

Scriptbook Workbook Answer Key

The answers to the key points are outlined for you from the *Scriptbook Workbook*. Note: Some questions require personal thoughts and answers. Therefore, only answers from the *Scriptbook* are defined.

Key Points:

Essential Oils 101: Oils

1. **There are 3 ways to use oils: aromatic, topical, and internal.**
2. **You don't need to be an expert to use oils.**
3. **Young Living's oils are vastly different from what you find in grocery stores and online because they are held to the Seed to Seal standard.**
4. **Tell me something you learned about Seed to Seal:** *They do not strip constituents to make the oils smell better. They do not mix species of the same oil. They do not spray weed killers, pesticides, herbicides, or use genetically modified seeds. They do not distill with solvents like Hexane. The soil is not tainted with mercury, arsenic, glyphosate, or any poison because the fields are untouched by toxic chemicals.*
5. **What types of oils are there on earth? (Hint: there are 4 kinds!):** *Authentic, Manipulated, Perfume, and Synthetic.*
6. **Oils are safe, but it's good to dilute if you're using them for the first time. Use a carrier oil (a fatty oil) like olive or coconut on the skin.**
7. **You can take oils internally! In the Starter Bundle, the Vitality oils are: Lemon, Citrus Fresh, DiGize, Thieves, and Peppermint.**
8. **How many chemicals does a woman put on her body before breakfast?** 80
9. **A little goes a long way! How many drops of oil are in a 5mL bottle?** 90-100 drops. **What about a 15mL bottle?** 200-240 drops.
10. **Tell me one use of any of the twelve oils in the Starter Bundle: Choose one of the following and talk about one of its uses.** *Examples: Frankincense [skin, grounding, focus], Lavender [relaxation], Peppermint Vitality [gastrointestinal], Citrus Fresh Vitality [freshen], Thieves Vitality [antimicrobial, immune boost], Lemon Vitality [immune support], Peace and Calming [calming the mind], Stress Away [emotional support], PanAway [soothes muscles], DiGize [wellness in the gut], Raven [breathing support], and Valor [courage].*
11. **What system of the body are you most excited about supporting with oils? Where do you want to start hunting for your oils "wow" moment?** *This is a personal answer for you all! You could choose examples, such as: digestive system, immune system, endocrine system, nervous system, etc.*

Essential Oils 102: Thieves

1. **Burning a candle in your home is equivalent to *smoking a pack of cigarettes*.**
2. **What are some of the things (off the top of your head) that you want to swap out as soon as possible?** *(Personal Answer.) Some examples of things you might choose are: cleaning products, laundry soap, or dish soap.*
3. **How many seconds after exposure are chemicals found in measurable amounts in the human body?** *26 seconds after exposure.*

4. **What is the number one poison in the family home, and why?** *Laundry soap, fabric softener, and dryer sheets! You are poisoned three ways while washing your clothes! It's filling your home with chemicals.*
5. **How much, per acre, does Young Living pay to grow, cultivate, and distill Lavender?** *\$12,000 thousand dollars per acre.*
6. **Young Living does not strip constituents to make oils smell better.**
7. **They do not mix species of the same oil.**
8. **They do not spray weed killers, pesticides, herbicides, or use genetically modified seeds. They do not distill with solvents like Hexane.**
9. **What oils are in the Thieves blend?** *Clove, Eucalyptus, Rosemary, Lemon, and Cinnamon.*
10. **What is Four Thieves Vinegar?** *Based on the legend of the four thieves of Marseilles (during the Bubonic Plague), the "Four Thieves Vinegar" was used for protection from the dead bodies affected by the plague as they robbed them.*
11. **Does Thieves Hand Sanitizer meet the 60 percent alcohol requirement by the CDC?** *Yes.*
12. **How many "spray" bottles of Thieves Cleaner can you make from one concentrated bottle?** *25 diluted spray bottles.*
13. **Which of the 12 ideas for Thieves Cleaner have you not heard of?** *(This is a personal answer.) Some examples of what you may choose could be: stain stick in a roller bottle, mopping the floors with it, getting rid of sticky gunk, carpet freshener, cleaning the dishwasher, etc.*
14. **What is one use for Thieves oil?** *Examples: put on the feet and spine for immune support; take internally (Vitality) for immune support; add to toothpaste; or diffuse for a fall blend.*

Essential Oils 103: NingXia

1. **What are some reasons that food is nutrient depleted?** *Food is repeatedly grown on the same land, with pesticides and fertilizers. Scientists are creating new varieties of crops to grow faster and resist bugs. The plants don't have the time they need to absorb the same nutrients. The soil loses its vitamins, minerals, and microbes faster than they can be replaced.*
2. **What IS NingXia?** *It is the whole wolfberry puree.*
3. **What makes "NingXia" wolfberries the best in the world?** *NingXia wolfberries grow in the NingXia River Valley in China. NingXia region holds the Gold Certificate (China's equivalent of the USDA's organic certification). They are grown with no fertilizers, no pesticides, no sulfur, no irradiation, no dyes, and no heavy metals of lead, arson, mercury, or cadmium in the soil.*
4. **The Science Behind Why NingXia Works: Name 7 reasons:** *1) antioxidants, 2) acid to alkaline, 3) free radicals, 4) vitamin/mineral pairs, 5) it's a macronutrient, 6) it's infused with essential oils, 7) and it has the right sugar and the right enzymes.*
5. **If a man has a waist more than 40 inches or a woman more than 35 inches, they are:** *Insulin Resistant.*
6. **NingXia cleanses the cell receptor sites so that:** *the body can do its own work and communicate.*
7. **Have you done the NingXia Wolfberry Test?** *The wolfberry test is found on page 41 in the Scriptbook (to answer and complete this question).*
8. **What is one way of using NingXia that you had never thought of before?** *Examples of what you might put: make a NingXia wolfberry paste; create a NingXia enema; using NingXia for your ears; or make a NingXia poultice.*

9. **How much NingXia do you get (how many ounces) in 1 Starter Bundle?** *The Starter Bundle comes with 2 bottles of NingXia Red (that have 25 1-ounce servings each), and a 30-pack of NingXia Red Singles (that have 2-ounce servings each). It has a box of 14 tubes of Nitro. Plus, it has 2 additional single 2-ounce packets. Happy "Math-ing"!*
10. **How much NingXia should you drink each day?** *The recommended daily amount is two ounces, or one ounce for those under the age of six.*
11. **Are you up for the NingXia challenge?** *(This is a personal yes or no question.)*

Essential Oils 104: CBD

1. **Is CBD marijuana?** *No. The hemp plant is a cousin to the marijuana plant.*
2. **What was hemp used for in ancient times?** *Hemp was used for making paper and clothing.*
3. **Is hemp a drug?** *Hemp is not a drug.*
4. **How many Americans will have tried CBD in the next five years?** *Most Americans within the next 5 years will have at least tried a CBD product.*
5. **God built receptors in our endocannabinoid system to accept CBD.**
6. **Why use CBD over other products?** *CBD is a plant. It's a non-surgical, drug-free approach.*
7. **What did the World Health Organization find about CBD?** *The World Health Organization found in documentation that there had not been a single case globally of physical dependence or withdrawal symptoms from CBD, nor any reported cases of abuse or public health problems related to the use of CBD.*
8. **What did the journal, "Current Drug Safety" find through CBD studies?** *It found that CBD is formulated without toxins, and "even doses up to 1500 milligrams a day (about 90 times the amount a doctor would recommend) were well tolerated in humans."*
9. **Which of the following affects your dosage for CBD?** *Factors like your weight, height, diet, metabolism, genetics, environment, and lifestyle all effect your optimal CBD dose.*
10. **What dosage should you start with?** *Experts recommend that you start with a half dropper twice a day.*
11. **What three things make Young Living's CBD different?** *1) They use Smart Spectrum. 2) They use Seed to Seal Premium Standards. 3) There are terpenes in the oil.*
12. **Draw a chart explaining the difference between USDA Organic Standards and Seed to Seal Premium Standards.** ***USDA Organic Standards:** 5% of non-organic material is allowed; you need just 3 years of growing before the organic standard is met (then 5-7 years after there is no more spraying, you can call the field organic); you may use approved synthetics for pests; only soil testing is required; you can use conventional seeds (as long as they are non-GMO); your approval board can be staffed by volunteers; and no third-party testing is required. **Seed to Seal Premium Standard:** No pesticides or chemicals are allowed in the fields where the plants are grown; there must be chemical free soil for at least 50+ years; all pest control is done with essential oils; Young Living uses heirloom seeds (no conventionally grown seeds are allowed); there are 50+ scientists on staff for testing; and third-party testing is done on every batch.*
13. **What are the three types of CBD that come in the Starter Bundle?** *The dropper (Citrus, Cinnamon, or Cool Mint), the CBD Calm roll-on, and the CBD Muscle Rub.*

Essential Oils 105: The Kids Class

1. **Give me a quick evaluation of where you think you are in the journey by checking one of the boxes below:** *The first question is a self-evaluation question (and it's a personal answer).*
2. **The change in my home happened** *one decision at a time.*
3. **How many grams a day of sugar should you limit your kids to?** *Less than 10g per day (0 if possible).*
4. **A 2008 study showed babies who were given acetaminophen (Tylenol) had a 46-percent increase of having an asthma-related occurrence if they got a single dose their first year of life. They also had a 35-percent increased risk of eczema.**
5. **How many Rose blossoms does it take to make a single ounce of Rose oil?** 60,000
6. **What are essential oils?** *Essential oils are made up of tiny constituents that enact change in the human body. Oils are about 1000 times more powerful than herbs because they are distilled from large quantities of plant material.*
7. **Why is the Feather the Owl diffuser REALLY COOL? (name some features):** *You could list features such as: it has 10 different LED light color options and five white-noise sound options; it can release oil into the air for up to ten hours; and it functions as a humidifier, aroma diffuser, night-light, and white noise machine (all in one).*
8. **Which oils come in the Little Oilers Starter Bundle?** *KidPower, GeneYus, Owie, TummyGize, SniffleEase, and Sleepylze.*
9. **Matching up oils with their properties:** *GeneYus (for focus), KidPower (for courage), Owie (for minor skin irritations, mild cuts, or boo-boo's), TummyGize (for discomfort in the stomach), Sleepylze (for restlessness), and SniffleEase (for stuffiness).*
10. **How long can one 5mL bottle of oil last?** *45-90 applications (and 90 applications can last as long as 6 months).*
11. **What are the top safety tips for kids?** *Don't put it in the eyes or ears; quality matters (the stuff at the Bed and Bath store isn't likely safe for your kids); dilute for topical use; use a diffuser made for essential oils; and keep oils out of the reach of kids.*
12. **Which toddler application will you use the most?** *(This is a personal question.) Some examples you might choose from could be: diffuse Sleepylze for sleep; drop an oil onto the spine for immune support; place a few drops on the back of the neck to calm a tantrum; or apply orange vitality for teething.*
13. **Your children should be able to play safely, without worrying about gross ingredients.**

