



the Wise
APOTHECARY

HANDBOOK

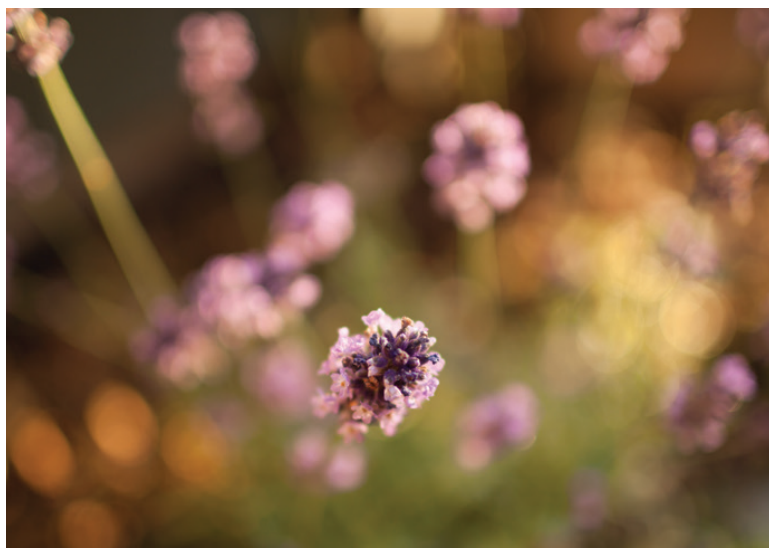
"Purposeful health, one essential drop at a time."

www.thewiseapothecary.com



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Welcome

Welcome to the Wise Apothecary, we are so glad you are part of our team. The Wise Apothecary began with a passion to change the hearts and minds of people towards a natural path of wellness and the infinite number of gifts God created for our health. One by one, lives have been transformed into purposeful health.

We are here to encourage as your journey begins. Educate to ensure your success. Inspire all who wish to achieve total wellness and purposeful living for themselves and family.

“On each side of the river grew a tree of life, bearing twelve crops of fruit, with a fresh crop each month. The leaves were used for medicine to heal the nations.” Revelation 22:2





What Are essential oils

- Essential oils are highly complex, easily absorbed aromatic liquids far more potent than dried herbs or herbal potions.
- Usually steam distilled at low temperatures, from the flowers, roots, leaves, and seeds of plants, essential oils are not fat based, like vegetable oils such as olive, almond or walnut oils.
- Essential oils are not greasy and will not clog pores. Unlike vegetable oils, genuine, therapeutic-grade essential oils do not become rancid over time when exposed to heat and high temperatures.
- Due to their fragrance, pure therapeutic grade essential oils uplift mind, body and spirit, achieve balance and equanimity, dispel negative emotions and create a calm, soothing atmosphere which aids in promoting physical, emotional, and spiritual well-being.
- Essential oils stimulate brain activity, which may help brain related health issues like memory, focus and behavior.
- Due to their very small molecular size, essential oils are highly concentrated. The scents and compounds of essential oils, particularly those rich in sesquiterpenes, have the ability to cross the blood-brain barrier which helps stimulate the amygdala in the cerebral cortex of the brain, which controls the emotional and memory center of the brain. Several essential oils thus help facilitate the process of release of emotional trauma.



Why Young Living

Anyone Can Claim to Be Therapeutic Grade. Only Young Living Can Claim Young Living Therapeutic Grade™. The process Young Living uses when planting, cultivating, harvesting, and distilling a batch of oil is crucial to retaining its vital compounds. Without the exact blend of naturally-occurring plant chemicals, an essential oil can lose its beneficial properties and fail to produce the desired effect.

Young Living Therapeutic Grade (YLTG) means that every essential oil Young Living distills or sources has the optimal naturally-occurring blend of constituents to maximize the desired effect. Young Living is able to make this assertion because of our strict cultivation process—illustrated by the Four P's—that guarantees the optimal potency of every Young Living essential oil. – (source www.youngliving.com)

- 100% genuine, Therapeutic Grade Essential Oils (Grade A Category)
- Sourced from known botanical species
- Grown and harvested with sustainable methods
- Grown on chemical-free lands in carefully nourished soils (organic)
- With unmatched purity, used in hospitals and healthcare facilities worldwide
- Highly recommended by integrative health professionals

The Four P's

of therapeutic grade oils

PLANTS: An oil's potency can be affected not only by selecting the proper plant to cultivate, but also by where the plant is grown, the quality of soil in which the seed is planted, and even the time of day it's harvested.

Young Living has extensive experience selecting the correct species of plant for desired oil potency, planting under optimal conditions, using ideal soil and natural methods to encourage growth, and knowing the precise time to harvest each crop. Only those plants that produce the most active and widest array of therapeutic compounds are selected.

PREPARATION: Once the optimal soil, plant, cultivation, and harvesting conditions have been adhered to, the plants must be distilled properly in order to meet Young Living Therapeutic Grade standards. Young Living uses a gentle, proprietary technique for steam-extracting the most potent essential oils, which remains unmatched throughout the essential oils industry.

To meet Young Living Therapeutic Grade distillation standards proper temperature must be maintained throughout the distillation process, and pressure, length of time, equipment, and batch size are strictly monitored.

PURITY: Young Living Therapeutic Grade standards prohibit the acceptance of any diluted, cut or adulterated oils. Every product Young Living produces – essential oils, oil blends, nutritional supplements, or personal care – meets strict purity standards.

