

# YOUNG LIVING TRAINING CD #79

## “Time for an Oil Change?”

### Gary Young, N.D.

*We welcome you to Training CD #79 from the 2004 Young Living Semi-Annual Convention, a highly informative lecture by Gary Young entitled “Time for an Oil Change?” And now, here is Emily Wright to introduce Gary Young.*

#### **Emily Wright - Beginning a Career with YL**

My first experience with *Young Living* came when I was called on the telephone and asked to come into the company. I knew nothing about essential oils. Anyway, I started with the company and my first experience was with *peppermint*. I had heard a lot about the oils; I had read all of Gary’s books. I was a very big skeptic, but I decided, “Well, it’s time to start trying out these products...” (the company I work for).

My little girl was very sick and had a very high fever and I could not break it. She was about 1½ years old and I was very concerned about her. She had a fever of 104, so I finally went back to some of the books that I had read and thought, “Well, I’m going to give *peppermint* a try.” I pulled it out of my cupboard, cracked it open and put a little bit on her belly and a little bit on her feet. I went back and checked her five minutes later and the fever was completely gone and I was absolutely amazed!

#### **Introducing Gary Young!**

These products work. They are very powerful, and it is now my pleasure to introduce the one and only, Gary Young!

#### **Gary Young - Oils and Oil Molecules**

Thank you! Wow! What an exciting three days! We’re having so much fun and I have been having so much fun just enjoying watching everybody and just so thrilled watching the staff up here participating and sharing with you, and just being part of it. It is just evolving. I can see (probably in another six months or a year) Gary’s going to be able to retire! What a wonderful feeling to be able to sit back in the saddle and ride the mountains and have lots of fun!

We are going to go into oils and oil molecules and how they can respond to thought, simply because they are programmed by thought. I

want you to pay attention here. However, if the thought frequency is not harmonic, the molecule will not respond. Therefore, if the body is negative and toxic, the harmonics are not compatible to the information of the transmitting molecule.

#### **Why Don’t Some People Respond to Oils?**

If the harmonics are not compatible, then the molecule would not respond to its communicative programming; therefore, the individual feels or senses nothing but frustration because the others around them are feeling and sensing changes when using oils, but they are not. Now, I have been asked this question numerous times, “Why do you use oils on someone and they don’t have any feeling, any experience with the oils?” This is your answer to your question.

Second to that, the more acidic a person is, the less they are going to respond to the oils. The more alka-line you are, the more you are going to respond to the oils. The more alkaline you are, the higher your frequency is going to be.

I talked a little about my interpretation of defiling the temple and my personal feelings. I just want to say this: We know that there are various frequencies in the universe and in God’s creation. Do you think that God operates on the AM frequency? I don’t think so—but how many of us do? If we want to be on that higher frequency of communication, we have a responsibility and that is to “clean our bodies of the acids that create disease and negativity,” because acid creates negativity. As I explained yesterday how acid activates the transcriptase enzyme, it inscribes the template with emotion and trauma. Erase the acid, raise your frequency. Essential oils will do that.

#### **Some Known Facts**

Now what I am going to share with you here is theory at this time and I’m really concerned about

how this is shared, not in the sense that it be shared as “gospel.” This is not proven; this is my theory in working the oils and just watching, but the first part I do know: Oil molecules are sensory receivers and transmitters—that we know to be a fact. the olfactory neuron and carries the fragrance molecule and frequency.

### **Theory Comes In**

This is where it’s theory. Science hasn’t really documented frequency in a sense of essential oils. We have measured it; I have written about it, but it still isn’t totally accepted in some of the scientific walks. Therefore, the information sent works as a holding device because each molecule of oil contains vital information. For example, a molecule of methol chavicol carries information that may direct it to seek and relax a muscle, knowing that in the muscle tissues and the nerves are receptor sites, and these molecules home in to those receptor sites. They can trigger the reaction. A phenol molecule contains transmitters that contain multiple structures of carbons and hydrogen that transmit more information.

A sesquiterpene that has a 15-carbon bond structure contains a family of other molecules with varied structure. The compounds of structure set the harmonics in motion. The programming of harmonics is to bring a balance through frequency and rhythm. Rhythm is perpetual frequency that creates light.