Essential Oils 106: Fearless

1. **What makes Young Living a pioneer in the industry? Name some things that stood out to you in this class.** *Some possible responses: their distillation methods are copied globally; they are the first company to have over the counter products that are oil-infused; they have more oils (over 200 singles and blends) than any other company on the planet; they were the first to generate Smart Spectrum CBD; and more +.*
2. **When I think of this company, one word comes to mind:** *trend-setter.*
3. **Without oils, your body's blood absorption rate (of supplements) is less than half of the supplement within a 24-hour period.**
4. **With oils, it's 86 percent in 1 hour.**

5. **What are two really good reasons to start cleaning out your cabinets?** 1) *The stuff in your home is toxic; and you don't want to poison your family.* 2) *Even the products you have that may be relatively good are likely not oil infused; so, your body is not assimilating even half of the product.*
Now go watch the scavenger hunt video!!!
6. **How often should you use oils?** *Every single day and as much as you can!*
7. **What is one reason you should not fear oils?** *There have been no major issues with people becoming sick or dying from their use.*
8. **Name an aromatic tip you have not tried.** *Examples you could choose from: hand-cupping, diffuser jewelry, or spritzers.*
9. **Why should you use colored glass when storing oils?** *It's because the oils will go after the container. It takes a good 12 weeks for an oil to discolor a plastic bottle; but over time it will break it down. If your glass bottle is amber-colored (or cobalt blue, green, unicorn pink, or any other color except clear), it will preserve the oils because it helps block sunlight which deteriorates oils over time.*
10. **What is wrong with burning candles in the home?** *Burning candles in the home releases the dirtiest soot, sometimes containing particles of zinc, tin, and lead.*
11. **What benefits do diffusers have over burning a candle?** *Diffusers are another tool to safeguard your family's health. Instead of the chemicals from a plug-in air freshener or a candle, you're replacing them with an essential oil. You swap toxins for plants. Also, they can act as a humidifier.*
12. **How many drops of oil should go in a diffuser?** *As a rule of thumb, not more than 6-8 drops of oil in the diffuser (though some combinations may take more or less).*
13. **Just for fun, how many combinations of Vanilla are there, based on the current number of oils in Young Living?** *10 octillion.*
14. **What do you do with redness?** *Dilute with a carrier oil.*
15. **Tell me one thing you learned about the "simple human anatomy" section. (Where to place oils).** *Some examples of what you could choose to discuss: the big toes (where the nerve endings come out from your brain), over the heart, down the earlobes, or on the medulla.*
16. **Sometimes the best thing you can do is just put the oil where your best guess is; and play around with the oils you own.**
17. **90 percent of bugs enter through the nose and end up in the digestive system.**
18. **Write down Christa Smith's Nose Swab Recipe (it's a keeper!):** *She takes the Animal Scents Ointment and adds 3-5 drops of Egyptian Gold and 3-5 drops of Exodus 2. If Animals Scents is out of stock, you can use Rose Ointment just as effectively. Mix it up well. Take a Q-tip and dip it in the mix, then swab the inside of your nose.*
19. **How many Vita Flex points are in the body?** *1400*
20. **What are the two types of topical applications in the aromatherapy world, and what makes them different?** *Layering and Blending. Layering is dropping the oils one at a time, 30-60 seconds apart, right from the bottle. Blending is for perfumes, skin care, massages, pre-mixed diffuser blends, salves and ointments, and beauty DIY's.*
21. **What are the three rules for blending an oil?** *1) You make them up in a bottle, 2) write down what you did, and 3) let it sit for at least 24 hours.*

22. **How many drops of oil can you fit in a single bottle?** *It depends on the bottle while you are blending. There are basically two standard sizes: 5mL and 15mL. If you're recycling Young Living bottles, the small ones are the 5mL (like the bottles that come in the Starter Bundle) and the large ones are 15mL.*
23. **How many drops of oil can you put in an Epsom Salt bath?** *Add a few drops of oil to 2 cups of Epsom salts or any Young Living Bath gel.*
24. **Name one topical tip around the house that you did not think of before (then try it)!** *Some examples of what you may choose to try: adding oils to a water purifier, adding Purification to vase water, or adding a 5 mL bottle of oil to a gallon of paint.*
25. **The longer essential oils stay in contact with the skin, the more likely they are to be absorbed.**
26. **What multi-step process do GRAS (generally regarded as safe) oils have to go through?** *Toxicology, organic chemistry, biochemistry, metabolism, and pathology.*
27. **How DO you take oils internally?** *You can put them in food and drinks, and safely consume them at reasonable doses. Veggie capsules are also an option. (Note: I cannot safely recommend other essential oils for internal use other than Vitality oils from Young Living).*
28. **Is there a physical response to an emotion?** *Emotions stored in the body that aren't dealt with can cause physiological changes.*
29. **In the "Wrapping Up" Section, give me two things that you learned:** *You could choose from anything in the Fearless script. A few examples: If you get a headache, dilute, or get some fresh air. If you have redness on the skin, use a carrier oil. If you do not notice a change from what you are doing, you may not have used enough oil. You must go by what your body tells you it wants.*
30. **Stop fearing what the Lord created and start to use it!**
31. **Try one new oil a month for the next six months:** *You can choose any oil from the starter bundle or expand to whatever you choose.*

Essential Oils 107: Oils of the Bible

1. **Who was the very first aromatherapist?** *God.*
2. **How many references to oils are there in the Bible?** *1,031.*
3. **Which sense was never mentioned in the story of Adam and Eve and the apple?** *The sense of smell was never mentioned.*
4. **How many "Aroma Complete collections" would have had to have been dumped on Jesus's head to equate to the amount of Spikenard?** *15 entire Aroma Complete collections.*
5. **Explain why the word "energy" is used when discussing essential oils.** *As far as energy goes, we were created with it! Our spine, brain, and nervous system wouldn't work without electricity and vibrations. God made the brain, the spinal cord, the neurons that send and receive messages, and the entire electrical system. It was His design.*
6. **Were oils used to "enhance spirituality" in Scripture? Give an example.** *In the first book, Genesis, God gives Moses the "Holy Anointing Oil." This oil was used to wipe down every object in the temple. The same oils were blatantly used to "enhance spirituality" too. God didn't just tell Moses to wipe down the temple. He was told to burn the oils (to create a smoke specifically used as an incense to boost prayer).*

7. **How do oils work for prayer?** *As we generally understand it, prayer works without oils; and oils work without prayer. Together, they are extremely powerful. They are two tools the Lord gave us to be closer to Him. There is science behind it.*
8. **How many gallons of oil did the recipe use for the Holy Anointing Oil in Exodus?** *Nearly 6 gallons.*
9. **Christ's death on the cross lifted the requirement that you be a Levite to heal and anoint.**
10. **What are the three types of healing described in the Bible?** *The 3 types of healing described in the bible: 1) laomai 2) Therapeuo 3) Sozo.*
11. **It is estimated that as much as 80 to 90 percent of sickness and disease is due to emotional or spiritual conflict.**
12. **Pick any three oils from the Oils of Ancient Scripture collection and tell me what they are typically used for.** *The oils you could choose from (and their uses) are: Sandalwood [slow down and rest]; Cassia [empowering the will]; Cedarwood [calming and purifying]; Cypress [movement]; Hyssop [to cleanse and purge old beliefs]; Myrrh [helps with grounding and prayer]; Myrtle [focus on truth and forgiveness]; Onycha [helps with clarity]; Cistus [vision and awareness]; and Frankincense [adapts to a person's spiritual state of being].*
13. **What does anoint mean?** *The word "anoint" translated from Hebrew and Greek, meaning to cover, rub, or smear the head and body with oil (and in some cases, to pour the oil over the head).*
14. **What do you do when no one will listen?** *Don't be discouraged! Just look to Scripture.*

Essential Oils 108: The Raindrop Class

1. **Raindrop is the most modern use of oils on the planet, a modern anointing.**
2. **The oils are applied using 8 varying techniques.**
3. **Raindrop was developed by Young Living Founder, D. Gary Young in 1989, before Young Living ever existed.**
4. **God spoke the world into existence with HIS own Voice.**
5. **Raindrop works for two reasons:** *1) Their electrical frequency is higher than the human body. It raises the body's frequency when applied to the skin topically. 2) Because of the chemistry in essential oils.*
6. **Which oils are used in Raindrop Technique?** *Valor, Oregano, Thyme, Basil, Wintergreen, Marjoram, Cypress, Peppermint, Aroma Siez, and Ortho Ease (a massage blend).*
7. **Why do you use the oils in a specific order?** *It's based on the constituents and which part of the body the oils work best.*
8. **If you were to put the feet together, they literally look like a little roadmap of the human body.**
9. **What are the names of the techniques in Raindrop?** *Valor Balancing, Vita Flex, Feathering (+ feathering straight to sides and Angel wings), Finger Circles, Thumb Vita Flex, Finger Straddle/Saw Maneuver, Stretch and Rock (Shake), and Palm Slide (or Indian Rub).*
10. **During Vita Flex, the most important thing to remember is "make a circuit...." "break a circuit".**
11. **Describe feathering:** *For this technique, you will drop the oil from about four to six inches above the spine. You will use your fingernails and fingertips to gently "feather" the oil into the spinal tissue for the entire length of the spine. Alternate hands as you move; and cover each sequence three times, using very light pressure. Repeat the entire process with each of the oils.*

12. **Why can't you just make a Raindrop roll-on?** *It's not the way Gary intended. You're also mixing oils whose constituents may cancel the other out. The molecules are less effective and may be negated or dulled by other oils.*
13. **Describe the three-minute Raindrop:** *In simple form, it's the fast way to do a Raindrop in a time crunch. You're still utilizing the layering technique, but you skip Vita Flexing the feet.*