Every batch of essential oils is subjected to rigorous, state-of-the-art analysis at the Young Living chemistry lab. Using some of the most advanced equipment in the world, our scientists subject every batch of essential oils to Gas Chromatograph and Mass Spectrometer testing, and heavy metals analysis. Oils that exhibit even the slightest hint of possible adulteration or tampering are rejected.

POTENCY: The culmination of the preceding three stages, Potency means that the naturally occurring compounds contained in each essential oil product are of the highest and most consistent bioactive levels. Without strict adherence to the Young Living Therapeutic Grade standard in the Plant, Preparation, and Purity phases, the final product would not have the necessary potency to create the desired effect.

Producing Genuine

therapeutic grade essential oils

- About 98% of essential oils produced in the world today are not intended for serious, therapeutic and/or medicinal use. Most are produced for the perfume, cosmetics and food industries. Therefore, criteria like purity, potency, organic, etc. are not always important for these uses. – www.airase.com

- Because the raw materials and the extraction process for Therapeutic Grade Essential Oils are so expensive, many oils on the market have been cut, diluted and adulterated in various ways. Unfortunately, some marketers bottle these poor quality oils and sell them for therapeutic purposes to unsuspecting consumers.

- A Therapeutic Grade Essential Oil is more than a “certified organic” oil. It is an oil that is complete in the makeup of its constituents, having the fragrance, frequency and chemistry that are necessary to give it all of its unique, therapeutic qualities and effects.

- To insure proper potency, plants should be grown on virgin land, uncontaminated by chemical fertilizers, pesticides, fungicides or herbicides and away from pollution sources. The plant materials must be kept free of petrochemical herbicides and pesticides, since these can react with the essential oil during distillation.

- The soil should be conditioned with enzymes, trace minerals and organic bio-solids, since plants lacking in certain minerals and nutrients yield oils low in therapeutic value. Irrigation should be done with reservoir, watershed or mountain stream water.

- Plants need to be harvested at the proper time of the season to insure highest potency. Sometimes even a few hours can make the difference. For example, German Chamomile needs to be harvested in the morning since it then yields an oil with far more azulene than when it is harvested later in the day.



- The steam distillation method of extracting the oils from the plants requires careful and proper low temperature and pressure monitoring. Too high of temperature or too much pressure can be deleterious to the fragile aromatic molecules of the plant. In addition, batch sizes need to be kept small and the distillation chamber must be made out of food-grade stainless steel instead of copper or aluminum to avoid reactions with the oils.

- Producing pure, Therapeutic Grade Essential Oils is a costly venture. The methods required are time-consuming and labor-intensive, and it often requires several hundred, sometimes even thousands of pounds of raw plant material to produce a single pound of essential oil. For example, it takes 5,000 pounds of rose petals to produce one pound of rose oil, and it takes three tons of Melissa to produce one pound of oil. – www.BioTechNews.com



Safety Guide

for essential oils

Here are some easy ways of incorporating essential oils into your daily life. The methods suggested below only apply to Therapeutic Grade Essential Oils by Young Living.

INHALATION:

- Simply inhale directly from an essential oil bottle
- Diffuse essential oils in a cold-air diffuser
- Use with a humidifier. Put a few drops of essential oil on a cotton ball or on a small cloth, in front of the escaping steam of your humidifier
- Add several drops of essential oils to a bowl of hot (not boiling) water. Inhale the vapors that rise from the bowl. You may choose to drape a towel over your head and bowl to increase the intensity of the oil vapors inhaled.

TOPICAL APPLICATION:

Place 2-3 drops of essential oils in the palm of your hands or directly on the desired location. Rub the oil in a circular motion for 1-2 minutes until absorbed. Note: Essential oils are highly potent and may be irritating to sensitive skin. If irritation is experienced, dilute with a base oil like V-6, almond or olive oil.

INTERNAL CONSUMPTION:

- Add 1-2 drops in honey or agave and swallow.
- Add 1-2 drops in rice milk or juice.
- Add 1-2 drops in an empty capsule and ingest with water.
- Drop directly under tongue and swallow. Check the label on each individual Young Living essential oil bottle before dropping oil directly under the tongue for your own safety. Please use caution when using this method. Avoid this method with any hot essential oils. Some examples of hot essential oils are Black Pepper, Clove, Cinnamon Bark, Lemongrass, Marjoram, Nutmeg, Oregano, Thyme, Patchouli, Mountain Savory, Galbanum, Pine, Ravintsara and Wintergreen.
- Dilution Ratios are typically 1:1 except in terms of babies and young children (ages birth-5 generally). We often dilute more for them until their bodies are more accustomed to each oil. In terms of "spicy" or "hot" oils, like those mentioned above, we suggest a dilution of 1 drop essential oil to 3 drops carrier oil.

our favorite organic, cold pressed carrier oils:

- jojoba oil
- coconut oil
- olive oil
- young living V-6 oil



Premium Starter Kit

11 bottles that will forever change your perspective on health

THE PREMIUM STARTER KIT

THE PREMIUM STARTER KIT

Oily Wisdom

your health in a bottle



CITRUS FRESH
mental sharpness,
weight management,
dirty air, chronic
sadness, anxiety



FRANKINCENSE
swelling, scrapes,
stretch marks, scars,
wrinkles, sunspots,
healthy respiratory
function, skin
regenerating, stress