### **Light Gives Life**

Now, I just share that with you. I would like you to take that and just hold it in your minds and in your hearts and see where it resonates with you. If you go back into your “Owner’s Operator’s Manual” and you look in the Book of Exodus and you read the various verses on the oils and how they were recommended to be used, and anything that gives life gives what? It gives light. This is something to kind of think about a little bit.

With that thought in mind, let’s go to *peppermint*. We’re going to run through some things here just to give you some new information on some of the basic oils and then I will get into some of the oils that we haven’t talked a lot about that will be new for a lot of you. *Peppermint* is a beautiful oil; you have all used it. We had a

They send out and transmit a specific frequency that triggers a gene receptor in the nasal cartilage—we know that. So from here on down, part of it is theory and part of it is science. This sends a signal to the brain via fabulous harvest at our farm in Utah this year with our *peppermint*, and it is the finest *peppermint* that exists.

### **All About Peppermint**

*Peppermint* versus radiation damage. Now, all of this information that you are going to see coming up here on the monitors will be available for you if you desire to have it. It’s already on disc as ESP.

A 2004 study published in the *Journal of Radiation Research* found that ingesting *peppermint* oil reversed declines in glutathione caused by treatment with gamma radiation. We heard a lot about that yesterday and the importance of protecting the liver and glutathione is the most important antioxidant and detoxification enzyme in the liver. *Peppermint* reduced levels of oxidized or rancid fats in the tissues caused by radiation damage.

*Peppermint* and headaches. A topic of high thermal oil on tension-type headache was examined in a randomized, placebo-controlled double blind cross-over study conducted by Christian Albrecht’s University. *Peppermint* oil seemed to be a harmless and effective treatment for tension-type headaches. You all know it, don’t you? This is not anything new, so I’m not going to spend a lot of time here, but I bring this to you so you can have it because you are still going to be talking to people who know nothing about it, who don’t have the information, and what do they say? I had a person come up to me just yesterday that asked, “Is there any way we can get some documenta-tion?” You can lead a horse to water, but you can’t make him drink.

### **Peppermint Perks**

University of Cairo researchers found that *peppermint* oil and a mixture of *peppermint* and *eucalyptus* oil reduced headaches in a double-blind, placebo controlled randomized cross-over study, when all they had to do was call Gary and ask him! I could have told them that! It could have saved them a lot of money!

*Peppermint* reduced emotional irritation. Wow! Now we’ve got emotional documentation! So

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what you are going to do? Are you going to mix *peppermint* with *Joy* now, or *Awaken* and *Dream Catcher*. Enjoy it! *Peppermint* decreases depression. Has anyone ever used *peppermint* for depression? And you're not depressed, right? Good!

Inactivity. *Peppermint* and *eucalyptus* decreased inactivity. You put *peppermint* on and it will increase your activity—depend on where you put it, too!

### **Impressive Research with Athletes**

Recent research published in 2001 in the *Journal of Sport and Exercise Psychology* found that inhalation of *peppermint* increased athletic performance in human volunteers. Forty young adult volunteers were tested—20 men and 20 women. Their running ability, strength, and fitness were measured. Two drops of *peppermint* oil were placed on an adhesive strip placed under the participant's nose. Isn't that interesting! Look at this. The runners finished the 400-meter dash faster using *peppermint* oil inhalation. If they had put it on their backside, they would have finished 10 minutes faster! Not very intelligent research here!

The athletes should significant increase in strength as determined by stronger handgrip following *pepper-mint* oil inhalation. Exercisers complete more push-ups—absolutely! Isn't that interesting? Just these simple little things? *Peppermint* improves productivity. (I go in the back door at work in the morning and put it in the diffusers!)

### **Productivity Improvements**

Research study at the Weiling Jewish University by Brian Rodenbush and colleagues found that *pepper-mint* improved clerical productivity. Twenty-one participants were divided into two groups. Steve Bentley has a lifetime supply of *peppermint* oil. Improved cognizant function—is that important! Better accuracy on typing, faster speed. Isn't that fun to see all of that on *peppermint*! Do you see how you can play with that now in your next training meeting and just share that with people? It's simple. You don't have to teach them about how it restores liver function and how it increases pancreas function and how to improve the secretory IGF-1's with *peppermint* oil and all of this medical jargon from Gary. Now you can just approach it from a real simple place.