Essential Oils 109: The Feelings Class

1. **No plant can live if the root is cut away.** ~Louise L. Hay, dealing with emotions in her book "Heal Your Body".
2. **Oil molecules are smaller than viruses.**
3. **Which oils come in the Feelings Collection?** *Harmony, Forgiveness, Inner Child, Present Time, Release, and Valor.*
4. **When you are a child, all things are possible. There are no limitations.** (Gary Young).
5. **What is Gary's Emotional Release Protocol? List the six steps:** 1) Valor [soles of the feet] 2) Harmony [spine or crown of the head] 3) Forgiveness [around the navel clockwise with the right hand] 4) Release [under the tongue or over the liver Vita Flex points] 5) Present Time [clockwise circles to the palm of your hand and apply to the thymus] 6) Inner Child [crown of head].
6. **Essential oils assist with barriers.**
7. **What happens when the body feels an intense emotion?** *Scientists tell us that they can visibly see the emotion hit the brain, like a pebble tossed into a lake. It's a physical effect to something emotional.*
8. **How is the body designed to protect itself?** *The body takes protective measures with stored emotions all the time in the form of kidney stones, liver stones, and gall stones. They are a buildup of toxic substances that can calcify into a hardened stone or have a chemical reaction that encapsulates them in organs, causing trouble.*
9. **Complete Gary's quote: "99 percent of emotions... are made from feelings. If you want your life to be guided by good decisions that lead to health, happiness, and fulfillment, you need to be aware of and in control of your present feelings and the feelings of the past."**
10. **List the "titles" of the 24 steps to do an emotional release on someone else:** 1) set up the room, 2) measure the recipient, 3) ask about allergies, medications, or toxic exposures, 4) Valor balancing, 5) Foot Vita Flex (Roll and Release), 6) Raindrop the emotional oils, 7) Feathering straight to sides, full length strokes, angel wings, 8) Follow Steps 6 and 7 with all 6 Emotional Release Oils, 9) Additional oils, 10) Finger Circles (Spinal Tissue Pull Technique), 11) Cypress Thundershower, 12) 3-6-12 Feathering, Feathering Straight to Sides, Full Length Strokes, 13) Thumb Vita Flex (Thumb Roll Technique), 14) Finger Straddle/Saw Maneuver, 15) Stretch and Rock (Circle Hand Massage), 16) Ortho Ease Massage, 17) Palm Slide (Indian Rub), 18) Valor, 19) Peppermint, 20) Occiput Pull, 21) White Angelica, 22) Hot compress, 23) Rest, 24) NingXia and measure.
11. **After about 15 minutes, your cell receptor sites at the top your nose get full and can't receive new information.**
12. **Which oil should you use if you are feeling argumentative?** *Peace and Calming on the thyroid.*
13. **I think the simplest answer I can give you on when to use oils for emotions is to:** *Watch what's going on around you. With emotions, you really have to be intentional.*

14. **Whenever you're working on an emotion, it's really important to focus on:** *what counselors call "Your Way Out."* As you're applying the oil, picture in your mind what it feels like to be free of that emotion.
15. **What does Proverbs 18:4 say?** "A person's words can be life-giving water; words of true wisdom are as refreshing as a bubbling brook."
16. **Half of what you do is mindset. There is a four-step process to speaking life. Write the four points down:** 1) *Identify the pattern that is linked to the emotion.* 2) *Understand the opposite side of the emotion.* 3) *Discover the way out of the emotion.* 4) *Use the oils aromatically or topically... Rinse and repeat!*

Essential Oils 110: The Gut Class

1. **90 percent of sickness and disease starts in the gut.**
2. **What is your gut?** *Your gut includes your mouth and esophagus, your stomach, small intestine, liver, gall bladder and pancreas, your large intestine (colon), and your rectum. It starts where the food goes in and ends where the food comes out.*
3. **Give me a fact about the human gut.** *A few facts you could choose from are: Bacteria in your gut starts growing while you are in utero and is mostly developed by the time you're three years old; exposure to dirt, bacteria, and animals aid in the development of a healthier immune system; children who are born vaginally have different gut bacteria than those born by C-section; and probiotics are healthy bacteria, and pre-biotics feed those bacteria.*
4. **Name two things that damage the gut.** *A few to choose from might be antibiotics, antacids, various medications, hormone replacement therapies, birth control, stress, old age, alcoholism, pollution, toxins, x-rays, climate, or diets.*
5. **What are the goals of GAPS?** 1) Diet 2) Supplementation 3) Detoxification and lifestyle changes.
6. **What are the biggest healers in the standard diet?** *Fermented Foods, Bone broth, Good fats, Probiotics, Enzymes, and Omega's.*
7. *The next three questions entail a personal review of your diet in regard to sugar and gluten.*
8. **What is in milk from the store?** *If you went and snagged a gallon at the grocery store instead of sourcing it from a local farmer, you are consuming milk, butter, yogurt, and cheese from cows that are continually given antibiotics; you may be developing antibiotic resistance. The hormones they give the cows increases your chance of being overweight or getting cancer. In addition to that, pasteurized milk increases your exposure to glyphosate, a chemical component of Roundup (a pesticide and herbicide applied to genetically modified crops), which are fed to the cattle.*
9. **Write down a fermented food you'd never heard of before:** *some examples of fermented foods: Kefir (water or milk), homemade yogurt, raw cheese, coconut kefir, sauerkraut, Kimchi, Kombucha, Kvass, pickles, pickled garlic or veggies (like gingered carrots), fermented sour cream or ketchup.*
10. **Give one good reason you should drink bone broth regularly:** *Here are a few reasons! Those bones are boiled or simmered for hours or days; and they release things like collagen, proline, and glutamine (which help with arthritis, joint conditions, and IBS). One study found that peptides in bone broth restored the mucosal lining in animals with leaky gut.*
11. **Shop the perimeter of the grocery store.**
12. **90 percent of Canola oil is from genetically modified plants.**

13. **Tell me something about probiotics.** *Here are a few facts to choose from: They can help clear infections from the gut; they resolve imbalances in the gut; they help with weight loss, insulin resistance, Celiac disease, and a host of other ailments; they support the liver in detoxification; they help the kidneys cleanse; and they help the bowels eliminate toxins.*
14. **Tell me something about enzymes.** *A brief list of some things enzymes do: Energy production, absorption of oxygen, fight infections and heal wounds, reduce inflammation, get nutrients to your cells, carry away toxic waste, break down fats in your blood, regulating cholesterol and triglyceride levels, dissolve blood clots, help with proper hormone regulation, and slow the aging process.*
15. **90 percent of Americans buy processed food.**
16. **Which oil loves to work on the gut lining?** *Frankincense.*

Essential Oils 111: The 4 Most Important Young Living Supplements

1. **Name some reasons why walking is good for you.** *Examples (to name just a few): It reduces the risk of chronic disease; it can improve digestion and bowel function; it can alleviate joint pain; it helps you lose weight; and it helps you sleep better at night.*
2. **Give one statistic from the Kushi Institute study on nutrient data in foods:** *A Kushi institute analysis of nutrient data from 1975 to 1997 (in just 22 years), found average calcium levels in 12 fresh vegetables dropped 27 percent, iron levels 30 percent, and vitamin C dropped 30 percent. Potassium lost 14 percent. You would have to eat 8 oranges today to get the same amount of Vitamin A that your grandparents got.*
3. **Name two reasons that water is depleted:** *Water is depleted of minerals because of the plants and modern production methods. Then there are town filtration systems to factor in. Many of them remove important minerals like magnesium, which is essential for 300 biochemical reactions in the body. In addition to that, they use chlorine and fluoride to sanitize the public drinking water.*
4. **Supplements are not about curing disease. They are about supporting the body so it can do what it was created to do.**
5. **What types of supplements are out there?** *You can use them to detox your system and clean everything out; and you can use them for targeted support (like liver support, or support for handling the day-to-day grind).*
6. **What are my Core 4 supplements?** *Essentialzyme, OmegaGize, Life 9, and NingXia.*
7. **What is the purpose of OmegaGize?** *It keeps everything oiled and working well. It's the grease for your body. It helps everything communicate.*
8. **Life 9 contains:** *9 strains of bacteria and 17 billion live cultures.*
9. **Probiotics will promote:** *healthy digestion, support gut health, and help maintain normal intestinal function and your immune system. Probiotics support your heart. They also work to reduce the severity of certain allergies and skin issues. They assist with digestion, provide immune support, as well as support a healthy weight. Probiotics are also good for your mental health.*
10. **NingXia is the king of supplements.**

11. **Name three reasons why NingXia is amazing.** *Here are a few reasons from the Scriptbook: antioxidants, it converts acid to alkaline in the gut, it protects against free radicals, it's a macronutrient, and it has the right sugar and the right enzymes.*
12. **Explain how to take supplements (when it's overwhelming):** *Take what your body tells you to take. Do them as needed. Take a hiatus with the change of the seasons.*
13. **Name one other supplement (other than the Core 4) and tell me why it's great.** *Examples to choose from: Multigreens [is a chlorophyll formula that works with the endocrine system, nervous system, and circulatory system]; Master Formula [is a full-spectrum, multi-nutrient, complex that provides antioxidants, vitamins, minerals, and pre-biotics]; Pure Protein Complete [is brain food. It helps you think].*
14. **What happened with the MultiGreens absorption study? What did oils do?** *Without oils, the body's blood absorption rate was 42 percent in 24 hours. With oils, it increased to 86 percent in 1 hour.*
15. **Name one kids' supplement:** *MightyZymes, MightyVites, Unwind, MightyPro, or NingXia.*
16. **How often are the cells in your body replaced?** *Every 4 months.*
17. **How do you know if a supplement is working?** *The best way to "test" a supplement is to let it build in your system, then go without it. Also, record how you feel.*

Essential Oils 112: Enzymes

1. **80 percent of all corn grown in the United States (that also means every corn-containing product) is grown with genetically modified seeds.**
2. **You would have to eat 8 oranges today to get the same amount of Vitamin A that your grandparents got.**
3. **What do you feel when you are not getting enough nutrients in your body? (Pick three things and tell me):** *Mental fatigue, digestive discomfort, a need to avoid certain foods because of how you "react", food sensitivities and allergies, irregular bowel movements, diarrhea, irritable bowel, a feeling of "fullness" or bloating, sluggishness after meals, gassiness, acid reflux, GERD, heartburn, Poor tissue repair, weight gain, constipation, Crohn's disease, Celiac Disease, lactose intolerance, Diverticulitis, Gastritis, skin issues /acne/ eczema or psoriasis.*
4. **What are enzymes?** *Enzymes help you pull the nutrients out of what you're eating and naturally digest the food in your gut.*
5. **Give me two reasons why it's important to supplement:** *The first reason is enzyme depletion. You have enzymes in your gut; but as you age, they get depleted or are damaged. Secondly, researchers have discovered that cooking or processing food over 118 degrees Fahrenheit kills virtually all digestive enzymes that occur naturally in it. If you don't have a mix of fresh and cooked food in your diet, or fermented foods, you're likely losing most of the enzymes you need.*
6. **All Young Living enzymes are FDA inspected and contain no:** *fillers, no yeast, no dairy, no wheat, no corn, and no soy. They are free of artificial colors, flavors, and preservatives, and are held to Young Living's Seed to Seal promise.*
7. **List one enzyme that's inside a capsule:** *Protease, Bromelain, Amylase, Lipase, Cellulase, Phytase, Peptidase, and Papain.*
8. **What are the types of enzymes out there? Also, what are the four names of the enzymes Young Living has created?** *The types of enzymes: metabolic, digestive, and food enzymes. The*

four names of enzymes Young Living has created: Essentialzyme, Essentialzymes-4, Allerzyme, and Detoxzyme.

