

YOUNG LIVING TRAINING CD #78

“The Most Amazing Results of Clinical and University Research on Essential Oils”

Gary Young, N.D.

We welcome you to Training CD #78 from the 2005 Total Health Expo, a highly informative lecture by Gary Young on the most amazing results of clinical and university research on essential oils, including some exciting research on the capability of essential oils for DNA repair. And now, here is Dr. Sabina DeVita to introduce Gary Young.

Dr. Sabina DeVita - Here is Gary Young!

It gives me great pleasure to introduce to you Gary Young, who is a leading researcher of essential oils in North America and also the Founder and President of *Young Living Essential Oils Company*.

Gary Young is one of the world's largest producers and distributors of therapeutic-grade essential oils. After an injury confined him to a wheelchair he entered a search for discovering natural ways to his own pain and recovery. He is an internationally known authority in finding natural healing tools to overcoming pain and emotional bondage.

Please welcome Gary Young!

Gary Young - Starting the Research

Nicole Stevens was a PhD student working on this project with me. We started on it actually four years ago and it has been very interesting. How it happened was while I had been working with cancer and essential oils since 1985, a professor from the Botany Department and also from the Biochemistry Department were very interested in what they were hearing, so Professor Cates came with me and as I was going through some of my case studies on cancer and was showing him what we were doing and the results we were having. He said, “Dr. Young, this is something that needs to be studied on the university level,” and I said, “Yes!” and he said, “Would you direct us in this research? I’ve got a couple of students who are working on their PhD’s and would be very interested in something like this,” and I said, “Sure.”

So he went back to the Department to get authorization from the Board and came back and said, “Well, the Board said they didn’t care what we

worked on, but they were not going to fund it because they didn’t think they needed to look at any more botanical research.” To make a long story short I wound up funding this project out of my own pocket for the first two years and after that, then BYU stepped in and has picked up the financing of it, and it’s going on.

But this gal was assigned to the completion of it and she gave the presentation in Nashville at our annual conference last October, and it was very exciting.

Alarming Cancer Statistics

Naturally, we look at some of the statistics and see that the second leading cause of death in the United States is lung cancer (most common), followed by breast cancer and prostate in men. Risk of developing cancer during a lifetime is one out of two men, one out of three women, and approximately 1,500 cancer deaths each day in the U.S. and of course, increasing.

In the U.S. direct loss of productivity and early mortality from cancer costs us yearly \$143 billion. You would think that some of that money could be better spent in other directions. We look at a lot of the issues that we’re dealing with and arguably, the most important single factor is DNA repair.

DNA Repair Documentation

This is an area where I’ve spent quite a bit of time.

I wrote my first theories and presented them in conference in 1997 on DNA repair and now, as of 2004, we’ve documented that work. The source of the mutation is intercellular DNA copying error—meaning that the DNA are transmitting the signals to

the telomeres and the telomeres to the RNA, and the replicating cells break down.

Divisions in the errors (which we see here the graphics of the splitting) and it is caused by extracellular from radiation, chemicals, and our environment.

used a commercial shampoo, a commercial soap, deodorant, lipstick, makeup—whatever—and it is the same. Chemicals in that which we are putting on our body and which we are exposed to in our environment, and our food is extremely damaging.

Cancer-damaged DNA is propagated to new cells. Malfunction cell growth signals and death signals. Problems in diagnosing cancer, time before diagnosis.

No Gain on the War Against Cancer

We have been told through articles that have been published that we are gaining on the war against cancer. The truth of it is we are not gaining and have not gained anything. What we have gained in new technology happens to be allowing us to detect cancer earlier than we have in the past, but as far as gaining in treatment, we are not.

Multiple mutations, difficulty characterized. This is a very big issue in the world today. Problems in treating cancer, genetic variations between patients, micro-environments and cancer cell types, and of course, we are also dealing with over 800 different types of cancer, so it's pretty hard to specifically create chemicals today in a chemotherapy target to go after 800 different types of cancer, and particularly proliferating cells in the GI tract, hair cells, and bone marrow. Cancer may be rapidly proliferating in these areas that can't even be detected as well. Radiation may only kill some cells and further mutate others, and that's one of the big foul-ups.