### **What about Lavender?**

*Lavender*. What could I tell you about *lavender* that you don't already know? Probably absolutely nothing. You've experienced *lavender*. It's the greatest oil that exists. *Lavender* versus caffeine. The University of Vienna found that diffusing *lavender* in the air reduced the agitation of test subjects when injected with caffeine. *Lavender* out-performed its two main constituents, linalool and linalool acetate, suggesting a synergistic effect. So don't think you can put *lavender* in your coffee and drink it and get away with it! I won't stand for that!

*Lavender* improves sleep. The General Hospital in Ireland applied one drop of *lavender* oil blend to each of the four corners of the patients' mattresses. A *lavender* oil blend was also vaporized in the air during the night. Patients lived, mattresses decayed!

Patients who slept well. Isn't that interesting—73% and 97%. The reason that is increases is because 73% quit snoring! A phase requiring night sedation with pills—look at that. This is really important because anyone who's been in medicine (any nurse who has ever worked in a hospital) knows that night meds are increased an average of 40% during the night, particularly pain meds. Why? Because people are sedentary, they are laying down and acid starts to build. Where is the acid coming from? From all the medication they are being given—and the jello and ice cream they had for dinner! And when that acid sets in blood flow slows down, inflammation increases, pain increases, night medications increase.

### **Lavender for Sleep and Alertness**

So look here—reducing the sedating of patients at night from 90% down to 36%! That, to me, was really remarkable. *Lavender* for sleep, *lavender* for daytime alertness. One drop of *lavender* oil was applied to the pillows of nine elderly patients for one week each night. Eight out of nine patients reported improved wakefulness and alertness during the day, suggesting improved and higher quality sleep at night.

Now, please don't misconstrue this research right here. This is taking *lavender* the night before and sleeping better that night and being more alert the next day. Don't start down the highway and get out your *lavender* bottle and start snorting and think

it's going to wake you up! Bad news—they will be picking you out of the ditch!

*Lavender* versus insomnia. How many of you have used it for sleeping difficulties? Wow, quite a few of you! A 1995 study published in the *Lancelot Report* on using *lavender* oil to treat geriatric patients with chronic insomnia.

Researchers found the inhalation of ambient *lavender* oil out-performed sleep medications in improving sleep duration and quality. No side effects were reported. That is powerful! Do you know how many people are on sleep medication? Do you know how many people are on medication for insomnia? My goodness—look at the service that you can give out there!

### More *Lavender* Benefits

A 1996 controlled clinical trial test showed 72 patients receiving *lavender* aromatherapy slept well; 11 patients receiving no odor slept well; 79% of *lavender* patients reporting having a good day, 26% of no odor patients having a good day. These are pretty significant numbers.

*Lavender* versus cognitive abilities.

Randomized controlled study tested *lavender* aroma on 94 adults. Researchers found the subjects in the *lavender* group displayed better cognitive abilities and better moods than the unscented controlled groups. Isn't that exciting!

*Lavender* and cholesterol. What's that, Lipitor that people are on for cholesterol? I was about to ask Dr. Hill how many patients have been through the Clinic in the last year because of cholesterol. Inhalation of *lavender* reduces atherosclerotic plaque on the walls of the aorta, the chief blood supply to the brain, even though it did not reduce cholesterol levels in the blood. But all they had to do was put one drop of *rosemary* with the *lavender*, ingest it on their tongue, and it would start reducing cholesterol. Remember that—*rosemary* for lowering cholesterol. It is absolutely remarkable, the beautiful things that we have here.

A 1999 University of Alaska study found that *lavender* reduced blood pressure. In its randomized controlled clinical trial on 20 healthy men scientists found that 10 minutes of *lavender* inhalation resulted in a lower systolic and diastolic blood pressure, lower arterial pressure, and slower heart rates compared with the controlled group.

Well, I think a lot of you *Young Living* distributors have to use *lavender* to keep your blood

pressure down because you are so excited about sponsoring people out there!

Again, another one on cognitive ability. In a 1999 University of Miami study administered three minutes of aromatherapy to 40 healthy adults. Researchers found that subjects exposed to *lavender* aromas were less depressed and scored higher on mathematical tests, performing faster and more accurately. Subjects also exhibited increased beta waves in the brain and exhibited lower anxiety scores. Wow! How many of you were in Convention in 1999 when Dr. Friedmann showed the brain wave increases on delta and beta waves from using oils? Wasn't that exciting!

