



ESSENTIAL OILS FOR LITTLE PEOPLE WITH *big emotions*

A BABY STEPS TO NATURAL LIVING GUIDEBOOK

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essential oil safety

Before we get started, let's talk about using essential oils safely! We want you to be aware of a few safety precautions when using essential oils.

- + First and foremost, **read the oil label before use**. Some essential oils are considered "hot" oils, which means they will have burning (and some times extremely cooling) sensation when applied to the skin.
- + Be mindful of sensitive skin and parts of your body, and **dilute your oils when applying to a sensitive area**. A carrier oil is a non-fragrant, fatty oil such as olive, avocado, or grapeseed oil. There are many different types of carrier oils and it is important to find ones that work well for you skin. Very young and very old skin may be more sensitive to essential oils and may require extra dilution.
- + Never put essential oils in your eyes or ears. If an oil does get in your eye, use a fatty carrier oil, milk, or other fatty substance to dilute it. **Never use water to dilute** your essential oils!
- + If you are currently on a prescription drug regimen, please consult with your doctor before using essential oils. If you are pregnant or nursing please contact your care provider with questions you may have about using essential oils in pregnancy or postpartum.
- + When diffusing essential oils, follow the recommended usage on the individual diffuser. Diffuse in an open, well-ventilated area where children or pets cannot knock over your diffuser.
- + Citrus oils contain a unique category of photosensitive compounds called furocoumarins, so it is important to **avoid exposure to sunlight, sunlamps, or other sources of UV light for up to 12 hours after topical application of these oils**. Or apply your oils "where the sun don't shine."
- + More is not always better! Essential oils are very potent, so a little goes a long way. Using too much oil may cause irritation, and at the very least it's being wasteful of your oils! Start with 1–2 drops and then increase the dosage as necessary.

- + Dilute, dilute, dilute! And if in doubt, dilute some more!
- + We recommend that you test a small patch of skin before using new oils topically. A “patch test” allows you to test the oil by applying a small amount of essential oil to an inconspicuous area. The back of your arm is a good place to test. Check the spot each hour for several hours to ensure no sensitivity has occurred.

dilution basics

Diluting your essential oils is an important step in essential oil safety, plus it helps stretch your dollar!

- + Dilution is a process which blends essential oils with a carrier oil (a pure, fatty, non-fragrant vegetable oil) which helps “carry” the essential oil into the body.
- + Diluting essential oils increases the surface area of absorption, but does not diminish the powerful therapeutic benefits.
- + Look for organic, cold-pressed oils like fractionated coconut oil, olive oil, or grapeseed oil.

dilution ratios for babies and children

Therapeutic grade Essential Oils come from the earth and are very safe; however, dilution precautions need to be taken with children. You wouldn't give your child an adult dose of medication, right? Properly diluting your essential oils is so important when using essential oils on babies and children. Remember essential oils are *powerful* and *potent*, and a little goes a long way. Make sure to dilute your essential oils with a carrier oil such as Young Living's V6 carrier oil, fractionated coconut oil, or olive oil.

DILUTION RATIOS FOR BABIES & CHILDREN

- + 0-6 months: 1 drop essential oil in 4 tsp. of carrier oil.
- + 6-24 months: 1 drop essential oil in 2 tsp. of carrier oil.
- + 2-5 years: 1 drop essential oil in 1 tsp. of carrier oil.
- + 5-10 years: 1 to 2 drops essential oil in 1 tsp. of carrier oil
- + 10-18 years: 1 to 5 drops essential oil in 1 tsp. of carrier oil.

One handy way to use essential oils with children is to make up roller bottles that are pre-diluted.

Use the following ratios to ensure proper dilution:

- + 0-2 years: Add 10 drops of essential oil to roller bottle and fill the rest of the way with carrier oil.
- + 2-5 years: Add 20 drops of essential oil to roller bottle and fill the rest of the way with carrier oil.
- + 6 years plus: Add 30-40 drops of essential oil to roller bottle and fill the rest of the way with carrier oil.