9. **Kindling or “matchsticks” are carbohydrates: simple sugars in the world of enzymes.**
10. **How do enzymes work?** *Enzymes are released along the whole digestive tract, but first in the mouth.*
11. **20 amino acids rebuild everything in the body.**
12. **Gary found that due to our chemical exposure and poor lifestyle choices, people get depleted of enzymes.**
13. **Tell me one thing you learned about Essentialzyme:** *This supplement was formulated with dual time-release technology to improve overall enzyme activity. It reduces normal, everyday stress and assists with healthy pancreatic function. It also helps eliminate harmful waste and purifies you internally. Gary designed this tablet to be slowly chewed. Chewing it will help produce saliva and enzymes in the mouth. It is great for people who are sensitive to supplements because you’re partially digesting it in the mouth. Because of this process, Essentialzyme supports the activity of the metabolic enzymes in the upper part of the body. It will release easily through the stomach and the small intestine.*
14. **Tell me one thing you learned about Essentialzymes-4:** *This is a multi-spectrum enzyme complex specifically formulated by Young Living to aid in the critically needed digestion of dietary fats, proteins, fiber, and carbohydrates found in a processed diet.*
15. **Tell me one thing you learned about Allerzyme:** *Allerzyme is a vegetarian enzyme complex (using no animal products) that promotes digestion. This is for the relief of occasional symptoms like fullness, pressure, bloating, gas pain, or minor cramping that may occur after eating. It helps with digestion of sugars, starches, fats, and proteins.*
16. **Tell me one thing you learned about Detoxzyme:** *This enzyme, which is also vegan, gives your whole system a good scrub down. I love to use it if I’m cleansing, or if I’ve been exposed to things I don’t like in my system. Detoxzyme combines a myriad of powerful enzymes that help detoxify and promote cleansing. It’s a great digestive and immune support supplement. This is also a great enzyme for teeth, and for weight management and control. It helps support nutrient absorption.*
17. **Look at the chart. Which enzyme do you think you should start with?** *(The chart is located on page 280 in the Scriptbook).*
18. **Which three products are in the Cleansing Trio?** *Essentialzyme, ComforTone, and ICP.*
19. **Always do a cleanse in this order:** *Colon then liver.*
20. **Try one of the four protocols. Which one did you try first? And why?** *Protocol 1: 30 days Detoxzyme to clean you out. Protocol 2: Do Detoxzyme only if you’re sensitive to the other 3 enzymes. Protocol 3: Do targeted nutrition. Protocol 4: Simply take Essentialzymes-4 fifteen minutes before a meal, or if you know you are constipated.*
21. **Explain how to properly dose enzymes:** *Trust your body. Every person’s body is different, whether a child or adult. Even when it’s working at its best, your body will change. Sometimes it’s hour by hour, depending on stress, sleep, food, emotions, and environment. You may find something is working, only to have to adjust it the next week.*
22. **Should you force supplements or oils? NO. Why or why not?** *Your body changes, and it may tell you, “NOT TODAY!” When someone is weak, pushing things is the wrong way to go. When the body is high in stress, and we are pushing things, other problems may come of it.*

23. **What do you do if you do not LIKE a supplement?** *Your body may need to be trained to accept something that's good for it. There is a way to train it. It's called the sniff test/ navel test.*

Essential Oils 113: Bloom + ART + Savvy: The Skin Class

1. **How many hairs are on one inch of skin?** 65.
2. **You can literally get a glimpse of someone's health by looking at their skin!**
3. **The United States has banned 11 ingredients in skin care.**
4. **Europe has banned 1,328 ingredients in skin care.**
5. **Young Living has banned over 2,500 ingredients in skin care.**
6. **Health risk experts have concluded that mainstream cosmetics and personal hygiene products post the highest cancer risk to the general public, even higher than smoking!**
7. **What are the three main health hazards associated with chemicals?** *1) They disrupt hormones. 2) They can cause cancer 3) They accumulate as toxins in the body.*
8. **Skin is the organ that gets rid of one fourth of all of the toxins in your body.**
9. **What is the 3-cabinet challenge?** *Look through any three cabinets in your house, and see if there are products containing any of the ingredients we're talking about throughout this lesson. Also, check the ingredients list, and Google: "Dangers Of...". If you see these chemicals, start ditching them one cabinet at a time.*
10. **Name one carcinogen that is common in skincare products that shocked you.** *Examples could be: formaldehyde, parabens, phthalates, nitrosamines, coal tar dyes, as well as others.*
11. **What is something you learned about the history of skincare?** *A few examples are: In Japan they used bird droppings for a facial treatment; in Europe, some slapped their face to increase circulation; Egypt used mesdemet as a black eye cosmetic, and more...*
12. **In Russia, they are known for their shoulder tapping with shoulder twigs to massage a bather's skin and generate heat!**
13. **By age 20, you should be actively trying to protect your skin.**
14. **It's not actually wrinkles that make you look old. It's pigmentation and sun damage that do most of the appearance of aging.**
15. **The seven major signs of aging are:** *fine lines, harsh skin texture, uneven skin tone, dullness, enlarged pores, age spots, and sagging.*
16. **Name one beauty enemy that you struggle with.** *Some common beauty enemies discussed in Scriptbook are: The sun, smoking, poor quality of food, your gut, environmental toxic overload, not enough sleep, not enough water consumption, free radical damage, and more.*
17. **What can you do to change that?** *If you protect yourself and have a good foundational skincare routine, you can delay some of those nuances until well into your 60's.*
18. **If your mom aged fast, will you?** *Not necessarily. Aging is only 25-35 percent dependent on your genes.*
19. **Younger skin regenerates every 15-30 days, older skin takes twice as long.**
20. **What combats sun damage?** *Collagen.*
21. **What is collagen?** *Collagen is a protein made up of amino acids: glycine, proline, hydroxyproline, and more. It's also an incredible supplement that assists with gut health. Collagen is a building block for our skin. It makes up 30% of the protein in our body and 70% of the protein in our skin.*
22. **Our collagen line is called BLOOM! What are the three main Bloom products?** *Bloom Cleanser, Bloom Essence, and Bloom Brightening Lotion.*

23. **What are the main skin types?** *Dry, mature, oily, sensitive, combination, and normal.*
24. **Which skin type do you believe you are?** *(Personal question based on descriptions on page 309 in the Scriptbook.)*
25. **List the oils that are best for your skin type:** *Personal question (refer to page 310 in the Scriptbook).*
26. **What are the 8 steps to skincare?** *Cleansing, exfoliating, toning, oils, renewal serum, moisturizing, deep moisturizing, and refining.*
27. **Breakouts on the cheeks mean you're not getting enough water.**
28. **Breakouts on the chin are hormonal breakouts.**
29. **Do the test. What is your skin's biological age?** *(From page 315 in the Scriptbook): Pinch the skin on the back of your hand, then release it after a few seconds. If you're under 30 years of age, the skin will quickly return to its original contour. If you're between the ages of 30 and 50, it will stand up for a second or two before recovering. At age 50 and beyond, the skin may stand up for a number of seconds.*
30. **Write down a supplement you'd like to start trying for your skin:** *Some common supplements to choose from are: NingXia, Nitro, Sulfurzyme, OmegaGize, Master Formula, Pure Protein Complete, Life 9, Mineral Essence, or Longevity oil.*
31. **How long does it take to see a noticeable change with any skincare line?** *At least a week.*
32. **The average woman applies 300 chemicals to her body each day.**
33. **Write one thing that is NOT in the Savvy makeup line:** *There are no synthetic ingredients AT ALL!*
34. **Write one ingredient you want to avoid in your makeup.** *Mineral oil, talc, bismuth, phthalates, and parabens.*
35. **Do the foundation test. Which color do you think you are:** *warm, cool, or dark?*
36. **After reading about Savvy, which two products do you want to try first?** *Foundation, concealer, blush, blush, bronzer, mineral veil, eye shadow, eyeliner, mascara, lips, and more.*
37. **Which product makes all the others last longer?** *The Savvy Minerals Misting Spray.*

Essential Oils 114: The Hair Class

1. **What are some of the chemicals in hair products that you don't want on your hair? Name a few.** *Sulfates, parabens, polyethylene glycol, phthalates, formaldehyde, triclosan, dimethicone, retinyl palmitate, alcohol, fragrances, colors, toluene, resorcinol, selenium sulfide, or quaternium-15.*
2. **What did you notice when you stacked up a popular store-brand shampoo against the ingredients in Young Living's shampoo?** *One of the most popular store-bought shampoos contains all 15 of the ingredients on the danger zone list, whereas Young Living's shampoo products meet the organic standard and have no known side effects from any of its ingredients.*
3. **The average person takes 12,413 showers in their lifetime.**
4. **The soap you use every day:** *could be leading to a long string of health issues that are completely preventable.*
5. **What are the four types of hair on the earth?** *Straight, wavy, curly, or kinky.*
6. **Do you think you could shower less? Would it gross you out?** *(Personal Question.)*
7. **I recommend a good shower every 3-10 days.**
8. **Avoid things like hairspray and coloring your hair as much as you can.**

