YOUNG ENERGY
SEMINAR CYCLE

Seminar "Hormones and Young Living"

Die Produkte von Young Living sind nicht dafür bestimmt, Krankheiten zu diagnostizieren, zu behandeln, zu heilen oder vorzubeugen. Die Informationen in diesen Unterlagen dienen lediglich zu Informationszwecken und ersetzen keinen Arztbesuch.
Introduction

**Hormones** (from the Greek “impetus”) are biochemical messengers. Hormones are chemical messengers that communicate with and regulate each other. They coordinate all the important functions and areas in the body such as metabolism, sleep, well-being, hunger, thirst, drive, psyche, sexuality, fertility and growth. We usually only become aware of their importance when their delicate balance is disturbed.

The effects of the various active substances in the body such as serotonin, noradrenalin, acetylcholine, oxytocin, oestrogen, gestagen, progesterone, prolactin, testosterone, tryptophan, dopamine, cortisol, adrenalin, hormones containing iodine, insulin, vitamins and minerals are surprisingly diverse and complex. If there is a hormone imbalance in the body, this may result in feeling unwell in the most varied forms.

A loss of zest for life and drive is also associated with this.

Dr. Deepak Chopra, a world-renowned hormone specialist and author of a large number of books, says on the subject of staying young and mental activity: “98% of our cells regenerate within a period of less than a year. A person has 60,000 thoughts a day...however, what is disturbing is that 95% of the thoughts we have today are the same as the ones we had yesterday. Every day people have the same thoughts, which then lead to the same forms of physical expression in the body.

If you believe that the body is supposed to get weaker, that it is bound to age or be subject to illness and disease over the course of time, then this belief will manifest itself in the respective body cells. The body you come to know is an expression of all the ideas you have about it.”

We hope you have a wealth of positive experiences and find enjoyment and a sense of well-being

Kindest regards
Hormones transmit information within living organisms from one organ to another or from one tissue to another. In contrast to the high speed at which nerves transmit information, anything from several seconds (e.g. in the case of adrenalin, for example) to several hours may elapse between a hormone being released and it taking effect.

Hormones were discovered in the early 20th century and the term “hormone” was coined by Ernest Starling in 1905. They only affect specific target organs that have special receptors to which the hormone molecules bind. These receptors are found mostly on cell surfaces (cell membrane). The binding of a hormone to these receptors triggers a biochemical reaction inside the cell. Some hormones can penetrate the cell membrane and bind with their receptors in the cytoplasm or the cell nucleus.

Hormones form typically in hormone glands. These are also known as endocrine glands because unlike other glands they have no excretory ducts, but release hormones directly into the bloodstream. Hormones occurring in plants are known as phytohormones. They share the same characteristics as animal hormones of being able to send signals over a greater distance and being effective in lower concentrations.

Hormone glands are:

- Thyroid gland
- Pituitary gland
- Adrenal gland
- Gonads (ovaries and testicles)
- Islet cells in the pancreas
- Neurohormones, which are produced by neurones in the central nervous system
- Tissue hormones are formed in specialised cells, for example, gastrointestinal hormones located in the gastrointestinal tract.
What factors have the most adverse effect on our hormones?

1) Environmental pollutants
2) Chronic long-term stress
3) Unresolved emotional trauma
4) Personal attitudes and cultural belief patterns

Stress - What happens?

Every time we experience a situation that places unusual demands on the body, our stress hormone system is activated. An early sign of a stress reaction is the increased release of a peptide known as corticotropine-releasing hormone (CRH) through the limbic system, an area of the brain that influences mood and anxiety. CRH in turn stimulates the production of the well-known stress hormone, cortisol, which, as soon as it enters the bloodstream, prepares the body for dealing with the stressful situation. The release of cortisol is increased during an infection, depressive mood, acute emotional trauma or chronic stress. Both hormones, CRH and cortisol, are important factors in coordinating reactions to stress. This control system is maintained by various biological activities and processes.

Essential oils such as lavender and balsam fir are known for their ability to reduce raised cortisol levels.

Role of adrenalin and noradrenalin

The human body reacts to stress by attempting to adjust to the new situation as quickly as possible. In situations where shock is experienced, nerves are set on edge and a substance called acetylcholine is released, which leads immediately to the distribution of the “emergency hormones” adrenalin and noradrenalin, which, in turn, set processes in motion. They place the body in a state of alert, the pulse increases, the heart beats faster and blood pressure
rises. This results in improved blood flow to the muscles and an expansion of the bronchial tubes, gastrointestinal activity is suppressed. This creates optimum conditions for fight or flight, which, however, is generally no longer appropriate today. Often “pent up” energy cannot be used in a positive way, but it is important for the human body to be able to deal quickly and effectively with stressful situations. If the stress hormone system does not settle again quickly, adrenalin and noradrenalin concentrations remain high, which is damaging to health (permanent stress).