Cancer Cells Have Ability to Adapt

Another thing that we see is cancer is a very strong adaptogen. It has the ability to change structure, it has the ability to create a resistance to chemotherapy and radiation—and that's why sometimes a patient undergoing allopathic treatment will respond to it in the first round (or maybe the first few rounds) of chemo or the first few rounds of radiation, and then it plateaus and then it starts going backwards again. It's because of the cancer cells

Commercial Forms of Damage

Of course, we know the problems we have in our environment with the pollution in the water, the pollution in the air, and many of you have brushed your teeth with some commercial form of toothpaste, ability to adapt. So side effects and compromising immune system all contribute to many things.

First Essential Oil Research on Cancer

What we find are plants as drug sources simply because we have found through studies and research for years that cancer does not have the ability to create an adaptogen to the natural chemicals found in plants, and we have a long medical history with them.. *Hyssop, spikenard, myrrh, frankincense* mentioned in the Bible and many other areas, and tribal cultures used these plant medicines for hundreds and thousands of years. Less than 1% of higher plants have been exhaustively studied for medicinal value, so here we have a whole frontier ahead of us in research yet, and this research that we're doing in essential oils is the very beginning, and it is the first research that's been effectively published on cancer research with essential oils in our world.

There is a high probability that new drugs remain to be found. There has been good success so far and many anti-cancer drugs currently on the market were developed from plants. Many of you probably remember Tacil, which was made from the yew bark or the bark from the yew tree out of Oregon. It hit the market really hard and strong in 1985 and 86 in treating malignant melanoma. It had approximately an 80% success rate with melanoma, but most of the patients died. Now, how successful is that!

What they found was that the results of the yew bark had also a 36% toxicity rate against healthy cells and so that was a major contributing factor, as they claimed anyway and published in the articles that it was a contributing factor to discontinuing it, so we don't hear about it much anymore.

Cancer-attacking Compounds

We started looking at various compounds that are mentioned in oils that I had been using for quite some time in treating different cancer conditions with, specific and varying combinations of plant chemicals, protective, coping with

environmental stress, destructive killing or inhibiting growth of invaders, and stimulatory, promoting cell growth.

These are the areas that we look at when working with various terpenoids and phenols and cumorans in plants for the potential of attacking cancer or some other disease, and actually, the secret is in the chemistry, in the synergistic activity in working in a cell structure and how much of the structure of the oil matches the structure of the cell.

In this project we took 74 oils—69 single oils and five blends or mixtures—and treated cervical cancer, breast cancer, skin cancer, and prostate cancer cell lines. We also tested against non-cancerous 3-T-3 fibroblast cells so we could see a variation in actually what was going on in these studies. Oils showing 50% or more cancer cell inhibition and 25% or less inhibition of non-cancer cell growth will be recommended for further study as potential anti-cancer drugs. Note any correlation between which oils are active against which cancer cell lines.

So we took a mono-layer in our study in various concentrations in the medium over a 24-hour cell saturation to see what the outcome was and in the plate incubated at 37 Celsius at 5% with CO₂ for 36 hours in our studies here, so this one was a very duplicatable study. Anyone here that's doing research in a university can follow that. Fifty eight percent of the 74 oils showed greater general cancer inhibition at 50% or greater.

Success Rate Supercedes Chemo

Now, if we don't go any further than right here—50% or greater—is that better than chemotherapy? (I saw a couple of “maybes.”) Thirty-four percent of the 74 oils showed cancer-specific inhibition! Do you understand what this means? Cancer-specific, meaning that we've got a compound here that can seek, identify, and destroy. Of particular interest, oils showing synergistic effect, oils with significant activity at the lowest concentration tested, oils with multiple cancer activity. This one here—is that interesting to you? Oils with multiple anti-cancer activity.

