

Young Living Vitality Essential Oils YI Business Tools

This comprehensive guide features holistic medicines, salves, and ointments for treating a broad range of ailments and injuries during a crisis. When disaster strikes and you lose all access to doctors, hospitals and pharmacies, natural medicine will be your family's best hope for survival. With easy-to-read herbal charts, a breakdown of essential oils, tips for stockpiling natural medicines and step-by-step instructions for creating your own elixirs, salves and more, this book offers everything you need to keep you and your loved ones safe. Prepper's Natural Medicine is the definitive guide to creating powerful home remedies for any health situation, including:

- Herbal Salve for Infections
- Poultice for Broken Bones
- Natural Ointment for Poison Ivy
- Infused Honey for Burns
- Essential Oil for Migraines
- Soothing Tea for Allergies
- Nutritional Syrup for Flu

NATIONAL BESTSELLER • Discover the life-changing benefit of essential oils and aromatherapy in this soup-to-nuts guide from the host of the Essential Oil Revolution summits "A powerful new approach that can help you safely reverse the effects of modern scourges, including depression, chronic stress, and mood disorders."—Alan Christianson, N.M.D., New York Times bestselling author of *The Adrenal Reset Diet* Aromatic plants and their extracted oils have been used medicinally and in religious traditions for thousands of years; they represent nature in its most concentrated form. Through modern distillation processes, essential oils offer natural treatments for a host of health conditions, from anxiety and depression to hormonal imbalance, digestive distress, candida, sleep disorders, and even autoimmune disease. *The Healing Power of Essential Oils* includes DIY recipes and formulations for all of these health needs and more—all backed by extensive scientific research and the trusted guidance of public health researcher and aromatherapist Eric Zielinski, D.C. Some of the unique recipes you will master:

- Morning Prayer or Meditation Body Oil
- Sweet Slumber Diffuser Blend
- Citrus-Powered Pain Relief Roll-On
- Deet-Free Bug Spray
- Essential Oil-Powered Mouthwash
- Anti-aging Body Butter
- Lemon Fresh Laundry Detergent
- Hot Spot Spray for Pets
- Perineum Healing Soap

From lavender, peppermint, and frankincense to tea tree and ylang ylang, essential oils are God's gift to those seeking to take control of their physical and mental health. Whether you're new to essential oils or you're ready for advanced techniques, Dr. Z's thorough, evidence-based approach equips you with the knowledge to build daily rituals that fit your unique needs—and lead to amazing results!

DIY Make & Take projects for both beginner and intermediate classes. The recipes use the most beloved Young Living essential oils, plus options using only oils in the Premium Starter Kit. Hosting a Make & Take Essential Oil party can be exciting and fun, yet completely overwhelming and very hard on your pocketbook. It is easy to go crazy making what we think will "wow" our guests by Martha-ing the party to death! You know the drill—clean the house top to bottom, create the most delicious oil-infused food, goodies, and treats, have Lavender Spa Lemonade.... And forget about dull make and take items—you go all out by coming up with 6 amazing DIY Make & Take stations all throughout your kitchen, dining room, and living room. You even have a great decorating station, complete with the cutest DIY labels, pens, and washi tape. You make plans to have your husband and kids all go to a movie to have the whole house to yourself. The guests arrive to the most fun they have had at an in-home party that they can remember. You socialize and laugh hysterically, make great oily projects, decorate them all to the nines, and everyone leaves with amazing products to try...and NO ONE buys a kit! The sad reality is that this happens more often than not. Make & Takes, while very fun, are not IPAs (Income Producing Activities). There are two types of people who come to a Make & Take: current customers and potential customers. Strategically invite so you know which type of Make & Take party to throw. For ease of describing the parties, the Make & Take parties for newbies who are not yet customers will be referred to as "Make & Take 101." For current customers, these parties will be referred to as "Make & Take 102." The concept is to create a fun class for new people as an Oil 101 combined with an easy introduction Make & Take that only uses oils in the Premium Starter Kit (PSK). Make it super simple and easy. Do not overdo it. Resist the urge! For your current customers, you would also make it simple, but create a customer appreciation class where you teach a more advanced project and you introduce oils outside the PSK. This book contains some of the most loved Make & Take projects and will help you determine which type of party they are best suited for. You will also notice the projects are made with oils from the PSK, or there will be a line item that suggests which PSK oil to use as an alternative. All item sizes are based on personal use. It is suggested you use the smallest size available. For instance, instead of using a 15mL dropper bottle, cut the recipe in thirds and use a 5mL dropper, or even smaller by using a 2mL dropper bottle. Make sure the cost for all items totals less than \$3 each with all supplies. For the Make & Take 102, your customers would bring their own oils and you would introduce new oils for them to smell (but not use). Teach them how to add the new oils after class. If you would rather allow them to use your oils, it is very important that you make smaller sample-size batches and charge accordingly. Making full-size eye serums for everyone will get very expensive, and the goal is to have them purchase their own oils to make the project again after class.