A walk in the fresh air, in the woods or engaging in an enjoyable physical activity (such as dancing) can help bring these increased levels back down to normal.

Environmental pollutants

The following substance categories are identified as xeno-oestrogens (foreign): DDT and other chlorinated substances, certain chemicals, which occur in consumer, medical and cosmetic products (e.g. plastic additives, bisphenol A, parabens), industrial chemicals such as polychlorinated biphenyls (PCBs) and dioxins, decomposition products of alkylphenol ethoxylate (APEOs), such as nonylphenol, and pollutants from combustion reactions and diesel exhaust emissions.

Parabens

Parabens are typical examples of xeno-oestrogens, which are absorbed through the skin. They are used in 87% of all skin creams and in 77% of all cosmetics as preservatives. Animal in-vivo tests have shown a significant reduction in sperm in the case of individual paraben examples.

We are advised to keep contamination of the environment with xeno-oestrogens as low as possible because these fat-soluble substances accumulate in adipose tissue and oral ingestion is possible through contaminated foodstuffs, in particular, oily fish and water. Furthermore, these substances are used in skin care products and suntan lotions. It should be kept in mind that the aquatic environment reacts much more sensitively to these substances than people do.
Pay attention to ingredients

Why are industrial substances used in cosmetics?
1. They are cheap
2. They were licensed many years ago.

Unfortunately these facts apply across the world. Even with products designed for children and babies we don’t flinch at the use of aggressive substances that are potentially damaging to health. Wipes, for example, contain substances such as **paraffinum liquidum**, which is extracted from crude oil. This substance forms a film over the skin and hampers the normal regulation mechanism. Some penetrates the skin and can accumulate in the liver, kidneys and lymph nodes.

How does the ingredient **tetrasodium edta** behave?
It is a wetting agent, prevents the deterioration of wipes and is not permitted as a preservative. Nappy rash, a known skin condition affecting the nappy area, is caused by this substance.

**Fluorides**, which are used in most toothpastes, have also made the headlines after it leaked out that their carcinogenic potential had been proven in several clinical trials.

Here are some products that may contain the following substances that are potentially damaging to health:

**Mouthwash, toothpaste, shampoo, hair dye, conditioner, shaving foam/gel, deodorant, shower gel, soap, skin cream, tinted day cream and make up.**

**Aluminium**
(e.g. aluminium chlorohydrate). A metallic element, which is used as an ingredient in perspiration-inhibiting products (e.g. deodorants). When applied to the skin, aluminium closes the pores thus suppressing the formation of sweat. The skin’s natural decontamination process is hampered. Aluminium penetrates through the skin into the bloodstream. Aluminium is associated with Alzheimer’s disease and breast cancer.

**Collagen**
An insoluble fibre protein that is unable to penetrate the skin due to its size. Collagen, which is found in most skin care products, is extracted from animal skin and crushed chicken cartilage. The substance forms a film on the skin and consequently may suffocate it.

**Diethanolamine (DEA)**
Also: cocamide DEA, lauramide DEA. A colourless or crystalline alcohol used in solvents, emulsifiers and cleaning agents. DEA acts as an emollient in body lotions or as a wetting agent in skin care products. If these DEAs are used together a chemical reaction occurs and may result in the formation of
nitrosamines. The latest studies show carcinogenic potential even without nitrate compounds.

**Diethylphthalate**

Used for denaturing alcohol. Absorbed by the skin and influences its protective mechanism. Phthalates are suspected of causing damage to the liver, kidneys and reproductive organs and also of acting like a hormone.

**Elastin with high relative molecule mass**

A protein similar to collagen and a principal component of elastic fibres. Elastin is also obtained from animal parts. Its effect on the skin is comparable with that of collagen.

**Fluoride**

Fluoride is a non-biodegradable environmental pollutant and an industrially generated waste product, which has been officially classified as a poison by the US Environmental Protection Agency. Dr. Dean Burk from the National Cancer Institute says, "Fluoride causes cancer in humans more often and more rapidly than any other chemical substance". Only in Belgium have all toothpastes containing fluoride been banned!

**Formaldehyde/ dissociators**

For example, bronidox, bronopol, diazolidinyl carbamide, diazolidinyl urea, DMDM hydantoin, imidazolidinyl carbamide, imidazolidinyl urea, 2-bromo-2-nitropropane-1,3-diol, 2,4-imiazolidinedione, 5-bromo-5-nitro1,3-dioxane). A colourless, toxic gas, an irritant and a carcinogen. Formaldehyde is used in combination with water as a disinfectant, an immobilisation material or a preservative. Formaldehyde is an ingredient in many cosmetic products and above all in conventional nail care systems. Even in small quantities this potentially carcinogenic substance can irritate mucous membranes and cause allergies. It also ages the skin.