Senility. Five percent of the people over age 65 have senile dementia. My goodness, this is really sad because in Pakistan and Azerbaijan where they live to be 120 to 140 I never found this—not one time—but in America 5% of those over 65 have senility, and this is not even accurate because how many of our people 65 or over haven't been tested to see if they have senility? So if the true numbers were really known we could probably triple or quadruple that number and it would be closer to being accurate.

### Dementia, Inflammation, Fungi Issues

Twenty percent of people over age 80 have senile dementia. A 2002 placebo-controlled University of South Hampton School of Medicine study found that diffused *lavender* oil was effective in treating agitated behavior caused by dementia. Wow! Isn't that interesting! Two percent *lavender* oil solution was diffused for two hours on alternate days. Sixty percent of patients showed an improvement, 33% of patients showed no change (they weren't breathing!)

Inflammation. Another one that's really beautiful. A 2.3% study conducted by the Isfahan University of Medical Science discussed the effect of ingested *lavender* oil on inflammation. Test subjects spent 2 mg. per kilo of body weight of *lavender* oil displayed substantially reduced inflammation, as shown by corrigan-induced edema. Subjects were fed (what's that telling us?) It didn't say "snort," it says "fed".

*Lavender* versus fungi. The University in Japan found that diffusing essential oils appeared to offer promise for inhalation therapy of respiratory tract infection. In fumigation of rooms for prevention of aerial infection researchers found that

diffusing *lavender* oil (10 ml. per liter of air) was more than that needed to suppress the growth of pathogenic fungi on surfaces.

So even though, when you look at the chemistry of *lavender* oil it doesn't show a great deal about its antifungal activity, we see this a lot. We look at a lot of essential oils that contain coumarins, and we look at them as actual hemostats for regulating blood—to thin it, to thicken it (whatever)—and yet, we can take another simple oil, *cistus*, that contains no coumarins, and yet it dissolves blood clots almost immediately.

So you back up and you say, “Well, how can this be?” It's because of the synergism in the multiple compounds found in an oil.

### **Learning about Lemongrass**

*Lemongrass*. At the Department of Nutritional Sciences in Wisconsin, 22 subjects took a daily capsule of 140 mg of *lemongrass* oil. Wow! Let's back up here. At the Department of Nutritional Sciences in Wisconsin—that tells us it's in the United States, is that not true! Twenty-two subjects took a capsule daily (now it doesn't say where they put the capsule!) They took 140 mg of *lemongrass* oil and the research concluded that *lemongrass* oil effectively lowered the cholesterol levels! Who needs to have Lipitor!! Have I not told you that for every problem we have, God has given us an answer. Some of you have heard me say this, too, “If God made one mis-take it was when He gave us a brain and expected us to use it!”

*Lemongrass* versus e-coli. Look at this: When added to juice, *clove* bud oil, *lemongrass* oil, and *lemon* oil were effective against e-coli concentrations of 0.018 (- 0). My gracious!

### **Melissa and Sandalwood Oils**

*Melissa* oil. I forgot to tell you. We produced two gallons of *melissa* oil at St. Maries this year! Wow, that was so exciting! It was the largest production in the world this year.

*Lemon* oil, *lemongrass* oil were effective against staph, *enturica* at a concentration of 0.0044-0.011%! *Lemongrass* and fungi at Weber State University. The researcher tested the antifungal abilities of 92 essen-tial oils against four pathogenic fungi. Sue and I did this a number of years ago and *lemongrass* showed the third highest scores of all the oils tested, 10 micro liters. It's just beautiful.

Effect of essential oils and growth inhibition of *melissa*, *thyme*, *lemongrass*, *palmarosa*, *rosewood*, and *eucalyptus citradora*. You can see the inhibition of those really quick.

*Sandalwood* versus herpes viruses. A 1999 study at the University of Buenos Aries, Argentina found that *sandalwood* oil inhibited the growth of herpes virus 1 and 2. The effect was dose-dependent and more pronounced against HSV-1.

*Sandalwood* for the liver. All of you have heard me preach about liver (for how long!) At the Cancer Biology Laboratory in India, a team of researchers investigated *sandalwood* oil and glutithione S-transferase activity in the liver. Glutithione is the most important antioxidant enzyme in the human body, they found that glutithione levels rose five to six times. Wow! Is that amazing! Does that mean we need to put *sandalwood* oil in *JuvaCleanse* now? That's an idea, isn't it! But you can do it, can't you? You can put it in your *JuvaPower*—you can just put it in your water and drink it. There are so many wonderful things you can do.