The "Supplements Desk Reference - Second Edition" by Jen O'Sullivan, covers all of Young Living's® nutrition-based supplements. Each supplement showcases the ingredients and what those ingredients are known to support, so you can be sure if it is the right one for you. It contains specific protocols using Young Living's® recommended directions for areas such as hormone support, liver support, bone health, pregnancy and breastfeeding guidelines, glucose and cholesterol support,

weight management, stress and sleep support, along with the basics of child, dog, cat, and horse health. The SDR contains a comprehensive list of dosage and age requirements, common potential allergens, religious friendly ingredients (halal and kosher), common interactions, and cautions, along with a complete list of all the vitamins, minerals, enzymes, amino acids, and herbs found in the Young Living® products, easily referencing the supplements in which each are contained.

8th Edition Essential Oils Pocket Reference

Oola

2nd Edition

Oily Life Guide

Young Living Essential Oil Infused Recipes

Aromatic Use of Essential Oils

French Aromatherapy

FLAVOURS was written so that everyone may create these dishes at home in order to support their own mind-body transformation. The energy and love that our chefs Jata and Doddy infuse into each dish aligns with the energy work of our facilitators. Even the dishes are attuned to the colours of our Rainbow Healing System. At Fuller Life Bali, we believe that eating the colours of the rainbow incorporating high vibrational meals into our diets provides exceptional nourishment for truly healthy bodies and lives. All our dishes served fresh from garden to table.

Presents a collection of more than three hundred recipes from the well-known cooking school organized thematically by food category, complemented by illustrations of food-preparation techniques.

Completely updated, the best book on the topic available anywhere has just gotten better! A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this new edition contains more than 800 easy-to-follow recipes for essential oils. No one has provided more thorough and accurate guidance to the home practitioner or professional aromatherapist than Valerie Worwood. In her clear and positive voice, Worwood provides tools to address a huge variety of health issues, including specific concerns for children, women, men, and seniors. Other sections cover self-defense against microbes and contaminants, emotional challenges at the home and workplace, and applications for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood also shares her expertise in the use of essential oils in beauty and spa treatments, plus profiles of 125 essential oils, 37 carrier oils, and more. Since the publication of the first edition of this book 25 years ago, the positive impact of essential oil use has become increasingly recognized. "Scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and health benefits." "An aromatherapy book that is such a pleasure to read . . . Contains such simple and delightful ideas" from the author of Natural BabyCare (The Herb Companion Magazine). Discover the fragrant world of essential oils. Herbalist Colleen K. Dodt profiles the health and cleaning powers of dozens of oils extracted from herbs, flowers, roots, barks, and resins. This comprehensive guide includes recipes for natural cleaning products, lotions, and ointments that will keep you feeling happy and smelling great. Fill your days with stimulation as you learn to use essential oils to wash your dishes, soothe sunburns, combat stress, and improve the quality of your life. "This book contains practical, holistic, and safety-oriented advice and recipes for the beginner." —AromaWeb

Chemically-defined Flavouring Substances

The Fundamental Guide to Culinary Creativity with Essential Oils

The Oily Crystal

Safe Blending of Essential Oils and Crystals for People and Pets

The Young Living® Lifestyle - Second Edition

Young Living Essential Oils Business Handbook

Raindrop Technique

When it comes to essential oils, it seems that everything is always one-sided, usually with a major slant toward one specific brand. There is a lot of misinformation, speculation, and assumption going around, as well as a lot of bad advice given by people who never did their research. This book comes at it from a neutral perspective, without all the hype, in hopes to dispel some of the myths and rumors about essential oils. The Essential Oil Truth will help you gain a greater understanding of the true nature and beauty of essential oils and their proper use for your everyday life. This second edition of The Essential Oil Truth gives you more clarity and extended content with beautiful black and white imagery and an updated cover.