Color coding your roller bottles is super fun and an easy way to include your child in selecting and using oils. Our team really loves [these rainbow capped roller bottles](#).



using essential oils topically

Studies indicate that essential oils can be found in the bloodstream just 26 seconds after being applied topically. Obviously they're an efficient way to enact change in your body.

There are a few classifications for using essential oils topically:

- + **NEAT:** Essential oils classified as "neat" can be applied topically without dilution because they are very mild chemically. Frankincense, Lavender, Cedarwood,, and Sandalwood are good examples of "neat" essential oils. (Remember to always dilute essential oils when using on sensitive, young, or old skin.)
- + **DILUTE:** Essential oils classified as "dilute" have a very potent chemical makeup and should always be diluted with a carrier oil before being applied topically. Oils that should always be diluted Cinnamon, Clove, Oregano, Thyme, and essential oil blends that include them (Thieves).
- + **SENSITIVE:** Essential oils classified as "sensitive" are those that should be diluted before use on young, old, or sensitive skin. Oils in this classification include Bergamot, Black Pepper, Eucalyptus, Ginger, and Peppermint.

where to apply essential oils

- + **FACE:** Use essential oil as part of your regular skincare regimen to beautify the skin and enhance smooth, youthful, and healthy skin.
- + **ROOF OF THE MOUTH:** Applying oils to the roof of your mouth (soft palette) is an excellent and efficient way to help transform your mood and balance your emotions.
- + **NECK, TEMPLES, AND FOREHEAD:** Definitely target these areas when you have tension in the head or neck.
- + **BACK AND SHOULDERS:** Massage essential oils into your shoulders and back to help soothe tired muscles.

- + **CHEST:** Target the chest when your respiratory system needs a little help and to help maintain clear breaths.
- + **ABDOMEN:** Make your tummy happy by concentrating application over major digestive organs.
- + **ARMS AND LEGS:** Massage oils into your arms and legs to soothe tired, achy muscles and joints and to promote healthy circulation.
- + **LIVER:** Give your cleansing protocol an extra boost by applying essential oils over your body's cleansing organs.
- + **BOTTOMS OF FEET:** Your feet have large pores on your body, making this an ideal spot for general application.

Why Young Living?

Young Living is the world leader in essential oils and essential oil-infused products!

For over 21 years, Young Living has been the world leader in producing and guaranteeing 100% pure and potent therapeutic grade essential oils and plant based products. They've got this standard called "Seed to Seal," which places them in a category higher than any other company in the world. Basically, what "seed to seal" means, is from the time the seed of the plant is sourced, until it is put into an essential oil bottle or a plant based product, Young Living applies the most rigorous quality controls possible to ensure that you are receiving the product exactly the way nature intended it to be. Simply put, the only thing inside the essential oil bottle is the plant itself – no additives, fillers, synthetic fragrances, preservatives, or dyes (which is NOT the same for store bought essential oils, hence why other brands are dangerous and highly toxic). The same goes for all of their products – the only ingredients within the products are the ones listed on the label, and they are all plant based. Not one single ingredient is synthetic, toxic, or chemically derived.

- + 20+ years of research and development
- + Only essential oil company to own our own farms (all over the world!). In fact, you can visit our farms because our company has an open door policy that allows members and guests to get their boots on the ground and their hands in the dirt.

- + Only essential oil company to have FDA approved Over the Counter medications that meet our high standard of purity, but also have the clinically-proved science behind the *drug facts* label
- + Every batch of oil undergoes 24 rigorous tests to determine the quality and purity of the oil.



*that's met's me at our
farm in Mona, Utah*

little people, big entotions: TOXIC-FREE ENVIRONMENT

It shouldn't come as a surprise that environmental toxins reek havoc on little bodies. Let's take a look at some of the ingredients that are found in common household and personal products - even ones marketed for children!