In view of the fact that *sandalwood* oil can induce the activity of glutithione in the levels of sulfa hydroxyl groups of liver, it's possible that it can act as a chemo preventative agent against chemical cacogenesis. That is really interesting!

### **Sandalwood and Skin Cancer**

*Sandalwood* researchers found that *sandalwood* oil can be an effective chemo preventative agent against skin cancer. What did Nicole show you yesterday? Now you have it coming from different paths here of absolute documentation, and yet today there are still people out there saying that these oils are just witch-craft. Researchers published in the *European Journal of Cancer Prevention* showed that *sandalwood* oil prevented skin cancer. There we go again.

### **More Studies on Essential Oils**

*Tangerine*. The University of Minnesota, a team of researchers found that the essential oil of *tangerine*, rich in limonene increased glutithione activity in the tissues of the mouse. They came to the conclusion that the citrus oil inhibited the formation of tumors in the fore stomach and lungs of mice. Feed it to your mice and eat your mice!

Limonene and essential oils. There are your levels—*grapefruit*, *orange*, *lemon*, *elemi*, *lime*, *ledum*,

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*balsam fir, white fir and tsuga.* These are your most abundant limonene oils.

There are a couple of things here to keep in mind at the same time. When doing in vivo and in vitro studies there is a big difference, and so some of the things that are done at the universities in vitro don't always turn out the same way with human studies for the simple reason that the oils when ingested have to go through the stomach gases, they have to go through the liver, they are mixed with a lot of enzymes and a lot of other elements that are present that they have to go through and deal with. And it can change some of that structure, so as I am showing you this, don't just run out and grab six gallons of oil and go stop the next liver cancer patient and expect results.

*Lemon.* *Lemon* is a beautiful oil. The treatment is with citrus fragrance normalized neuro-endocrine hormone levels and immune function, and it was rather more effective than antidepressants. That was at the University School of Medicine, Japan, 1995.

*Lemon and cistus.* The effects of long-term inhalation of fragrance on the stress-induced immuno suppression were studied at the Department of Immunology, University School of Medicine, Japan. Immune response was analyzed based on plaque-forming cells PFC count. The decreased PFC induced by high pressure stress was restored by exposing the stress mice to *lemon* and *cistus* for 24 hours following exposure to stress. Shrinkage of the thymus gland stress was also restored by exposure to *lemon* and *cistus* for 24 hours after stress.

### **What is the Message?**

Let's just take a second right there. What is this really saying to us? Immune response, decreased PFC induced by pressure, and stress was restored. Shrink-age of thymus gland from stress was also restored. What does the thymus gland have to do with anything? Stress, shrinkage, restoration, *lemon, cistus.* Does that little quote right there at the bottom have any value to you? Would that not cause you to feel that there should be a diffuser in every room running all day long? Re-evaluate some of these things. Look at how you are dealing with stress and how it's affecting you, and maybe some things that you could incorporate that might empower your system a little bit more.

*Lemon* oil is one of the less expensive in *Young Living.* It's quite plentiful, thanks to our

citrus business, but how many of you literally are diffusing it multiple times a week in your home? (A small, small percentage.) God bless you. How many of you are thinking about maybe increasing that now?

What does it mean? When you have shrinkage without going into a lot of medical jargon, you have suppression of immune function, or you have disregulation, so when you can restore thymus you are helping to restore a major part of immune functions, so you are improving immune function in real simple terms.

### **More about Lemon Oil**

Yes, *lemon* oil, if you look in the *French Medical Textbook* mentions it for the immune system, so what we see here is just some documentation showing how it helps to restore thymus, and we know that as we age, probably the thymus shrinks as well.

*Valerian.* I have got to talk about *valerian.* It is wonderful. The neuro-protector properties of *valerian officinalis* extracts were studied at the Institute of Biochemistry in Portugal. *Valerian* has been used in traditional medicine for its sedative, hypnotic and anti-convulsive effects. Pay attention to that for sedative, hypnotic and anti-convulsive effects and the next time that you are in the grocery store and you are trying to sign somebody up and they are giving you a bad time about your oils, just bring your *valerian* out! Learn how to use your tools. Your oils are tools. Learn how to use them to sedate that person while they're signing their application!

