

## Young Living Vitality Essential Oils YI Business Tools

In Search of the Good Life Have you ever felt that your life--and budget--is spiraling out of control? Do you sometimes wish you could pull yourself together but wonder exactly how to manage all the scattered pieces of a chaotic life? Is it possible to find balance??? In a word, yes.?? Ruth Soukup knows firsthand how stressful an unorganized life and budget can be. Through personal stories, biblical truth, and practical action plans, she will inspire you to make real and lasting changes to your personal goals, home, and finances. With honesty and the wisdom of someone who has been there, Ruth will help you: \* Discover your "sweet spot"--that place where your talents and abilities intersect. \* Take back your time and schedule by making simple shifts in your daily habits. \* Reduce stress in your home and family by clearing out the clutter. \* Stop busting your budget and learn to cut your grocery bill in half. Who Needs This Book? Living Well, Spending Less was written to bring hope and encouragement to every woman who currently feels overwhelmed or stressed with a life--and budget--that feels out of control. It speaks to the mom trying to juggle all the demands of a busy life with the pressure to keep up with those around her. It is a practical guide for those of us who often long to pull ourselves together but don't always know how. It is real, honest, packed with practical tips, and speaks to the heart of the matter--how can we live the life we've always wanted? Want to know if this book is for you? \* Do you ever find yourself comparing your life to those around you? \* Have you ever wished for the courage to follow your dreams? \* Do you ever struggle to stay organized or get things done? \* Have you ever felt loaded down with stuff you don't really need....or even really want? \* Do you ever struggle to keep your finances on track? \* Do you sometimes long for deeper, more authentic relationships in your life? If the answer to any of these questions is YES, this book provides real and practical solutions from someone who has been there. Ruth doesn't just offer advice, she walks it with you, and shares with brutal honesty her own mistakes, failures, and shortcomings. It is encouraging, motivating, and life-changing. What Others Are Saying: "An incredible book that will teach you how to spend smart without compromising a great life. Ruth's stories and practical advice will make you want to be a better mother, wife, sister, and friend." --RACHEL CRUZE, coauthor with Dave Ramsey of Smart Money Smart Kids "Ruth knows firsthand how mamas like us live crazy busy lives, and she steps in as a friend to help us manage and love every minute of it. She offers her best tips for gaining control over the chaos with wisdom-based insights on all things thrifty and family. I'll be reading it again and again!" --RENEE SWOPE, bestselling author of A Confident Heart

Explores science's new biological understanding of essential oils for improved immunity and treatment of degenerative diseases • Explains how essential oils convey the complex natural healing powers of plants, offering scientifically proven advantages over synthetic drugs • Offers revolutionary essential oil treatments to ameliorate the side effects of chemotherapy and other cancer treatments as well as for hepatitis, osteoporosis, liver detoxification, and the prevention of UV damage and melanoma • Presents simple recipes and protocols for strengthening the immune system; for treatment of common ailments, such as colds, flu, herpes, and candida; and for pain management Exploring science's new biological understanding of essential oils and their advantages over synthetic drugs, renowned aromatherapist Kurt Schnaubelt reveals how the effectiveness of essential oil treatments stems from our common biochemical and cellular heritage with plants. He explains how essential oils preserve a plant's complex natural life-supporting and immune-building qualities, developed through millions of years of interaction with animals and humans. Reviewing recent research in molecular, cellular, and evolutionary biology, he shows how the multilayered activity of plant essences helps maintain the integrity of our genetic code--the reason why pathogens cannot develop

resistance toward essential oils as they do with antibiotics and antivirals--making essential oils a more effective and sustainable form of treatment for a variety of health problems. Laying to rest old arguments over essential oils' alleged toxicity and whether they can be ingested or used undiluted, Schnaubelt presents simple recipes and protocols for treating and preventing common ailments, such as colds, flu, herpes, and candida, as well as for pain management. Offering new essential oil treatment opportunities for hepatitis, osteoporosis, liver detoxification, and the prevention of UV damage and melanoma, he shows how essential oils can also ameliorate the debilitating side effects of chemotherapy and other cancer treatments as well as how even home use of essential oils for relaxation or skin care can help build one's immunity and overall well-being.

"Author Shane Durkopp uses Young Living Vitality Essential Oils to bring bright, vibrant flavors to his favorite recipes." -- from back cover.