- + Store bought soaps contain sodium laureth sulfate, a toxic chemical used to remove car grease off of garage floors. This can be damaging to the skin, as well as disruptive to immune health and hormonal health, which may lead to unexplained behavioral issues.
- + Both adult and kid shampoos contain phthalates, a toxic chemical that has been banned in children's toys, but is still found in body cleansing products. It is known to be an endocrine disruptor, which can lead to your little one being over tired and experiencing "unexplained" behavior.
- + The main ingredient in candles and home sprays is formaldehyde, which is the number one cancer causing chemical, and is what we get embalmed with at the morgue. They say inhaling scents from candles or sprays is the equivalent to inhaling second hand smoke, which is even more dangerous than actually smoking the cigarette itself.
- + Store bought household cleaning products contain 2-butoxyethanol, which is a toxin known to cause sore throat, narcosis, and severe liver and kidney damage.
- + Store bought laundry detergents and dryer sheets contain alpha-terpineol, benzyl alcohol, and camphor, which are all toxic ingredients that cause central **nervous system disorders**, loss of muscular coordination, central nervous system depression, headaches, nausea, and vomiting.
- + Many baby products contain the listed ingredient "fragrance," which is simply a broad category that hides hundreds of toxic chemicals behind that word itself. Companies are not required to reveal the actual chemicals that are within the "fragrance" category, hence keeping the

public in the dark about the true toxicity of the products we use on our little ones.

When we use these products on ourselves and our children on a daily basis, the toxins build up and accumulate within our bodies – a process called “bioaccumulation.” This means that the more we expose ourselves to these toxins, the harder it is for our bodies to break them down. Because of this build up, it causes both minor and major health, mental, and behavioral issues, that otherwise could be prevented if we simply quit using those toxins. Even if these issues aren't apparent right now, they will be apparent later on down the road.

Instead of unwittingly compromising our kids' physical and emotional health, ditching toxic chemicals and switching to plant-based, toxic-free products instead!

+ Thieves Household Cleaner will replace every cleaner in your home

+ Thieves or Lavender Foaming Hand Soap

+ Thieves Hand Purifier

+ KidScents Toothpaste

+ KidScents Bath Soap

+ KidScents Shampoo

+ Thieves Dishwashing Soap

+ Thieves Dish Soap

+ Thieves Laundry Soap



little people, big emotions: FEAR

As children grow they begin to experience different worries and fears. There are common childhood fears that tend to coincide with different stages of development and are generally considered to be completely normal. Fear of loud noises, fear of crowds, fear of new experiences, fear of the dark are just some of the common (and normal!) fears and worries that little people experience. Helping your little one understand and process their fears will instill emotional intelligence into them and set them up to learn courage and bravery as they grow.

- + Before forcing your child to 'face his fears,' consider how YOU would feel if someone forced a fear on you. Scared of spiders? How would you feel if someone dumped a cup of spiders on you? Scared of heights? How would you feel if someone forced you to go skydiving? Don't like small spaces? How would you feel if someone locked you in a closet with the lights off? Those aren't actually helpful ways to deal with fear, and often escalate our feelings of anxiety. If the answer is 'NO!' honor your child's feelings and move on to another solution.
- + Don't dismiss your child's fears. Instead of saying "there's no such thing as monsters," (because let's face it, kids aren't exactly known for following logic anyway), say "Let's think of a way to keep you safe. What if Mommy carries the monsters outside and the dogs scare them away?" It's okay if it sounds silly to you, your child will know you're taking her fears and concerns seriously.

Using essential oils to calm anxious feelings and instill a sense of courage is a great way to help support your little people as they experience fears. Some of our favorites are:

- + Stress Away*
- + Lavender*
- + Frankincense*
- + Grounding
- + Peace & Calming
- + Valor

little people, big emotions: HANGRY/NUTRITION

There's really no question about it, our diet has a profound impact on how we feel. You know the saying "garbage in, garbage out"? When you fuel your little ones with...garbage, you're going to feel like garbage. Food is FUEL. Fuel your little ones well.

+ **CUT OUT:** Caffeine, processed sugar, artificial sweeteners, and processed foods. They're toxic to gut, brain, and immune health and overall wellness.

+ **ADD IN:** Ningxia Red (2-4 oz daily) for vitamins, minerals, and antioxidants.

You know the time of day: you're getting supper ready and your little ones are hollering like starving wolves? That's the perfect time to grab Ningxia Red! It's full of nutrition, won't fill them up, and will help with balanced blood sugar levels while they wait for supper. (1/2-1 oz is all a little person really needs!)