Let's start here at the top with *white fir* (*Abies alba*). This is a 200 ppm concentration. On cervical cancer it displayed 72.3% kill factor! We come over here to the 3-T fiberglass mouse cells and it shows a minus 18.8. That means it actually

showed not an attack of the cancer cells, but a growth of new cells. So *white fir* is active in the promotion of new cells. What does it have to do to create that? It has to be working through DNA, so we call this “DNA repair.”

We look at *frankincense* right here (*Boswellia certeri*), 100 ppm dilution, 72 plus % activity in its kill effect against cervical cancer. Interesting! We look up here at *artemisia*—this is *tarragon*, 200 ppm—85% kill effect against cervical cancer. Now we come over here and it also had a 55% kill factor on skin cancer, so now we see it is multiple-specific; 3.1%, that was the toxic reaction to normal cells of *tarragon* oil with 3.1%. Very interesting!

Amazing Effects with Oils

We come down here and we look at *Hyssopus officinalis*, *hyssop* oil. Now if you would read in the book of Exodus, it talks about *hyssop*, does it not? How many of you have studied your Bible? Oils are taught all through the book of Exodus. In a 200 ppm concentration 90.2% kill effect against cervical cell cancer and 75.9% on skin cancer!

How many of you ladies would now rather go have radiation and surgery and have the cervix removed rather than treat with oils? Is this interesting to you?

We look at *grapefruit* oil at 200 ppm, 80% against skin cancer—now that's generally basal cell carcinoma. We come now and look at *myrtle*. This is very interesting—at 100 ppm we had 81% against breast cancer, but when we go to 200 ppm we have a 67% activity on prostate, 95.2% on breast cancer, and all of sudden it takes on another dimension.

Let's come down and look at *sandalwood*. In a 50 dilution, 84% against cervical cancer, 70.2% on breast cancer. We go down to 100 ppm dilution and it's now 97.2% effective on cervical, 84% against prostate, 98.1% on breast, and 58.7% on skin cancer. That's *sandalwood* oil.

When you are reading in the Bible, what does it call *sandalwood*? How many know what *sandalwood* is in the Bible? It is aloe—very interesting! So now, ladies, how many of you would rather have your breast treated with *sandalwood* than with radiation or mastectomy? That's a no-brainer, of course!

Essential Oils and Cancer Treatment

One of the things we didn't do here is we haven't concluded studies based on the application. We look at *thyme* oil, (*Thyme linalol*). Here we go—99% kill effect on cervical cancer with *thyme* linalol oil. That's almost 100%, isn't it? We are lacking 1% of being 100% effective on killing cervical cancer!

Now we come down to *tsuga* and 200 ppm goes to 91.1% kill effect on cervical cancer. Just imagine (if you could) that if you were to take *frankincense* at 72% on cervical cancer or *sandalwood* at 97% with cervical cancer and mix it with *tsuga* at 91.1% and applied it to cervical cancer, do you think there could be an effect! Yes, ladies, yes. This is what we are doing at our clinic now and have been for a number of years.

We are working with the synergistic effect of combining these oils on various types of cancer, and of course, there is *tsuga* also—93% on skin cancer, very effective, and *fuja* (which is in *tansy*) is 92% effective on prostate cancer. So there's a little quick rundown on cancer treatment and the benefits of essential oils as potential anti-cancer drugs. Now, this is written for the first time by a university. Is that of interest to you? Further research should be done on promising essential oils. This may lead to new cancer drugs and there are many technologies available.

More Areas of Interest

Areas of interest: Stimulating aptos tissue, DNA repair. For the first time in history essential oils are now documented for their DNA repair effect, and now we've also found that they prevent the breakdown of DNA. You could not have a more perfect combination in your life.

