

Essential Energy...for daily living

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Keep Moving Free, Without Pain!

The most common symptom we usually want to suppress is pain. Pain is a way the body tells us that one of its functions is not operating as it should. For example, headaches can indicate toxins circulating in the brain, a lack of sufficient blood sugar, a lack of oxygen due to constricted blood vessels or a lack of proper hydration. Whatever the case, we look to alleviate the discomfort.

There are many kinds of pain—physical, emotional and spiritual. On the spiritual level, one value of pain is in learning to focus your energies. Perhaps we can choose to focus our energies on love, rather than on pain, and we would have no further need of the pain on a constant level. Pain is necessary to show us where we can make changes, in any area of our life. I have a rather simple experience to share with emotional pain. A sharp pain in my side irritated me for a couple days—I tried **PanAway**, **Deep Relief**, **Peppermint**—it didn't go away....until I read an article about how anger can cause the body discomfort. I applied essential oil blend **Release** over my liver and my healing began. The pain lessened after I dealt with my emotions.

In this newsletter, we'll talk about a few of the powerful, therapeutic-grade oils used to relieve physical pain. I'll share a blend of oils we use on the farm—we call it the Phillips' pain blend (see recipe—right). It has helped with painful joints, muscles, tendonitis, plantar fasciitis, arthritis and more. Using this blend or any oil topically on the affected area, is just one way to deal with physical pain issues. Young Living has many supplements that can detox the body, reduce inflammation and support bone, ligaments and muscles. Working from the inside out to keep moving strong, free, without pain....*Cindy P*

Testimonials—Dealing With Pain

I am double transplant patient (kidney & pancreas - 10/27/09). I have been using Essential oils for about a year now & I love them. Just out of surgery, I asked my mother to set up the diffuser with **Panaway**, **Thieves**, **Purification** & **Valor**. She did. I ran the diffuser constantly. At times I would add other oils (**Lemon**, **Citrus Fresh**, **Melrose**) to my main concoction. I would also use the oils directly on my person. Mainly **Lavender**, **Valor**, **Panaway** & **Melrose**, with **Thieves** on my feet. Besides the anesthesia given during the surgery, I didn't take one narcotic drug my entire stay in the hospital (ONLY 8 DAYS!!) Not even a tylenol. I believe with my heart that diffusing the oils & using them topically is what got me through this major surgery like it was a walk in the park. I thank God daily for the gift I have been given & include my introduction to the oils as a big part of that. *Lisa D. Milwaukee*

I usually apply **Basil** to my sciatic nerve every morning to ease any discomfort. One day, I felt a pain in my left groin area, could hardly move my leg forward. I tried **Basil** and **Ortho Sport** — it didn't help, thought I'd try **PaloSanto**—I only had a couple drops left in the bottle—but that was all I needed. **Palo Santo** also helped with a stubbed toe a couple days later. The pain was gone! *Caren P. Hartford*

February Recipe—French Toast

4 eggs
1 drop **YL stevia**
1 drop **YL orange EO**
1 drop **YL nutmeg EO**
1 drop **YL cinnamon EO**
1 cup milk
10 to 12 slices bread
YL blue agave

Break eggs into a shallow bowl; beat lightly with a fork. Stir in **Stevia**, **YL Essential oils**, milk. Over medium-low heat, heat griddle or skillet coated with a thin layer of butter or margarine. Place the bread slices, one at a time, into the bowl or plate, letting slices soak up egg mixture for a few seconds, then carefully turn to coat the other side. Soak/coat only as many slices as you will be cooking at one time. Serve French toast hot with butter and **Blue Agave**.



One of Young Living's most popular essential oils, **Helichrysum** was traditionally used to mitigate bruising and varicose veins. It's used to cleanse the blood, detox metals, clear gallbladder infection, as well as support circulatory health and relieves muscle tension. **Helichrysum** has also been known as a

mood lifter.

Emily H. shares this about Helichrysum... On Sunday I wrenched my back and left leg; the pain was intense and I could tell I tore some muscles in my leg. (What a klutz!) Unfortunately, I sustained this injury at church and couldn't get to my oils until about 1 1/2 hours after the injury. As soon as I

could I put **Helichrysum** on neat and then layered with

Lemongrass and **Peppermint**. I was limping around and wincing with pain the next day. I ran into a nurse/friend Monday night and told her my sad tale. She said I could expect a soft tissue injury like that to take 6-8 weeks to heal -- longer than a broken bone. It's now been 6 days and I'm almost completely well, just a little residual stiffness and discomfort.

There is nothing like **Helichrysum** for wounds and pain...*Emily H*

Phillips Pain Blend

Mix about 15-20 drops of each oil in an empty 15 ml bottle.

Apply topically.

Peppermint, Cypress, Helichrysum, Basil, Marjoram, Lemongrass, Lavender, Wintergreen

Other Single Oils for Pain Relief:

Clove, Idaho Balsam Fir, Palo Santo, Oregano, Thyme, Valerian, Vetiver,

Oil Blends for Pain Relief:

Aroma Siez, PanAway, Relieve It, Deep Relief

FREE 5ML HELICHRYSUM with a 215 PV order Offer Valid until 2/28 Retail value of \$102.30



A lot of people say they want to get out of pain, and I'm sure that's true, but they aren't willing to make healing a high priority. They aren't willing to look inside to see the source of their pain in order to deal with it.

-- Lindsay Wagner

Contact us if you have any questions. Not a YL member yet?

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