To receive a free recipe eBook along with several other valuable bonuses, please email your verified purchase receipt to

VitalityBook@gmail.com Jen O'Sullivan is one of the most trusted resources for essential oil education with five best-selling books on aromatherapy and one of the largest free educational groups available. This book will help all users, from first-time Premium Starter Kit owners to seasoned Young Living veterans. It will answer most of the questions you have and many you never thought to ask. This book will help you make the shift to a healthier lifestyle. It is filled with recipes and fun topics that will get you excited about the journey ahead. Included with this book are several online resources to help you grow. Here's to a life filled with more wellness, more purpose, more abundance, and more vitality!" If you are looking for impeccable oil information or resources for teaching, look no further than Jen O'Sullivan's VITALITY book. Jen is well known for her extensive knowledge of essential oils. The VITALITY book follows in the fabulous footsteps of her many other books and will likely become another favorite on your beloved oily bookshelf." Lucy Libido, best-selling author of Lucy Libido's "There's an Oil for THAT" and "Betsy Bosom's Baby Book". "Jen O'Sullivan has done it again! She is a master wordsmith and a powerful researcher. In VITALITY, she has put together an overview of every product Young Living carries as well as a free online class with graphics and text for 35 posts. She makes sharing easy! You have no excuses to not educate your friends when you use Jen's materials! I will definitely be using this with my team! Jen's resources are simple, powerful, duplicatable, and accurate. Share and grow!" Sarah Harnisch, best-selling Amazon author of "Gameplan" with more than 1.5 million copies sold, and her latest best-seller, "Fearless".

Essential Oil Diffuser Recipes Book includes over 200 diffuser recipes for health, mood, and home. Diffuser recipes for: stress relief, anxiety, depression, cognition, mood enhancement, sleep, nausea, colds and congestion, headache, air fresheners, insect repellent, holidays, seasons, and more.

Why is your life the way it is? How do your thoughts, emotions, and beliefs affect your perception of the world around you? How does this perception influence your power, and therefore affect your state of Inner Peace? Most importantly, how can you approach your life--as it is right now--in such a way so as to liberate yourself from suffering and become established in a lasting state of Peace, in the Power to fulfil your purpose, and in absolute Presence to the perfection that you are? In this groundbreaking new book Peace, Power, and Presence, Jonathan Evatt brings clarity to key principles and perspectives on these and other challenging questions. The result is nothing short of your becoming empowered to recognize the ultimate answers already emerging from the essence within you. You will pierce through the many veils of deception so prevalent in the world today, and step into a Life of Freedom defined not by some external source of knowledge but by the immaculate wisdom of your own Being. In what is set to become a key point of reference for those individuals interested in spiritual and human freedom, Jonathan makes no attempt to show you how to live your life. Instead, he shares with you a new way to approach the life

you are already living--an approach that will bring into actualization your innate qualities of Enlightenment--for a Life of Freedom. AWARDS: Winner of a Shortlisting Award in the Mind, Body, Spirit genre (2006) Ashton Wylie Charitable Trust Unpublished Manuscript Award

This book records a year-long journey into the earth's natural cycles as they unfold in New York City. Each monthly section discusses one herb in detail -- how and where it grows and what it does -- and presents recipes for simple teas, lotions, and foods, along with rituals appropriate to the season that can bring your life back into harmony with the moods of nature. Even in the city, the constant presence of the natural world and the use of herbs can be a touchstone to lead both body and soul back to a natural cadence.

Presents a collection of more than three hundred recipes from the well-known cooking school organized thematically by food category and complemented by illustrations of food-preparation techniques.

Jen O'Sullivan is one of the most trusted resources for essential oil education with eight best-selling books on aromatherapy and one of the largest free educational groups available. This book will help all users, from first-time Premium Starter Kit owners to seasoned Young Living veterans. It will answer most of the questions you have and many you never thought to ask. This book will help you make the shift to a healthier lifestyle. It is filled with recipes and fun topics that will get you excited about the journey ahead. Included with this book are several online resources to help you grow. Here's to a life filled with more wellness, more purpose, more abundance, and more vitality!