Immune protection and stimulation. Does chemo-therapy protect and stimulate the immune system while you're treating cancer? Absolutely not! Does chemotherapy prevent metastasis? No. But essential oils prevent metastasis while you're taking treatment as well because it's stimulating and repairing DNA.

Diffuse Essential Oils for Protection

I could go on and on all day about our environment. I don't think there's anybody here that's not educated enough to know what our environment is doing to us and the situations that we

are in, but what is the best way to really protect yourself against some of these things that are happening? How many of you have taken special measures of putting an essential oil diffuser in your home? Okay—about half of you. How many have not? How many do not know that such a thing even exists?

I started manufacturing an essential oil diffuser many years ago and we have a very effective, specific diffuser that you can obtain through *Young Living*. Where is the number one place to begin protecting your body? Right at home—absolutely! In your home environment. If you work out of your home you can put one on your desk in your work environment. Diffuse the oils in your work space. Why? Because essential oils have the ability to attach to any type of an airborne chemical.

I published my fourth research paper on aerosol bacteria and germs through Weber State University, documenting the effects of diffusing oils in the air. They attach to bacteria, they attach to pathogens, fungi, viruses, and chemical molecules and literally digest them. So the diffusion of oils in your home is the best medicine that you can have in protecting.

Understand, at the same time you're diffusing to protect your environment, these oils are increasing oxygen uptake. And what does oxygen do to your immune system? Oxygen stimulates immune function, oxygen enhances every cell and metabolic process in the human body. In fact, with the absence of oxygen, you are slightly dead! So without oxygen we are in trouble. The more oxygen we can uptake, the better we are going to function, and the more efficient we are going to live.

American Botanical Council Reports

This is on the American Botanical Council, and I think you'll find this interesting as well as we go along here.

Used historically as spice in traditional medicine, hundreds of species, including *salvia*. This is common *sage* (*Sage officinalis*), recognized in commissions in monographs from dyspepsia, digestion, and externally for inflammation. Plant part: leaf, root, rzone, essen-tial oil. Characterized by short-term memory loss, Alzheimer's disease. How many here have an interest because of family members that have Alzheimer's? Appears to be associated with damage

by free radical or reactive oxygen species. Associated inflammation, low levels of acetylcholine neurotransmitter, inhibition of the enzyme acetylcholinesterase is the base of drugs used to treat early symptoms of AD.

Sage, alternative to Alzheimer's treatment, synergistic action of monoterpenes result in cholinesterase inhibition. Alpha pinene as an anti-inflammatory compound. Antioxidants prevent brain damage. Brain cell damages lie in the reactive oxygen. Anti-oxidant compounds in *sage* oil—cineol, alpha pinene and beta pinene.

Alternative treatment to Alzheimer's drugs. This was published in September of 2003. *Sage* is a related species to *Young Living's sage* and *Young Living's lavender sage* or *Spanish sage*. Used for vascular disease for over 1,000 years. Researchers at King's College in London identified four compounds found to be acetylcholinesterase inhibitors. Professor Houghton has stated, "It has many uses, one of which is to prolong active life."

Cancer Inhibition Properties of Sage

Acetylcholinesterase inhibition of *sage* oil. Samples at 0.03 micrograms per liter. *Sage officinalis* had an effect of 34% on A, 39% on B, and 46% on C. *Lavender sage*: inhibition of cholinesterase activity, antioxidant properties may impact early Alzheimer's symptoms.

Significant cognizant effects: acute modulator of mood memory, improved immediate and delayed word recall scores, may have clinical relevance to alleviation of early Alzheimer's disease symptoms.

Now, this right here should be of interest to you. Are you starting to have a little understanding of the power of plant oils? These are the products that I have made *sage* oil into. If I may just take a second and walk through these a little bit and give you a little more understanding.

