

GROWTH FACTOR

with Products in Season



References and Resources

Deardeuff, LeAnne. *Ultimate Balance: Infusing the Vibrational Energy of Essential Oils into Chakras, Meridians and Organs.* Essential Science Publishing, 2009.

Kimbrell, Stacey A. *Living Balanced: Healthy Mind & Body Reference Guide.* CreateSpace, 2009.

Mein, Carolyn L. *Releasing Emotional Patterns with Essential Oils.* VisionWare Press, 2019.

Publishing, Life Science. *Essential Oils Desk Reference 8th Edition.* 8th ed., Life Science Publishing , 2016.

Videos filmed and e-book written by
Pamela Hunter, Diamond Leader, Chicago, IL

Designed by
Melissa Noto, Melissa Noto Design Studio, Chicago, IL

“All statements in this e-book followed by an asterisk () have not been evaluated by the Food and Drug Administration. Young Living dietary supplement products are not intended to diagnose, treat, cure, or prevent any disease.”

DAILY LONGEVITY

ApotheGARY

Many of our Young Living products are daily “core nutrition”, or foundational support to offer our body balance and physiological stability. In essence, these products help us gain stability in our systems, our emotions, our energy, our hormones, our alignment, etc.*

In Yoga, we talk a lot about alignment and we look at posture. If your posture is in alignment, the flow of energy is unimpeded from the top of your head through your spine, all the way down to your feet and out the tips of your toes. This alignment of energy creates inner stability, and the flow does not stop there. There is energy outside your body and all around you as well!

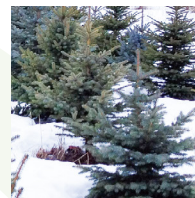
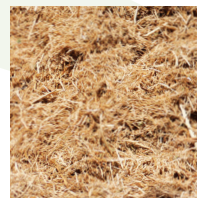
All things you put into your mind and body matter; your foods, supplements, oils, language (words), intentions, etc.

“As a man/woman thinketh in his/her heart so he/she is.” Proverbs 23:7

CONTENT

Daily Core Nutrition

Foundational Support	page 5
Super Hero Supplement	page 6
Boosters	page 7-8
• Fall - Large Intestine/Colon	page 9-12
• Fall 2 - Lungs	page 13-15
• Winter - Kidney & Bladder	page 16-18
• Spring - Liver & Gallbladder	page 19-22
• Summer - Adrenals & Heart	page 23-26



There is a time for everything, and a season for every activity under the heavens . . .

Ecclesiastes 3: v1

What you put into your mind and body shifts your energy, alignment, and stability, moment by moment. Remembering that everything we put into our minds and bodies matters, let's find a focus and pay attention to specific areas of our body and what we feed them by seasons. God created this earth for us to live on and learn from.

We learn how to take care of ourselves seasonally by learning from our Earth. Farming, being so connected to the energies of the Earth, teaches us what to eat, what oils to use, and how to take care of ourselves throughout the year.

At Young Living Essential Oils we are dedicated to our farms and our families. While all of our oils do not come from our own farms, we understand the Seed to Seal® process it takes to harvest essential oils with premium quality giving our company and our families a gift from our earth.

Gary Young was a consistent student of holistic medicine. He traveled all over the world attending course after course, year after year, to understand how to create stability and vitality in the body. Through his studies, he learned the importance of supporting our body systems and organs. He created every product for a purpose.

In Eastern philosophy, there is a season when it is best to cleanse and build up a specific organ. Your organs can be cleansed and supported any time of the year. It is thought to be even more effective when you do it during its season. In this e-book, we have shared these “seasonal supports” with you.

► How to use this e-book:

1. Choose your supplement support from the Daily Core Nutrition ApotheGARY.
2. Learn which organs need support and choose the optimal products for every season. Focus on adding those products into your regimen for 3 months to watch how your body responds.
3. Add new seasonal products to your regimen as you progress throughout the year.

