

# YOUNG LIVING TRAINING CD #82

## “Wellness Support”

### Dr. David Hill

*We welcome you to Training CD #82 from the 2005 Annual Convention, a highly informative lecture by Dr. David Hill on Wellness Support. And now, here is Matt Field to introduce Dr. Hill.*

#### **Matt Field - Introducing Dr. David Hill**

It's hard to travel throughout this company and not bump into somebody who hasn't been directly affected by the man whom I am here to introduce. He has touched the lives of so many people and I am excited that he is here to be able to talk to you.

For the past 2½ years Dr. Hill has been mentored and taught and trained directly by the hand of Gary Young, and he has had that opportunity to be able to learn and teach the art of natural medicine and essential oil use, and what a magnificent opportunity that has been for him.

Dr. Hill leads a team of professionals of truly unsurpassed skill and knowledge in the field of natural medicine. He continues to do the research and the study that it takes to really understand how to treat these illnesses that come into us every single day—and it's a treat to be able to learn from him.

With an innovative approach to education and his willingness and desire to teach, it is exciting. What a wonderful chance to be able to learn and be educated! Without further ado I would like to introduce Dr. David Hill. Please give a warm round of applause for him.

#### **Dr. David Hill - Natural Health Symposium**

It's great having him introduce me, because no matter what he says, I can always “one-up” him; I can always get back at him. Let me tell you an interesting experience that I had—it's such a finny thing.

I was invited to go to Vanderbilt University not too long ago and it was an interesting phone call to get a gentleman by the name of Paul Keckley called me and he said, “Dr. Hill, I understand you know a little bit about natural medicine, and we are having a symposium where we are inviting physicians from all around the country and we would like you to It makes no sense to me. I don't understand them.” and she said, “May I do an experiment?”

come and participate. In fact, we'd like you to be a presenter. Well, it turned out that a presenter really wasn't that much, but I got to be involved in this.

#### **Investigating Energy Medicine**

One of my responsibilities while I was there was to be in a workshop in which I would be the steward over a group trying to investigate the prowess of energy medicine. How many of you are familiar with energy medicine? We all are! In fact, this is one of the newest and most exciting things with medicine is understanding how energy affects the body.

There was an interesting experiment done not too many years ago—I've tried to find this—but I am relating it secondhand, so if this really isn't true, don't blame me, but I believe it to be true.!

I was invited to come out and to do this and one of my responsibilities while I was there was to sit in this group of energy medicine. Keep in mind—these are physicians that have come from all around the country. They are from places like Harvard, John Hopkins, Duke. They were there from Arizona, from Texas, Vanderbilt—pretty prestigious individuals.

I'm really not poking fun at them, but it's so fun to poke fun at them so I am going to do it for a little bit! First off, they were incredible minds—some of the most powerful minds, I suppose, in medicine. In one of the exercises as we were trying to talk about energy medicine they were throwing out terms like..”It's your chi...”

Not everybody there was a physician. In our group we had one person who wasn't a physician—she was just there as a consumer of natural medicine and trying to share her perspective with this panel of illustrious doctors. She said, “It's your chi, it's your life force..” but they just didn't get it. Finally this guy from Harvard said, “You know—I don't get all of these terms.

We all said, “Sure, of course.” I thought, “This is going to be rich,” because I recognized this. This woman had “*Young Living* distributor” written all over her! and I thought, “They don’t know what’s about to happen to them! Hold on guys!” I was sitting in the corner and I just kind of smiling and I thought, “I know what’s going to take place here. I wish I had a video camera because I could sell this. This would be worthwhile footage!”

### **Feel the Imaginary Ball**

So she said, “Okay, I want everybody to put your hands together like you are holding a ball, and I want you to close your eyes and then I want you to ‘feel the ball.’” They were all going, “Do you feel it?” (Remember they were from Harvard, from Duke), so they are trying to “feel the ball” and she was really excited about this and said, “C’mon, feel the ball! Close your eyes, imagine it—it’s a red rubber ball and you can feel the tension! Feel it!”

They were really trying to feel the ball, but then she finally said, “Choose a partner and close your eyes. Now feel the ball—feel it! One of you put your hand through the ball! Put it through the ball!” Finally one guy goes, “I think I feel it!” This is a true story and it was so funny!

So she was talking and a guy from Harvard finally said, “I’m watching. I’m not trying to feel the ball. I know what energy is.” and this guy from Harvard who was trying to feel the “round sphere” has his eyes closed and finally said, “See, that’s just it. I don’t have a ball!”

