormone in the body and your brain has an enormous "appetite" for this "Youth" hormone!



Ultra Young with DHEA is a proven key to stimulate weight management by bringing balance to the hormonal system. Best used on an empty stomach, you just spray directly inside cheeks and on the roof of the mouth several times between 3PM and 11PM. Avoid swallowing for 1-2 minutes, and avoid spraying on the tongue because this promotes swallowing and reduces **Ultra Young's** effectiveness.* #3245



CALCIUM: New Findings with Hypertension and Obesity

Epidemiological studies have shown that calcium regulation within the cell plays a role in hypertension and obesity. Insufficient calcium intakes may contribute to the cause of salt-sensitivity and hypertension by creating an excess of vitamin D. Dietary calcium may reduce blood pressure by regulating vitamin D and normalizing calcium within the cell. Vitamin D brings calcium into fat cells, resulting in fat production, decreased fat usage, and increased triglyceride stores—all of which play a part in obesity. Having adequate calcium intake may help control these factors leading to obesity and hypertension. Young Living's *MegaCal* is a Superior Synergistic Balance of Calcium and Magnesium. *(Item #3280)* **PART 2 NEXT MONTH!**

MORE WEIGHT LOSS INSIGHTS

"In my experience with holistic energy work, one of the major contributors to weight gain, mood swings, hair loss, increased breast size (even in men), breast cancer, thyroid malfunction, wrinkles, reduced sex drive, osteoporosis, fibroids, headaches, depression and many other problems is **Estrogen Dominance**. Research shows that if your body is Estrogen Dominant, it is then incapable of correctly utilizing insulin and, therefore, stores almost all of your carbohydrates as FAT! This is just one of the dangers of Estrogen Dominance. To get that delicate balance back in your body, consider applications of Pregnenolone (called the "Master Hormone") to help the body balance out the progesterone, estrogen and testosterone. It is my observation that Young Living's *Prenolone PLUS w/DHEA* is an absolute must in your daily regimen if you are hormonally challenged with releasing weight." ~ *Carol P. - Mesa, AZ* * *Item #3732*

REDUCE YOUR BODY'S DANGEROUS CORTISOL LEVELS BY 28% FOR FREE!

D. Gary Young says, "***Balsam Fir oil reduces Cortisol levels by up to 28%!***" This is exciting news for those struggling with weight problems. Consider taking 3 drops of Balsam Fir in a fresh glass of water each morning. A more aggressive approach to excess cortisol levels and inflammation may be 10-20 drops in a capsule first thing in the morning. *

Idaho Balsam fir essential oil is renowned for its benefits to the respiratory system, as well as its ability to soothe over-worked muscles and joints. The oil was recently harvested on Young Living's own Balsam Fir Farm and contains optimal levels of four important constituents which gives it many of its soothing characteristics and ability to reduce cortisol in the body.*

Earn a **FREE 5 ml Bottle of Balsam fir essential oil and a FREE 10 ml Deep Relief™ Roll-On** with your **single order of 165 PV or more!** **HURRY—SPECIAL ENDS APRIL 15th!**

DETAILS:

Valid through April 15, 2009.

Invest 165 PV in a single order and receive one 5 ml balsam fir and one 10 ml Deep Relief Roll-On.

No limit per customer. Earn the free products again and again!

Valid on Live telephone orders, Essential Rewards, and Internet orders only. Not available on the IVR phone orders.

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease**



Magnify Your Purpose Oil Blend -- 10% Off Now Through April 30th

Magnify Your Purpose Blend — The emotionally uplifting properties of the single oils in this blend make it excellent for helping to overcome negative emotions and self-defeating behaviors such as procrastination and self-pity. By helping yourself to deal with belittling feelings like abandonment, rejection and betrayal, you are able to more fully understand and ***Magnify*** your life's purpose. This blend contains therapeutic grade Sandalwood, Nutmeg, Patchouly, Rosewood, Cinnamon Bark, Ginger and Sage essential oils. **Magnify Your Purpose** carries an **electrical frequency of 99 MHz**. ~ **Reference Guide for Essential Oils – Abundant Health4U.com**

Promotion Details: Magnify Your Purpose # 3377 – 5 ml bottle

- **This promotion will run from April 1st through April 30th, 2009.**
- **This offer is available on regular orders, through the Automated Phone System, and on Essential Rewards autoship if the order is processed on or before April 30th**

SALE PRICES THRU April 30th: Wholesale: \$24.10 Preferred Customers: \$31.00 Retail Customers: \$35.23



Feng Shui God's Way removes the veil of myth and

superstition regarding the Chinese Art of Placement. You will discover the “**shadow side**” of how this Universal Natural Law alters the energy of your environment and directly impacts your health, relationships, success and prosperity. Author **Janet McBride** takes you on a journey back through time to discover ancient secrets known by Abraham, King David and Solomon and how you can implement these techniques by effectively using Color, Furniture Placement, Music, Aromatherapy and Art. Questions will be answered that have never before been addressed regarding *Feng Shui*. This one will surprise you! [FULL COLOR](#)