Season by season you will support your entire body, bringing stability and vitality to your lifestyle.*



**This information presented is for educational purposes only. It should not be used as a substitute for consulting with a professional health care provider. These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.*



DAILY CORE NUTRITION ApotheGARY

FOUNDATIONAL SUPPORT

KidScents® MightyPro™ is a great-tasting blend of prebiotics and probiotics featuring over 8 billion active, live cultures specially formulated to support gastrointestinal, digestive, and immune health in children.* Not just for kids!

Life 9® is a highly potent probiotic with 17 billion live cultures from nine beneficial bacteria strains to support healthy immune function, maintain optimal metabolism, and promote normal intestinal function.*

Master Formula™ contains a full-spectrum complex of vitamins and minerals to support digestive health, help neutralize free radicals in the body, and provide gut flora-supporting prebiotics.*

NingXia Red® is a delicious drink packed with powerful antioxidants to help against oxidative stress, support normal cellular function, and promote healthy energy levels for the perfect way to start your day.* <https://youtu.be/KG3dLZ1gwtw>



SUPER HERO SUPPLEMENTS

Super B™ contains all eight B vitamins and bioavailable chelated minerals to help you maintain healthy energy levels, support cardiovascular and cognitive function, and ease feelings of everyday stress.*

Super C™ supports normal immune, respiratory, and circulatory function with vitamin C, rutin, citrus bioflavonoids, minerals, and an array of premium essential oils. These ingredients work together to promote overall health, vitality, and longevity.*

Super Vitamin D supports the body's respiratory system, immune system, bone growth, and hormone production with vegan-friendly vitamin D and a blend of premium essential oils.* <https://youtu.be/erYZPEpwd0I>

“I have never made a product for a profit . . . only for a purpose.” D. Gary Young



BOOSTERS

Alkalime® helps maintain optimal pH in the stomach with an alkaline blend of biochemical mineral salts, lemon powder, and premium essential oils that also work together to soothe occasional upset stomach.*

AminoWise™ enhances muscle performance, reduces fatigue, and supports muscles during and after exercise using a triple-targeted formula that features branched-chain amino acids, premium essential oils, antioxidants, and minerals.* <https://youtu.be/NT8tdAKk50>

Golden Turmeric® is a delicious mango rose turmeric drink that supports the body's natural response to inflammation, immune response, joint health, mobility, and recovery after physical exertion.*

IlluminEyes™, featuring lutein and zeaxanthin, helps reduce eye strain, protects eyes from damaging blue light, and maintains vibrant skin.*

Inner Defense™ reinforces systemic defenses, promotes healthy respiratory function, and offers immune support through potent essential oils, including Oregano, Thyme, and Thieves®.*

Mineral Essence® provides essential ionic minerals that your body can quickly and fully absorb for their maximum benefit.*



BOOSTERS (continued)

MultiGreens™ is a nutritious chlorophyll and essential oil capsule designed to boost vitality by working with the glandular, nervous, and circulatory systems.*

PD 80/20™ supports the endocrine system and helps maximize internal health with a unique formulation of pregnenolone and DHEA.*

Sulfurzyme® Powder supports overall wellness by bolstering your joints, aiding your immune system, and supporting normal metabolic function, circulation, and bone, hair, and skin health.*

Red Drink Recipe: 12-16 oz. water, 1-2 oz of Ningxia Red, 1 scoop of Sulfurzyme Powder, 1-2 drops of Lime Vitality essential oil.

Essential oils of your choice!

Use Vitality Oils in your drinks and recipes and Valor on your feet daily!



YOUNG LIVING
ESSENTIAL OILS

Fall PRODUCTS OF THE SEASON

DECEMBER

NOVEMBER

OCTOBER

Harvests of Fall



St. Maries Farm, Idaho USA
Mona Farm, Utah USA

Large Intestine Emotion & Affirmation

Apply 1-3 drops of **Release** essential oil over your large intestines while saying,

"I clear this channel.
I am in perfect timing."