### **Modern Medicine No Longer Has the Ball**

Well, that’s a little bit about what I think is happening in medicine right now. They no longer have the ball. It’s in your court. It’s in your hands (not mine), it’s in your hands! That’s evidenced by the fact that right now in this country 60% of this population (look around you—you’re not alone any more), 60% of this country has said, “I don’t do medicine. I go to my massage therapist; I go to my chiropractor; I go to my naturopath; I go to my homeopath. I go to my neighbor’s grandmother who seems to know more about medicine than my doctor ever has. And they are making that choice. I find that to be a very exciting prospect, but understand that they’re not going to lose 60% of their market without reacting and without doing something. Let

me share another interesting little thing that came out of that experience.

We spent two days in all of these different workshops (whether it was on energy medicine or exploring the avenues of non-chemical pharmaceuticals. They refuse to call them herbs or oils—it doesn’t roll off their tongues very well, I guess. Regardless of what it was, at the very end of that, then there were a few of us who were invited to stay for the next day and we had a Round Table Discussion with the physicians from Vanderbilt (who I believe were very sincere in their intent) who want to create an option of natural medicine and are trying to understand what all of this means.

### **Minimum Hours Spent in Learning Nutrition**

One of the individuals who was there was from Duke University, a physician who is in charge of their new \$20 million alternative medicine facility—they just broke ground on it two months ago. Isn’t that exciting! No, it’s not! This is not unique to Duke University—Harvard has it, Arizona has it. One guy who teaches at the medical school in Texas said, “I have integrated natural medicine into my teaching, and our students are required to learn about this and understand these processes.”

I was talking to a medical doctor not long ago and he said, “Dave, I think that I had less than one 1-hour lecture. I don’t even think it was for a whole hour. I had one lecture on nutrition when I was in medical school.” I talked with somebody last night and she said that her father-in-law and two or three brothers-in-law were all physicians, and they said that combined they had less than four hours they felt they could recall.

That is really sad because nutrition is the foundation for your health. The objective of doing some of these things at this university may not be all that we think it is. David Lebowitz made an interesting comment. The question was made, “Why was Duke spending \$20 million on a facility to integrate natural medicine into what is already a very prestigious medical facility?” His answer was very interesting. He said, “I don’t care how we get them in the door. Imagine the power we’ll have when we can sit down with qualified professionals and physicians and explain to them the stupidity of what they are doing and get them back into real medicine!”

### **Get Them Back into “Real” Medicine**

He is saying, “Our objective is to get you back into that environment with the lure of ‘we do alternative medicine—come on in, the water’s fine,’ and when you get there they are going to tell you things like, ‘You know what—I don’t know what herbs you are taking, but I am telling you this right now, you are killing yourself!’” And right now we’ve got to start reacting to that. Their objective is to integrate you back in—that was all of these facilities—and they are all over the country. I have a slide which I took that which showed all of these universities. I don’t think that’s all of their objectives. I think that natural medicine is coming into its own, if you want my opinion.

Now more than ever before, those of you who have been with *Young Living* for a long period of time, tell me there’s not a great power that’s coming in with research and new and innovative things occurring not just in *Young Living*, but in natural medicine as a whole. It’s happening and it’s taking place because there is great power in natural medicine.

### **There is No Magic Bullet**

The greatest thing that natural medicine represents is an embodiment or an ability for you to be well, and so much of the time I feel impressed to tell you this. Stop looking for a magic bullet! It doesn’t exist! I get asked over and over again—and I don’t mind—but I feel somewhat like I’ve been irresponsible in my duty in visiting with people when they ask me, “What’s the one thing that I can do?” There is no one thing. It’s going to be a combination of a lot of different things. Our health care system has changed dramatically. It’s not what it used to be. The only consistency that has stayed there is the way we have tried to react to things. It’s a cause and effect relationship in terms of medicine.

You’ve probably heard a doctor say to you, “I’m not sure—let’s wait and see.” I had my own personal experience with that not too many years ago. I had a little bit of a rash that developed and I was very frustrated with it. I knew nothing about natural medicine. I went to the hospital where I was on staff. At that time there happened to be a new doctor there who was visiting from another community because the regular doctor was on vacation. I went into the Emergency Room because

I figured, “I’m on staff and I can just go in and it’s not a big deal.” So I went in and this doctor was there and he said, “How can I help you?” I didn’t tell him who I was, so I thought, “Let’s have some fun!” I said, “I’m Dave and I live here and I’ve got this rash,” and I showed him my rash.