Ningxia Red is a nutrient-dense superfood beverage. It is packed FULL of antioxidants and is made from the Ningxia Wolfberry (Goji berry).

A 1 oz serving of Ningxia Red has the antioxidant power of:

+ 34 large onions

+ 130 tomatoes

+ 814 blueberries

+ 100 oranges

+ 73 strawberries

+ 11 medium carrots

+ 93 medium apples

As if that weren't enough, Ningxia Red is a game-changer for helping you

- + 18 Amino Acids
- + 21 trace Minerals
- + Essential Fatty Acids
- + Vitamin B1, B2, B6
- + Vitamin E
- + 500% of our daily Vitamin C need

NINGXIA RED GUMMIES

INGREDIENTS:

- 1 cup Knudsen Just Black Cherry juice
- 1/2 cup Ningxia Red
- 1/4 cup Gelatin (grass-fed available [here](#))
- 2 tablespoons raw local honey
- 7 drops YLEO Orange Vitality

TO MAKE:

Heat juices on the stove until simmering, add gelatin (or agar powder), whisking vigorously. Once well mixed, transfer to a glass or stainless bowl, and add the honey. Wait at least 3 minutes before adding Orange essential oil. Carefully pour into silicone mold (love [this one](#)) and refrigerate for at least 30 minutes before serving.



little people, big emotions: HEALTHY SLEEP

We've all seen an over-tired child. So exhausted, yet fighting sleep like it's his full time job. Healthy sleep habits are vital for your child's wellness, and well-rested children have an easier time being in control of their feelings and actions. Plus, healthy sleep impacts so much of our wellness: from healthy weight to robust immune systems, balanced hormones to balanced emotions, sleep, or lack-there-of, impacts it all.

- + **CREATE A ROUTINE:** Creating a bedtime routine will help your child recognize when it's time to shut down for the day. Do the same routine activities at the same time every night to optimize bed time. Play soft music, turn down the lights, take a bath and brush teeth, read a story, and say prayers. Turn on the diffuser 1/2 hour before bedtime to start creating a peaceful environment.
- + **UNPLUG:** It's recommended to turn off electronics and technology a full three hours before going to bed. While this might seem downright near impossible, do give your child time to unplug from technology before you ask her to quiet down for a good night's sleep.
- + **PROTEIN PUNCH:** Before heading to bed offer your little one a protein-packed snack. This end-of-day protein punch will help stabilize his blood sugar levels while he sleeps, which helps him (and you!) stay asleep longer.
- + **OIL BEFORE BED, SLEEPYHEAD:** Create an environment of rest and relaxation by applying oils topically and diffusing them for a restful nights sleep.

Did you know there are hundreds of scientific and medical studies on the calming effects of essential oils and aromatherapy? You can read up on it at pubmed.gov if you really want to, but what you need to know is that essential oils high in sesquiterpenes are really powerful and creating a calm and relaxing environment.

Some of our favorite oils that encourage healthy sleep are:

- + Lavender*
- + Stress Away*
- + Frankincense*
- + Cedarwood
- + Joy
- + Peace & Calming
- + Release
- + Rutavala Roll On
- + Sleepyize
- + Tangerine
- + Valerian
- + Valor
- + Vetiver



For an in-depth look at creating healthy sleep habits with essential oils, I recommend [Sleep Essentials by Katja Hieno](#).

*Included in your Premium Starter Kit

little people, big emotions: DEVELOPMENTAL LEAPS & LEARNING

There's nothing like a little person trying to master a new skill or developmental leap to get them down. Coming alongside them and helping them master their new skill (without doing it for them) is such an incredible way to help them learn perseverance and to reign in their big emotions in the process.