"Author Shane Durkopp uses Young Living Vitality Essential Oils to bring bright, vibrant flavors to his favorite recipes." -- from back cover.

It's often underrated, but our sense of smell is a powerful tool that significantly influences the way we experience life. Think about it. How do you feel when you get a whiff of your mom's perfume when she gives you a hug? What happens when you visit your childhood home or your grandparents' house, breathing in familiar smells that bring back happy memories? Or what happens when you roll your garbage can out to the street and inhale the unpleasant stench excreting from the can? Our sense of smell allows us to vividly take in the various elements of the earth firsthand. There's no denying that aroma is powerful. Throughout this book, we'll discuss how the power of aroma can transform your entire day. We'll discover why the potent aromas of essential oils have made them useful for centuries and how we can still use them today for hundreds of benefits. By the end of this book, you'll learn: · Why millions of people have chosen to use essential oils in their daily routines, · Best practices for aromatic usage of essential oils, and · How to change your life by harnessing the power of aroma in your home. If you're ready to see what the power of aroma can do in your life, this eBook can help you learn everything you need to know about using essential oils aromatically.

This reprint of the 4th edition of the "Blue Book" contains the toxicological evaluation of 899 flavouring substances.

Live Well

Find Balance in an Unbalanced World - The Seven Areas You Need to Balance and Grow to Live the Life of Your

Dreams

The Young Living Lifestyle INDONESIA EDITION

The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded

A Remarkable Health Program Combining Ancient Wisdom with Groundbreaking Clinical Research

Herbs for a Healthy Pregnancy

Natural Health Care for Your Four-Legged Friends Using Essential Oils and Supplements

NEW EDITION FOR 2020! Includes several new emotions and essential oils. Are you bogged down by your emotions? Do you feel trapped in emotional ruts? Are you frustrated trying to rationalize your way around your emotions? Happily, the process to clear stagnant emotional blocks and patterns is easy! Emotions are stored at a cellular level in specific organs within the body. They must be cleared at this level in order to be released. Essential oils access these stuck emotions at their deepest level, by accessing the limbic portion of the brain, which is the seat of emotions. This is not a new technique - it was employed by the ancient Egyptians. "Releasing Patterns With Essential Oils" is a practical, step-by-step guide providing a natural remedy for emotional cleansing. It offers over 160 pages including charts, diagrams, and easy-to-follow instructions. Join the thousands of people who have removed the emotional roadblocks to a happier life! Oils Lookup Online: bodytype.com/oils Single oils referenced in the book are universal. Blends refer to Young Living formulations.

The Oily Crystal is an easy-to-read 32-page booklet that will help you understand the frequency and energy of how crystals and essential oils really work. This colorful booklet will also help you understand how to maintain a wellness frequency, how to choose the right essential oils and crystals to blend, recommended essential oils and crystals according to the Chakra system of wellness, and my favorite Oily Crystal blends for people & pets!

Meet Lucy Libido, your new best friend who will guide you through using essential oils between the sheets. Based on the smashingly popular Lucy Libido class, this hilarious yet informative book will teach you natural hormone balancing, oils that increase libido, and oils that increase your man's performance. She even includes her best oil recipes that have left her fans starry-eyed and smiling. Developed by a woman for a woman, "There's an Oil for THAT" gives you all the tips, tricks, and fun in one easy to read book that you'll want to store at your bedside.

Expanded edition of the original book describing Vibrational Raindrop Technique; includes new protocols (Bible Oils, Metabolic Essentials) plus introduction to NeuroEndocrine Centers/chakras use in VRT

Today's Staff of Life

The Young Living Vitality Food Pairing Bible

Reference Guide for Essential Oils

Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments

A Guide for Health Care Professionals

Creating Personal Blends for Mind & Body

Oilychef

VitalityThe Young Living Lifestyle CANADA EDITION

The most complete recipe and usage guides that utilizes the French Aromatherapy method. French Aromatherapy is essential oils that encompasses all methods of use: aromatic, topical, and internal. You will learn proper safety precautions to implement essential oils into your entire lifestyle. This book gives over 300 recipes to help you better understand essential oils.