JOY
sadness, stress,
emotional balance,
heightened emotion,
grief, hyperactivity



LAVENDER
tension, sleep issues,
anxiety, sunburn,
burns, dry skin,
cramps



LEMON
bloating, lethargy,
energy loss, brittle
hair & nails, household
dirt & grime,
detoxifying for the
digestive tract



PANAWAY
sore muscles,
swelling, stiffness,
cell regenerating,
bruising, joint
health, head tension,
pressure



PEPPERMINT
promote healthy body
temperatures, head
tension, hormonal
support, cleansing,
purifying, energy,
digestive support



PURIFICATION
insect bites, cuts, sore
throat, household
odors, repelling
insects, acne, dirty air



STRESS AWAY
stress, mental clarity,
anger, fear, healthy
blood, hormonal
balance, healthy stress-
response, insomnia



**TEA TREE OIL
MELALEUCA**
purifying to the
digestive tract,
skin cleansing, air
cleanser, immune
fortifying



THIEVES
purifying to the blood
and immune system,
targets household
pathogens, protects
against harmful
organisms, air purifying



Citrus Fresh

oh happy day

Citrus Fresh™ is a relaxing, calming blend loved by children and adults alike. Rich in the powerful antioxidant d-limonene, it supports the immune system and overall health while bringing about a sense of well-being, creativity and feelings of joy. It also works as an air purifier.

Orange, tangerine, mandarin, grapefruit, lemon and spearmint

OUR “WISE” CITRUS FRESH TIPS:

- For dietary or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk.
- Diffuse for a fresh clean room, while dispelling moldy smells and germs.
- Use in a glass of water upon waking for immediate mental clarity.
- Be careful of sun sensitivity when using this oil topically.
- Use in your favorite recipes that call for any citrus.



Frankincense

ancient biblical oil

Frankincense essential oil has been used for thousands of years. It's mentioned in one of the oldest known medical records — the Ebers Papyrus — an ancient list of 877 prescriptions and recipes. Many of us Wise Apothecary leaders use Frankincense daily. It's very high in sesquiterpenes, which are tiny molecules that stimulate the part of the brain that controls and affects our memory, emotions, and even our hormones. We recommend Frankincense as an oil to have on hand continuously. More recently, it has been used in European and American hospitals and is the subject of substantial research.

OUR “WISE” FRANKINCENSE TIPS:

- When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk (possible skin sensitivity). If pregnant or under a doctor's care, consult your physician. Dilution is recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc.
- Inhale from cupped hands to calm nerves and assist in emotional balance.
- Rub Frankincense essential oil on the bottom of your feet to help alleviate nervous energy.
- Inhale Frankincense essential oil after lunch to spiritually refocus.
- Place a drop on the top of the head or press into the roof of the mouth to support the brain.

THE PREMIUM STARTER KIT



Joy

I have joy joy joy down in my heart

A luxuriously exotic oil blend of ten Young Living essential oils: Bergamot, Ylang Ylang, Geranium, Lemon, Coriander, Tangerine, Jasmine, Roman Chamomile, Palmarosa and Rose.

OUR “WISE” JOY TIPS:

- Avoid direct sunlight or UV rays for up to 24 hours after applying product.
- Put 2-3 drops on a cotton ball inside the vacuum canister.
- Use 3-4 drops in your bath water.
- Place ‘neat’ (undiluted) to help with circulation. Apply to areas that need support for circulation
- Place 2 drops on a cloth in the dryer for natural scents on clothing.
- Uplifting deodorant – Mix in a small jar – 2 oz. cornstarch, 1 oz. baking soda and a few drops of this essential oil.
- Add 10 to 12 drops to 2 oz. of Massage Oil base.
- Put a few drops in plain chemical-free lotion.
- Use a drop ‘neatly’ to help reduce irritability and nervousness (great for kids!). Apply a drop over the heart or liver
- Apply daily to support a positive, constant mood. Rub a drop of oil over the heart and on the bottom of each foot to help fight feelings of frustration or sadness.



Lavender

the swiss army knife of oils...for every basic need

Lavender has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. Because it is the most versatile of all essential oils, no home should be without it. Lavender is an adaptogen, and therefore can assist the body when adapting to stress or imbalances. It is a great aid for relaxing and winding down before bedtime, yet has balancing properties that can also boost stamina and energy. Lavender may also be used to enhance the flavor of foods.

OUR “WISE” LAVENDER TIPS:

- Soothe minor burns by applying 2–3 drops of Lavender essential oil to the affected area.
- Rub Lavender essential oil on dry or chapped skin to moisturize the affected area.
- Add a few drops of Lavender essential oil to a cotton ball and place it in closets and drawers to scent linens and repel moths and insects.
- Diffuse Lavender essential oil to minimize seasonal discomforts.
- You may be able to minimize the appearance of scar tissue by massaging Lavender essential oil on or around affected areas.
- Place a few drops of Lavender essential oil on a wet cloth or dryer sheet to deodorize and freshen your laundry.
- Rub a few drops of Lavender essential oil onto your hand and spread over your child’s pillow to help him or her sleep.
- Diffuse Lavender essential oil to set the mood for a baby shower or social gathering.
- Diffuse or inhale Lavender essential oil to calm your mind, body and spirit after a hard day’s work.