He said, “Hmm. Well, give me just a minute—I’ll be right back.” He walked across the hall which was about 10’ away and I knew where he was going. He was going to the Doctors’ Lounge. I had been there, and in there was an area where we had this library of books because sometimes a picture tells a thousand words. “I don’t know what it is, I have no clue, but maybe I can find something that kind of, sort of, maybe looks like it.” So he pulled out the book and started thumbing through the pages. I knew what he was doing; I knew where he went—and I opened the door and I leaned down, and it’s directly across the hall and I said, “I already looked in that one. I couldn’t find it!”

He looked up and he shut the door. He came back in a few minutes later and I said, “I’m Dr. Hill; I’m on staff here.” and he said, “Well, okay. I couldn’t find it.” and I said “Yeah, me either. I don’t have any clue what it is.” And he said, “Let’s just try this,” and he gave me a steroid. Well, I didn’t take it. I didn’t know anything about natural medicine really—in terms of what I know now. I knew about natural medicine, but I didn’t know what I know now, but I knew enough not to take the steroid and I didn’t, and I think I’ve finally licked that now after a long period of time with cleansing and detoxifying.

### **Cleansing Takes Time**

How long should you cleanse and detoxify? I’ll put it in the words of Gary Young. One time he and I were traveling and we had somewhat of a heated debate with a gentleman who finally got frustrated with me when I said, “Cleansing is a long-term thing—you are going to do it multiple times because you are continually going to insult your body with toxins.”

Would you agree with me if I were to say that disease is really a matter of toxicity? Would you agree with me? You know, we create the mechanisms. We say that inflammation is when acid creates mucous and mucous creates inflammation. It’s all very true, under-lying every single disease there is, and I don’t care if it’s autoimmune disease or

other, there's a component of inflammation and it's a product of design of your immune system, meaning that your immune system is going to mount those responses, but because of toxicity in our systems the immune response can't stop, or the immune response goes awry somewhere in the mechanism, and now all of a sudden I have the mani-festation of disease or a process that I didn't want.

### **Ongoing Toxicity Requires Continual Detox**

It's a matter of toxicity in our systems, so I've spent a great deal of time trying to get rid of that, and I think I finally have, but it's been nearly seven years.

Gary had an ongoing debate with this gentleman and I did, too, and finally Gary said, "Well, you're right. You should only cleanse one time—and I started 20 years ago." It was kind of funny because I thought, "He got you! And you should just walk away now." He was trying to say that you should only cleanse once. If you've done a good job of cleansing you should never have to do it again. That isn't true. You are going to continually have to, no matter how good we think we are in our diet, in protecting ourselves, we are probably going to find ourselves in a circumstance where we have some toxicity come to us, and not because we chose to.

How many of you have been breathing air today? You already know the answer—you all have, everyone of you—then you have toxicity. It's really irritating me in here today. These are the kind of things that you deal with, and your body has some built-in mechanisms to deal with that, but we compromise it mostly because of nutritional choice. So I would like to explain a few things to you and let you see what some of those circumstances are.

### **A True Scenario..**

I like this: "Doctor, I have an earache."

In 2000 BC, the response is, "Here, use this oil." and then we hear, "Oh, that oil is heathen—you should just say this prayer."

Then we hear, "Oh, that prayer is superstition, you should drink this potion."

In 1940 they said, "That potion is snake oil. Why don't you just swallow this pill."

Then we said, "That pill is ineffective—you should take an antibiotic."

And now (finally) we're back at a point where we say, "That antibiotic is artificial. Here, use this oil."

### **Recalling CD #70**

How many of you were at the Nashville Conven-tion? Remember, I gave a little bit of a lecture. I understand now that it's Tape #70. I found that out when my wife played it the other day and I thought it was kind of interesting. She thought it was kind of funny. She said, "I can't believe that's you!" Any-way, I talked a little bit about immunity and I talked about how your body mounts that response, and then I talked about "super bugs." One of the things I said was, "I will promise you that *Young Living Essential Oils* will have effectiveness against super bugs."

### **Protection against Super Bugs**

What did Gary just share with you yesterday? I was a little disappointed I didn't get to share some of that, but I was very excited to hear it. Guess what? Oils have effectiveness against GS, even Methicillin-resistant super bugs, even Vancomycin -resistant super bugs. There was such chemical complexity associated with these compounds that they aren't having great effectiveness against things that in the medical community there is no answer for, and that is going to be proved to be true—you heard it here—all across the board.