Immerse yourself in the healing benefits of aromatherapy, carried across generations around the world for thousands of years. Discover how to incorporate essential oils into your life guided by ancient traditional knowledge and recent scientific research.

Black and White Edition

Second Edition

Soothe Inflammation, Boost Mood, Prevent Autoimmunity, and Feel Great in Every Way

Releasing Emotional Patterns with Essential Oils

The Essential Oils Book

Vitality

Essential Oil Recipes and Usage Guide

The Oily Devo 2: A Devotional for Essential Oil Lovers About Trees of the Bible

A quick reference guide to using the top essential oils of Young Living. This is a smaller perfect bound book.

This simple little manual is the perfect addition to your Premium Starter Kit with Young Living Essential Oils. It helps you unpack each item with tips and usage ideas to get you started. It's an Essential Oil 101 class wrapped up in a pretty, simple, and fun little book.

CANADA EDITION: Vitality, The Young Living Lifestyle Jen O'Sullivan is one of the most trusted resources

for essential oil education with five best-selling books on aromatherapy and one of the largest free educational groups available. This book will help all users, from first-time Premium Starter Kit owners to seasoned Young Living veterans. It will answer most of the questions you have and many you never thought to ask. This book will help you make the shift to a healthier lifestyle. It is filled with recipes and fun topics that will get you excited about the journey ahead. Included with this book are several online resources to help you grow. Here's to a life filled with more wellness, more purpose, more abundance, and more vitality!

You've probably heard a lot about essential oils. But what are they? How do you use them? Are they for you? In this 20 minute class, Sylvia, essential oil educator and DIY blogger at Decor Adventures, will walk you through the basics of essential oils so you'll know exactly how to get started and get on the path of wellness with essential oils. We'll cover: What are essential oils How to use them safely The most commonly used essential oils How to get the best essential oils Accessories to get started Learning about and using essential oils can benefit people of all ages. The class project will help you plan out your wellness journey and show you how to get the best essential oils to benefit your health, happiness, and home. I hope you get a copy of this book, You will discover alot.

Ancient Einkorn

The Essential Oil Truth Second Edition

Essential Oil Safety - E-Book

Over 60 DIY Projects and Recipes for the Perfect Class

Essentially Driven

Essential Oils for Wellness, Purpose, and Abundance

The Culinary Institute of America Cookbook

Finally! A solution for those suffering with cancer, heart disease, arthritis, diabetes, asthma, IBS, and more! Today, Jordan Rubin is a doctor of naturopathic medicine and founder of Garden of Life and Ancient Nutrition. But at the age of 19, Jordan was diagnosed with Crohns diseasean incurable digestive ailment. In one of the most dramatic natural healing stories ever told, Jordan discovered a natural path to complete healing and sustained health. In this updated and expanded edition of Patient Heal Thyself (originally published in 2002), Jordan Rubin shares his monumental discoveries, teaching you how to take control of your own health and unlock your bodys phenomenal healing potential. In this book, youll discover How the body can overcome virtually any health challenge by following the Makers Diet The key to attaining and maintaining vibrant health lies in your gastrointestinal tract Which specific foods, not found in our modern diet, hold the key to healing a wide range of health conditions Complete protocols for diet and nutritional supplements The simple, life-changing strategies and ancient principles found in this book can help you chart a path for wholeness. Get in the drivers seat and take control of your health journey today!

Oola will guide you on a path to achieving the goals and dreams unique to you. A life with less stress, more balance, and greater prupose.

The purpose of this book is to give people the confidence to safely use Young Living Essential Oils and alternative products for the health and well being of their four-legged friends. The book has wonderful color photographs showing how to apply the oils to your dog and/or horse. There are testimonials from people who have successfully used the Young Living Essential Oils to improve the well being of their pets, to restore vitality and ease discomfort.