### **Valerian for Pain**

But here's what's really beautiful. How many people are on anxiety medication? How many people are going through severe trauma and are being sedated for severe trauma? Now, you have a blend that I made specifically for that called *TraumaLife*, but I made this discovery last year after I had a double abdominal surgery (7½ hours under the knife) and refused medication. It was a little bit painful! I had 42 steel clips and 6½ feet of stainless steel wires that are still inside of me, and I used *valerian*, and I took it by capsule and I used *vetiver* and I used half and half—two capsules three and four times a day.

I do the same thing now with the invasion of seven screws through the bone and bone graft, it was

a little bit more uncomfortable, and so I just started doing *valerian*, just straight capsules, nothing else. I do two capsules and I can lay back and watch my watch and in 19 minutes I am going to sleep—and that’s the transit time through my stomach and my liver into the blood for my body. For someone else it may be different. I could literally watch my clock and in 19 minutes I knew that I had better not be standing up because 60 seconds later I would be horizontal and wouldn’t know it. It was that effective, and is that effective. Four hours later it would start to wear off. It is more effective than morphine.

The only thing that I am dealing with now is altering the taste, and three drops of *peppermint* in a capsule of *valerian* kind of handles that taste situation because after several days of several capsules of *valerian* it starts to coming up on you and you start developing a dislike for that wonderful flavor!

If you have never understood that flavor, then go find a dirty sock that’s been left in the closet for several months and chew on it. You’ll understand it—that’s *valerian*.

But *valerian* absolutely is—in fact, it has been said that it conscience and knows where to go and what to do. It really does. It’s a very powerful sedative product. So utilize some of these tools that you have.

### ***Balsam Fir in Idaho!***

*Idaho Balsam Fir*. Wow! This was a beautiful project and it’s been a very fun project. Ever since I spent time in southern Arabia and on the *Frankincense* Trail and in the Judean desert finding the old ancient distillery and learning more about *balsam*, I just had this drive inside of me that I wanted to find *balsam*. Now I know that the *balsam* that grew in southern Arabia and the *balsam* that grew in Israel were not the exact same species, nor would it be exactly the same species in America, but this is just a theory that I have and a very strong feeling I have and that is, if God put something that worked very, very well in Arabia that He would create something in America that would be equivalent to that, and I believe that. Just like He put *frankincense* in southern Arabia and He put *copal* in Central America, and *copal* is very, very close to *frankincense*.

So with that theory and that feeling I started looking for *balsam* and found this tree farm in

northern Idaho near the Canadian border growing *balsam* trees. They would plant them and grew them for the Christmas tree business. At the time he planted the plantation, within five years of it then artificial trees really started coming to the forefront and the discouragement of cutting Christmas trees came in, and the market dropped out of it for a few years, and the trees never got harvested, and now they are 20 to 25' tall. So this gentleman was hiring a person with a bulldozer to come in and push the trees into piles and burn them and clear the land so he could prepare it for other crops, when I found it.

So I simply just approached him and asked him, “Can I have the trees for just taking them off the land—and you don’t have to pay me \$400 an acre?” I thought he was going to jump up and down and kiss me! So we did that, and to make a long story short, I wound up buying the farm, and so we have our own *balsam* tree farm. (You have!)

### **Strong Feelings Supercede Common Sense**

I had a real strong feeling about it. In fact, one day Mary said to me, “Honey, why are you doing this? Don’t you have enough to do?”

It’s 125 miles north of the St. Maries farm and so when I finally made all of the arrangements with the gentleman over the phone (because he lived in California). He had moved from Idaho because he had lost his business and went there to start another.

So I took my crew of 12 guys and a truck and power saws and a little chipper and we headed to the Canadian border to the Highland Flats farm. We left about 4:00 or 5:00 o’clock that morning and we got back at midnight that night with a load of chipped *balsam* trees, and we distilled it to acquire two quarts of oil. That was 12 men almost 18 hours to produce two quarts of *balsam* oil, and yet I felt so strong about this. I was just really glad at that time that I didn’t have Steve Bentley with me because he would have definitely said, “Gary, this is not cost effective,” but I didn’t have my pocketbook and my calculator to figure that all out, and I just went by feeling.

However, this is what Steve would have done for me. He would have sat me down and said, “Gary, this is not cost-effective, and this is what we’re going to need to do to make it work.” That’s the kind of man I have there in that department, not

one who says, “No, you can’t do it,” but.. “this is how you can do it.”