Movement

Alternating knees to chest
Simple reclined twist, legs together
Reclined cobbler pose with pillows

<https://youtu.be/GXJ8Rd3uFLO>

Foods of Fall

Apples, Cranberries, Pears,
Pomegranate, Butternut Squash,
Ginger, Pumpkin, Sweet Potatoes



LARGE INTESTINE

LARGE INTESTINE/COLON

The large intestine or colon is an organ that is part of the digestive system (also called the digestive tract) in the human body. Its major function is to absorb water and compact feces.

If you rest your right hand just inside your hip bone and your fingertips rest in the crease where your leg meets your body, you will be sending energy to your ascending colon. Then trace your hand just above your naval, across your abdomen and you will be sending energy to your transverse colon. Your left hand comes in resting in the same position as you started with right hand but on the left side and you will be sending energy to your descending colon. Giving your large intestine/colon some love and energy consciously opens your mind and body to energetically enhance digestion. There are also supportive products for this area of our body.

The Cleansing Trio™

Comfortone, ICP, & Essentialzyme - the products you need to begin improving your health through cleansing your system and eliminating waste by specifically supporting normal liver function.*



Comfortone® provides a combination of Cascara sagrada, psyllium seed, and ginger and tarragon premium essential oils that may support digestive health and wellness.*

ICP™ is a gentle intestinal cleanse that uses an advanced mix of fibers and premium essential oils to improve nutrient absorption, decrease the buildup of waste, and help maintain a healthy heart.*

Essentialzyme® stimulates overall enzyme activity and supports and balances digestive health to combat the modern diet.*



ICP Daily (Daily Fiber) supports gut health, aids in the body's natural detoxification process, and helps maintain a healthy gut microbiome through a blend of powerful ingredients including 6 grams of plant-based prebiotics, 5 grams of soluble fiber, and D. Gary Young's original ICP premium essential oil blend of Fennel, Anise, Tarragon, Ginger, Lemongrass, and Rosemary essential oils.

Enzymes (pick which ones work for you)

Allergyzyme® is a gentle vegetarian enzyme complex for people with sensitivities that promotes normal digestion and is infused with Tarragon and Ginger premium essential oils.*

Detoxzyme® combines Cumin, Anise, and Fennel premium essential oils with a myriad of powerful enzymes that help complete digestion, detoxify, and promote cleansing.*

Essentialzyme® stimulates overall enzyme activity and supports and balances digestive health to combat the modern diet.*

Essentialzymes-4™ aids in the digestion of dietary fats, proteins, fiber, and carbohydrates with a unique two-capsule enzyme blend that uses time-release technology for optimal nutrient absorption.*

DiGize®/DiGize Vitality™ essential oil blend combines Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli, which contain antioxidants and may support the digestive system when taken internally.*

Peppermint/Peppermint Vitality essential oil contains menthol, which cools and soothes fatigued muscles. When taken internally, it promotes healthy bowel function, supports gastrointestinal system comfort, and adds a fresh, minty flavor to foods.*

“We believe that you and your family deserve products that are genuine, free of synthetic chemicals.

Seed to Seal® is both a promise to you and a reflection of our sense of global stewardship.” D. Gary Young



Emotional Support & Affirmation

Apply 1-3 drops of **Release™** essential oil over your large intestines while saying, “I clear this channel. I am in perfect timing.”

What products did you use? _____

How did you feel? _____

YOUNG LIVING®
ESSENTIAL OILS

Fall² PRODUCTS OF THE SEASON

Harvests of Fall



St. Maries Farm, Idaho USA
Mona Farm, Utah USA

Movement

Movement Arm Sequence
Reclined Backbend over rolled blanket

<https://youtu.be/z7YbBIPkPnA>

Lungs Emotion & Affirmation

Apply 1-3 drops of **JuvaFlex** essential oil on your lungs while saying,

“I am important.
I am on purpose.”