- + **DON'T DO IT FOR THEM:** Your little one needs the freedom to try and fail, and try again. When parents swoop in and do it for them it literally teaches them that "Mommy can do it better and faster" which not-so-subtly teaches them to give up. Encourage their learning process and let them know it's okay when they fail, that just means they get to try again.
- + **THEIR FRUSTRATION IS VALID:** Adults get frustrated, and quite down on themselves when they fail at something. It's okay for our little ones to as well. Remember to validate their feelings ("I get frustrated when I mess up too.") and empathize with their situation. Help them problem solve and try again as their escalated emotions come back down to a manageable level.
- + **ELIMINATION DIET:** Sadly, so many foods (gluten, soy, sugar, grains, dairy) are common triggers and allergens. Irritability and developmental delays can be associated with some of these foods. Check out whole30.com or aiplifestyle.com to learn more about eliminating common allergens, and talk to your child's doctor if you suspect a learning delay may be tied to diet.
- + **REST UP, BUTTERCUP:** You know it's true. Those little bodies need time to rest. Schedule rest, prioritize healthy sleep habits.

Just like essential oils can do wonders for creating an environment of relaxation, they can also help with mental clarity, alertness, and focus.

These are some of our favorites for alertness and mental clarity:

- + Lemon*
- + DiGize*
- + Thieves*
- + Brain Power
- + Cedarwood
- + Clarity
- + Geneyus
- + Vetiver

There's some pretty amazing research out there by Dr. Terry Friedman on the effects of Cedarwood and Vetiver on little children who have a hard time staying still and staying focused. And Young Living's Geneyus essential oil contains both of those and other essential oils for enhancing focus. In fact, Geneyus was formulated *especially* for children who have a hard time sitting still and staying on task!

*Included in your Premium Starter Kit

focus on homework

FOR SUPPORT DURING STUDY TIME, HOME WORK, OR FOCUS & CONCENTRATION IN CLASS: MAKE UP A FRAGRANT BLEND OF OILS THAT ENCOURAGE FOCUS AND CLARITY. YOU CAN ALSO ADD A FEW DROPS TO A DIFFUSER TO CREATE AN ATMOSPHERE OF LEARNING.

BRAIN POWER
CEDARWOOD
GENEYUS
ORANGE
VETIVER



little people, big emotions: TANTRUM TAMERS

There are very few tools in your parenting tool box that will serve you better during a tantrum than your essential oils. Essential oils + patience and empathy = a powerful approach to helping calm your little one's big emotions and set them on a new trajectory. There are a few other tools that may come in handy as well.

- + **DON'T BLOW OUT THE CANDLE:** Studies show that deep breathing exercises can profoundly impact one's emotional state, calming anxious feelings and helping bring down the heart rate. Kids need to be taught how to take deep, deliberate breaths. Use your finger or their finger as an imaginary "candle" and help your little one "not blow out the candle." The idea is for them to concentrate on their breaths being slow and soft, which will help calm down their emotions.
- + **CALM DOWN SPACE WITH FEELINGS CHART:** Having a safe, soft, and quiet space for a little one to go during a tantrum is an excellent way for them to learn their actions are always acceptable in any location. Create a calm down space with quiet toys and books, a blanket and pillow or cushion, along with a *feelings chart*. The feelings chart will have different feelings on it (i.e. hungry, angry, sick, tired, jealous, sad) and when your little ones starts to throw a tantrum, help them identify their feelings by asking them to point to their feeling on the chart. This helps them recognize the feeling behind their action and take steps to express those feelings in a safe and acceptable way.

And don't forget your oily arsenal for combatting tantrums! Some of our favorites are:

- + Lavender*
- + Frankincense*
- + Stress Away*
- + Cedarwood
- + Grounding
- + Harmony

- + Joy
- + Peace & Calming
- + Release
- + Tranquil Roll On
- + Valor

*Included in your Premium Starter Kit



little people, big emotions: IMMUNE & WELLNESS CARE

Sometimes our little ones give us a heads up they're not feeling well by acting out, and sometimes as mamas we totally miss what's going on. Providing daily support for our little ones' immune systems is a beautiful responsibility of motherhood, and helps avoid "unexplained" meltdowns.