9. **You naturally have more hair on one side of your head.**
10. **It takes about 6-8 months to fully train the follicles on your head.**
11. **There are at least 100,000 hair fibers on our head, and each one stretches and absorbs moisture.**
12. **Mary Beth Janssen says, “any imbalance or toxicity... (finish her quote.). “...in the body are interpreted and transferred to the hair through the blood supply.”**
13. **How often should you get a haircut?** *Your hair grows about ½ an inch a month. Every three months, you should get it cut. For guys, it’s more like every 3-5 weeks.*
14. **What causes split ends?** *Over time, daily wear and tear on your hair will wear down the cuticle, exposing the inner cortex. The result is split ends.*
15. **How do you avoid them?** *Be gentle when you wash, brush, detangle, style, and touch your hair. As much as you can, avoid the hair blow dryer or any form of heat, like curling irons or flat irons for styling. Drink more water. Deep condition at least once every 1-2 weeks. Sleep on a satin or silk pillowcase. It’s less abrasive to your hair. Use low maintenance hairstyles, especially in the winter when you use hats, to protect your hair. Use hair products that are free of toxic and drying chemicals.*
16. **Young Living has 3 shampoos, 3 conditioners, and a 3-in-1 wash for men. Which one are you most interested in?** *Vanilla Copaiba Shampoo and Conditioner, Lavender Shampoo and Conditioner, Lavender Mint Shampoo and Conditioner, or the Shutran 3-in-1 Men’s Wash.*
17. **Which hair type are you?** *Straight, wavy, curly, or kinky.*
18. **What protocol does your hair type call for?** *Straight, wavy, curly, or kinky (Personal Answer).*
19. **Lavender shampoo is good for non-treated hair.**
20. **Copaiba is good for scalp issues.**
21. **How do you wash your hair?** *Saturate your hair under warm water (to open your pores). Add about 2 teaspoons of shampoo to the palm of your hand. Lather soap by rubbing hands together. Apply to scalp and massage until your head is sudsy. Massage the shampoo through your hair (paying attention to the scalp). You don’t need to wait to rinse.*
22. **Do you need to keep shampoo on your head while you wash the rest of your body?** *No. The cleansing agents in the shampoo work almost immediately.*
23. **What is the Mermaid Spray for?** *This goes on before conditioner to tone your hair.*
24. **When do you use hot water in your shower, and when do you use cooler water?** *It is good to use hot water at the start of your shower and slightly cooler water toward the end.*
25. **What is Mirah Hair Oil for?** *Mirah is a versatile multi-tasker that can be used as a styling aid or hair treatment. Designed with every type of hair in mind, it smooths and rids hair of fly-aways and frizz, and makes hair silky, shiny, and smooth.*
26. **List your three favorite DIY hair hacks.** *Examples to choose from: Dry hair hack, Oily hair hack, Leave-in conditioner, Dry shampoo, Next level Mirah Oil Hair Mask, Scalp treatment, Flaking and dry scalp- clarifying DIY scrub, Hot oil treatment, Apple cider vinegar rinse.*
27. **How long until you see a difference?** *You’ll want to use products for at least 4 weeks before you swap to a different one to try (like a different shampoo). It gives your hair time to detox, especially if it’s used to a lot of suds, synthetic conditioners, and ingredients. Also, immediate “repairs” to hair can come through with regular haircuts to remove those split ends that won’t otherwise go anywhere.*

28. **What are the three best supplements for hair?** *NingXia Red, Sulfurzyme, and Pure Protein Complete.*
29. **Confidence is the most beautiful thing a person can wear!**

Essential Oils 115: The Tooth Class

1. **What on earth is oil pulling?** *Oil pulling is a traditional folk remedy practiced in ancient India. It is believed to cure more than thirty systemic diseases when practiced regularly as directed. To do the technique, the mouth is completely filled with cold-pressed (not refined) sesame or coconut oil in such a way that gargling is impossible (a tablespoon or more). Swish for 20 minutes. The viscous oil will become thin and milky-white. Spit it out to avoid swallowing the bacteria. Thoroughly rinse the mouth with filtered water when finished.*
2. **What are two benefits of oil pulling?** *Just a few examples of the benefits listed could be: It activates salivary enzymes which absorb toxins; it detoxifies and purifies the entire human body; it reduces plaque-induced gingivitis; it can help reduce the number of harmful bacteria found in plaque and saliva that would wear away enamel and cause tooth decay and cavities; or it reduces tooth pain and general sensitivity in the mouth.*
3. **How does oil pulling work?** *The oils attract the lipid layer of bacterial cells and cause them to stick, "pulling" the oil. The oil becomes emulsified and the surface area of the oil increases.*
4. **Go to the store and snag some organic, cold-pressed sesame oil. Swish with it for 10 minutes. Report back here: (Personal Task.)**
5. **Should you oil pull and brush your teeth at the same time?** *No. Oil pull and then brush your teeth.*
6. **Tell me a "don't" from the toothbrushing protocol. What should you NOT do?** *Some examples of a "don't": Don't use a hard bristled toothbrush; don't rush; and don't brush from left to right.*
7. **Name one oil and what it's good for (pertaining to teeth).** *Examples: Orange Vitality oil is good for whitening; Clove Vitality to relieve pain and sanitize; Melaleuca (Tea Tree) for sores; Lavender Vitality to relieve nervous tension in regard to dental care; Frankincense Vitality has thousands of uses with oral care; and Peppermint Vitality has a numbing and cooling sensation.*
8. **Young Living's three tooth care products are:** *Thieves Whitening Toothpaste, Thieves Dental Floss, and Thieves Fresh Essence Plus Mouthwash.*
9. **Name one benefit of Thieves whitening toothpaste:** *It whitens and brightens teeth; it gently removes surface stains and cleans teeth; it is free from harmful peroxides that damage tooth enamel; it helps reduce and prevent tartar buildup; it's formulated without fluoride, SLS, parabens, phthalates, mineral oil, synthetic perfumes or dyes, toxic ingredients, or artificial colors, flavors, or preservatives.*
10. **Make a list of your family dental rules to ask when visiting the dentist.** *Examples: Do they use fluoride? What type of treatments are done? What ingredients are used?*
11. **Why is fluoride bad?** *Fluoride is a toxic industrial waste product which may also be contaminated with lead, arsenic, radionucleotides, aluminum, and other industrial contaminants.*
12. **What is "greenwashing?"** *When you buy a product at the grocery store, you have no idea how it was sourced. They get crafty and witty with labeling laws to try to dodge more expensive ingredients. It happens often in the organic world.*

13. **What does your tongue look like? Does it have any of these hallmarks?** *Creamy, white patches; black or hairy looking; bright red (like a strawberry); exceptionally smooth, glossy red; too big for your mouth; or fissures in your tongue?* (Personal Answer).
14. **Write out your tooth care protocol:** (Personal Task.)

Essential Oils 116: Hormones + Oils

1. **What are hormones?** *Hormones are messengers in your body that regulate metabolism, growth, development (puberty), tissue function, sexual function, reproduction, sleep, and mood.*
2. **Hormones affect every single cell in your body.**
3. **What is your endocrine system made of?** *Your endocrine system (chemical messenger system) consists of all the glands in your body that make hormones: thyroid, parathyroid, adrenals, pancreas, ovaries, (and for men) the Testes.*
4. **What is a xenoestrogen?** *They are estrogen mimicking compounds (a type of hormone disruptor) found in food additives, insecticides, weed killers, plastics, shampoos, cosmetics, detergents, and the linings of food and drink cans we use. They are also fed to the very cows we eat.*
5. **Are there any xenoestrogens in your life that you need to get out of your home? List them:** *Personal answer required.*
6. **Check any symptoms you may have that would tell you if your hormones are off:** *Personal answer required.*
 - tender breasts mood swings water retention weepiness exhausted in the morning
 - headaches and migraines low libido irritability anxiety fibroids puffiness and bloating bleeding issues cold body temperature cystic ovaries vaginal infections dry vagina uterine cancer candida infections (or fungus) heavy periods breast cancer sleep trouble sugar cravings feeling “hangry” need caffeine to function elevated triglycerides infertility a changing menstrual cycle leaky bladder tingling of the hands and feet tinnitus (ringing in the ears) fibromyalgia digestion problems low blood sugar
7. **Name something you learned about Progessence Plus, Young Living’s signature hormone blend:** *Progessence Plus is a natural way of supporting the endocrine system so it can do what it needs to do, without replacing the hormones it should be making on its own. This serum tends to work well for teens who have cramps or headaches during their cycles. For adult women, use Progessence for mild headaches, moodiness, anger, cramps, hot flashes, food cravings, etc.*
8. **Name another product Young Living has made for hormone support that you think may be a good fit for you, and tell me why:** *Some examples may be: FemiGen, Sclarescence, EndoFlex, or Prenolone Plus Cream, Thyromin, CortiStop, and more.*
9. **Where are the places that emotions are stored?** *Fear and worry [the kidneys], Anger and rage [the liver and gall bladder], Inner crying [the lungs or kidney], Sadness [the pancreas], Lack of joy [the heart], Unforgiveness [the liver], Revenge [the kidney (and kidney stones)], Stress [the stomach].*
10. **List the top hormone oils for women:** *Clary Sage, Dragon Time, Lady Sclareol, and Mister.*
11. **List the top hormone oils for men:** *Goldenrod, Ylang Ylang, ShuTran, Mister, and Dorado Azul.*

Essential Oils 117: Animal Aromatherapy

1. **The key to using essential oils with animals is to start out slow. Don't push and don't rush.**
2. **Animals are extremely sensitive to odors and: *may find a new smell too intense.***
3. **Which areas of their body should you avoid when first introducing an oil? *The face, nose, and feet are the most sensitive areas of an animal; so new smells have to be introduced carefully.***
4. **Start with very small amounts of Young Living oil. (How much is a very small amount?) *One drop is often plenty when you are just beginning. Until you're able to read your animal and see their reaction.***
5. **Always have a carrier oil on hand when working with animals.**
6. **Do not dilute oils with water.**
7. **Write down ratios of carrier oils to essential oils below.**
Hamsters or birds: *use 1 drop of essential oil to 4-5 drops of carrier oil.* Medium animals like a house cat or a Labrador: *use 3-5 drops of essential oil with 1-2 drops of carrier oil.* Very large dogs like a Mastiff: *a carrier may not be necessary unless they look uncomfortable.* Cattle and horses: *start with 10 drops of essential oil (and usually a carrier is not needed).*
8. **Apply the oils to yourself first before: *introducing them to your pet.***
9. **Then let them: *smell them on you (as they associate you with "safe").***
10. **When using a diffuser with pets, avoid: *small, enclosed rooms or closets; and don't run it all day long. fifteen minute "bursts" are fine for pets.***
11. **Can you use oils internally for pets? *Only Young Living oils can be administered internally to pets. You can mix them directly into the animal's food; or for larger animals, drop 1-2 drops right into their mouth by pulling out the bottom lip. Avoid hot oils.***
12. **Name a use of one oil for pets in the Oils Starter Bundle: *Thieves [burns, splinters, ears, ticks], Frankincense [mild cut, healing after surgery, "everything" oil], Lavender [calming], DiGize [car rides or motion sickness], Peppermint [tummy issues, or cooling off], Purification [bugs, smells], Raven [breathing], PanAway [achy joints, hips, swelling], Peace and Calming [calming], Stress Away [anxiety], Lemon [degreaser, sticky fur], Valor [bravery during tension].***
13. **My second recommendation is to get the Animal Scents oils! Tell me one thing you learned about those oils: *PuriClean [minor scrapes and scratches], Mendwell [soothes distressed skin areas], Infect Away [cleans wounds], T-Away [alleviates tension and nerves], ParaGize [tummy troubles].***
14. **What is one way you can "think outside the box" when it comes to oiling animals? *Do the label test at home to double check your ingredients. Swap things out and be bold when you're unsure. Don't second guess yourself. Your intuition is likely correct.***