Foods of Fall

Apples, Butternut Squash,
Cranberries, Ginger, Pears,
Pomegranate, Pumpkin, Sweet
Potatoes



LUNGS

LUNGS



Your lungs are part of the respiratory system, a group of organs and tissues that work together to help you breathe. The lungs are located on either side of the breastbone in the chest cavity and are divided into five main sections (lobes). The lungs are responsible for removing carbon dioxide from the blood and adding oxygen to it.

Raven™ essential oil blend is a combination of Ravintsara, Eucalyptus Radiata, Lemon, Peppermint, and Wintergreen and is designed to give you a refreshing breathing experience.

R.C.™ essential oil blend is a powerful combination of Cypress, Spruce, and three types of Eucalyptus oils (E. citriodora, E. globulus, and E. radiata). The initials stand for respiratory care, as this oil may provide a refreshing breathing experience.

Super C™ supports normal immune, respiratory, and circulatory function with vitamin C, rutin, citrus bioflavonoids, minerals, and an array of premium essential oils. These ingredients work together to promote overall health, vitality, and longevity.*

Eucalyptus Blue essential oil is obtained from botanicals that are grown and distilled at the Finca Botanica Farm and Distillery in Chongon, Ecuador. Cool and invigorating, it creates a refreshing breathing experience when diffused and soothes skin when applied topically.

Eucalyptus Globulus essential oil contains eucalyptol, which creates a refreshing breathing experience when inhaled and provides an invigorating sensation on the skin when applied topically.

Eucalyptus Radiata essential oil contains eucalyptol, which provides a refreshing breathing experience with an camphoraceous aroma that refreshes any stuffy environment.

“Everybody is biologically and bioelectrically different.” D. Gary Young



Emotional Support & Affirmation

Apply 1-3 drops of **JuvaFlex** essential oil over your lungs while saying, “I am important. I am on purpose. I breathe deeply.”

What products did you use? _____

How did you feel? _____

Winter PRODUCTS OF THE SEASON

JANUARY

FEBRUARY

MARCH

Harvests of Winter



Highland Flats Farm, Idaho USA

Kidney Movement

Rock & Roll Forward & Back
Rock & Roll Side to Side
Bridge with Block

<https://youtu.be/MCPr63-58m4>

Bladder Movement

Moving Bridge Pose
Squeeze & Release with Block
Constructive Rest

<https://youtu.be/jltsdrFsCIY>

Kidney Emotion & Affirmation

Apply 1-3 drops of **3 Wise Men™** essential oil on your kidneys while saying,

"I allow myself to be real.
I am loveable."



Bladder Emotion & Affirmation

Apply 1-3 drops of **SARA™** essential oil below your naval while saying,

"I appreciate.
I am fulfilled within myself."



Foods of Winter

Chestnuts, Grapefruit, Oranges,
Radishes, Turnips, Beets, Potatoes



KIDNEY & BLADDER



Your kidneys are a pair of bean-shaped organs on either side of your spine, about 4-5 inches below your bottom rib. They remove waste products by filtering the blood and excreting impurities out to the bladder. Kidneys help with pH balance, blood volume, and blood pressure. Your bladder is an elastic organ that sits on your pelvic floor. It collects urine excreted from your kidneys preparing for urination.

Juniper essential oil beautifies and tones the skin when applied topically, making it a great addition to lymphatic and post-workout massage oil blends.

K & B™ supports kidney and bladder function, urinary tract health, and the body's efforts to maintain proper fluid balance with a combination of juniper berries, parsley, uva ursi, and premium essential oils.*

Lemongrass/Lemongrass Vitality essential oil (pair with Juniper) cleanses the air, neutralizes unwanted odors, and enhances massage practices. When taken internally, it provides circulatory and digestive support.*

Melrose™ essential oil blend is a combination of four essential oils: Melaleuca Alternifolia, Melaleuca Quinquenervia, Rosemary, and Clove. It has powerful cleansing properties that support the appearance of skin.