Lemon

uplifting, cleansing, and a most economical, life-changing oil

Did you know Lemon essential oil is cold-pressed from the rind? (It's not from the meat of the fruit.) So, it's not lemon juice and won't mess with the enamel on your teeth. And it's way more potent! It is estimated that it takes 3,000 lemons to produce one kilo of oil. That's a lot of lemons!

Lemon consists of 68 percent d-limonene, a powerful antioxidant. It is delightfully refreshing in water and may be beneficial for the skin. Lemon may also be used to enhance the flavor of foods. Scientific studies have proven that it is also an effective mood enhancer. Lemon essential oil is uplifting, improves circulation and is also a solid overall immune stimulant.

It promotes clarity of thought and purpose with a fragrance that is invigorating, enhancing and warming. Lemon essential oil contains compounds that are studied for their effects on the immune function.

OUR "WISE" LEMON TIPS:

- Add a drop or two to your glass of water (never use plastic water bottles or cups — plastic and oils don't mix).
- You can rub Lemon over the bottom of the feet for small children who cannot take this oil internally.
- Add a few drops to an epsom salt bath, to promote healthy skin and neutralize any unwanted chemicals in the water.
- Add a drop to flavor a tea or other drink (beware: deliciously potent)
- Add Lemon essential oil to your morning tea or breakfast shake for a refreshing pick-me-up.
- Use 1-2 drops of Lemon essential oil to remove gum, oil, grease spots, glue or adhesive, and crayon from most surfaces.
- Combine 2-3 drops of Lemon essential oil with water in a spray bottle to help cleanse and sanitize surfaces.
- Place a drop of Lemon essential oil on oily skin or blemishes to help balance oil glands and minimize oil production.
- Soothe corns, calluses or bunions by rubbing Lemon essential oil on the affected area morning and evening.
- Massage Lemon essential oil into cellulite to help improve circulation and eliminate waste from cells.
- Inhale Lemon essential oil or place a few drops on a cotton ball to replenish your mind, body, and spirit.

THE PREMIUM STARTER KIT



PanAway

you natural icy hot madness in a bottle

PanAway was created by Gary Young following a severe injury to the ligaments in his leg. Containing wintergreen essential oil, which is often used for massage, PanAway is soothing to the skin while providing comforting warmth to muscles after exercise.

PanAway is helpful to have on-hand for those who travel, or are actively involved in sports, or have kiddos going through growing pains.

OUR “WISE” PANAWAY TIPS:

- Rub PanAway essential oil blend on muscles to help alleviate stressed muscles or other physical discomforts.
- Rub on temples, back of neck, or forehead, or inhale for a soothing effect.
- Rub PanAway essential oil blend on your temples to ease minor head tension.
- Use with a warm compress along spine.
- Inhale from cupped hands. Avoid eyes.
- Apply topically on specific area or on bottoms of feet.
- Drop under the tongue when dealing with emotional trauma.
- Avoid use on young children.

THE PREMIUM STARTER KIT



Peppermint

the gateway to magnify all other oils

Peppermint (*Mentha Piperita*) has a strong, clean, fresh, minty aroma. One of the oldest and most highly regarded herbs for soothing digestion, it may also restore digestive efficiency.

A single drop of Young Living Peppermint is the equivalent of 25-28 cups of peppermint tea. It's potent! Far more powerful than herbs. It's carefully distilled at a low temperature and with low pressure, so that all the therapeutic properties are protected. So, if you don't have time for 25 cups of tea, look no further than a drop of Peppermint.

Peppermint works with the body to block the transmission of pain signals, while also reducing inflammation, which is often the cause of the pain in the first place. When layered, or used in combination with other oils, it can help our bodies absorb the other oils' chemical constituents more quickly. This makes it a "driver" since the oils can work more deeply into the tissues. It basically enhances the overall effect of other oils.

OUR "WISE" PEPPERMINT TIPS:

- Add a drop of Peppermint essential oil to herbal tea to help aid normal digestion.
- Massage several drops of Peppermint essential oil on the abdomen, place a drop on wrists, or inhale to soothe the minor stomach discomfort associated with travel.
- Rub one drop of Peppermint essential oil on the temples, forehead, over the sinuses (careful to avoid contact with your eyes), and on the back of the neck to relieve head pressure.
- Place 2 drops of Peppermint essential oil on the tongue and rub another drop of oil under the nose to help improve concentration and alertness.
- Apply Peppermint essential oil to the back of the neck and shoulders throughout the day to keep energy up.
- Inhale Peppermint essential oil, apply topically to your temples or neck, or put a drop on your tongue or in water to jump-start your morning routine.
- Diffuse or inhale Peppermint essential oil mid-morning to curb the desire to snack.
- Inhale Peppermint essential oil or rub a drop on to your abdomen to soothe minor stomach discomfort.
- Use with caution on children birth to 5 yrs old.



Purification

your #1 choice for purifying the home
and body of toxins.

Purification can be used directly on the skin to cleanse and soothe. When diffused, it helps to purify and cleanse the air from environmental impurities including cigarette smoke and other disagreeable odors.

It contains pure citronella so Purification is a wonderful bug repellent. Many use Purification essential oil on the skin to cleanse and soothe itches, insect bites, cuts and scrapes. Diffuse it to cleanse the air from cigarette smoke, locker room items, laundry rooms, shoe closets and diaper pails. Add a dab on a cotton ball and place in front of car vents. Drop in tennis shoes to kill germs and digest gucky smells.