There is a quote that was given yesterday and I would say it again today, that the doctor of the future will be one who concerns him or herself with dealing with the body through nutrition. "If we are going to fail to recognize that what we eat is who we are, it's a failure to want to be healthy," to really put it in blunt terms. Let me share with you something I find kind of interesting. Eighty percent of your health is determined by nutrition; 20% of your health is determined by genetics. This is a little bit of a new mind thought, a little bit of a new expression because we used to say, "Well, it's all just genetics." I think you heard that yesterday from Dr. Rodier. I used to think it was just your genetic disposition—it's just the luck of the draw. It's really not the case.

### **The Case of Geonomics**

There was an article that was presented in *Newsweek Magazine* in January 17 of 2005 that comes from a gentleman by the name of Jose Ardores, at least that is who I am going to quote—but

there were lots of other individuals who were quoted and universities who were quoted. He's the Director of the Lab for Nutrition and Geonomics at Tufts University, and he gets into and talks a little bit about gene expression, so I want to tell you a little bit about genes. We are going to stay very superficial on this because I want you to have a basic understanding of some of the things we are going to talk about. He is saying that the APOE, or the apolipoprotein E (which is a gene) has three different expressions or three different types. There is an E-2, an E-3 and an E-4. He is also saying that not all of us have the same expression.

In other words, you could have an E-3, and I might have E-2, and you might have E-4. You might even have two of the E-2's. We are all genetically going to express ourselves a little differently.

### Gene Expression Makes Us All Unique

I heard Dr. Lorraine Day speak once. She cured herself of cancer and as a medical doctor she's become a very big proponent for health and for going into those processes naturally. She made an interesting comment (and I don't mean to disagree with her), but I am going to disagree with her. She said, "We all have the same organs; we all have the same function—a liver is a liver is a liver—and it doesn't matter, they all function the same way."

I am telling you that isn't true. Yes, we all have the same things, but how my body reacts biochemically and physiologically is very different from how your body is going to react—and that's what gene expression is. That's the difference between an E-2 gene and an E-4 gene. It means I am going to react a little differently. Some of the ways in which we react differently is, if you happen to have the E-2 gene (if you happen to have one of two copies of that), your chances of having high cholesterol have significantly reduced. You could probably do any-thing you want and not get high cholesterol, is what he is saying. If you are unfortunate enough to be one of the 15 to 30%, however, who have the E-4 expression, your chances of not just high cholesterol, but of heart disease, of diabetes are significantly increased, and if you have a lifestyle in which you smoke or use alcohol or do other things that are not nutritionally sound, your increase has substantially elevated yet again.

### Genetic Predisposition can be Removed!

This is what he says in that article: "Smoking is bad for everybody, but in a person with E-4 it is a total killer. We are not talking about probabilities—it is almost certain that you will get heart disease. The increased diabetes risk is found only in people who are overweight. If you stop smoking, give up alcohol, exercise, and eat a diet low in saturated fat you can remove all of the genetic predisposition for heart disease—not just some, but all of it."

You should be jumping out of your seats! What did I just tell you? Put the pieces together. Remember I said, 80% of your health is determined by lifestyle, 20% of your health is determined by genetics. Nutritional geonomics is now telling you (which, by the way, is just a fancy term for diet and nutrition), that's all we're studying. We are not studying anything new. It would be fascinating to be able to genetically understand how each one of us functions because we could alter some things in our diet that would promote our health and be very specific about it. That would be a nice intent for this particular, the study of nutritional geonomics.

But they are saying emphatically, "You can remove all genetic predisposition if you will eat a healthy diet and stop the things that are promoting the disease and start doing the things that are promoting health.

In the same magazine you would find this interesting. Harvard Medical School released a study in which they talked about (from their Director of Exercise and Physiology) high blood pressure and the use of Statin drugs and how powerful they are as an anti-inflammatory agent and how wonderful they are at controlling high blood pressure. He went though what was not a very lengthy article, but a full-page article talking about how that is the best prospect you have. But in the very last line in that article it was really interesting: "**As powerful as Statin drugs are, more powerful still is a healthy diet and exercise.**"

Isn't that amazing! The best thing we have to offer for you is high blood pressure medication—Statin drugs. You could eat right and exercise—that would be better, but we know you are not going to do that, so this is the best thing. Well, it's true. We know you're not! Most of us aren't. We live in a society where we are told, "Have it your way!" Do you know what? You are much too busy to worry about dieting and exercising.