Kidney Emotional Support & Affirmation

Apply 1-3 drops of **3 Wise Men™** essential oil on your kidneys while saying, "I allow myself to be real. I am loveable."

What products did you use? _____

How did you feel? _____



Bladder Emotional Support & Affirmation

Apply 1-3 drops of **SARA™** essential oil below your naval while saying, "I appreciate. I am fulfilled within myself."

What products did you use? _____

How did you feel? _____



Spring PRODUCTS OF THE SEASON

APRIL

MAY

JUNE

Harvests of Spring



Finca Botanica Farm, Ecuador
*Northern Lights Farm, B.C. Canada

Liver/Gallbladder Movement

Alternating knees to chest
Simple reclined twist legs together
Reclined cobbler pose with pillows

<https://youtu.be/tOdTDzzAiek>



Liver Emotion & Affirmation

Apply 1-3 drops of **Purification®** essential oil on your liver while saying,

"I smile and laugh.
My direction is clear."



Gallbladder Emotion & Affirmation

Apply 1-3 drops of **Forgiveness™** essential oil on your gallbladder while saying,

"I am aware.
I learn from all of life's
experiences."



Foods of Spring

Artichoke, Asparagus, Avocado,
Carrots, Celery, Chives, Collards,
Fennel, Mango, Morels, Pineapple,
Strawberries

LIVER & GALLBLADDER



Your liver sits just under your rib cage on the right side of your abdomen and is essential for digesting food and ridding your body of toxic substances.

Living Balanced: Healthy Mind & Body Reference Guide 6th Edition by Stacey Kimbrell can take you through directions on how to cleanse your liver and gallbladder. You may want to check it out. A yearly cleanse during the Spring and Summer months may keep your liver healthy and functioning properly.

Your gallbladder is a small, necessary organ that rests under your liver on your right side. It stores bile, a fluid produced by the liver, that helps break down fatty foods.

GLF™ is a blend of essential oils that includes Grapefruit, Ledum, Helichrysum, Celery Seed, Hyssop, and Spearmint, a powerful, unique blend of oils with antioxidant and cleansing properties that compliment a healthy weight management program when applied topically. This blend is highly supportive for the immune and digestive systems when taken internally.*

JuvaCleanse®/JuvaCleanse Vitality® essential oil is a premium blend of Helichrysum, Ledum, and Celery Seed is a unique aroma with cleansing properties when applied topically or inhaled. Taken internally, it may help support digestion, and to support a healthy immune system. *

JuvaFlex™/JuvaFlex Vitality™ essential oil blend, combining Blue Tansy, Fennel, Geranium, Helichrysum, Roman Chamomile, and Rosemary essential oils, is an awakening aroma that supports cleansing and overall wellness when applied topically and inhaled. Taken internally, it is a daily nourishing supplement.*

JuvaPower® is a high antioxidant vegetable powder complex and is one of the richest sources of acid-binding foods. JuvaPower is rich in liver-supporting nutrients and has intestinal-cleansing benefits.*

JuvaTone® promotes healthy liver function through a powerful herbal complex of phytonutrients and premium essential oils, including Lemon, German Chamomile, Rosemary, and more.*

“The moment you unburden the liver, you increase immune function.” D. Gary Young



Liver Emotional Support & Affirmation

Apply 1-3 drops of **Purification**® essential oil on your liver while saying, “I smile and laugh. My direction is clear.”

What products did you use? _____

How did you feel? _____



Gallbladder Emotional Support & Affirmation

Apply 1-3 drops of **Forgiveness**™ essential oil on your gallbladder while saying, “I am aware. I learn from all of life’s experiences.”