**Kaolin**, a fine, white clay used in porcelain manufacture. Like bentonite, kaolin suffocates and weakens the skin.

**Lanolin**, a greasy substance obtained from wool, known as a sensitising agent, which is often an ingredient in cosmetics and lotions. The skin can sometimes have an allergic reaction to lanolin, in the form of eczema, for example. In 1998, 16 pesticides were discovered in tests on lanolin samples.

**Mineral oil**

Paraffin oil - e.g.: paraffinum liquidum).
A crude oil (petroleum) derivative, which is used in industry as a cutting oil and a lubricant. Mineral oil forms an oily film on the skin thus sealing in moisture, toxins and waste products and suppressing normal respiration as oxygen is unable to penetrate the skin.

**Oxybenzone** Also known as benzophenone-3. Light protection filter known to be a strong allergy trigger.

**Parfume - mostly nitro and polycyclonic musk compounds**
Some of these synthetic fragrances have proven to be carcinogenic or mutagenic in animal trials. These substances accumulate in the environment and in the body and can even be detected in breast milk.

**Petrolatum (Vaseline)**
A petroleum-based greasy substance used in industry as a lubricant. Most of the potentially damaging properties of petrolatum correspond to those of mineral oil.

**Propylene glycol**
A cosmetic form of mineral oil, which can be found in automatic brake and hydraulic fluid and industrial anti-freeze. Propylene glycol acts as a wetting agent in hair and skin care products causing the retention of moisture contained in the skin or cosmetic products by preventing the release of moisture or water. Material safety data sheets warn users to avoid skin contact with propylene glycol as it is a strong skin irritant (contact dermatitis) and can cause liver abnormalities and kidney damage.

**Sodium fluoride**
Has been identified as potentially carcinogenic.

**Sodium lauryl sulphate**
Caustic cleaning agent and surfactant found in garage floor cleaners, machine degreasers and car cleaning products. It is used in virtually all cleaning products as a foaming agent. Sodium lauryl sulphate is considered a common skin allergen by scientists. It is absorbed quickly by the eyes, brain, heart and liver and adsorbed there which can lead to long-term damage. Sodium lauryl sulphate can generally delay healing processes, cause cataracts in adults and, in children, lead to the eyes not developing properly.

**Sodium laureth sulphate**
Sodium laureth sulphate is the alcohol (ethoxylated) form of sodium lauryl sulphate. The most damaging compound, 1,4 dioxane, occurs during the ethoxylation process. 1,4 dioxane was one of the main ingredients of the chemical defoliant, “Agent Orange” used during the Vietnam war. 1,4 dioxane is a substance that interferes with hormone balance and is also suspected of being a primary trigger of numerous cancers. This substance is also very similar
to oestrogen and it is presumed that it increases the likelihood of breast cancer and endometrial carcinoma (ovarian cancer), stress-related illnesses and reduced sperm production.

**Sun protection filters**
For example, 4-MBC (4-methylbenzylidene camphor), OMC (octyl methoxycinnamate) and Bp-3 (benzophenone-3). Bp-3 is suspected of acting like the female hormone, oestrogen. UV filters have been detected in human breast milk and in fish. In a series of trials, breast cancer cells grew on those to which five different UV filters were applied (trials conducted by the Institute of Pharmacology and Toxicology at the University of Zurich).

**Talc**
A soft, grey-green mineral compound. Breathing in talc can be harmful since this substance is known to have strong carcinogenic effects. Talc is widely known as a primary trigger of ovarian cancer.

**Importance of the liver**
The liver is responsible for a large number of essential tasks.

**Metabolism:**
The liver processes protein, carbohydrate and fat. The body can only use these once they have been processed. The liver forms glycogen and fat from an excess of carbohydrates. It stores these substances as reserves in the event of energy shortages. It also stores vitamins, iron and trace elements.

**Detoxification:**
The liver filters harmful substances not only from food, the environment, medication and stimulants, but also individual tumour cells, bacteria and toxins inherent in the body (ammonia) from the blood and destroys them.

**Production:**
The liver produces bile for fat digestion, haemoglobin and albumin, a water-binding protein that can transport substances in the blood. It synthesises the blood clotting factors and CRP (C-reactive protein), which plays an important role in protecting against infection.

The liver also produces, synthesises or catabolises hormones, such as thyroid hormones, growth hormones, insulin and sex hormones.

Our liver is hugely important for:

The daily detoxification of chemicals that we absorb from food, the air, medication and various drinks.

Essential for
- Lipometabolism
- Protein metabolism
- Carbohydrate metabolism
- Vitamin storage (A, D, Vitamin B12)
- Hormones are processed in the liver

Thyroid hormones
Sex hormones
Adrenal hormones
Insulin

The liver determines our ageing process
Good for the liver (all pesticide-free if possible)
Dried wolfberries (or softened in water)
Ningxia Red 1-3 portions daily
Rice, oats,
Quinoa
Any vegetables, particularly broccoli, beetroot, cucumber raw or steamed
Lentils
Cabbage
Herbal tea
Squeezed lemon drunk with water
Ginger, cayenne, mustard, cinnamon,
Linseed oil,
Olive oil
Coconut oil, natural state
Blue agave nectar
Lean chicken or turkey
Wild salmon

Artificial hormones, for thinking ahead!!!