OUR “WISE” PURIFICATION TIPS:

- Diffuse, apply topically on location as needed, or put on cotton balls to place in air vents of home, car, hotel room and office.
- Diffuse and rub on feet for cleansing.
- Add Purification essential oil blend to your washing machine to freshen laundry.
- Add a couple drops of Purification essential oil blend to shoes to help neutralize odors.
- Diffuse Purification essential oil blend to eliminate odors after the dog returns from playing outdoors in the rain.
- Make a wonderful homemade spray to repel bugs.
- Dab a drop on a bug bite to support healing.
- Mix with a facial lotion to support healthy looking skin.

THE PREMIUM STARTER KIT



Stress Away

feel like you are on a tropical island
everyday with this guy!

Anyone who works or lives in a stressful environment has found this blend to support deeper sleep and a calm state of mind. Stress Away is the first product to contain the unique stress-relieving combination of lime and vanilla pure therapeutic-grade essential oils. Stress Away also includes copaiba and lavender to reduce mental rigidity and restore equilibrium. Featuring powerful plant constituents, such as the cedrol found in cedarwood and the eugenol that occurs naturally in vanilla, Stress Away can help induce relaxation and reduce occasional nervous tension.

OUR “WISE” STRESS AWAY TIPS:

- Roll on neck, wrists or temples.
- Apply to vitaflex points - the perfect way to start your kids school mornings.
- Diffuse all day, every day - trust us!
- Can be taken in milk, juice or a capsule to support health levels of inflammation and blood pressure.
- Inhale deeply from palms to affect immediate change in the brain.



Tea Tree Oil

Melaleuca Alternifolia

purifying giant in a bottle

Commonly known as Tea Tree Oil, Melaleuca Alternifolia is steam distilled from leaves, and evokes cleansing and purification through its fragrance. Melaleuca Alternifolia is highly regarded for its wide range of uses. It is hugely supportive to the immune system and beneficial for the skin topically.

OUR “WISE” MELALEUCA TIPS:

- Drops on problem areas of skin.
- Diffuse to clear stale air.
- Alternate with Thieves on the feet for a big immune boost.
- Wonderful addition to homemade skin salve.
- Mix with some baking soda for a great foot detoxifier.

THE PREMIUM STARTER KIT



Thieves

thieves and the immune system go together
like peanut butter and jelly!

Time for a little history lesson! The Thieves essential oil blend was created based on research about four Thieves in France who covered themselves with cloves, rosemary and other aromatics while robbing victims of the plague. It's a proprietary blend, and has been tested thoroughly by a university to prove its cleansing abilities. Hello, mold and bugs? Goodbye.

It's highly effective in supporting the immune system and overall good health.

It is the most popular blend from Young Living, due to its powerful immune support. Basically, all the bad things die when you use Thieves essential oil blend.

OUR "WISE" THIEVES TIPS:

- Ingest in capsules or in water, or with a drop (potent, beware) under the tongue.
- Diffuse every single day, if you'd like.
- Use it topically on a sore gum/tooth.
- Add a few drops to your dishwasher or dishwasher, to thoroughly clean dishes and eliminate odors.
- Have your home smell like Christmas in July!
- Put a few drops of Thieves essential oil blend in a capsule and swallow with water to support your immune system.
- Diffuse Thieves essential oil blend for 15-30 minutes in your home or office to help eliminate airborne unmentionables.
- We rub a drop on the bottoms of our feet every day as a layer of protection from pathogens.

Beyond the Kit

These are a few of our *favorites* that are *must-haves* to build your home cabinet full of health!



CEDARWOOD

Light and airy with a hint of ancient roots!

- Diffuse for peaceful, deep slumber
- Apply on the brain stem for insane focusing abilities
- Massage into your hair for magnificent shine and strength



MYRRH

The secret to radiant skin

- Apply neat to your clean, dry face
- Supportive of healthy lungs
- Promotes healthy vision when massaged around the eyes



DIGIZE

Smelly, but it works!

- Our go-to for middle of the night "episodes"
- Topically on the belly everyday for healthy digestion
- In a capsule to detox from environmental chemicals
- A drop on the belly button of babies goes a long way to promote comfort



VALOR

The "corrector"

- Start your childrens day with a swipe down the spine for an "adjustment"
- Diffuse at night for deep sleep
- Press into the bottom of the big toes to affect positive change for the brain



MELROSE

Most over-looked oil

- Diffuse for strong, healthy lungs
- Apply slightly diluted from problem skin
- A drop in a teaspoon of raw honey is life-changing



THIEVES PERSONAL CARE PRODUCTS

Ditch everything in your home and replace with these - you'll thank us later.

- Thieves concentrated home cleaner
- Thieves toothpaste
- Thieves mouthwash
- Thieves hard lozenges
- Thieves hand soap



Ningxia Red

So you think this is just another “energy drink” right? Well think again. This baby is the gold-standard of antioxidant and free-radical scavenging drinks in the world. In fact, Young Living is sort of known for this big Red bottle. Here are just some of its mighty benefits

21 REASONS TO DRINK NINGXIA RED JUICE!

1. The Ningxia Wolfberry provides ample antioxidants to strengthen the immune system. Antioxidants permeate cell walls and attack free radicals before they damage the DNA of the cell nucleus.
2. Antioxidants of this berry fight cell damage and aid the circulatory system – including the heart.
3. The Ningxia Wolfberry is powerful in helping the liver function properly. The liver is one of the most vital organs in the body – it’s our cleansing machine.
4. Helps the eyes and visual acuity. This berry contains a complete array of antioxidant carotenoids including beta-carotene and zeaxanthin. In fact, the Ningxia Wolfberry

has the highest source of carotenoids in all known foods. Beta-carotene is best known as a nutrient for the retina.