YL Blends containing Sage

The single oil you can diffuse. So what's it going to do? Enhance memory and enhance memory recall, all documented science. *Dragon Time*—some of you women that are older might recognize what that means and what it relates to. That is the term that was given to the menses in medieval times—don't know why—I haven't figured it out yet! *EndoFlex*—this is for the endocrine system. *FemiGen*—this is herbal extract tincture with the oils

of *sage* in it. *Progressence* has *sage* in it. These are all products that I have made for women, and these two here for men for protecting the hormonal system because that starts to break down first. And then we have the *sage lavender*, which we've seen the research on. *Awaken, Chivalry*—these oils are to help balance emotions. So those are some of the effects of simple oils. They are so effective in protecting your body.

How Do We Use Sage Oil?

So now the question goes, "So how do we use *sage* oil?" Again—in your diffuser in the home, in your office, in your work space. Are you diffusing oils for your children? I often ask the question because I see it. It is very painful to watch children come into my clinic with autism and ADHD and dyslexic problems to where they can't function in school. They are on Ritalin and other psychotic drugs now and it's become a state mandate in some states to allow physicians to put children (infants) three years of age on psychotic drugs! Ask yourself, "Where are these children going to go when they become teenagers, when they start out at age two and three on psychotic drugs? What are they going to next? What are they going to go to when they become young adults? What are they going to go to when they become mature adults?"

What is the Future of Society?

Things go in progressive stages. What are we doing to our society in the future? And it is absolutely not necessary. The protection lies in your hands to be able to do the things and share it with people and to help them to understand the power and the potential that you have that God created for you when He created this planet, and that we take it for granted because it couldn't have that much effect because it has a smell!

What do we spend more time doing? We spend more time looking for synthetic perfumes! We're spraying our homes with Lysols and synthetic aerosol products that kill bacteria. We put deodorizers in our toilet bowls and our toilet tanks and then you flush the toilet and you have chlorine gases mixing with the chemicals that you just put in the toilet water so it deodorizes the toilet!

Consider These Scenarios

What is wrong here? What are we doing and not even thinking about it? Do you know what? How many of you go in the bathroom and use the bathroom and you flush the toilet and then you stay in the bathroom doing your hair, shaving, putting your makeup on after you flush the toilet? How many of you do that in the morning without even thinking about all the chlorine gas that has just been released from flushing the toilet? Then, if you've got chemicals in the tank in the water for deodorizing, that is emitting in the air along with it—and we have a major problem!

Little things that we have kind of grown up with, we take it again without thinking because we've been conditioned to it. And how many of you are still using chemical dish washer soap, and it's on your dishes! How many of you are washing your clothes with chemicals and it's in the fabric?

Your carpet has chemicals, your curtains have chemicals, the wood has chemicals, the finishing on your furniture has chemicals. Are you going to go tomorrow and take it all out of your house and strip your house and do away with it to be chemically free in your environment? Of course, you're not.

Chemical Overload is Imminent

What I'm saying is when you have the interior of your home emitting chemicals constantly from the carpet, the drapes, the furniture, the plaster, or the paint—whatever—and then you're putting it on your body and you're eating it and you're drinking it, how much do you think the body's going to take before it goes into overload and you have cancer, you have Alzheimer's, you have AIDs, you have arthritis, you have lupus, you have MS, or whatever other condition is going on your body that's breaking down and dys-functioning?

How do you hope to change it? How do you hope to give your body a fighting chance when everything around you is saturating you with chemicals. What about the cookware that you cook in? How many you cook in stainless steel thinking that's really a good choice? And in the meantime stainless steel is giving off nickel, and nickel is a deadly poison!

Essential Oils and DNA Repair

Essential oils that have been used medicinally for centuries may prove to be a very valuable resource in our search for new cancer drugs.

DNA repair and the anti-cancer effects of selected essentials, Dr. Jamie Matte, Professor and Chair, Department of Pharmacology and Toxicology at Ponce School of Medicine in Puerto Rico listed essential oils tested for DNA repair. *Balsam fir, blue cypress, celery, cloves, cypress, frankincense, geranium, German chamomile, grapefruit, hyssop, thyme, and tsuga*. And since this printing we have done *peppermint* and *melissa*.