Oestrogens in wastewater can harm the fish population
Artificial hormones in the contraceptive pill also affect freshwater fish

Even small quantities of oestrogen, which enter rivers through wastewater, are enough to wipe out entire fish populations. A Canadian-US research team reached this conclusion in the science magazine, Proceedings of the National Academy of Sciences PNAS http://www.pnas.org. Researchers have repeatedly reported that hormones in wastewater, some of which are not removed in traditional sewage treatment plants, can wreak havoc in the environment.

"Women normally excrete natural oestrogen. However, artificial oestrogen, present in the contraceptive pill, which is only removed in part by sewage treatment plants, is a bad thing", said project manager, Karen Kidd, a biologist from Fisheries & Oceans Canada in Manitoba. Oestrogens change the sexual character of male fish. They produce the same proteins as those that female
fish need to produce eggs. The researchers even found eggs in the reproductive organs of male fish. “It only needs small amounts of oestrogen to cause this phenomenon in male fish,” the scientist explained. But the consequences for an entire fish population are dramatic.

Conversely, huge changes could also be identified in female fish. Although they produced significantly more eggs than normal, their sexual development was clearly retarded. This trend clearly showed that the entire fish population was no longer in a position to spawn. It became clear in the second year of the study that the fish would become extinct. Two years later, even without any further oestrogen input, a recovery of the fish stock was not perceptible. “Even really small quantities of hormones had dramatic consequences, which were clearly visible for many years, even when oestrogen was no longer introduced” Kidd explained.

Young Living Essential Oils

Awareness of the power of essential oils is thousands of years old. Essential oils are used in all modern civilisations to promote a healthy body and mind.

Today the use of the purest natural products has become extremely important for our well-being.

Essential oils are precious substances because they are able to pass through the blood-brain barrier due to their minute molecular structure. They can have a positive influence on our mental performance, concentration and moods.
One drop of essential oil has approximately $40\,000\,000\,000\,000\,000\,000$ (forty trillion) molecules. Our body has approximately 100 billion cells. That means each of our cells comes into contact with this drop 40,000 times!

**Therapeutic grade essential oils:**

In chemical terms, essential oils are highly complex and consist of hundreds of different chemical compounds, which only have effective properties in their respective combination. They are highly concentrated and much more effective than dried herbs. The distillation process makes essential oils so concentrated.

For example, over 2,000 kg of rose petals are needed to make half a litre of rose oil and up to 3 tons of melissa are needed to make half a litre of melissa oil. These ingredients depend on a series of factors, namely which part of the plant is used, soil conditions, fertilisers (chemical or organic), geographic location, climate, altitude, harvesting methods and especially the distillation process. The key to producing a therapeutic grade essential oil lies in preserving as many fine aromatic ingredients as possible in the oil.

These ingredients are easily destroyed through excessive pressure, temperature and through contact with chemically reactive metals such as copper and aluminium. That’s why therapeutic grade essential oils from Young Living are produced at low pressure and low temperatures in high-grade steel chambers. Gary Young makes NO compromises in this respect. Spray chemicals are never used to protect plants, essential oils are.

The difference between traditional essential oils and therapeutic grade essential oils from Young Living is primarily down to their purity and their chemical composition. Of all the essential oils available on the market worldwide, approximately 3% have this standard of quality.

**What makes a therapeutic grade essential oil so effective?**

Essential oils and human blood have the same tasks and properties. They protect the body against viruses, contain substances that are similar to hormones and initiate regeneration processes.
In plants, essential oil has a protective, life-sustaining, calming and regenerating function. With the help of essential oil, plants successfully defend themselves against bacteria, fungi and viruses. Since their chemical structure is very similar to that of the building blocks of human cells, they are recognised and tolerated by the human body. Their molecules are small enough to pass quickly through the skin, be absorbed into the tissue and distributed around the body in the bloodstream.

Essential oils stimulate the body to release anti-bodies, neurotransmitters, endorphins, hormones and enzymes. According to ORAC, a test carried out by Tufts University, essential oils are the most effective natural anti-oxidants known to date. They are substances that help reduce free radicals in our body. Essential oils can help detox the whole body thus engendering emotional, physical and spiritual well-being.