5. Help for “confused” cells. The main constituent of the wolfberry is Lycium Barbarum Polysaccharide (LBP), and according to studies in China, LBP helps support healthy white blood cell counts, enhances phagocytes as well as improving major classes of T-cells. “increase the antibody reaction to the T-cell antigen”.
6. Acetone extract from the Ningxia Wolfberry inhibits gene mutation. Some scientists say the fruit is a good supplement to support healthy liver and kidney function.
7. Minerals & vitamins act as enzymes and co-factors in the digestion process.
8. Studies on seniors in China produced amazing results (many people live beyond 100 years of age in wolfberry growing areas). Increases in Super Oxide Dismutase (SOD) and hemoglobin were found in serum in all participants. In other words wolfberry “may help slow the aging process”.



Ningxia Red

continued

9. Protects against the free radical attack on the mitochondrial DNA – our energy furnaces inside each cell.
10. Helps to maintain healthy blood sugar.
11. It is important that cell walls maintain their malle-ability for nutrients to cross this membrane. The free radical scavengers found in the Ningxia Wolfberry strengthen the cell wall and support efficient transport of flavonoid nutrients into the cell and waste products out of the cell.
12. Strengthens the brains neurotransmitters against pervasive free radical activity, thus supporting great memory and brain function.
13. Promotes a sense of well-being, and has had noticeable results in tests, which reduces stress and anxious behavior. The tissues of the body (including the brain) are assisted in avoiding oxidative stress.
14. Has a B-vitamin complex essential to the body. In addition, these vitamins are vital for converting food to energy.
15. Cells need to communicate, esp. those in the brain and nervous system. The synaptic responses are protected & fortified by the same polyphenols (flavonoids) that this berry uses to protect itself.
16. Provides powerful immune protective action because it contains solvetivone (an amino acid). Properties in the food fight pathogens.
17. Supports healthy levels of pain and inflammation because the berry contains Beta-Sitosterol.
18. The Ningxia Wolfberry is high in protein (more than whole wheat), an essential cellular building block.
19. The Ningxia Wolfberry, unlike most berries, contains natural Vitamin E – a restorative antioxidant with too many health benefits to list here.
20. A healthier, romantic life. The wolfberry increases overall health performance, including sexual responses. One herbalist wrote, "Wolfberry can make a young wolf out of an old man."
21. This berry, dubbed "A complete body health motivator" has many unique polysaccharides, not found in any other plant on the planet. – (source Sound Concepts)



Essential Rewards

So you're ready to order more oils? Here is our recommendation for purposefully building a cabinet that will provide you with what you need, when you need it, while planning for your spending.

- Essential Rewards – a monthly, auto ship order with a minimum of 50PV.
- Helps you to gradually build an oils cabinet
- Save with \$6.98 flat shipping charge up to 5 lbs.
- Change shipping date each month according to your needs
- Completely flexible – change everything or order each month (or order your favorites again!).
- Earn points on each order to redeem for free product (based on a percentage of your order's product volume).
- Earn 10% of your order's product volume in points for the first six consecutive months, 15% for the next six consecutive months, and 20% for 13 consecutive months and thereafter on Essential Rewards.
- No risk – cancel at any time (make sure you use any available points before canceling).
- One grace month per year – you can call and skip one month if the need arises.
- Ordering 100 PV or more on a monthly basis makes sure you are eligible for every bonus and commission given when you have others ordering under you in your downline.

THE BEST PART:

There's no catch. Seriously. No one's trying to trick you. You can quit whenever you want, but I'll put money on you never wanting to quit.

To sign up and use Essential Rewards just log into your account and follow the prompts on the Essential Rewards tab, or contact any of our leaders.



How to Share

the love of oils

One thing we LOVE about Young Living is that it began as a company that is steeped in the ancient art of sharing one on one with people. There is something so special about sharing your testimonial with a friend, co-worker or random stranger; they soon become addicted too. We want to provide some very basic steps to refer a new member to Young Living and begin to create a thriving team of your own. Oh, and by the way, referring is completely optional and never required. The problem is, people notice the results and ask, so sharing is sort of unavoidable, and it's so much more fun to do this with friends as a team!

HERE ARE OUR BEST PRACTICES:

- Always have your oils and business cards on hand. We LOVE applying oils to stressed out airline passengers, hyper kiddos (moms are pretty sold if you give some rest and relaxation to their children) or offering a few samples.
- Get some gals together and talk "oils".
- Talk "education, safety and uses" with some friends on a topic you are passionate about.
- Connect with us, your leaders! Most of all we are here to develop YOU into a successful representative of Young Living.

Recipes AND TESTIMONIALS

PEACEFUL SLUMBER

Have trouble falling asleep? Insomnia keeping you up at night? Can't make your brain shut down and relax? Essential oils are masters at helping you out with all of those things naturally. No pills required.