These are the bars of DNA repair that we are showing here. Data from one experiment showing the dose-dependent increases on DNA after serial dilution. We take the essential oil, add it to the media after transfection, and the concentration on non-fetal cell line was added at three concentrations through a liposome system of liposomes, (and this dark one is the liposome mixture). We add the control (which we had no bar). We have here the essential oil in the dilution and the reaction in the various solutions of the DNA repair, so we get a greater increase in DNA repair at a 4 to 1 x 10.

We go here and see the effects of *hyssop* oil on DNA repair. It is very interesting on non-fetal cell line. Again, *hyssop* oil and in the liposome and in the repair, and so it is here again in an 8.0 dilution and we have a greater repair response.

Here are the effects of *balsam* oil. Again, in a lipo-some 4.00 effect in response on the DNA repair. The liposome without essential oils was used as a negative control (which was the red bar) and the yellow bar represents the normal DNA repair, the cell line measuring with the host cell reactivation.

So our end result: *balsam* fir with the anti-cancer effects on the DNA repair. With cancer, it affects the anti-aging, and these oils are also recognized as GRAS oils (meaning Generally Regarded as Safe) for internal use. This is our farm in Northern Idaho and this is where I harvest the trees. It's best when they are harvested in the winter time.

Data Shows High DNA Repair

Celery seed oil, essential oil—same results. DNA repair in greater dilution. The higher it is (and you see we go into a lower dilution in this case) with *celery seed* oil, our DNA repair is not quite as high as it is in the 8.00 resolution. *Clove* essential oil was very addressing, Not only did it show great DNA repair, but it was also one of the highest oils in antioxidant reactive activity as well. It is very, very

powerful. Here again, in a liposome reaction, we get an 8.00 dilution and we get a higher DNA repair effect.

Here in dilution at 8.00, again, we see the effects. Data from one experiment showing the dose-dependent effect of the serial dilution with the GRAS oils from *Young Living* added to the medium at three concentrations after transfection on non-fetal cell lines. So here we did a 2.00 dilution in liposomes had a greater reaction here of 14 on the DNA and RNA repair.

So these essential oils were selected and liposome mixed on non-fetal cancer cell lines. We had a DNA with *frankincense* at 45%+ and *hyssop* 43%, *balsam* 46%, *helichrysum* 30% and 29% on *tsuga*, *cypress* 25%, *grapefruit* 24%, *celery seed* 23%.

Taking Essential Oils Internally

Now these oils, as I mentioned, are generally regarded as safe by the FDA for internal use, and I share this with you here for this reason. What would happen if you were taking essential oils internally? You are oxygenating every cell in the human body and you are increasing the protection against DNA break-down. One of the things that we do know is that petrochemicals, radiation cause DNA breakdown and prevent (in some cases) the repair of DNA.

This is a two-hour presentation just on this alone, so I have gone through it really quickly so you can see the numbers a little bit, but what I want to leave you with is this: That when you put an essential oil on your skin topically, it goes through the derma layer, through the sub-derma shield into the interstitial fluids of the body. You don't always have to take it internally to create the same desired results.

ART Skin Care - A "Green" Product

We see that in our skin care products. We just created a brand new skin care line called ART, and you can talk with the folks down at the booth, and I don't have time to go into that today, but they can show you the research and the scientific background, but it 's the first skin care product on the market in the world today that is strictly a "green" product. With these essential oils in it (that is reversing aging on the skin) and that's without question. So we are pretty excited about that!

Natural Products have No Toxicity

Different oils have different effects on the DNA repair and RNA. The effects of the oils and the liposomes are often dose-dependent. It is possible with the oils at high concentration are causes of pseudo toxicity. This here is very interesting and I want you to pay close attention here for the simple reason that there have been literatures published and coming out of some universities claiming the essential oils have toxicity levels. They are claiming this because they are studying man-made chemical molecules and they are taking a chemical phenol, and they say, "Well, this is toxic, so don't use essential oil that has those phenols in it." I think most of you are intelligent enough to know the difference between a man-made chemical and a natural chemical, so you are always going to see some of these things show up.