### **Lifestyle Modification**

When is a diet pill worth \$150 a bottle? When it really works. It doesn't really work. It's about lifestyle modification. Think about all the fad diets, all the things that you know and understand that you're exposed to. The newest (by the way) is the No Fat fad diet which happens to be not such a bad one because one of the things they are promoting is long-term lifestyle change. Stop doing the things that are insulting to your health, and that's what I want to talk with you about today. What are the things that are insulting to your health?

This is really interesting. Let me share what they say at the end of the article and why nutritional genomics is getting attention. "Nutritional genomics will create opportunities for drug companies to isolate, concentrate, synthesize, and improve on the compounds in nature."

Am I the only one that finds that unfortunate? Do you see how we miss it? Do you see how we miss the mechanism? Do you see how we put all of our faith and confidence into a system that we have been led to believe has all of the answers, and it really doesn't. Do you see how they led you right down the path when they said, "Do you know what? Diet and nutrition is extremely important, so much so that we are going to work to understand how your genes function so we can create a drug that will work better than what we just said is the best thing you could possibly do."

### **Conspiring for Profit and Gain**

Do you see how they said that? It's not a conspiracy—I'm not saying that—nor am I saying that it's the intention of everybody to lead you astray. I'm telling you it's big business as far as the drug companies are concerned, and I'm telling you as far as the doctors are concerned, they don't have anything else to give you. They don't know what else to tell you. What about this scenario: "What else would I do if I didn't give you Statin drugs? If you are depressed what else could I possibly do rather than give you Prozac? If you've got high cholesterol, what else would you expect me to do but give you Lipator? Oh sure, it's going to destroy your liver, but we'll cross that bridge when we come to it, because if I don't control your cholesterol you're going to die of heart disease."

But isn't it interesting—of the 1,100,000 people that died from heart disease last year, over half of them didn't even have high cholesterol. Over

half! You can see the premise. We don't know everything. We really don't. I am going to tell you and I mean this honestly. Do you know who knows more than we do? You do. You know your body better than anybody else does, and you know how things affect you more than anybody else does.

I get asked the question all the time.."Dr. Hill, I went to my doctor and I've been doing *Young Living*, and it was really helping, but my doctor told me I should stop taking it, so I did. What do you think I should do?" "I think you should take it." Then they say, "That's what I thought!" But we stopped. Why? I think sometimes it's because we think that medicine is such a complicated thing. It is. There are things about medicine I don't understand. I try to. I kind of laugh sometimes when they say, "Oh, Dr. Hill, you know so much." and I think, "No, I don't!

### **Keep it Simple**

I put it in simple terms because that's what I understand. Don't let the complexity be a stumbling block for you. Empower yourselves, decide to do something different. Decide that at all costs, it's worth protecting you in the environment that you're in, and you will have success.

I want to give a caution here. It's not all about immediate success—and I think sometimes we want it to be. I think sometimes we get to the point where we are just sick and tired enough that we want some immediate change in our lives. We want things to somehow allow us to react differently, but understand that you are making a life-long commitment when you decide to do something like natural medicine. I don't throw that out there to discourage anybody, but rather to help you understand that this is something that you need to be very regimented in or you are going to have some frailties and some shortcomings.

For example, if I am going to eat fruits and vegetables and I'm going to wash it down with a Big Gulp, I'm probably not going to receive very much benefit. So draw some lines very clearly. Be willing to stand on those and you'll find that your health improves in significant ways.

You are what you eat. Thank you.

### **Moderator:**

Thanks, Dr. Hill, for reminding us once again how vitally important fundamental cleansing and sound nutrition are for optimal health. At *Young Living* our passion is to offer the finest essential oils and

essential oil-based natural products to enhance your personal health and improve your lifestyle.

*Young Living* stands on the cusp of several cutting edge developments, combining our powerful and pure essential oils with other premium natural ingredients. In the next few months and at this year's convention these products will take main stage for ever-changing daily nutritional supplements like Omega 3's, Digestive Aid, and antioxidants. *Young Living* will also introduce other foundational solutions for healthy eating and cleansing that can improve your vital health routine. Be sure to join us at the 2006 grand convention in Salt Lake City.

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PRODUCTS MENTIONED IN  
TRAINING CD #82**

No products or essential oils listed in discussion