ESSENTIAL OIL SLEEP CREAM RECIPE:

- 1/4 cup coconut oil
- 1/4 cup raw Shea butter
- 2 oz sweet almond oil

Melt all that together completely then put in a mixing bowl and sit in fridge for about 30 minutes. Once it starts to harden back up, whip it up for a few minutes with the mixer until it is light and fluffy.

Add these essential oils to the base cream:

- 8 drops Young Living Valor essential oil
- 8 drops Young Living Peace & Calming essential oil
- 8 drops Young Living Lavender essential oil
- 8 drops Young Living Cedarwood essential oil

Makes about one cup. You can rub the essential oil cream on the bottoms of feet, chest, neck or back to help relax and fall asleep faster. Store in a glass container. I like the half pint mason jars.

ALTERNATE SMALLER RECIPE:

1/4 cup coconut oil, whipped 5 minutes in blender until creamy. Mix in 5 drops each Valor, Lavender and Peace and Calming oils.

ALTERNATE LIQUID ROLLER BALL RECIPE:

Mix 30 drops sweet almond oil to 10 drops each Valor, Lavender, and Peace and Calming essential oils inside a small glass vial with a rollerball. Roll onto the bottoms of feet, chest, neck or back to help relax and fall asleep faster.

~ Wise Leader, Shawna Lender from *Bottle Of Thyme in Oregon*



CALM KIDDOS AND BEHAVIORAL SUPPORT

Holla for kids who listen! Try these:

- Cedarwood + Lavender + Vetiver massaged on the brain stem and feet
- Sandalwood + Rosemary diffused
- Peace and Calming diffused and massaged into the back

BREATHE EASY AND OPEN THE LUNGS

Hands down the best combo of oils we have found are:

- Thyme + Myrtle
- Eucalyptus blue + Lavender
- RC - a wonderful blend of eucalyptus globulus, myrtle, pine, marjoram, eucalyptus radiata, eucalyptus citriodora, lavender, cypress, black spruce, tsuga and peppermint.

Recipes AND TESTIMONIALS

DIFFUSING

Here are some of our leaders favorite combos:

- Peace and Calming + Peppermint ~ The perfect balance between peace and energy
~ Wise Leader Sarah Lesar, San Diego California
- Lavender + Purification because it is uplifting, clean and relaxing
- Lemon +Lavender ~ clean and refreshing
~ Silver Leader, Sarah Rudzek, Oregon
- Orange + Peppermint ~ wake me up before you go-go
~ Wise Leader Katie Prouty, Orange County California
- Lavender + Cedarwood work very well in our home for sleep support. We are able to avoid 5 am wake-up with 3 year olds
~ Wise Leader, Jennifer Potempa, Chicago Illinois



BRAIN ENHANCEMENT

- Try a blend with Vetiver, Cedarwood, Stress Away, Patchouli and Valor to promote focus and a healthy nervous system
~ Wise Leader, Ashley Hunter, Rancho Santa Margarita California.
- **Tip** by just applying oils on your children you reap the benefits as well!

- We also love the blend Brain Power which contains neuro-enhancement oils of Cedarwood, Melissa, Sandalwood, Frankincense, Blue Cypress, Lavender and Helichrysum. These are power-packed full of a compound called sesquiterpenes that promote clarity of thought.

KICK THAT SADNESS

- With Stress Away massaged into the neck and diffused for a perfectly peaceful mind and home
- With Frankincense pressed to the roof of the mouth
- Joy over the heart and pressed into the earlobes
- Diffuse some Citrus Fresh + Peppermint for a rush of energy and happiness

DIGESTIVE GLORY

A happy tummy make for a happy family

- Our "Wise" choice is Digize or Aroma Ease for comfort of the belly. We love to rub topically over the belly and even a drop or two in non-dairy milk or water to soothe



EASE THE ACHY EAR

Favorite Wise Leader oils are Melrose, Purification, Lavender and PanAway massaged around the ear (never in the ear)

SIMPLE RECIPE:

- 3/4 cup organic coconut oil, whipped until creamy (5-10 minutes).
- Stir in 8 drops each:
 - PanAway
 - Valor
 - Lemongrass
 - Peppermint

Whip until evenly combined.

BEAUTIFUL SKIN

Oils of choice are Myrrh, Frankincense (or Sacred), Spikenard and Geranium (or the blend Joy) for its anti-aging properties.

Esther 2:12 "Before a girl's turn came to go into King Xerxes, she had to complete twelve months of beauty treatments prescribed for the women, six months with oil of myrrh and six months with cosmetics and perfumes."

Myrrh is absolutely incredible for skin and if it's good enough for Queen Esther it's good enough for me!

~ Wise Leader, Jodie, Orange County California

NO MORE TENSION IN THE HEAD

"I like to use Peppermint on the back of my neck and forehead. I also use deep relief as well. Both work very quickly to relieve my head tension"

~ Wise Leader Sarah Lesar, Camp Pendleton

GERMS BE GONE

One of the best ways to protect against harmful organisms is to make some homemade "sprays". Here is a simple base recipe that you can use any oils in:

In either 4 or 8oz. glass bottles, fill with distilled water, a pinch of Epsom salt and 10-16 drops of oil. You can make your own sunscreen, bug spray, room freshener, ant spray, pillow spray, monster spray....the list goes on and on. Just give it a little shake before you spray and you are good to go.