Presents nine healing systems--plants, elements, trees, stones, fish, birds, animals, reptiles, and metals--used by the twelfth-century physician

Oola is not your typical self-help book. So what is it? Just like its origins from the expression "oh la la!" Oola is a "state of awesomeness." It's when your life is balanced and growing in the 7 key areas of life--Fitness, Finance, Family, Field (career), Faith, Friends, and Fun. Oola is not stale and stuffy advice, it reads more like a collection of kick-ass anecdotes and sincere stories that just happen to have meaningful messages. Co-authors Dave Braun (@OolaSeeker) and Troy Amdahl (@OolaGuru) have been there and done that. What started out in 1997 as a small group of buddies meeting once a year at the Hard Rock in Vegas to set goals for the future has turned into a nationwide phenomenon. Maybe you've seen Dave and Troy traveling the highways and byways of America in their 1970 VW Surf Bus. Covered with colorful Oola stickers, they are carrying the hopes of people, just like you, who are putting their dreams into action, ready to have the OolaLife. You, too, are awesome and designed for greatness and a purpose--LiveOola! Oola has received glowing reviews from top authors, pro athletes, musicians, industry leaders, and Olympians. Need 7 more reasons to read this book? 1. Learn the three simple steps to balance and grow your life in an unbalanced world. 2. Uncover what blocks you from the life of your dreams and what can get you there faster. 3. Find out what you can learn from a drunken Thai monkey, a black Ninja, and zebra-striped underwear. 4. Why no matter what you have done or have failed to do, you deserve a better life. 5. Become inspired to take the steps, reach your milestones, and achieve your OolaLife. 6. Discover the 7 key areas of life you must balance and grow. 7. Unlock the secrets to taking your life to the next level. Completely updated, the best book on the topic available anywhere has just gotten better! A necessary resource for anyone

interested in alternative approaches to healing and lifestyle, this new edition contains more than 800 easy-to-follow recipes for essential oil treatments. No one has provided more thorough and accurate guidance to the home practitioner or professional aromatherapist than Valerie Ann Worwood. In her clear and positive voice, Worwood provides tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors. Other sections cover self-defense against microbes and contaminants, emotional challenges, care for the home and workplace, and applications for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood also offers us her expertise in the use of essential oils in beauty and spa treatments, plus profiles of 125 essential oils, 37 carrier oils, and more. Since the publication of the first edition of this book 25 years ago, the positive impact of essential oil use has become increasingly recognized, as scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and uses.

Expanded edition of the original book describing Vibrational Raindrop Technique; includes new protocols (Bible Oils, Metabolic Essentials) plus introduction to NeuroEndocrine Centers/chakras use in VRT

This reprint of the 4th edition of the "Blue Book" contains the toxicological evaluation of 899 flavouring substances.

A DEFINITIVE GUIDE TO HEALING ANY AILMENT HOLISTICALLY WHEN DISASTER STRIKES When disaster strikes and you lose all access to doctors, hospitals and pharmacies, natural medicine will be your family's best hope for survival. Prepper's Natural Medicine is the definitive guide to creating powerful home remedies for any health situation, including: •Herbal Salve for Infections •Poultice for Broken Bones •Natural Ointment for Poison Ivy •Infused Honey for Burns •Essential Oil for Migraines •Soothing Tea for Allergies •Nutritional Syrup for Flu With easy-to-read herbal charts, a breakdown of essential oils, tips for stockpiling natural medicines and step-by-step instructions for creating your own elixirs, salves and more, this book offers everything you need to keep you and your loved ones safe.

What if you could become a powerful force for good in the world without moving overseas, burdening your overwhelmed family, or giving up the comforts of modern life? Chris Marlow, founder of the global advocacy organization Help One Now, once felt paralyzed in the face of global problems. They seemed too numerous, too complicated, too big—and after all, how much can one person really do? But a wake-up call in Zimbabwe and a closer study of Scripture soon showed Chris that maybe Christians are overcomplicating how to do act justly in a broken world. Maybe all God is calling us to do is set up a lemonade stand for a good cause. Doing Good is Simple is your practical guide to world change wherever you are. Through Chris' own journey of an ordinary person seeking God's good in the world, this book will: Empower you to make a difference where you are Redefine good according to God's metrics of small, simple things with great love Bring global concepts down to earth for you to find your place in the area where God is calling you Disband the top myths we tell ourselves when it comes to world change and why we aren't "enough" Free you from your first world guilt complex that drags you down Provide practical, accessible guidelines for getting started today

"In Our Table, food stylist and recipe columnist Renee Muller invites you to partake of her family's favorite dishes, each vividly presented with an art-quality full-color photo. Refreshingly simple, distinctively delicious, and crafted from common ingredients, the time-tested recipes in Our Table are sure to find a welcome place at your table -- every day of the year. Through heartwarming stories and culinary wisdom, Our Table is as readable on the couch as it is useful in the kitchen. Renee will become your personal guide, walking you through subtle suggestions that turn good food into great food"--Page 4 of cover.