**Guidelines for using Young Living essential oils safely:**

1. Always have a bottle of V6, or pure plant oil to hand when using essential oils. In the event of skin irritation the essential oil can then be diluted with plant oil immediately.
2. Avoid using hot oils such as cinnamon and clove.
3. Always keep oil bottles tightly closed and away from light in a cool place. Doing so will allow oils to retain their strength for many years.
4. Keep out of the reach of children.
5. When using essential oils with children under the age of 7 always dilute them with V6.
6. Do not use oils with a high menthol content (such as peppermint) in the neck area of children under the age of 7.
7. Do not use essential oils on the eyes or ears. Do not touch contact lenses or rub the eyes if you have oil on your hands.
8. Essential oils with a high phenol content – oregano, helichrysum, cinnamon, thyme, clove, lemongrass, bergamot, Thieves and Immupower can corrode contact lenses and irritate eyes. If essential oil gets into the eyes, wash out with pure plant oil, not with water.
9. If you are pregnant, always consult your GP before using essential oils with a hormone-like effect, such as clary sage, sage, tansy, juniper and fennel.
10. If you suffer from seizures or high blood pressure, always consult your GP before using essential oils. Hyssop, juniper and fennel should not be used.
11. If you are prone to allergic reactions, always test a small amount of essential oil on the inside of the lower arm before applying essential oil to other parts of the body.
12. Do not add undiluted essential oils to bath water. Always mix with a natural bath gel, honey or milk to emulsify.
Direct sunlight and essential oils

Lemon, bergamot, orange, mandarin, white angelica or mixtures containing citrus oil, may provoke a skin reaction or pigmentation if the skin is exposed to sunlight shortly afterwards. Therefore: The soles of the feet are one of the safest and most effective places to use oils.

Products from Young Living are not designed to diagnose, treat, cure or prevent illnesses. The information in this document merely serves the purpose of providing information and does not replace a consultation with your doctor.

Endoflex

Supports vitality, metabolism and hormone systems.

Ingredients:

Spearmint (Mentha spicata) increases fat burning, provides energy and invigorates.

Sage (Salvia officinalis) generally invigorating, the Lakota Indians use sage to purge negative emotions.

Geranium (Pelargonium graveolens) helps with hormone balance, is relaxing, and stimulates the liver and the pancreas.

Myrtle (Myrtus communis) primarily helps create a hormone balance between the thyroid and the ovaries.

German chamomile (Matricaria recutita) protects the liver.

Nutmeg (Myristica fragrans) supports the adrenal glands. It is powerful, stimulating and energising.

Carrier oil: Sesame oil
Application: Place in a diffuser, inhale directly or add 2-4 drops to bath water (with an emulsifier, e.g. honey or whipped cream). Alternatively apply to the lower back, neck and feet, can also be diluted with a V6 plant oil mixture.

Dragon Time

is a blend of calming and soothing essential oils for use particularly before and during menstruation. Its balancing properties make it a perfect choice during PMS and for helping with other menstrual concerns. Dragon Time is recommended for pre- and perimenopausal women.

Ingredients:
Clary sage (Salvia sclarea) helps achieve hormone balance. It contains natural sclareol, a phyto-oestrogen that can mimic oestrogen function.

Yarrow (Achillea millefolium) balances the hormones and has a soothing effect.

Lavender (Lavandula angustifolia) has a relaxing and soothing effect on the muscles.

Jasmine (Jasminum officinale) relaxes the muscles and is particularly helpful in dispelling feelings of apathy and anxiety.

Fennel (Foeniculum officinale) is helpful in countering hormonal imbalance and has a relaxing effect.

Majoram (Origanum majorana) relaxes the muscles and has a calming effect on the nervous system.

Application:
For improved skin tolerance dilute with V6 at a ratio of 1:1. Place in a diffuser, inhale directly or add 1-3 drops to bath water. Alternatively, apply 1 to 2 drops to the wrists, feet or ankles. For a whole body massage dilute with V6 plant oil at a ratio of 1:15. Dragon Time is particularly effective if applied to a warm, damp towel placed below the navel or lower back.

**Mister**

is designed for men and helps cleanse the prostate and support male hormone balance.

**Ingredients:**

Yarrow (Achillea millefolium) helps cleanse the prostate and soothes stressed tissue.

Sage (Salvia officinalis) is used in Europe for hair loss. It strengthens our well-being, is invigorating and effective in combating fatigue.

Myrtle (Myrtus communis) helps hormone balance in the thyroid and male gonads and supports the prostate.

Fennel (Foeniculum vulgare) supports hormone balance.

Lavender (Lavandula angustifolia) is relaxing and soothing.

Peppermint (Mentha piperita) fortifies the liver and gland function.

**Carrier oil:** Sesame oil

**Application:** Place in a diffuser, apply to the feet around the ankle area. Apply to the lower back or diluted with V6 on the perineum. For a whole body massage dilute with V6 at a ratio of 1:15.
Sclar Essence

is particularly helpful for women. Helps balance the hormones using essential oils containing phyto-oestrogens in a natural way. May have a compensating effect on oestrogen levels. Combines the relaxing effect of peppermint oil with the balancing power of fennel and clary sage and the relaxing effect of Spanish sage.

Ingredients:

Clary sage *(Salvia sclaria)* helps balance the hormones. Contains natural sclareol that can mimic oestrogen function.

Peppermint *(Mentha piperita)* fortifies the liver and gland function.