### **Tribute to Integrity of YL Staff**

It’s really beautiful to have that tremendous support. I just have to acknowledge our people. Linda, you’ve got to meet her. She was here doing some photo shoots. Between Steve and Linda, there’s not a more dynamic team that any corporation or company in the world could possess than those two beautiful people, and I love working with them, and I give thanks for them being with *Young Living*.

But I went back and I built the equipment that we needed and went in with harvesters to harvest to where we could produce 12 and 14 gallons a day of oil from the *balsam* trees with a six-man crew and made it cost-effective.

I had such a strong feeling, and the first winter when we went through the first harvest up there, it was difficult. There were hard times; there were times when I pulled in with a semi-truck and the weather would shift and change and we would be working in 2' of snow or it was snowing all day long. There were times when I was sitting on the harvesting machine cutting that we would stop and we would drive literally into Bonner’s Ferry and change clothes in the laundra-mat.

We would take our clothes off and put them in the dryer and dry them and go back to the bush and work for another three or four hours and go back to the laundry mat, change clothes and dry. We would change clothes sometimes three times a day to try to keep from getting hypothermia from getting wet because of the driving, melting snow as it was piling up. That area produces a lot of snow.

### **Trials Encountered during Winter Storms**

And then we got the semi-trailers loaded. Two trailers (126,000 gvw) and I would get under the wheel and start to pull out of the bush and guess what! It would be warm enough that the frost that came in in the morning had gone out of the ground, and one night as I was heading back to St. Maries the back of the trailer just sunk out of sight while completely loaded!

We spent the entire night jacking, building plat-forms and corduroying the road to get that trailer back out of the bush and onto the road out of there. You lay in the mud with the snow blowing down your neck, shoveling mud, digging, building

platforms to put 20-ton hydraulic jacks to lift a 25-ton trailer up to put planking and corduroy under it, and you know when you have time to think a little bit, you ask, “What am I doing here? I could be home cuddling Mary by the fire. I could be in bed sleeping!”

A lot of thoughts go through your mind, but the feeling of the value kept driving me to keep being persistent in doing it—not even at that time, knowing its real value, but just a feeling. And as we distilled, I started watching my crew and that’s what started giving me the first clue.

### **Bush Crew versus Distillery Crew**

My bush crew—fighting the mud, fighting the snow, and then it would rain and then it would snow and then it would be freezing cold, equipment breaking down, blowing hoses, etc. Eldon was there. He experienced it, he came to help with the harvest one week. He, drove the cutter, drove the forwarder, drove one of the semis for me. It seems like whenever I started pioneering something, Eldon has been there, and I hope you can understand my appreciation, but the guys would get upset and you would hear this “foreign language” from time to time.

I would go to the distillery and the guys who were running the distillery were there when I would back in at midnight or 2:00 o’clock in the morning and start unloading. I made the mistake once of coming in a 2:00 in the morning with the load and I was so tired and said, “Guys, we will just unload it in the morning.” We got up four hours later to unload and I’m sure it had dropped 15 degrees and we spent the entire day with picks and shovels because it froze inside the trailers.

I didn’t want to repeat that scenario, so I would back up to unload and here were the guys in the distillery who had been working all day and were going into the night shift were just as mellow, just as calm, and just as serene as could be. “Oh, Gary. You made it! How was your day? We have produced 12 gallons of oil today..” I thought.. “What have they been drinking while they’ve been producing oil?”

### **Trading Places..**

So I started then taking the crew from the distillery to the bush. I decided I had to take these guys from the distillery into the bush and see how it works, and I would bring the bush crew to the



distillery and I would come back with a semi-load, pull into the distillery, and here's my bush crew that had this "foreign language" the day before! "Hey boss, how are ya' doin'?" Wow—we just made 14 gallons of oil today. Wow! Looks like you've got a good load on—we'd better get these cookers full so we can start cookin'. It's only 3:00 o'clock in the morning.."

So I went downstairs and walked in the boiler room and looked under the boiler to see if I could find anything stashed—and then I would go back to the bush the next day and here's my distillery crew the next day in the bush with the same "foreign language" that I was hearing before! There's something going on here!

### **Studies Showed Reduced Cortisol Levels**

So we did the studies at the Clinic, and lo and behold, here's where it really started coming in. When participants breathed, ingested, rubbed it on—it didn't matter the application—it lowered cortisol levels 40%! Wow! Was that exciting—40%! So then it was easy to understand why they were feeling more mellow, why they were feeling less agitated, because elevated cortisol creates anger. So I started looking at it.