I found this very exciting—the support from the American Botanical Council to give us this support in relationship to the research and the work that we are doing with essential oils along with Dr. Jamie Matte.

Reversing the Aging Process

Now, if you can repair DNA, what else is going to happen in your body? What else is possible to happen in your body? If you can repair it topically (which we have photos of volunteers that have shown after six weeks of using the ART Skin Care of how it has reversed the aging process on the face—totally chemical-free, no surgical intervention whatsoever, and removing age lines that have been there for 20 years. If it can do that on the skin, what can it do internally? The same thing, absolutely! It's just like lifting a weight and strengthening your muscle. If you lift weights and you strengthen external muscles, you cannot help but strengthen internal muscles. Does that make sense? So if you are working out in the gym and exercising, are you only going to make the heart and the lungs and the liver and everything else better? Of course, it's the same thing.

Constant Bombardment with Chemicals

So I am here to just share with you, if you take a look at the situation that we're in in our environment where we are at constant bombardment with the chemicals in our atmosphere and the radioactive isotopes that are in the air we are

breathing that you can't even see and thousands of other compounds that are being released out there from the industrial world and other things, but when your body is under constant bombardment 24/7 it's breaking it down. What are you doing to prevent it and what are you doing to build it up and give it the support that you need?

Many products that I have created contain essential oils and this is the one I want to show you here. This is an oil blend that I made because this morning I showed a little bit about vaccinations, and knowing that there are a lot of people and a lot of you in this room who are adults today who were vaccinated as children.

Testing Procedure Shows Amazing Results

How many are here that are war veterans? No war veterans? They all died. Anyone who has been in the military or who has worked in government service has been vaccinated, even if it didn't happen when you were a child. It's a major problem. I wanted to develop a product where we could get this mercury and these poisons (chemicals) out of our body, so we did the parameters of a study testing procedure for six-hour urine, collection repeated at 48-hour intervals, and we did a post baseline urine toxic of metals.

The participants were void of supplementations; we did post-line base studies on each participant. The product that we used is called *JuvaCleanse*, and it was two 00 capsules per day. We had three patients who participated in this—a 52 year-old male, a 51 year-old female, and a 55 year-old male. The first thing that we studied was arsenic.

We started administering, we did the baseline and found out where the baseline levels were of arsenic in these three patients, and then we administered the *JuvaCleanse* oil capsule for 48 hours, and we see the doses. This one went from 14 to 17; this one actually dropped to 9.4, so we thought, "Wow, we are gaining!" It went back up in the 48 hours. This one continued to climb and so did this one. This is the volume of arsenic that was being pulled of their blood from the utilization of *JuvaCleanse*.

***JuvaCleanse* has Dramatic Effects on Mercury**

And we went into mercury and look at this: This person showed no mercury; this one had very little mercury when we started right here. On their first 48 hour collection, look at the level of mercury

that went up here. This one had high levels of mercury when they came in the Clinic, and in 96 hours of *Juva-Cleanse* their mercury levels went from 3.8. to 0. now.

This patient was very excited; this patient's mercury levels kept going up—so what did that tell him? He says, "I came in and I didn't have any mercury—now I have mercury." This was very interesting and this is why: I've seen patients go and have hair analysis and come back with their hair analysis report saying, "I don't have any mercury or I don't have any lead, or I don't have any arsenic."

You cannot depend strictly on a hair analysis for determining whether or not you have metals. You need to do the hair analysis, plus you need to do at 48-hour intervals a urine collection analysis in the laboratory to see if you are excreting heavy metals, and then go on the *Juva Cleanse*. Those oils happen to be *celery seed* oil, *helichrysum* oil, and *ledum* oil, which comes from Quebec.