Confused about essential oils? Do they interact with medicines? Are they safe in children? How well do they travel? What do I believe online? This book is the essential reference tool for everyone from newbies to experienced users. Dr. Lindsey Elmore provides practical, no-nonsense answers to common science questions about essential oils in straightforward language. After reading this book, you can separate fact from fiction, and decide for yourself what the best possible use of an essential oil is for you.

The second edition of this book is virtually a new book. It is the only comprehensive text on the safety of essential oils and the first review of essential oil/drug interactions and provides detailed essential oil constituent data not found in any other text. Much of the existing text has been re-written, and 80% of the text is completely new. There are 400 comprehensive essential oil profiles and almost 4000 references. There are new chapters on the respiratory system, the cardiovascular system, the urinary system, the digestive system and the nervous system. For each essential oil there is a full breakdown of constituents, and a clear categorization of hazards and risks, with recommended maximum doses and concentrations. There are also 206 Constituent Profiles. There is considerable discussion of carcinogens, the human relevance of some of the animal data, the validity of treating an essential oil as if it was a single chemical, and the arbitrary nature of uncertainty factors. There is a critique of current regulations.

Meet Lucy Libido, your new best friend who will guide you through using essential oils between the sheets. Based on the smashingly popular Lucy Libido class, this hilarious yet informative book will teach you natural hormone balancing, oils that increase libido, and oils that increase your man's performance. She even includes her best oil recipes that have left her fans starry-eyed and smiling. Developed by a woman for a woman, "There's an Oil for THAT" gives you all the tips, tricks, and fun in one easy to read book that you'll want to store at your bedside. This is followed by an invaluable directory of 100 oils, each complemented by a full-colour photograph of the plant from which the oil is made. Every information-packed entry offers examples of how you can use the oil to benefit both mind and body, whether massaging sore muscles with rosemary oil or adding ylang ylang oil to a bath to calm your mind. For each oil, key points are highlighted to provide essential information and fascinating facts at a glance. Authoritative yet accessible, this book will delight anyone who wants to use oils to enhance their well-being, or who simply takes great pleasure in these complex, alluring fragrances.

A quick reference guide to using the top essential oils of Young Living. This is a smaller perfect bound book.

When it comes to essential oils, it seems that the information is always one-sided, usually with a major slant toward one specific brand. There is a lot of misinformation, speculation, and assumption that is out there, as well as a good amount of bad advice given by people who have done little to no research. This book does not promote a specific company, and was written in hopes to dispel some of the myths and rumors about essential oils. "The Essential Oil Truth" will help you gain a greater understanding of the true nature and beauty of essential oils and their proper use for your everyday health and wellness. Be blessed on your journey and enjoy learning more!

In this guide to safe and effective aromatherapy, Aromahead Institute founder Andrea Butje brings 40 essential oils' unique properties to life for easy home usage. Each essential oil profile contains thorough practical information (Latin name, aroma, aromatic note, uses and safety tips), as well as a 'personality' profile to provide a sense of the core spirit, physical and emotional supportive capabilities. Interspersed throughout the text are stories about individual distilleries and tips for buying the safest, most natural forms of the essential oils. Over 100 recipes are categorized for skin care, rest and relaxation, respiratory, digestion, pain relief, meditation and contemplation, and natural cleaning. Clear, easy-to-follow instructions are accompanied by safety tips and adjustments to make each recipe kid-friendly. With accessible information and recipes, both budding and experienced aromatherapists alike will be able to create personalized essential oil blends for

happier, healthier bodies, minds and homes.

Finally! A solution for those suffering with cancer, heart disease, arthritis, diabetes, asthma, IBS, and more! Today, Jordan Rubin is a doctor of naturopathic medicine and founder of Garden of Life® and Ancient Nutrition. But at the age of 19, Jordan was diagnosed with Crohn's disease—an incurable digestive ailment. In one of the most dramatic natural healing stories ever told, Jordan discovered a natural path to complete healing and sustained health. In this updated and expanded edition of Patient Heal Thyself (originally published in 2002), Jordan Rubin shares his monumental discoveries, teaching you how to take control of your own health and unlock your body's phenomenal healing potential. In this book, you'll discover... How the body can overcome virtually any health challenge by following the Maker's Diet The key to attaining and maintaining vibrant health lies in your gastrointestinal tract Which specific foods, not found in our modern diet, hold the key to healing a wide range of health conditions Complete protocols for diet and nutritional supplements The simple, life-changing strategies and ancient principles found in this book can help you chart a path for wholeness. Get in the driver's seat and take control of your health journey today!