What products did you use? _____

How did you feel? _____



Summer PRODUCTS OF THE SEASON

SEPTEMBER

AUGUST

JULY

Harvests of Summer



*Mona Farm, Utah USA
Simiane-La-Rotonde, France

Adrenal/Heart Movement

Child’s Pose
Baby Backbend on your knees
Camel Pose

<https://youtu.be/aXHbdFOfzHc>

Adrenals Emotion & Affirmation

Apply 1-3 drops of **Nutmeg** essential oil on your adrenal glands while saying,

“I am strong. I am whole.”



Heart Emotion & Affirmation

Apply 1-3 drops of **Idaho Grand Fir** essential oil to your heart while saying,

“I am centered.
I love others. I love myself.”



Foods of Summer

Blackberries, Blueberries, Peaches,
Nectarines, Plums, Raspberries,
Tomatoes, Watermelon, Broccoli,
Cucumber, Green Beans, Zucchini



ADRENALS & HEART

ADRENALS



Adrenal glands are small, triangular-shaped glands located on top of both kidneys – one on each. Their main functions are to maintain and boost the energy level of the body and to produce hormones that help regulate your metabolism, immune system, blood pressure, response to stress, and other essential functions. Super B and Mineral Essence are important to support these systems as part of your ApotheGARY.* Look at these products too.

Adrenals

CortiStop® combines pregnenolone, herbs, and essential oils to help the body maintain its natural balance and harmony and support the glandular systems of women.*

Thyromin™ maximizes nutritional support for healthy thyroid function using porcine glandular extracts, herbs, amino acids, and essential oils.*

EndoFlex™/EndoFlex Vitality™ essential oil blend features Spearmint, Sesame Seed Oil, Sage, Geranium, Myrtle, German Chamomile, and Nutmeg that helps create a calming and balancing aroma when diffused and applied topically and may support a healthy lifestyle when taken internally.*

Nutmeg/Nutmeg Vitality essential oil has a warm, spicy aroma that is energizing and uplifting. Taken internally, it contains antioxidants, may support cognitive function and the immune system, and offers cleansing properties.*

HEART



The heart is a muscular organ about the size of a fist, located just behind and slightly left of the breastbone. The heart pumps blood through the blood vessels typically at 72 beats per minute.

Heart

Super Cal Plus™ is a true bone health supplement with a synergistic blend of bioavailable calcium, magnesium, vitamins D and K, and other trace minerals.*

CardioGize™ supports healthy heart function with a blend of premium essential oils and a heart-healthy combination of herbs to support blood circulation and the vascular system and promote a higher quality of life. *

PowerGize™ is an exercise and sports supplement that helps boost stamina, support healthy muscles, and increase muscle size and strength through a combination of essential oils and botanicals sourced from around the world.*

Aroma Life™ essential oil blend combines sesame seed oil, Cypress, Marjoram, Ylang Ylang, and Helichrysum to support feelings associated with heart-centered connections.

Ylang Ylang essential oil, traditionally known for its romantic appeal has a calming and balancing aroma for a smooth and happy heart. It also promotes the appearance of healthy-looking skin and shiny hair.



Adrenals Emotional Support & Affirmation

Apply 1-3 drops of **Nutmeg** essential oil on your adrenal glands while saying, "I am strong. I am whole."

What products did you use? _____

How did you feel? _____



Heart Emotional Support & Affirmation

Apply 1-3 drops of **Idaho Grand Fir** essential oil to your heart while saying, "I am centered. I love others. I love myself."

What products did you use? _____

How did you feel? _____

Explore the products you connect with each season. Enjoy this system presented to you. Find out what works for you and have fun sharing it with others. Make plans to visit one of our Young Living farms in the near future. We are farmers and families dedicated to bring essentials oils to every home.

"Life and business is like the changing seasons. You cannot change the seasons, but you can change yourself. There in lies the opportunity to live an extraordinary life, the opportunity to change yourself." Jim Rohn