Spanish sage *(Salvia lavandulifolia)* is rich in lemons that protect against DNA damage.

Fennel *(Foeniculum vulgare)* boosts the digestion, relaxes the muscles and helps balance hormones.

Application:

Place in a diffuser, apply to the stomach area or to the feet in the ankle area.
Sensation is deeply romantic, refreshing and invigorating. Sparks the fire of enthusiasm for experiencing new heights of self-expression and presence.

Sensation provides intense nourishment and moisturises the skin and is very helpful for many skin problems.

**Ingredients:**

**Ylang Ylang** (Cananga odorata) is very relaxing and balances male and female energies. Restores confidence and equilibrium.

**Rosewood** (Aniba rosaeodora) is nourishing for the skin. It increases the skin’s elasticity, is grounding and invigorating.

**Jasmine** (Jasminum officinale) is extremely good for the skin. Relaxes the muscles and is extremely helpful in dispelling feelings of apathy and low spirits.

**Application:**

Potential skin sensitivity, therefore always dilute with V6. Place in a diffuser, inhale directly or add 2-4 drops to bath water. Use like a perfume and apply to wrists. For a whole body massage, dilute with V6 at a ratio of 1:15.
Juva Flex supports detoxification of the liver and the lymph system. Feelings of anger and frustration accumulate in the liver and this can lead to acidity and overloading of many organs. Juva Flex can also help combat addictions to coffee, alcohol, drugs and tobacco.

**Ingredients:**

**Geranium** (Pelargonium graveolens) improves the flow of bile from the liver. Generally strong support for the liver, pancreas and kidneys.

**Rosemary** (Rosmarinus officinalis) is cleansing and supports the endocrine system. Protects the liver.

**Roman chamomile** (Chamaemelum nobile) soothes inflamed tissue and helps detox the liver. Fortifies liver function.

**Fennel** (Foeniculum vulgare) stimulates the circulation, increases the flow of bile and fortifies liver function.

**Helichrysum** (Helichrysum italicum) regenerates tissue and improves circulation. It stimulates liver cell function.

**Blue tansy** (Tanacetum annuum) helps cleanse the liver and the lymph system.

Carrier oil: **Sesame oil**
Application: on the liver area under the right costal arch. Can also be applied to the feet.

Geranium

Distilled in Egypt and India.

Has a wonderful uplifting and calming, flowery fragrance. Is particularly suitable for the skin and its aromatic effect helps release negative memories. Traditionally it has also been used to support the circulatory, respiratory, reproductive and nervous systems. Its particular strength is regarded as being its invigorating effect on tissue cells. It can also relax the bile ducts and thus support liver detoxification. The release of feelings accumulated in the liver is possible.

Application:

Mixed with V6 it makes a wonderful massage oil, otherwise inhale or use as a perfume.
Gratitude

is a captivating blend that is invigorating and calming and brings serenity. Gratitude can help us achieve an appreciative attitude towards life. This blend nourishes and sustains the skin. The New Testament says that Jesus healed 10 lepers in one fell swoop (Luke 17: 12-19), but only one came back and thanked him. This blend epitomises the spirit of this one thoughtful leper.

Ingredients:

Idaho balsam fir (Abies balsamea) releases emotional blockages and recharges the batteries.

Frankincense (Boswellia carteri) is kept for holy anointing oil in the Middle East and has been used in religious ceremonies for thousands of years. It stimulates the limbic area of the brain, uplifts the spirit and helps combat intense stress and despair.

Myrrh (Commiphora myrrha) is referred to in both the Old and New Testaments and is an ingredient in the holy anointing oil that God gave Moses (Exodus 30: 22-27). It has one of the highest percentages of sesquiterpenes, which are substances that can stimulate the hypothalamus, the pituitary gland and the amygdala, the control centre for emotions and hormone regulation in the brain.

Galbanum (Ferula gummosa) is used for spiritual purposes. When combined with frankincense and sandalwood, the prevalence of galbanum is dramatically increased.

Ylang Ylang (Cananga odorata) balances male and female energies and restores confidence and equilibrium.
Rosewood (Aniba rosaeodora) is invigorating and grounding.

**Application:**

Dilute with V6 due to potential skin sensitivity. Place in an atomiser, inhale directly or add 1-3 drops to bath water. Alternatively, apply 1-2 drops like a perfume behind the ears, on the wrists, on the neck or temples.

Ylang Ylang (Cananga odorata) has a sweet, soft, flowery fragrance that is particularly beneficial in romantic, intimate moments. In Indonesia, the flowers are scattered over the marital bed. Ylang Ylang is extremely effective when it comes to relaxation and reassurance and can help reduce anger, tension and irritability. In Asia it has long been used as an ingredient in luxury hair care products.

**Origin:** Comoros Islands, east of Tanzania, Africa

Steam-distilled from the flowers. The flowers are picked early in the morning to maximise the amount of oil obtained.
Ylang Ylang means “flower of the flower”. The flowers are scattered on the marital bed on the wedding night. Ylang ylang is traditionally used in hair products to stimulate thick, shiny hair.

