

*Sharing
Young Living
With
Friends & Family*

by Vicki Opfer

Introduction to Young Living

Enjoy Sharing the following information with your family and friends.

1. Essential oils have been used since early-recorded history to support health and wellness. The ancient Egyptians used many essential oils as medicine, and their recipes are recorded in the hieroglyphics. There are 188 references to the use of essential oils in the Bible. Today, essential oils are considered by many to be the leading edge of natural medicine.
2. Essential oils have been documented, through research to be anti-inflammatory, anti-depressant, anti-bacterial, anti-fungal, anti-viral, anti-oxidant, immune supporting, regenerative. They are relaxing, uplifting, enhance clarity of thought, and support emotional well-being. Each essential oil contains several to several hundred different kinds of molecules, *each* of which offers benefits in promoting good health, healing, and regeneration. The more oils we use, the healthier we get.
3. They can be applied to the skin, diffused in the air, added to bath water, added to food and drinking water, and the doctors in the European medical community prescribe oils to be taken internally, in addition to or in place of pharmaceutical medications.
4. When essential oils are applied to the skin, they are absorbed easily, and are carried by the bloodstream to every cell in the body within minutes. They increase oxygen uptake, enhance absorption of nutrients, enhance longevity, and help our bodies detoxify. By simply inhaling therapeutic grade oils, we can uplift our mood and increase our feeling of peacefulness and well-being.
5. Essential oils are very concentrated plant extracts. A single drop of peppermint oil is equivalent to 28 cups of peppermint tea. 5,000 pounds of rose petals are required to distill 1 pound of pure rose oil, making it one of the most precious and expensive oils on the market. The amount of plant material required for distilling explains why some oils are more expensive than others. And yet, since we only use a small amount of essential oils at a time, even oils that are expensive are often considered to be very economical.
6. Historically, essential oils have been used as food flavoring, in air fresheners, veterinary preparations, and for other industrial uses, so the quality of the oils was not important. Today, when using essential oils as a natural support to health and wellness, purity is absolutely critical. Since 95% of the world's essential oils are created for industrial use. Many of the oils found on the market, even in health food stores, are of low quality.
7. Young Living Essential Oils is a company dedicated to producing the finest quality essential oils in the world, supporting health and wellness at all levels. They are powerful, safe, and non-toxic.
8. Young Living also produces leading-edge essential oil enhanced supplements, food products, and personal care products, which are unsurpassed in their quality and effectiveness. They are leading the way in restoring health and wellness to our families and to those in our communities.
9. Therapeutic grade essential oils may be the most profound health support of our lifetime, capable of changing healthcare as we know it. Using therapeutic grade essential oils and oil-enhanced products every day will help us live longer, healthier, and happier lives! And sharing Young Living with others has the potential of changing our world in remarkable ways, within our lifetime.

Young Living is the World Leader in Therapeutic Essential Oils!

Everyday Uses for Young Living's Essential Oils A-Z

Use your essential oil Desk Reference or here are a few suggestions for common uses of the products**

- **Beauty and skin care:** A•R•T skin care system, Lavender Hand Lotion, YL shampoos, shower gels.
- **Blood sugar:** NingXia Red, ocotea, Thieves.
- **Bronchial or respiratory trouble:** RC and Raven – RC chest and back, Raven bottom of the feet, several times a day. Next day switch – Raven chest and back, RC bottom of the feet, several times a day. Next day, switch back – go back and forth, day by day until you get the results you want. Diffuse RC or Raven.
- **Clarity of thought:** Frankincense, peppermint, Clarity, Brain Power - inhale, or rub on back of neck.
- **Cold or flu:** Thieves in capsules, and add 2 – 3 drops of oregano to it, before sealing. First time? Start with no more than 3 drops in a cap. Dilute if desired. Inner Defense, Longevity caps, Thieves Hand Soap, Thieves Toothpaste, Thieves Household Cleaner.
- **Digestive help:** Peppermint, Di-Gize, Detoxyme, lavender, Essentialzymes-4, Alkalime.
- **Financial well-being:** Abundance blend. Share Young Living with others!
- **Having a stressful day?** Stress Away, Peace and Calming, Tranquil, Inner Child, Release, Forgiveness, Use all four, one after another: Valor - wrists, Harmony - solar plexus, Joy - over the heart, White Angelica - brush entire body, head to feet (or put 1-3 drops of each in a capsule and take daily)
- **Hormonal Balance:** Progessence Plus Serum (females only), PD 80/20.
- **immune system:** Get more sleep and drink plenty of water. Use NingXia Red, Longevity, and Stress Away - these 3 products are amazing together! Inner Defense, ImmuPro, Cleansing Trio, ImmuPower (oil blend) up the spine, all the “Juva” products to cleanse and protect the liver.
- **Discomfort:** PanAway, peppermint, helichrysum, copaiba, Idaho Balsam Fir, Regenolone cream, Deep Relief roll-on, frankincense, lavender, lemon, chamomile, Trauma Life, Relieve It – rub them where it hurts. Raindrop Technique Kit – all 9 oils applied, one at a time, on the back, or on the site of the discomfort.
- **Quiet time - meditation or prayer:** Sacred Frankincense, Frankincense, Peace and Calming, Sacred Mountain, Gratitude, Forgiveness, Awaken, Acceptance, Inspiration, White Angelica, Highest Potential, Transformation.
- **Sinus trouble:** Put a drop of peppermint oil in one hand, rub hands together, cup over nose, and breathe deeply. You can also use R.C. this way. Or you can diffuse. Breathe Again roll-on!
- **Skin conditions - Burns and rashes:** Keep lavender and LavaDerm in the kitchen and in the medicine closet for burns, rashes, abrasions, and sunburns.
- **Sleep enhancement:**
Peace and Calming, lavender, or Dream Catcher on the bottom of your feet and brushed on your pillowcase before going to bed. Tranquil roll-on on your neck. Sleep Essence supplement at night. ImmuPro.
- **Stamina and energy:** MultiGreens (supplement) and Ningxia Red every day – this combination is AMAZING! True Source, Longevity. Peppermint – on the body, diffused in the room, or drink a single drop in a cup of water!
- **Weight management:** Slique Tea, Slique Kit, Slique Essence, NingXia Red, 5-Day Nutritive Cleanse.
- **Other oils to enhance your life:** Joy, Abundance, Highest Potential, Magnify Your Purpose, Dream Catcher, rose, Valor, Balsam Fir.