"Thieves will always be my comfort oil when it comes to health...I feel so much peace of mind having it with me and on my family at all times, and using the spray before we go out into crowded areas. I don't feel as worried about my baby, or my husband bringing something home from the ER he works at."

~ Wise Leader Kelly Isbell, San Juan Capistrano California

We LOVE Thieves, Purification and Lemon from the starter kit!

OILS FOR LOVE

- Ylang Ylang + Lady Sclareol for "momma"
- Mister + Shutran for "daddy"

Both can be diffused, worn topically and inhaled deeply for an immediate shift in libido

* We cannot be held responsible for babies being made!

Recipes AND TESTIMONIALS

NON-TOXIC CLEANING

Anything from the Thieves home cleaning line is highly endorsed by our team of Wise Leaders.

THE “BEST” DISHWASHER RECIPE

“Finally, a dishwasher soap that is simple, cost effective, I know every ingredient in it AND it actually works really, really well! I have been trying the more “natural” store brands for a while and I haven’t found one that works real well. I am very impressed with this recipe. My dishes are very clean and the dishwasher too seems cleaner on the inside. What I used:

- 64 oz Mason Jar
- 1 cup of Baking Soda
- 1 cup of Borax
- 1/4 cup Citric Acid
- 15 drops YL Lemon Essential Oil
- 15 drops YL Orange Essential Oil

I doubled the above recipe and it makes about half a jar full. Then I added:

- 5 drops YL Purification Essential Oil
- 5 drops YL Thieves Essential Oil
- Add a little sachet of white rice to absorb moisture. I used one that was in my almost empty protein powder.

I used 2 tablespoons to run one load of dishes.”

*~ the lovely Wise Leader Shawna Lender at
Bottle of Thyme on Oregon*

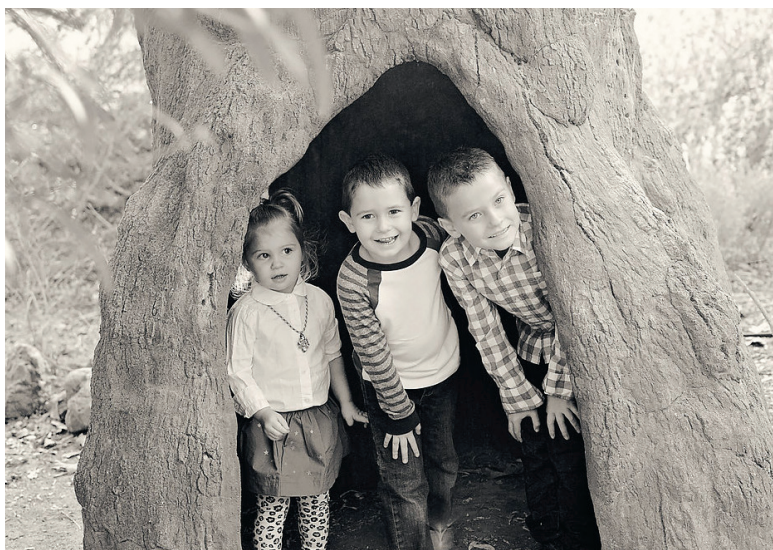




A Day in the Life of a wise leader...

So now you have your kit! Whoo hoo! We never let these bottles of goodness sit on the shelf, after all, what can they do there, except look pretty? You have already made one of the best decisions for your health, but now what do you do? I am here to give you some insight into our daily routine as a family. Keep in mind, the uses are endless.

- We use YL Thieves toothpaste and I always add a drop of oil, sometimes two. Thieves, Orange, Myrrh, Wintergreen, Peppermint just to name a few.
- Yup I oil pull in the shower its even more effective with a drop of Thieves.
- My face gets slathered with the satin facial scrub, it's minty, I love it.
- I use my homemade anti aging serum infused with Jojoba, Myrrh, Spikenard and Rose oil and my face loves me for it!
- I use my homemade lip balm that I made with oils in it.
- Homemade lotion, also with oils in it, Lavender, Geranium, Melrose and Roman Chamomile.
- I put a drop of Lavender oil on my deodorant or even just straight on the pits!
- A few drops of Lavender in my tube of mascara is like the holy grail of beauty.
- Plain water? What's that? Oils all day, everyday in water for detox and energy. Lemon, Peppermint, Spearmint, Slique Essence and Grapefruit just to name a few.



Other Things

before leaving the house usually include:

- A drop of Frankincense under each family members tongue just for the health of it.
- Thieves swiped on bottom of feet for all my kids, we don't leave home without this protection.
- Joy and Stress Away for my perfume and I have never felt better!
- Thieves Spray as a breath freshener.
- My child oils up with Thieves and we spray his hands, head and backpack to avoid those creepy crawlies.

This may seem like a lot but it really comes naturally. As your day goes on, reach for the Stress Away roller in your purse as an instant pick-me-up or breathe again roll on for excess pollen out there. We run our diffuser, we use our homemade sprays, we make our own dishwasher soap, we use oils on our wool dryer balls. I could keep going! We are here for anything you need to support your growth both in health but also in the abundance of financial freedom that Young Living has to offer.

Thank you for being a part of our team, we appreciate you and look forward to many years of growing healthy together!

BLESSINGS

Jodie - Founder The Wise Apothecary
www.thewiseapothecary.com



www.thewiseapothecary.com

Thank you so much to Bottle of Thyme and Grace and Lavender for the beautiful photographs

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