The fragrance helps harmonise male and female energies, increases spiritual focus, modifies anger and low self-esteem and can induce clarity of thought and the filtering out of negative energies. Brings confidence and peace.

**Application:**

Dilute in equal parts with V6 or inhale directly. Mixes wonderfully with V6 to create a relaxing massage oil.

Helps restore creativity and imagination.

Ideal for people under severe stress who feel they have no time for themselves.

It is a protective oil for anxious and sensitive people enabling them to feel calm and relaxed and come out of themselves more.

Lady Sclareol
was developed to be worn as an exquisite fragrance. This blend is also rich in phyto-oestrogens. The fragrance supports the female side, improves mood and boosts oestrogen levels.

**Ingredients:**

**Rosewood** *(Aniba rosaeodora)* is rich in linalol, a substance that relaxes and provides energy.

**Vetiver** *(Vetiveria zizanioides)* is grounding and stabilising. It has also been proven that vetiver can improve concentration and be helpful in combating stress.

**Geranium** *(Pelargonium graveolens)* helps dispel negative thoughts and create an open-minded attitude and positive thoughts.

**Orange** *(Citrus sinensis)* is invigorating for the body and mind.

**Clary sage** *(Salvia sclarea)* helps hormone balance. It contains natural sclareol, a phyto-oestrogen, which mimics oestrogen function in the human body.

Extremely helpful for stressful times during menstruation.

**Ylang Ylang** *(Cananga odorata)* enhances relaxation and balances male and female energies. Also enhances confidence and equilibrium and brings out our softer side.

**Sandalwood** *(Santalum album)* is high in sesquiterpenes, substances, which stimulate the pineal gland and the limbic system in the brain, which are the centre of emotions and memory. Sandalwood is traditionally used in yoga and meditation.

**Spanish sage** *(Salva lavandulifolia)* is rich in lemons which prevent DNA damage.

**Jasmine** *(Jasminum officinale)* is used to relax muscles, dispel feelings of apathy, listlessness and exhaustion. It stimulates the mind and improves concentration.

**Application:**

Wear like an expensive perfume, can also be applied below the navel and feet.
**Purification**

Purifies the air and neutralises mildew, cigarette smoke and unpleasant odours. Cleans wounds, scratches and stings from spiders, bees, hornets and wasps. Good for cleaning bathrooms and toilets when diluted with water. Fabulous toilet fragrance. Helps combat skin impurities.

**Citronella** (Cymbopogon nardus) can keep insects away.

**Lemongrass** (Cymbopogon flexuosus) creates an extremely hostile environment for fungi and bacteria.

**Lavandin** (Lavandula x hybrida) is extremely purifying and hostile to viruses. Can help tissues regenerate.

**Rosemary** (Rosmarinus officinalis CT cineol) can be beneficial for skin problems and dandruff. Hostile to fungi.

**Tea tree** (Melaleuca alternifolia) is extremely hostile to bacteria, fungi and parasites.

**Myrtle** (Myrtus communis) strengthens the immune system.

**Application:**

Always dilute with V6 in equal parts due to potential skin sensitivity.
Atomise in a diffuser for 15 to 30 minutes. Put 4-8 drops on a cotton wool ball and place in the air conditioning system, can neutralise the vapours in new cars. Put a few drops of Purification into an empty spray bottle for a particularly effect toilet fragrance or room spray.

**Thieves Household Cleaner**

is a highly concentrated Thieves blend.

Use undiluted on very soiled areas and dilute 1:60 parts water for less soiled areas.

**Multigreens (VitaGreen)**

MultiGreens™ is a nutritious chlorophyll complex that improves general vitality by influencing the glandular, nervous and circulatory systems. Relieves stress, stimulates the metabolism and boosts glucose utilisation. MultiGreens contains spirulina, alfalfa sprouts, barley grass, bee pollen, Pacific kelp and essential oils.

Multigreens is used particularly for the detoxification of heavy metals.

Ingredients: 120 CAPSULES with ESSENTIAL OILS: Rosemary, lemongrass, lemon, melissa.
Omega Blue (fish oil capsules)

Omega Blue™ is a clinically tested quantity of Omega (EPA, DHA) fatty acids. Very important for the eyes, brain and joints, Young Living’s pure fish oil is free of heavy metals, PCBs and dioxins and also has the benefits of our essential oil blend, “Omegaenhance”™, to guarantee freshness and storage life.

Omega Enhance is a combination of legendary german chamomile and myrrh, to counteract acidity, lemongrass to boost the cardio-vascular system and maintain normal cholesterol levels, and clove with the myrrh for anti-oxidant powers.

