



D. Gary Young by essential oil distillers at pioneer-theme Young Living Farm.

“When it comes to our health, the best defense is a good offense - a strong immune system.”

D. Gary Young

Take the Offense Against Colds & Flu

Very recently, Gary Young, Founder and President of Young Living, was the guest speaker on the Marketing Scents LIVE conference call, which drew over 500 eager listeners from around the world - many of whom are Young Living distributors. During that call, he reported having had discussions with members of the medical community about the current health threats we face - virulent strains of influenza, antibiotic-resistant viruses and the potential for a pandemic.

He then shared his personal regimen for building his immune system to show the many ways in which we can have a positive impact on our own health. Read on for details.



Real Health Insurance

The best health insurance in the world isn't available from a gigantic corporation, isn't paid for with premium dollars and doesn't require permission to use it.

The best health insurance is a strong immune system.

Our immune systems stand guard over our health, protecting us from invaders large and small. For those blessed with basic good health, a strong immune system is sustained by good habits. If your health habits aren't all they should be, **now** is the time to improve them, with confidence that you can do **much** to ensure your continued vitality. Knowing that our immune systems are weakened by stress, inadequate nutrition and oxygen, overuse of antibiotics and an acid pH, everyone's action plan should address those issues head on.

Gary Young's Personal Immune-Boosting Plan

This information is not intended to diagnose, prescribe, treat or cure any health condition and should not be used as a substitute for medical advice for any person of any age.

Because of his many years of experience with therapeutic-grade essential oils, Gary follows a predictably aggressive "health offensive." He utilizes a battery of essential oils and nutritional supplements, maximizing their benefits with Raindrop™ Technique, Vitaflex and Auricular (ear) therapy. These three widely-used essential oil application methods can be adapted for home use and are offered by the finest healthcare professionals. Ask your chiropractor, massage therapist, etc. if he/she is a Raindrop practitioner or if they can refer you to one.*

1. Apply **Oregano**, then **Thyme** essential oil to the spine using the Raindrop* technique. In brief, starting at base of spine and working toward the neck, drop oil on spine from 6" above skin. Gently spread the oil by drawing fingertips through the oil and "fanning" them up and out from the spine. Follow with **Thyme** essential oil applied in the same manner.

This application method is thought to stimulate the spine, opening it to receive the therapeutic value of essential oils. The oils' chemical constituents are thought to directly attack the viruses and bacteria harboring near the spinal column.

*If you'd like to learn more about these application methods, an essential oils kit and training DVD are available from Young Living. An illustrated guide is also found in the Essential Oils Integrative Medical Guide published by Essential Science Publishing.



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Key to a strong immune system is a healthy digestive tract. Enhance yours with Detoxzyme and Royaldophilus. Exodus capsules and Exodus II oil blend are two of Young Living's most powerful, immune-building duos.

- Increase your antioxidant intake with super-antioxidant juice NingXia™ Red (*ning-sha*). Sip one-two ounces every day. Delicious and powerful.
- Place one drop of **Exodus II™** oil blend under the tongue every hour.
- Spritz **Thieves™ Spray** in the throat if you contract a throat virus. Dissolve **Thieves Hard Lozenges** inside the cheek for very powerful, yet slow release of essential oils. **NOT RECOMMENDED FOR CHILDREN OR THE ELDERLY**
- Apply several drops of **ImmuPower™** oil blend on the soles of your feet every night.
- Massage **Eucalyptus globulus** on the back for anti-bacterial action, inhale deeply to soothe respiratory system.

Dietary Supplements to Boost the Immune System

Combine therapeutic-grade essential oils and Young Living nutritional supplements and you've got a formula for cold and flu fighting! Here are the supplements Gary Young takes when he's under seige.

Exodus capsules 6 per day, daily intake of Royaldophilus™ to build and maintain vital intestinal flora with daily intake of dietary enzymes (Essentialzyme™ or Detoxzyme™ to enhance digestion. Gary Young also says enzymes will help fight the flu if should you get sick. Finally, for mucus build-up, use JuvaPower or I.C.P. periodically.

| Product Name | Code # Size | Wholesale Pref Cust Customer Prices |
|---|-------------------------------|--|
| Exodus nutritional supplement | #3205 60 caps | \$37.50 |
| | | \$43.42 |
| | | \$49.34 |
| Exodus II essential oilblend | #3338 5 ml | \$15.00 |
| | | \$17.37 |
| | | \$19.74 |
| Detoxzyme nutritional supplement | #3203 180 caps | \$39.75 |
| | | \$46.03 |
| | | \$52.30 |
| Royaldophilus nutritional supplement | #3284 | \$39.75 |
| | | \$46.03 |
| | | \$52.30 |
| Oregano essential oil | #3605 15 ml | \$23.00 |
| | | \$26.63 |
| | | \$30.26 |
| Thyme essential oil | #3650 15 ml | \$24.50 |
| | | \$28.37 |
| | | \$32.24 |
| Eucalyptus globulus essential oil | #3605 15 ml | \$23.00 |
| | | \$26.63 |
| | | \$30.26 |
| NingXia Red antioxidant juice Save on 2 & 4 paks! | #3003 1 liter | \$38.75 |
| | | \$44.87 |
| | | \$50.99 |
| Essential oil diffuser set #3828 green #3829 pink #3830 blue #3831 bronze | well, jet and nebulizer | \$98.50 |
| | | \$114.05 |
| | | \$114.05 |
| | | \$129.61 |

Two Easy Ways to Use Essential Oils for Better Immune Function

Cleanse the Air in your Home, Office by Diffusing Essential Oils

Diffuse essential oils daily for a minimum of 15 minutes, morning and night. As you adjust to the oils, increase the length of diffusing time. **Purification™** essential oil blend has an energizing, citrus-y scent and was formulated especially for diffusing and cleansing the air in home home and office. **Thieves** can also be diffused, however diffuse for just 5 minutes at first, as it may irritate the eyes.



An essential oil diffuser spreads the benefits of essential oils throughout your home

Absorb Benefits of Essential Oils Through Your Skin

For immune system-boosting, many alternate **Thieves** and **ImmuPower** essential oil blends. In the morning, apply 2-3 drops of either oil to the soles of your feet. Those pores are largest in the body and transport the benefits of the essential oil throughout the body in as little as 20 minutes.

At bedtime, apply oil to feet again. In addition, after checking for skin sensitivity, dilute 2-3 drops of either essential oil with V-6™ Mixing Oil or pure olive oil. Rub briskly up and down the spine. After applying, cup hands around nose and inhale deeply for 2-3 minutes.

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