Essential Oils 118: Basic Massage for Couples (A Tour of Massage Oils)

1. **Do you really need massage oil for a good massage? Yes or no? Yes. *It assists in your ability to reach deep muscle tissue without undue friction on the skin's surface.***
2. **Massage oil allows your hands to glide over the skin.**
3. **Name one ingredient in Young Living's V-6 massage oil and what it is known for: *Fractionated coconut oil, sesame seed oil, grapeseed oil, sweet almond oil, sunflower oil, olive oil, and wheat germ oil (which is great for scar tissue and doesn't irritate those with gluten allergies).***
4. **What is fascia? *Fascia is a continuous layer of connective tissue that covers and holds all your muscles, bones, organs, and nerves. It's made mostly of collagen, and it helps to give form to your body.***

5. **Paraphrase how you do the Fascia Technique:** *Warm the body; apply the massage oil; using your hands or a fascia blaster, start in a single area, and complete a rubbing motion for 2-5 minutes, applying as much pressure as tolerated without it feeling uncomfortable. Repeat in other areas as needed. Drink lots of fluid after. Take a cool shower to reduce swelling.*
6. **What is something you learned about Relaxation Massage oil?** *Relaxation oil smells like a nap in a bottle. It has soothing Coriander essential oil inside, along with Lavender, Spearmint, and Tangerine for maximum relaxation.*
7. **What are the three types of massages?** *Stress-relieving massages, pain-relieving massages, and massages for sex (or you may call it “recreational massage”).*
8. **What is the difference between Ortho Ease and Ortho Sport massage oil?** *The biggest difference between Ortho Ease and Ortho Sport is that Ortho Ease has a lower phenol content, and the warming sensation is not as strong. Ortho Ease also has three oils that are not in Ortho Sport: Eucalyptus Radiata (this helps with more relaxation and is great for the lungs); Juniper (which is a cleansing oil); and Marjoram (which is one of the top muscle oils on the earth). Ortho Sport is a stronger version of Ortho Ease.*
9. **Have you tried the 600mg CBD Muscle Rub? (I’d recommend this next!) Check the box once you’ve tried it!**
10. **What was your favorite tip from other Young Living oilers?** *Some examples given in Scriptbook are: brush their hair first, it’s calming; smell Frankincense to help you relax; be repetitive in strokes of three for consistency; don’t talk; use Cypress oil anywhere, it’s great for circulation; WARM. YOUR. HANDS; don’t skip the feet; or don’t stop the massage abruptly.*

Essential Oils 119: Intro to Diffusers (What they do, Which to use, and When

1. **What is a diffuser?** *An oil diffuser is a device that disperses essential into the air.*
2. **Why is a diffuser more effective than smelling an oil out of the bottle?** *It’s more effective than smelling an oil directly from the bottle because oils are volatile (meaning they jump into the air aromatically). When they do that, you’ll get the top notes first (the sweeter smell) and miss out on some of the base notes that don’t come out as quickly.*
3. **Diffusers act as:** *the fastest delivery system!*
4. **What is one thing an oil in a diffuser can do?** *Oils in a diffuser can affect your emotions, your stress level, your ability to unwind, and your ability to focus. Oils can be used to open up your lungs so you feel like you can catch a deep breath. They can be used for clarity.*
5. **Your body contains over one thousand receptors for smell, more than any other of the five senses.**
6. **You can detect thousands of varieties of odors in very small quantities, even from across a room.**
7. **Oils in a diffuser hit your body faster than:** *any other method.*
8. **The more you have your diffuser on, the more you’ll get to experience:** *the incredible effects of essential oils on your mood and on your emotions.*
9. **Why don’t you want to use cheap oil in a diffuser?** *The oils infused with toxic and synthetic ingredients are hitting your brain in 3 seconds.*
10. **What types of diffusers are on the market today?** *There are ultrasonic diffusers, nebulizing diffusers, evaporating diffusers, or heat diffusers.*

11. **When were the first diffusers used, Biblically?** *There were a number of censers around in biblical times. Many were like tiny pots. Some were pots hanging from chains (like the one below), that was created to resemble a censer from 400 AD (about 400 years after Christ).*
12. **Is it ok to use a heat diffuser with Young Living oil? No. Why or why not?** *Heating essential oils changes its chemical properties and may make the oil either more or less intense. Therefore, in a sense, heat diffusers tend to ruin the authenticity of the oil for all intents and purposes.*
13. **All of Young Living's diffusers are misting diffusers. That gives them an advantage over what you'd find on Amazon.**
14. **What can you use a misting diffuser for? Give one example.** *A couple of examples: A misting diffuser is great to have in your home in the transition to cooler temperatures to help counteract the drying of central heating. It's also perfect for spring and summer when used with "citrusy" scents to create a refreshing environment.*
15. **Why is it better to buy your diffuser directly from Young Living?** *They make their diffusers with a different grade of plastic that can stand up to authentic oils. Cheap plastics are destroyed, in sometimes as little as 12 weeks, because premium grade, authentic oils love to eat plastic. Not all diffusers are made to withstand the authenticity, intensity, and concentration of Young Living oil.*
16. **Why should you diffuse instead of using a candle in your home?** *Using a diffuser with premium essential oil gives you a fresh unadulterated fragrance. The candle itself is typically made from petroleum-derived ingredients (trash product from the oil and gas industry). As they melt, they release toxic vapors into your home. 40 percent of candles sold are made with wicks created from lead.*
17. **What is a good book that covers the topic of mold?** *"Nature's Mold Rx", by Dr. Edward Close.*
18. **Consider the size of the rooms when you are picking how many diffusers you need for your house.**
19. **What are three things to consider when picking a diffuser?** *Examples: What type of diffuser is it; and how does it work? Does it have a humidifier setting? Is it kid-friendly? Can they run it themselves? Does it have lights that don't turn off? Can you control the settings? Does it have a nightlight option that can be kept on overnight? Does it offer white noise or music? Does it come in different colors that can be changed? How long are the diffusing times?*
20. **What is one question you may not have thought to ask when picking out a diffuser?** *Personal Answer (based on all you've learned).*
21. **Of the three diffusers we trained on, which one was your favorite?** Aria Rainstone Feather the Owl. *The diffusers are described in detail on pages 439-441 in the Scriptbook.*
22. **Why is it important to clean your diffuser?** *Used water can harbor bacteria on the liquid when left sitting.*
23. **You should leave a door open if you have a diffuser running in a room with: a small pet in a cage or crate.**
24. **Simply open a window or add more water to the oils in the diffuser to further dilute them.**
25. **If you have too much water in the diffuser and can't add any more, you should: dump some of it in a mason jar with a lid, label it, and use it later. It doesn't have to go to waste.**

26. **Is there still an option to use a diffuser if you don't have electricity?** *Yes. One of Young Living's corporate employees, Stelios Xanthos, has innovatively designed a "charging pad" for diffusers. That means you can take it outside. You can bring it to where there are no electrical outlets (like camping trips). It's a huge breakthrough for the Amish and Mennonite communities, and others like them, that would benefit from a diffuser that does not require electricity to run.*

Essential Oils 120: Seedlings: The Baby Class

1. **The products out there (at the store) are NOT safe, and no one will train you on the truth!**
2. **Why should a baby's first food NOT be rice cereal?** *Rice is a huge gut irritant! It's loaded with carbs and lacking in nutrients. It is also the number one baby food tainted with heavy metals of mercury, lead, and arsenic, because of how rice is grown.*
3. **Name a food that is good at 4-6 months:** *Outside of breastmilk, egg yolks, bone broth, and avocado are some of the most nourishing.*
4. **What can you do if you're feeling overwhelmed?** *Do what you can! As you are able, start kicking some of these "safe" baby products out of your home. You'll become convicted on which ones need to go first as you start to label read more and trust less.*
5. **What are the first two supplements a baby should have?** *Cod liver oil and a probiotic.*
6. **What are three things, as a parent, that you can control?** *Food, supplements, and toxic exposure.*
7. **Little ones count on you to do the research for them.**
8. **82% of children are exposed every week to one or more ingredients with the potential to harm the brain and nervous system.**
9. **69% of children are exposed every week to one or more ingredients that may disrupt the hormone system.**
10. **3.6% of children are exposed to ingredients with strong data linking them to cancer, including chemicals classified as known human carcinogens.**
11. **80% of children's products, marked as "gentle" or "non-irritating", contain ingredients linked to causing allergies and skin or eye irritation (according to government and industry sources).**
12. **What is wrong with diapers?** *Most baby diapers contain bleach (to whiten diaper material) and chlorine (which emits toxic chemicals). Dioxins in disposable diapers can cause reproductive problems, result in developmental problems, damage the immune system, interfere with hormones, and may even cause cancer.*
13. **Name three ingredients you want to keep an eye on:** *Mineral oil, diethyl phthalate, resorcinol, synthetic musks, phenoxyethanol, sodium benzoate, parabens, DMDM hydantoin, bronopol.*
14. **Check your baby products. Are any of those ingredients on the label? List the ones you need to swap out ASAP:** *Personal answer based on the list from the previous question.*
15. **Pick one Seedlings product that got your attention and tell me what you love about it.** *Pick from: shampoo, lotion, baby oil, wipes, diaper rash cream, linen spray, or Seedlings Calm oil.*
16. **Make an oils wish list for your little one:** *Personal Answer from options listed in the Scriptbook: Peace & Calming, Gentle Baby, Sandalwood, Myrrh, Jasmine, Valor, Lavaderm, Claraderm, TummyGize, Fennel, Clary Sage, Lavender, Frankincense, Neroli, Bergamot, Cedarwood, Roman Chamomile, Geranium, Citrus oils, Helichrysum.*