### **Patricia Holmes' Story**

I had another feeling in 2001 with my first cancer patient, Patricia Holmes, and I said, "We're going to experiment with this for cancer. I feel so strong about combining *frankincense* and *balsam*."

This little lady had an adenole cystic carcinoma of the parotid gland. There were five other people diagnosed within a two-week period at the Rockford Clinic in Spokane Washington with the same identical cancer. Patricia Holmes is the only one of those six people who is alive today!

I talked with her brother just a few weeks ago at St. Maries and I said, "How's Pat doing?" (because I hadn't seen her for a year). He said, "Gary, she's working as a shift manager in a factory in Ogden and just doing fabulous! She just got promoted, and she is alive and well!"

### ***Frankincense* and *Balsam*, a Great Mainstay**

So it has become a mainstay in our regimen—*fran-kincense* and *balsam*. The other five people who were diagnosed within the two-week period that Patricia was, all chose the tradition. The longest living of the other five made it 13 months from the

day of diagnosis. All the other four died before the year. They told Pat, "If we do surgery and radiation, we can give you approximately one to two years maximum." But out of the other five only one made it to 13 months. She would have lost all the facial muscle in the side of her face, lost the sight in her left eye and total control, and that was what she was faced with. That was just from the surgery before radiation began, and she opted not. So that was really our first and one of our real proud success stories now going on her fifth year in total remission!

### **Gary's Arm Injury Reports**

This scan was from February 19 and was conducted at Timpanogos Regional Hospital and as I mentioned yesterday, I had the pain in the right arm, in the humerus, and I thought it was a torn rotator cuff from lifting. I went in, did the scan, and there was a .5 centimeter tumor in the humerus of the right arm. I went to the University of Utah and they were scanning here for a 1.3 centimeter tumor. Images were obtained from the top of the shoulder through, and then they went through intravenous.

The soft tissues of the right shoulder show no masked lesions. They included portions of the right lungs unremarkable. The tumor is totally gone! That was strictly from the use of the *frankincense* and *balsam*—half and half. I didn't make it in two-thirds, one-third or 10 drops and two drops—I just mixed it equal proportion. That's what we did with Patricia as well.

So these are some of the beautiful things that we see with essential oils that are so powerful and so effective, yet oftentimes we are afraid to take a chance at using them. The option I had was to go in, take the tumor out, do a bone graft (which was the tradition or the standard procedure)—and where does it go from there?

My feeling is (and I share this a lot) there are times when surgery is necessary, and I'm not up here to advocate getting rid of the medical profession, because that's not the case. If it had not been for the medical profession I would not be here today.

However, the medical profession did not take me out of the wheelchair and they did not help me to walk again. There is a place and purpose for both, but let us do this: Let us now surrender our power, let us not give it up, but let us learn how to work together and integrate and love and appreciate that which God has given us and maybe look at surgery

as a last option when everything else has not worked perhaps.

### Utilize Every Other Possibility First

Because once you have caught and once you have intervened, you cannot go back and undo it. I have watched so many people go in for just simple gall bladder surgery when it's not necessary because they don't have the discipline to do some of the things that they could do, and they live with the discomfort of that for the rest of their lives. It's too late then.

Yes, I experimented with it because I believe this: If *balsam* and *frankincense* had failed, would I have gone in for surgery? No—because I hadn't tried every-thing. I had only tried one thing. When I exhausted everything and I was 105 years old I probably would have considered it! It probably

would have taken that long to try everything. But so much of the time we try something once and it doesn't work, and what do we do? And isn't it even true in the way that we build our business? We try a way of building a business because somebody said, "Try it this way.." and we do it and it doesn't work, and we cry, "Oh, it doesn't work for me! I just wasn't meant to have it! I was just born to be poor! It was just in my cards to have cancer. It's my fate to have arthritis—it's hereditary!" Baloney! It's up here (in your head) it's not hereditary! Thank you.

### Moderator:

Thank you, Gary, and thank you for being with us on Training CD #79.

## KEY WORDS AND PHRASES USED IN YL TRAINING CD #79 INCLUDING REFERRAL PAGES

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**YOUNG LIVING ESSENTIAL OILS AND PRODUCTS MENTIONED IN  
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