- + **GET SOME SUN:** Research tells us that exposure to sunlight helps boost the immune system because it increased Vitamin D in the body. In winter months you may need to supplement with Vitamin D3 labeled for children.
- + **GET DIRTY:** Studies suggest that kids who are allowed to play in the dirt and get all kinds of dirty have more robust immune systems. And children who grow up around animals have a lower occurrence of respiratory illness. Let your kids be kids - and don't sweat it when you find them eating dirt!
- + **ELDERBERRY SYRUP:** Elderberry syrup is naturally high in Vitamins A and B, and studies indicate it's especially beneficial for fighting off the common cold and flu.
- + **LOVE YOUR GUT:** It's estimated that 80% of our immune system is in our gut. Take care of your little ones' gut-health by offering naturally probiotic foods (fermented foods like pickles, yogurt, and kombucha) and greatly limiting their sugar intake. You may give a probiotic labeled for infants or children when probiotic supplementation is needed.

Essential oils can also help give an extra boost to your immune and wellness regimen.

- + Lemon*
- + Frankincense*
- + Thieves*
- + DiGize*
- + Oregano
- + R.C.

+ SniffleEase

+ Thyme

wholesale membership

By now you're probably thinking, "OK, YES. *I'm beyond ready. How do I get started?*"

The best way to get started with Young Living is with a wholesale membership, which you get with your Premium Starter Kit. You can sign up online at www.youngliving.com. Be sure to use the member number of the person who invited you to this class. If you're not sure who invited you you can use my number: 1167242 as the sponsor and enrollees and I'll get you plugged in to our amazing team!

Your Premium Starter Kit is an amazing way to start taking baby steps to natural living. It comes with a diffuser of your choice, 11 of the most popular oils, two samples of Ningxia Red, 10 sample sachets of other oils, and your 24% off wholesale account!

And really if you bought all of these oils at a health food store (which you can't because these blends are exclusive to Young Living) you would be paying twice the price for a lesser quality oil that will not get you the results you want.

Plus you get a mentor and a fabulous (and generous) community to walk you through how to use these oils! You can't get that anywhere else! And because you have the option to refer friends at anytime , and get a \$50 thank you check when you do, it's easy to get back the cost of \$160 for your initial investment!

who are the everyday oilers?

+ WHO WE ARE: We're a Young Living community on a mission to empower families to create naturally healthy homes while saving money and pursuing financial freedom. We are passionate about helping you take baby steps to natural living, making it as simple and easy as we can. We have loads of fun, great education, and we're forging new friendships every single day.

+WHERE TO FIND US: We hang out in team's exclusive Facebook Group, [The Everyday Oilers Suite Spot](#).



5 ways you can *totally* afford young living

Some people have a misconception of thinking that using Young Living products in their home and on their family is a new or added expense. **WRONG!** It's not! Instead, what it is, is it's a shift in spending. Everyone spends money on products every day, every month, every year – whether the products are good for you or not. With this route, instead of going to the store for all of your products, you are getting them from Young Living instead.

+ **GET A WHOLESALE MEMBERSHIP:** This is the route that 99% of people go when they want to start using Young Living products. With this route, you get wholesale pricing on everything they have instead of retail pricing, which saves you 24% on every single item they've got! All you need to do is order a starter kit of your choice, or customize your own starter kit, and you'll automatically get access to wholesale pricing on anything you want to try.

+ **GET ON ESSENTIAL REWARDS IMMEDIATELY:** Another cool thing about Young Living, is they give cash back to frequent buyers. There is a super cool (and totally optional) program called Essential Rewards, which acts as a “monthly box” that you can customize and get shipped to you every month, filled with products you are needing for your family or in your home. Over time, you can earn up to 25% back in points for your orders, and those points you can use towards getting products for FREE. With Essential Rewards, you can also take advantage of the FREE monthly promotions that Young Living has, cheaper shipping options, and the option to cancel at any time. So, basically, Young Living pays you to order their products through this program. Name another store that will do that for you?! NONE!

This program also gives you a means of affordably ditching and switching, which can be a process to do. So, one month, you can order household cleaning products. The next month, you can order beauty products. The next month, you can order baby products, or supplements, or essential oils, or makeup, whatever you need - so on

and so forth!