17. **Overwhelmed? There is a reason that little one is in your arms:** *Because you were chosen for them.*

Essential Oils 121: The Manly Man Class: Top Oily Products for Dudes

1. **Oils are not just a *girl* thing!**
2. **According to a CDC report, women are 33 percent more likely than men to visit a doctor in general.**
3. **Nearly two-thirds of men say they avoid going to the doctors as long as possible.**
4. **72 percent said that they would rather be doing:** *household chores, like cleaning toilets, instead of going to the doctor.*
5. **Today, Young Living does over 2-billion dollars in sales annually and has more than 7-million customers.**
6. **Why is Young Living NOT a pyramid scheme?** *By simple definition, a pyramid scheme is illegal and is a business model where members are “recruited” by a promise of a payout or service for enrolling other recruits that really don’t truly take place as promised.*
7. **Why do the oils cost so much?** *In a simple word: Quality.*
8. **What are six of the greatest concerns from men?** *Weight Loss, losing muscle mass, headaches, baldness, libido (for women!), and general pain.*
9. **Which three products do you want to try first?** *Products listed as men’s favorites: Shutran 3 in 1 Men’s Body Wash, Shutran Beard Oil (For dry skin and itchiness), Shutran Shaving Cream, NingXia, PowerGize, Sulfurzyme, AgilEase, Allerzyme, Slique, Thieves Chest Rub, Thieves Cough Drops, Young Living Insect Repellent, Young Living Mineral Sunscreen, CBD Muscle Rub, Ortho Ease, Ortho Sport, CBD Calm Roll-on, Cool Azul Pain Relief Cream, CBD Liquid Dropper. Or oils: Idaho Blue Spruce, Valor, Helichrysum, Cedarwood, Goldenrod, Sensation Massage Oil, Ylang Ylang, Sandalwood, Cinnamon, Jasmine, Lavender, or any of the tree oils.*
10. **How was Thieves developed?** *Thieves is actually a Young Living product line developed around the story of thieves in Europe during the Black Plague. According to historical records, the thieves created an essential oil blend to protect them from the plague while they robbed the bodies of the dead. The Thieves blend includes: Cinnamon, Clove, Lemon, Eucalyptus, and Rosemary.*
11. **The oils life sounds a little crazy. But it’s really not! What’s truly crazy is:** *accepting the social norm that everything on a store shelf is safe when you can’t even read the ingredients list without a chemistry degree.*
12. **What is orange oil for?** *Orange oil has mild aphrodisiac qualities. It can help stimulate your libido. It also stimulates the female libido.*

Essential Oils 122: Neuro-Auricular Technique + The Ear Technique + Valor Balancing

1. **What are the seven oils used in Neuro-Auricular Technique?** *1. Frankincense 2. Valerian 3. Vetiver 4. Roman Chamomile 5. Cedarwood 6. Sandalwood 7. Melissa*
2. **Talk about their constituents. What do those oils do?** *Frankincense is mostly made of monoterpenes (for balancing and reprogramming); Valerian, Vetiver, Cedarwood, and Sandalwood are mostly all sesquiterpenes (for oxygenating the brain and deleting misinformation); and Roman Chamomile is mostly esters (for emotional releasing). Then, there is*

Melissa oil, a powerhouse! Researchers have identified 70 different active compounds in Melissa; most of which have an impact on memory, learning, and retention.

3. **Walk me through the best way to learn about a single oil when you have questions about what it does (using the internet).** *Take the top constituent of an oil and do a search of its health benefits; it will yield many articles. In a span of 60 seconds, you can know more than you ever wanted to know about a specific oil. You can also take an easier route and just type in, “what are the benefits of [the name of the oil]?”*
4. **What is the tool used in this technique?** *Neuro-Auricular probe.*
5. **How did Gary develop this technique?** *Gary used this technique on a man in Europe who had Parkinson’s Disease. Unlike the other protocols he’s put together, this one was done on the fly using the tools he had on hand. He reached for oils that supported the brain, and picked them in that order because of what they do: cleaning doorways to cells, purging misinformation, resetting, etc.*
6. **What is the purpose of NAT?** *The purpose of NAT is to jump start and reconnect the synapses of the brain and upper spine.*
7. **What is the locus ceruleus?** *It’s a mass of more than 1000 nerves at the base of the brain that acts like a central switching station for the body.*
8. **Where do the 12 pairs of cranial nerves go? (These are the nerves you are oiling.)** *The first eight go to the eyes (tear ducts), nose, tongue, facial and chewing muscles, lips, mouth, teeth, and salivary glands. The next 4 pairs go from the brain to the throat, larynx, lungs, heart, liver, stomach, large intestine, small intestine, and shoulders.*
9. **Find your vagus nerve on the back of your head. Describe, briefly, how to do the Neuro-Auricular Technique:** *Have the person lie down on a massage table or straddle a chair leaning forward. Generously drop all seven oils onto the medulla and occipital ridge, and then from ear to ear as well. Make a “well” of oil in your hand and dip the probe in the oil. Place the probe just below the ear on the right occipital bone and make three tiny clockwise circles. Move left and do it again. Repeat until you get to the medulla. Always start on the right side. “Draw” your way to the center of the head by making circles in sets of three. Follow this process with each oil: Occipital circles to the medulla, starting from below the right ear (3x); occipital circles to the medulla, starting from below the left ear (3x); T4 to the medulla, starting on the right side of the spine (3x); T4 to the medulla, starting on the left side of the spine (3x).*
10. **Try tracing this picture with your finger just so you understand, visually and kinesthetically, the order of how to apply the oils. (3x Frankincense right to center, 3x Valerian right to center, etc.)** *(Practice technique.)*
11. **Is it okay if your probe isn’t in the PERFECT place?** *Yes. You’re working on the bony ridge on the back of the head and spine. The oil will shoot right up the nerve and go where it needs to go.*
12. **What are some things you may want to try to use the ear technique for?** *Ringling in the ears, dizziness, upset stomach, etc.*
13. **How do you do the ear technique? (Copy the paragraph that starts “let me repeat that...”)** *Let me repeat that just for clarity: The 1st time, your palms are upward. The 2nd time, you rotate 90 degrees, and they are facing you. The 3rd time, they face downward after another 90-degree turn. The 4th time, rotate the palms until they face backward. For the 5th set of “pulls”, your hands go back to the position they originally started in (upward).*

14. **What oils do you add after the technique?** *Extra oils you can add after: Rub Purification on the ear lobe, behind the ears, and down the jaw line along the Eustachian tubes (the small area where the throat meets the middle ear). You can also massage Helichrysum with Juniper on these same points.*
15. **Shoot straight. Do you think this technique is a little weird? Yes: No:** *(Personal choice.)*
16. **Try the Valor Balancing on a bad day for you and report here on how it went:** *(Personal account.)*
17. **What is Valor oil used for?** *Valor oil “Inspires confidence and courage and creates a grounded environment”.*
18. **How do you do the Valor Balancing technique? Write it out in a few sentences:** *Have the recipient lay face up. Standing with your head at their shoulders, put several drops of Valor on each hand (I do about 5-7 drops). Hold their shoulders. Wait until you feel “something”. It may be a sigh. It may be their body slipping into rest. You may feel their pulse in your hands. Sometimes it can take 60 seconds, and sometimes it can take 15 minutes. Just wait. Deep breathe. Hold onto them. Repeat if needed.*
19. **Always ask yourself where you want an oil to go. If you’re working with the lungs, put it: in a diffuser.**
20. **If you are working with something on the skin, put it: on the skin topically.**
21. **If you are working on the gut, put it: in the “tush” as a depository.**

Essential Oils 123: How to Make Your Own Blends

1. **Do some math with me for a moment. If you have only four oils with 800 constituents each, your blend could have a possible mixture rate of 409 billion different combinations!**
2. **It would be the equivalent of the largest puzzle ever made, spread out on the floor, with many moving parts.**
3. **What do we do instead? Create a very simple flow chart; one where most of the pieces of the puzzle have already been put together for you.**
4. **List the places oils can be pulled from in a plant.** *Oil can be pulled from many different places: twigs, grasses, fruit, leaves, flowers, bark, needles, roots, seeds, resin, flowering tops, fruit rinds, gum resins, branches, etc.*
5. **The GC-MS report is essentially the fingerprints and bloodwork of any batch of oil.**
6. **How does a GC-MS work (in a nutshell)?** *The essential oil is placed into a heating chamber and vaporized. The vapor molecules pass through a specialized piece of equipment that measures the rate of vaporization and the percentage of the constituent in the sample. All the molecules move rapidly in one direction; then, a force tries to deflect them. Next, each compound is fed into a mass spectrometer where it ionizes the compound to classify it. The information is plotted on a graph to determine their weight. You can see comparisons of its makeup and purity, but also how strong the oil is.*
7. **What are top, middle, and base notes?** *The oils and their smells are sounds or musical notes. The blend must not be out of tune. When you play the scale, you will go from the lowest note (the base note or heaviest) to the top note (the high note or sharpest note). The notes in between are middle notes. Each “smell” note corresponds to a key.*
8. **What are categories of smell, by note? Top note smells: citrus and aromatic Middle note smells: floral, green, fruity, and spicy Base note smells: woody and Amber.**