Frankincense and Myrrh--more than symbolic gifts to baby Christ. Considered cure-alls by Biblical people. Healing by prayer and anointment with oils as practiced by Jesus' disciples and early Christians is made practical for us today in this book. Based on both science and scripture. The purpose of this book is to give people the confidence to safely use Young Living Essential Oils and alternative products for the health and well being of their four-legged friends. The book has wonderful color photographs showing how to apply the oils to your dog and/or horse. There are testimonials from people who have successfully used the Young Living Essential Oils to improve the well being of their pets, to restore vitality and ease discomfort.

VITALITY SINGAPORE EDITION Jen O'Sullivan is one of the most trusted resources for essential oil education with five best-selling books on aromatherapy and one of the largest free educational groups available. This book will help all users, from first-time Premium Starter Kit owners to seasoned Young Living veterans. It will answer most of the questions you have and many you never thought to ask. This book will help you make the shift to a healthier lifestyle. It is filled with recipes and fun topics that will get you excited about the journey ahead. Included with this book are several online resources to help you grow. Here's to a life filled with more wellness, more purpose, more abundance, and more vitality!"If you are looking for impeccable oil information or resources for teaching, look no further than Jen O'Sullivan's VITALITY book. Jen is well known for her extensive knowledge of essential oils. The VITALITY book follows in the fabulous footsteps of her many other books and will likely become another favorite on your beloved oily bookshelf." Lucy Libido, best-selling author of Lucy Libido's "There's an Oil for THAT" and "Betsy Bosom's Baby Book". "Jen O'Sullivan has done it again! She is a master wordsmith and a powerful researcher. In VITALITY, she has put together an overview of every product Young Living carries as well as a free online class with graphics. She makes sharing easy! You have no excuses to not educate your friends when you use Jen's materials! I will definitely be using this with my team! Jen's resources are simple, powerful, duplicatable, and accurate. Share and grow!" Sarah Harnisch, best-selling Amazon author of "Gameplan" with more than 1.5 million copies sold, and her latest best-seller, "Fearless".

"Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth.

"Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth

is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--

You've probably heard a lot about essential oils. But what are they? How do you use them? Are they for you? In this 20 minute class, Sylvia, essential oil educator and DIY blogger at Decor Adventures, will walk you through the basics of essential oils so you'll know exactly how to get started and get on the path of wellness with essential oils. We'll cover: What are essential oils How to use them safely The most commonly used essential oils How to get the best essential oils Accessories to get started Learning about and using essential oils can benefit people of all ages. The class project will help you plan out your wellness journey and show you how to get the best essential oils to benefit your health, happiness, and home. I hope you get a copy of this book, You will discover alot.

FLAVOURS was written so that everyone may create these dishes at home in order to support their own mind-body transformations. The energy and love that our chefs Jata and Doddy infuse into each dish aligns with the energy work of our facilitators. Even the colours of the dishes are attuned to the colours of our Rainbow Healing System. At Fuller Life Bali, we believe that eating the colours of the rainbow and incorporating high vibrational meals into our diets provides exceptional nourishment for truly healthy bodies and lives. All our meals are served fresh from garden to table.

The most complete recipe and usage guides that utilizes the French Aromatherapy method. French Aromatherapy is the art of using essential oils that encompasses all methods of use: aromatic, topical, and internal. You will learn proper safety precautions and how to implement essential oils into your entire lifestyle. This book gives over 300 recipes to help you better understand and use your essential oils.

If you're feeling energy-depleted and irritable, unable to sleep, stay focused, or lose weight, you may have attributed these symptoms hormonal fluctuations or aging. Snyder helps you identify stressors that wreak havoc on your hormonal health, such as air pollution, chemical-laden foods and cleaning supplies, synthetic estrogens in personal care products. She shows how to heal hormonal chaos and revitalize the body from the inside out with the support of high-quality essential oils. Discover how to reset your body-- without taking synthetic hormones. --

CANADA EDITION: Vitality, The Young Living Lifestyle Jen O'Sullivan is one of the most trusted resources for essential oil education with five best-selling books on aromatherapy and one of the largest free educational groups available. This book will help all users, from first-time Premium Starter Kit owners to seasoned Young Living veterans. It will answer most of the questions you have and many you never thought to ask. This book will help you make the shift to a healthier lifestyle. It is filled with recipes and fun topics that will get you excited about the journey ahead. Included with this book are several online resources to help you grow. Here's to a life filled with more wellness, more purpose, more abundance, and more vitality!

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