Studies with Lead

Lead..here we go. Look at this patient again at 2.6, and then his tissues started released after the first 48 hours, and this is what's really significant because it depends on how much of that is encased in fat cells, how much of it is incubated in other cells in the body and how quickly the body starts releasing it. This patient started releasing and it went up very, very quickly. The number two patient released, and then it dropped off.

Does this mean there's a phase there where the body has to break it down and release it? Absolutely! So the only way that we're going to know, "Did we clear this?" is as we are doing now—back into the second phase. This was the first phase, just to test the formulation to see if it was effectively pulling these heavy metals out of the body.

IV Chelation Comparison

I have treated in the past (and not going on 25 years)of doing EDTA intravenously. I could not get these results with intravenous chelation—not this good and not this fast. But essential oils dissolve it and dispatch it into the fluids of the body to be carried out, and it's very, very exciting!

Tin—we only one patient that showed levels of tin and we were very effective in pulling those levels down in 96 hours. Naturally, that patient was very excited!

Nickel. There were zero nickel showing until we started chelating and the cells started opening up and releasing this metal out, so those are the things that are very interesting.

Oncologist's Quote

"Right now, in the short run, we can bring an occasional miracle." That was a quote from an oncologist at Stanford University that was basically saying that we really cannot bring about a change and that people should give up the hope, thinking that there will be a cure for cancer. With their system, that is true.

I think you'll get a chuckle out of this one: **"It is no measure of health to be well adjusted to a profoundly sick society."** Is that more true than not!

Folks, this is something I really hope you take to heart, and that's what we have today. I believe that

KEY WORDS AND PHRASES USED IN YL TRAINING CD #78 INCLUDING REFERRAL PAGES

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Acetylcholinestrerase	4,5	In cookware	6
AD	4	In furniture & household	6
ADHD	5	Man-made vs. natural	7
Alpha pinene	4	Chemotherapy	2-4
Alzheimer's disease	4-6	Chlorine gases	5
American Botanical Council	4,7	Chlorinestrerase	4,5
Antioxidants	4,6	Cineol	4
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ART Skin care line, chemical-free	7	Shampoos, soap, deodorant, etc.	2,5
A "green" product	7	Compounds	3,7
Age-reversing products	7	Cumorans	3
Autism, dyslexia	5	Diffusers and diffusing	4,5
Beta pinene	4	Diseases caused by chemicals	6,8
Bible	3	Documented science	5
Book of Exodus	3	DNA and DNA repair	1-3,6,7
Brain damage	4	Drugs	2-4
BYU	1	Anti-cancer drugs	2-4
Cancer	1-4,6,8	Psychotic drugs	5
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		Hair analysis	8

the healing of any disease, including depression, must be based on respect for ourselves as children of God whose spirits and bodies are intrinsically interwoven. Disease is a disruption of a delicate biological balance and healing must come counting portions that help to mold our spiritual and physical self to get well, from within as well as from without.

I thank you for being here today. Thank you.

Moderator:

Thank you, Gary, and thank you for being with us on Training CD #78.

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<i>Awaken</i>	5
<i>Balsam fir</i>	6
<i>Blue cypress</i>	6
<i>Celery Seed</i>	6,8
<i>Chivalry</i>	5
<i>Cloves</i>	6
<i>Cypress</i>	6
<i>Dragon Time</i>	5
<i>EndoFlex</i>	5
<i>FemiGen</i>	5

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<i>Frankincense</i>	2,3,6	<i>Sage</i>	4,5
<i>Geranium</i>	6	<i>Sandalwood</i>	3
<i>German chamomile</i>	6	<i>Spanish sage</i>	4
<i>Grapefruit</i>	3,6	<i>Spikenard</i>	2
<i>Helichrysum</i>	6,8	<i>Tarragon</i>	3
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<i>Melissa</i>	6		
<i>Myrrh</i>	2		
<i>Myrtle</i>	3		
<i>Peppermint</i>	6		
<i>Progressence</i>	5		