Essentially Driven, by best selling author Jen O'Sullivan, is the easiest resource to help you get started the right way in your Young Living business. This book spells out all you need to know, in an easy-to-understand way, without having to dig through tons of resources, scour hundreds of online groups, and watch countless videos. By reading and following the steps in this book, you will be well on your way to finding the life you've always dreamed of and having the time-freedom you never thought possible! Dig in! You can do this! Hundreds of thousands of people just like you took the first step and are now living life to its fullest. Their only regret: not jumping in sooner! CONTENTS~ Getting Started Checklist~ The Income Potential~ The Compensation Plan ~ The Bonuses~ The Perks of Essential Rewards~ Understanding Essential Rewards~ Finding Your Purpose~ Finding Your Passion~ The Team Strategy~ The Rising Star Strategy~ Finding a Team~ Steps to Sharing the Right Way~ How to Teach a 101 Class~ The Simple 101 Class Outline~ Understanding Oil Quality~ Statistics to Use When Teaching~ The Top 11 Oils & Their Uses~ The Best Recipes for Make & Takes~ How to Create a Custom Starter Kit Visit 31oils.com for resources to help grow your business.

Reset Your Hormones in 14 Days with the Power of Essential Oils

The Facts Without the Hype

Guide to Essential Oils

The Young Living Lifestyle SINGAPORE EDITION

Natural Health Care for Your Four- Legged Friends

Using Essential Oils and Supplements

Lucy Libido Says... There's an Oil for That

VITALITY INDONESIA EDITION Vitality, The Young Living Lifestyle Jen O'Sullivan is one of the most trusted resources for essential oil education with five best-selling books on aromatherapy and one of the largest free educational groups available. This book will help all users, from first-time Premium Starter Kit owners to seasoned Young Living veterans. It will answer most of the questions you have and many you never thought to ask. This book will help you make the shift to a healthier lifestyle. It is filled with recipes and fun topics that will get you excited about the journey ahead. Included with this book are several online resources to help you grow. Here's to a life filled with more wellness, more purpose, more abundance, and more vitality!

The second edition of this book is virtually a new book. It is the only comprehensive text on the safety of

essential oils and the first review of essential oil/drug interactions and provides detailed essential oil constituent data not found in any other text. Much of the existing text has been re-written, and 80% of the text is completely new. There are 400 comprehensive essential oil profiles and almost 4000 references. There are new chapters on the respiratory system, the cardiovascular system, the urinary system, the digestive system and the nervous system. For each essential oil there is a full breakdown of constituents, and a clear categorization of hazards and risks, with recommended maximum doses and concentrations. There are also 206 Constituent Profiles. There is considerable discussion of carcinogens, the human relevance of some of the animal data, the validity of treating an essential oil as if it was a single chemical, and the arbitrary nature of uncertainty factors. There is a critique of current regulations.

A guide to alternative medicine by a respected herbalist provides information on each stage of pregnancy, along with a description of what ailments are possible, and what herbal treatments can counter them.

Original.

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Flavours by Fullerlife Wellness

Vibrational Raindrop Technique

The Young Living Lifestyle CANADA EDITION

Supplements Desk Reference

Patient Heal Thyself

Essential Oils the At-A-Glance Quick Reference

Life-Saving Herbs, Essential Oils and Natural Remedies for When There is No Doctor

Jen O'Sullivan is one of the most trusted resources for essential oil education with eight best-selling books on aromatherapy and one of the largest free educational groups available. This book will help all users, from first-time Premium Starter Kit owners to seasoned Young Living veterans. It will answer most of the questions you have and many you never thought to ask. This book will help you make the shift to a healthier lifestyle. It is filled with recipes and fun topics that will get you excited about the journey ahead. Included with this book are several online resources to help you grow. Here's to a life filled with more wellness, more purpose, more abundance, and more vitality!

If you're feeling energy-depleted and irritable, unable to sleep, stay focused, or lose weight, you may have attributed these symptoms hormonal fluctuations or aging. Snyder helps you identify stressors that wreak havoc on your hormonal health, such as air pollution, chemical-laden foods and cleaning supplies, synthetic estrogens in personal care products. She shows how to heal hormonal chaos and revitalize the body from the inside out with the support of high-quality essential oils. Discover how to reset your body-- without taking synthetic hormones. --

The Healing Power of Essential Oils

The Essential Oil Hormone Solution

Essential Oils:

Prepper's Natural Medicine

Essential Oils For Beginners Healing Natutal Remedies

Essential Oil Make and Takes