Dried wolfberries
ProGen capsules

ProGen™ capsules contain a herbal complex that provides unparalleled support for prostate function. It contains extracts of saw palm, which is used across Europe to support the male glandular system and was the subject of numerous studies and books, including Saw Palmetto: Premiere Herb for Men’s Health by David Winston.
ProGen also contains Pygeum africanum (African plum tree extract) wild yam, holy thistle, white mallow root, Siberian ginseng and zinc.

ESSENTIAL OILS: Sage, lavender, yarrow, fennel, myrtle, peppermint

Wolfberry Eye Cream

Relieves swelling, dark circles under the eyes and tightens the skin. The extract of NingXia wolfberry seeds is known for its nutritious and moisturising properties that regenerate and protect the skin.

Essential oils: Lavender, frankincense, rosewood, geranium, Roman chamomile

Sandalwood Moisturising Cream

An ultra-moisturising cream made from goat’s milk fat, MSM (organic sulphur) is extremely important for the skin, hair and nails; plant oils and extracts, rich in anti-oxidants that protect the skin. Essential oils: Rosewood, sandalwood, lavender, myrrh, rosemary verbenone
Rosewood Moisturising Shampoo & Conditioner

Gently cleanses dry or brittle hair. Natural ingredients, herbal extracts, vitamins and essential oils remove the residues of traditional products from the hair. Ultra-moisturising.

**Essential oils:** Clary sage, geranium, rosewood, sandalwood, bergamot, wintergreen

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Rosewood Moisturising Conditioner

Protects the hair with plant fatty acids, MSM (strengthens the hairline, encourages growth) and protein. Particularly suitable for stressed, dry hair. Recommended for use with Rosewood Moisturising Shampoo.

**Essential oils:** Clary sage, geranium, rosewood, sandalwood, bergamot, wintergreen
Lemon Sage Cleansing Shampoo

Relieves the adverse effects of calciferous water, chlorine, trace metals, medication, environmental pollution and deposits through a combination of plant extracts, vitamins and essential oils.

**Essential oils:** Lemon, lime, sage, pine, geranium, ylang ylang, Roman chamomile

Lemon Sage Cleansing Conditioner
is an invigorating formula containing vitamin complexes and proteins that nourish the hair without making it heavy. Recommended for hair that has a tendency to be greasy.

**Essential oils:** Lemon, lime, sage, pine, geranium, ylang ylang, Roman chamomile

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**Morning Start Shower Gel**

For a good start to the day - with an invigorating blend of oil and naturally cleansing and moisturising ingredients.

**Essential oils:** Lemongrass, juniper, rosemary and peppermint

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**Lavender Bath & Shower Gel**

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**Sensation Bath & Shower Gel**
V-6 Enhanced Vegetable Oil Complex

A blend of nourishing, anti-oxidative plant oils that is colourless and odourless. An ideal carrier oil for essential oils.

**Plant oils:**

Fractional **coconut oil** is distilled from pure coconut oil. It is colourless, odourless, never goes rancid and can be easily rinsed out.

**Olive oil** is rich in cell-protecting plant nutrients and anti-oxidants such as squalene.

**Sesame oil** is rich in powerful plant nutrients and nourishes the skin.

**Almond oil** is rich in vitamin E and plant nutrients, particularly good for the skin and protects cell membranes against oxidative damage.

**Sunflower oil** is particularly well-tolerated by natural oils and the skin’s sebaceous layer.

**Wheatgerm oil** is rich in lecithin, vitamin E and B vitamins. It protects the skin against free radical damage. Moisturises and reduces blocked pores.
Cel Lite Magic

Increases the supply of nutrients to tissue and helps reduce fat cells and detox tissue.

Plant oils:

Fractional coconut oil is distilled from pure coconut oil. It is colourless, odourless, hardly goes rancid and can be easily rinsed out.

Grape seed oil is a light, odourless oil that nourishes the skin.

Olive oil is rich in cell-protecting plant nutrients and anti-oxidants such as squalene.

Wheatgerm oil is rich in lecithin, vitamin E and B vitamins. It protects the skin against free radical damage. Moisturises and reduces blocked pores.

Almond oil is rich in vitamin E and plant nutrients, particularly good for the skin and protects cell membranes against oxidative damage.

Essential oils

Cedarwood (Cedrus atlantica) - traditionally used on account of its calming, cleansing qualities; particularly good for the skin.

Cypress (Cupressus sempervirens) increases circulation, helps reduce water retention and improves lymph flow.

Juniper (Juniperus osteosperma and J. Scopulorum) has a detoxifying and cleansing effect.

Grapefruit (Citrus paradisi) is cleansing and has unique fat-dissolving qualities.

Clary sage (Salvia sclarea) supports cells and hormone balance. Contains natural phyto-oestrogens.

Black Pepper (Piper nigrum) is particularly soothing for muscle and tissue.
**Application:** Can be used for the parts of the body affected simply by applying or adding to bath water.

**Dentarome Ultra Toothpaste**

With peppermint, wintergreen, thieves, clove, thyme, eucalyptus
We turn not older with years, but newer every day
Emily Dickinson