9. **Your blend should include at least one or more from each of these categories:** *top, middle, and base.*
10. **What are top notes?** *Top notes have a light fresh aroma. They're the first "scent" you smell after opening a bottle or applying an oil topically to your skin. They evaporate quickly, but they give you the first impression you will have of an oil. Most top notes are made from aldehydes and esters, which come from fruits, flowers, and leaves.*
11. **What are middle notes?** *These are also called "heart notes" because these oils are known to play on emotions. They are calming and releasing. Usually it's the middle notes (not the top notes) that cover up any unpleasant smell from the base notes. Chemically, they're monoterpene alcohols that are found in herbs, leaves, flowers, and needles.*
12. **What are base notes?** *Base notes are the backbone and the foundation of the blend. It's the smell of an oil that users will remember because it sticks with them. If you pick up a bottle of oil and smell it, it will be a good 30 seconds until your nose picks up the base note.*
13. **How many drops do you want of each in a 10mL bottle?** **Top notes:** 1-5 drops; **Middle notes:** 1-3 drops; **Base notes:** 1-2 drops.
14. **To keep your roll-on "in tune", you must first:** *drop the base note in the bottle; next, add the middle note; then, put in the top note; and finally, add the carrier (in that order).*
15. **Look at the chart. Were there any surprises for you? (Like Hyssop or Thyme as a top note?)** *You will need to refer to the blending chart in the Scriptbook on page 500.*
16. **A long shelf life is important because the average carrier goes rancid within:** *12 weeks to 6 months.*
17. **Carrier oils are completely different from essential oils because:** *their molecules are much larger. They cannot go places in the body that essential oils can go.*
18. **Within 21 minutes of being placed anywhere on the human body, an essential oil will:** *penetrate every cell within the body.*
19. **The carrier oil "holds" the essential oil on the skin longer so:** *more of it is absorbed.*
20. *Otherwise, about 90 percent of the essential oil evaporates into the air before it gets into the skin tissue.*
21. **Mineral oil and petroleum jelly are both derived** *as trash byproducts from the oil and gas industry and have no native botanical origins.*
22. **They are used primarily because they are cheap to manufacture.**
23. **They clog pores and prevent the skin from breathing naturally.**
24. **Write out the amount of carrier you want in a blend to have the correct proportions:** **1 drop of essential oil** to ¼ teaspoon of carrier oil; **2-5 drops of essential oil** to 1 teaspoon of carrier oil; **8-20 drops of essential oil** to 4 teaspoons of carrier oil.
25. **What would be an example of a Botany blend?** *One example: Neroli, Orange, and Petitgrain.*
26. **Name one set of "sister plants" that Young Living carries:** *A few examples: Burseraceae Family: Frankincense and Myrrh; Rutaceae Family: Bergamot, Orange, Grapefruit, Neroli, Petitgrain; Zingiberaceae Family: Cardamom, Turmeric, Ginger.*
27. **What is "the long and short" of blending by chemistry?** *Essential oils contain a complex amalgamation of natural compounds that determine their fragrance and properties. Oils contain compounds made up of oxygen, carbon, and hydrogen that work together in the human body. The average oil contains 100 to 300 components, and thousands of other trace compounds.*

28. **What are monoterpenes?** *These are composed of 10 carbon atoms and two isoprene units. Its most valuable capability is to reprogram miswritten information in cellular memory back to the original design with the correct information, based on healthy cells.*
29. **What are sesquiterpenes?** *These molecules have 15 carbon atoms and three isoprene units. They stimulate the pineal and pituitary glands. These are the “reset” compounds. Their main job is to purge or erase incorrect information in cellular memory.*
30. **What are phenols?** *These are so powerful that they should only be used in a low concentration. They cleanse the receptor sites on the cell walls. They are highly antiseptic. They can stimulate the immune system. I like to say they “wipe the cell door clean” so the cells can receive information.*
31. **What percentages of each do you want in a blend that you create?** *5-15% sesquiterpenes, 20-40% monoterpenes, and 50-60% phenols or ketones.*
32. **For blending by effect, name some stimulating oils:** *A few examples: Clove, Dill, Lemon Verbena, Juniper, Ginger, Oregano, Grapefruit, Citrus Fresh, Sage, Spearmint, Eucalyptus, Fennel, Myrrh, etc.*
33. **For blending by effect, name some soothing oils:** *A few examples: Vetiver, Vanilla, Melissa, Sandalwood, Cistus, Cedarwood, Bergamot, Geranium, Ylang Ylang, etc.*
34. **Should you blend blends?** *As a general rule, I do not blend blends. They are already perfectly melded by chemistry. When you throw other oils in the mix, even if they are single oils, it will throw it all off.*
35. **Write out, step by step, how to make a blend:** *Determine which oils to use; test and choose your measuring method; add oils; let the blend sit.*
36. **Pray and trust and use the still small voice inside when you’re trying to pick what to use.**
37. **You do not need to be the expert. God already did that part for us.**

Essential Oils 124: Einkorn

1. **What did Roundup do to the rats (the same Roundup that was correlated with the genetically modified corn)?** *They suffered tumors and multiple organ damage.*
2. **What did Gary Young have to say about hybridized wheat?** *“No one could imagine the misery that was about to emerge in new diseases and undiagnosed symptoms. The unsuspecting public was about to become victim of the new era of food production, a new type of food poisoning.”*
3. **You are what you eat!**
4. **There are five problems with bread today: Hybridized grains, sprayed soil... Name the other three:** *Super gluten, depleted nutrients, and it’s enriched with synthetic vitamins and minerals.*
5. **Over 80 percent of all food is processed now, and completely devoid of enzymes.**
6. **Do you have any of the symptoms of gluten sensitivity? Write down everything on the *Scriptbook* list that you feel.** *Examples may be: bloating, diarrhea, headaches, feeling tired, skin problems, autoimmune disorders, joint or muscle pain, brain fog, etc.*
7. **If you’re unsure if you have a sensitivity, try: going 30 days with zero exposure to gluten of any form.** *Pay attention and keep track to see if some of your health issues start to disappear.*
8. **How many chromosomes does Einkorn have?** 14
9. **How many chromosomes does modern wheat have?** 42
10. **Einkorn grows to be 5 feet tall with hair-like tassels.**

11. **Modern wheat plants are only 16 inches tall, instead of the amber waves of grain from the 1800's.**
12. **Einkorn can grow well from Alaska to Mexico.**
13. **It used to grow in the fertile crescent: along the region of the Tigris and Euphrates Rivers in Mesopotamia.**
14. **The Bible first mentions wheat in: Genesis 30:14: "and Reuben went into the days of wheat harvest and found mandrakes in the field and brought them into his mother Leah."**
15. **Some think Einkorn is the ancient grain that may have: saved Egypt from starvation during the time of Joseph and the famine.**
16. **Is Einkorn safe? Explain in your own words.** *The body recognizes Einkorn as a digestible food, whereas, hybridized wheat that is modified is not well tolerated by the body. Einkorn is made as God intended to serve the body as God intended.*
17. **For those with gluten sensitivities, a natural gluten from a 14-chromosome grass (like Einkorn) will likely not:** *cause a reaction because the body recognizes it as a digestible food.*
18. **We are designed to eat grains, plants, and what?** *carnivore-type foods*
19. **Name five benefits to Einkorn:** *Einkorn offers many essential dietary and trace minerals. It's a good source of protein, iron, dietary fiber, thiamine, and hosts a number of other necessary B vitamins. It contains a significant amount of the powerful antioxidant lutein, with higher antioxidant levels than durum or wheat bread. There is a much lower percentage of nutrient loss during the processing of Einkorn. It's been observed to help you lose weight. It limits allergy symptoms. It's good for your eyes, and more!*
20. **Today there are over 35 acres of Einkorn growing on the Skyrider Ranch Farm in Utah (Gary Young's final resting place.**
21. **Young Living grows over 250 acres of Einkorn.**
22. **If you find that you have problems digesting Einkorn, go completely gluten-free for 30 days. Then slowly re-introduce it, taking what?** *Essentialzymes-4 an hour before you eat, and Life 9 (the probiotic) at bedtime, to build up the intestinal flora.*
23. **Gary said, "We must read labels and avoid foods with additives and chemicals. We must stand up and protect our families. We must let stores know that we want to buy foods without what? GMO's, additives, and chemicals.**
24. **Be a good label reader.**

Essential Oils 125: "Honoring Gary" Class :

1. **Why did authenticity matter so much to Gary, based on his childhood and his accident?** *Gary saw the world changing. It was harder and harder to get unadulterated hybridized wheat, oils, food, and water. He saw that we had to get away from things like EMF's (electromagnetic fields). The body is strong and will repair itself, but when it's bombarded daily with dreadful toxins, it becomes weak. He did not want poison in the plants, and he knew that there had to be a place to go where it's uncontaminated.*
2. **Gary attempted suicide twice. He failed. He was financially ruined because of medical bills.**
3. **If you are ever at a low point in your life, you will use oils knowing that:** *the man that came up with the very way they were distilled felt the same feelings too.*

4. **That launched a period of recovery for Gary that I believe started with emotional healing. He needed purpose. Now he had it. He needed to find wholeness, because: there were others that were suffering that were not going to find relief if he gave up.**
5. **It was like another switch flipped for Gary. The first switch was when he realized he still had what? Purpose in life.**
6. **The second was when he realized: the answer for his setbacks lied with plants.**
7. **And the third: became his introduction to the world of essential oils.**
8. **Gary's oils appetite: could not be satiated.**
9. **What was the first oil Gary distilled? (hint: it's in the section "The Beginning of an Oils Empire".) Lavender.**
10. **Gary believed deeply that if you see the farms: you see the roots of this company.**
11. **What is one thing, that's a bit unconventional, but natural, that Gary does at the Young Living farms? (There are many to pick from!) Examples: He had to dig an entire pond on the property, to collect rainwater and snowmelt, to have enough water to use for irrigation. Gary photographed and chronicled what he saw and added it to the Young Living library. He also studied worm casings and other things that feed and aerate the soil. Young Living's oils are the best because of how they are meticulously cared for, and the type of "food" they are fed through the soil. Gary would grow a plant at one farm, then move it to the next, or the next, until he found the perfect spot where those deer didn't find them as aphrodisiacs.**
12. **It would take a great deal of time to log every victory and every loss for Gary Young. There were far more: losses than victories.**
13. **When people tell you "no", when they don't believe in oils, or in the power of food, or when they think something in your lifestyle is a farce, I want you to remember Gary's story!**
14. **Sometimes you have to take a few steps back from those that speak death over: what you can see in your head.**
15. **Based on the last few paragraphs of this script, how would you describe Gary Young to someone, even if you've never met him? This is a personal answer for many. Some possible ideas to describe Gary Young: Gary was humble. He gave all he had to help people. He was a smart man and very intuitive. He'd go to dangerous parts of the world to make sure he had the best oil for you. He never stopped researching and questioning the standard. He always looked for a better way that had not been done. When he could not find it, he retreated to the mountains, to "God's living room." As his company grew, he never lost who he was. He was an innovator, a scientist, a philanthropist, and a gifted teacher. He had a work ethic that rivaled most, despite the blinding pain he lived with every day from his logging accident. Gary was a genius aromatherapist who created blends like Thieves. He redefined distillation globally. He created the first large-scale essential oils network marketing company in the world. He befriended a sultan, many doctors, biochemists, and famous distillers (from China, to Oman, to France). His love for people was so infectious that even the most isolated men respected and befriended Gary.**