With all of these perks and benefits of the Essential Rewards program, it's only a minimum of 50 PV in products for each monthly box, which can be the equivalent of \$50. Now, before you think that's a lot, it's **TOTALLY** not! We all spend well over \$50 a month on products every single month. All this is, is shifting that spending from the store to something natural instead. Even people with the most minimal budgets can do Essential Rewards!

- + **GET FREE PRODUCTS WITH MONTHLY PROMOTIONS:** We briefly mentioned this above when talking about Essential Rewards, but let's go into it in a little more depth. Young Living has this cool tradition, where they give away an assortment of products to members every month for **FREE**. For anyone who orders over a certain amount in a single order, Young Living will include some free products in the box for you. Normally, there are 3 different ordering tiers – 190, 250, or 300. If you order over any of those amounts in one single order, they will automatically include the **FREE** monthly products, which could add up to hundreds of dollars in stuff you didn't have to pay for. Cool, huh?!
- + **CREATE DIY PRODUCTS YOURSELF:** Some people find even more ways to pinch pennies and reduce toxins in their home by creating DIY products with Young Living's essential oils and products. There are literally thousands upon thousands of recipes out there to create chemical-free options for yourself and your family. When you add Young Living's essential oils to your DIY products, the powerful plant properties will add natural fragrance, be soothing to the skin, act as a natural purifying agent, and will support your overall health at the same time, all depending on what you're making. Basically, adding oils to your DIY recipes will make them even better for you than if you didn't add them at all!
- + **SHARE YOUNG LIVING AND GET PAID FOR YOUR REFERRAL:** When we say Young Living literally pays you back, they not only do that when you order, they also do that whenever you refer friends. For every friend you refer, if that friend creates a wholesale account and orders a Premium Starter Kit like you did, you can get \$50. So, if you refer 3 friends to Young Living, it could pay you back for the Premium Starter Kit you initially purchased for yourself! Also, if you keep referring friends, it could get

your monthly Essential Rewards orders paid for, too, that way you will NEVER pay for your products! Talk about a money saver! What other companies deposit cash in your bank account for referring friends? NONE!

As I wrap this up, may I get real with you for a second? I want to share something that really hit home with me when I heard this. The reason you were invited to this class today is because someone **cares for you and your family**. Whoever invited you today, whether that be me, or one of the other class attendees here, **you are loved**. You wouldn't be here if you weren't. I want to help you realize what is allowed in the products that are sold to us every day. The number two cause of death in the United States is cancer. 1,620 people a day die of cancer. 1 in 3 cases in the US are directly linked to poor diet, physical inactivity or chemical exposure. The American Cancer Society says only 5 to 10 percent of all cancer cases are from gene defects. That means 90 to 95 percent of cancer cases are under our control. It's what we allow into our homes. I know those are intense facts to swallow, but knowledge is power, and we need to change that outcome. Wouldn't you agree?

It is time to kick those chemicals out and start creating a better future for our families. You can control what you allow within the walls of your home, and it's not hard. You are the gatekeeper of your home. You have the choice to make your health and the health of your family a valued priority. You know, we pay \$190 a month for a phone bill and don't blink an eye. We pay over \$100 for cable and think nothing of it. But where is our health and the health of our children in our monthly budget? Show me where you put your finances, and I will show you your priorities. You know, after I heard this information, it was a hard pill to swallow, but I swallowed it. I express to you how life changing it has been since we started our Young Living journey. Wouldn't you agree member? (ask members in the group).

It's about taking small steps and using what you now know, and doing something about it. Getting your kit, joining Essential Rewards, using your oils and drinking Ningxia Red daily... and then month by month, removing and replacing other toxins in your home. Making self care, your health, and your family's health a priority is worth it. Because nothing else matters in life if we don't have our health. You see, organs don't fail overnight. They fail after years and years of damage and abuse. We must support our bodies every single day. I want to live a life full of health, purpose and

abundance, and to do that, it must become a priority. Do you value your life, your health? What about your family's? I know you do. You wouldn't be here today if you didn't. You are here for a reason, believe that. I am so excited for each of you to start on this journey, and change your lives. Get ready, because it's going to be an amazing ride, and we are here to support you every step of the way!

xoxo,

Amanda