**** This information is not intended to replace required medical care.**

6 Great Ways to Get Started!

Healthy Lifestyle

1. Everyday Oils Start Living Kit
2. New NingXia Red 2 pack
3. MultiGreens
4. Thieves Household Cleaner 14.4 oz.
5. Thieves Ultra toothpaste
6. Stress Away

Have a Great Day Every Day!

1. Everyday Oils Enrollment Kit
2. New NingXia Red 2 pack
3. Longevity
4. MultiGreens
5. True Source
6. Thieves Ultra Toothpaste
7. Thieves Household Cleaner 14.4 oz
8. Lavender Hand and Body Lotion
9. Stress Away
10. Valor, Harmony, Joy, and White Angelica

Weight Loss & Managment

Start Living With Slique Kit (Regular or Vegetarian):

1. Slique Essence blend
2. NingXia Red 30 singles pack
3. Balance Complete (regular)
4. Essentialzumes-4 (regular)
3. Power Meal (vegetarian)
4. Detoxyme (vegetarian)
5. Stress Away

Energy Booster

1. New NingXia Red Start Living Kit
2. MultiGreens
3. Thieves Ultra toothpaste
4. Stress Away On
5. Deep Relief Roll on
6. Thieves Household Cleaner 14.4 oz.

Comfort Kit

1. Start Living Kit
2. Raindrop Kit
3. New NingXia Red 2 pack
4. Deep Relief Roll On
5. Stress Away Roll On
6. Sulferzyme capsules

Healthy Kids

1. Thieves Start Living Kit
2. Everyday Oils Kit
3. New NingXia Red 2 pack
4. Kids MightyVites
5. Kids Slique Toothpaste
6. KidScents Bath Gel
7. KidScents Lotion
8. KidScents Shampoo
9. LavaDerm Cooling Mist Spray
10. R.C., Raven, Stress Away

Young Living Essential Ordering

The information of the person who is sharing:

Member Number_____

Name:_____

Phone Number_____

Email Address_____

New member Information (for your records):

Member Number_____

User Name_____

Password_____

4-Digit Code_____

First Time Orders - Enroll and place your order by phone or online:

Ordering by phone: Call Young Living at (800) 371-2928 7am-7pm MST Mon.-Fri. A representative will help you set up your account and place your first order.

Ordering Online:

1. Go to www.youngliving.us and click on Member Sign-Up, which is at the top of the screen.
2. Click on Become a Member, on the left.
3. Select a country - United States
4. You will be given a choice of enrolling as an Independent Distributor or as a Customer.
 - The **Independent Distributor** option allows you to order wholesale. You are not required to be an actual distributor of the products. If you decide to share with friends and family and become a distributor, that option is available to you, and it's a great way to build an income.
 - Ordering as a **Customer** costs 24% more, and you do not have the option to share with friends and family. This is a good option for friends who just want to order one product, one time.
5. If you click on "Independent Distributor" to get wholesale prices, on the next screen, click "I agree". Customers continue on to the next step.
6. Independent Distributors enter Enroller and Sponsor numbers, which are the same - the member number of the person who introduced you to Young Living (above). (if you don't know it, you can call your friend, or Young Living.) Customers enter the number once.
7. Create a User Name (usually first and last name together - no spaces), a password (8 – 12 characters - used when ordering online), and a 4 digit code (used when ordering by phone).
8. From there, it is self-explanatory – name, address, etc. If you run into problems, call the friend whose information is at the top of this page, call the company, or use the Live Help button, located at the top right corner of the screen (if they are available at that time).
9. If you enroll as an Independent Distributor, you will be required to purchase one of the Enrollment Kits.

Once your account is set up, you will be given your own member number. Please make a note of it, above, as well as your user name, password, and 4-digit code (for future orders and training).

Join the Essential Rewards program (an automatic monthly order), and get 10%-20% of your order back in FREE products, plus reduced shipping costs. Look for Essential Rewards autoship packs or create your own.

To Order Again: It's simple and easy. Go to youngliving.us. Click on Virtual Office Login on the top right corner of the screen. Click on U.S. English. Type in your member number and password, and you're ready to go!

For more information about the oils and other products: Login to the Young Living website as though you were going to order. Click on Distributor Resources on the left. You will find audios, videos, and PowerPoints that contain valuable training information. You can also go to lifesciencepublishing.com and abundanthealth4u.com to purchase Desk References (large and small) and other helpful books like the Primary Usage Guide (Abundant Health site).

Welcome to our Young Living family! Please let us know how we can help you!