

Zia's Essential Connection

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Keep moving strong, free, without pain

Say good-bye to sore muscles & joints with essential oils, supplements, massage

If you suffer often with painful joints, muscles or headaches, this newsletter can change your life. It will introduce you to the powerful, pain-relieving properties of therapeutic-grade essential oils from Young Living®. Proven effective by dozens of clinical studies and thousands, following are real stories from real people that will give you fresh hope and encouragement for living pain-free.

Essential oils are effective AND safe to use. They're a healthy alternative to chronic use of aspirin and other over-the-counter pain relievers which may have associated health risks.

Peppermint essential oil is an all-purpose pain reliever

Peppermint essential oil is one of the most effective essential oils for blocking pain. Merry Iliev's own brother has extreme stiffness and pain from **arthritis** in his fingers, arms, shoulders and upper back. The first time Merry massaged him with **Peppermint** essential oil, his pain was relieved immediately. He ordered a bottle of Peppermint right away so he could apply it whenever he needed relief.

Peppermint essential oil reliably eases pain in this way: It inhibits smooth muscle contractions by blocking calcium influx into the muscle cells, thus blocking the transmission of pain signals. (Forster et al., 1980; Giachetti et al., 1988)



Massage Therapist Works Wonders with Essential Oils

Merry Iliev, massage therapist and physical therapy aide, learned first hand how Young Living essential oils ease pain dramatically. During a very heavy work schedule, Merry's right hand, arm, shoulder blade and upper back became increasingly painful. She was so stiff and sore she couldn't sleep at night. Then, after applying **Thieves™** essential oil blend to the area, (with a carrier oil) she woke up the next day with **no pain at all**. Since then, as a staff member at the Brighton Institute of Physical Therapy in Beverly Hills, CA, Merry confidently reaches for Young Living essential oils, knowing they'll help her provide profound pain relief for her many clients.



Jean-Marie Hepworth - Zia Essential Oils, P.M.

This newsletter is being sent to select Young Living members within the Zia Essential Oils organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and not solicitation. Previous newsletters and other information is available on my website. If you would like a free information packet or I can be of service to you, please let me hear from you.
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Keep moving strong, free, without pain

Two exclusive essential oil blends deliver maximum pain relief

Peppermint lends its pain-relieving properties to two Young Living essential oil blends, **PanAway™** and **Relieve It™**.

PanAway is a blend of Wintergreen, Clove, Helichrysum and Peppermint essential oils. The eugenol in Clove has a long history of use for pain relief in dentistry, for rheumatism, arthritis and headaches.

Relieve It is a blend of Spruce, Black Pepper, Hyssop and Peppermint essential oils. Conifer oils such as Spruce have traditionally been used for topical relief of rheumatism and arthritis. Black Pepper relieves muscle aches, pain and stiffness by dilating blood vessels and bringing additional circulation to the area.

Once you experience the soothing power of essential oils, you'll want them at your fingertips: Carry your favorites in your purse, stash a bottle or two in your desk and stock your bathroom cabinet.

Relieve pain with targeted nutrition

Today, many medical doctors recommend that adults in their 40s start supplementing their diets with nutrients that will help ward off the deterioration and diseases of the musculoskeletal system.



Relieve your aches and pains with these essential oils

Giving your body exactly the right nutrients can ease pain by reducing joint inflammation, improving cartilage production, increasing joint mobility and strengthening bones.

BLM™ and **Sulfurzyme™**, two of Young Living's nutritional supplements, work synergistically to support the musculoskeletal system. Work best when taken together.

BLM - Formulated from the most potent, natural ingredients known, BLM protects the mobility and health of your **Bones Ligaments** and **Muscles**.

Sulfurzyme - MSM, a key ingredient in Sulfurzyme, has been proven to be extremely effective in relieving pain, especially tissue and joint pain. MSM is a source of organic sulfur, shown to reduce the inflammation of arthritis, relieve muscle spasms, improve blood flow and deliver biologically active sulfur to the joints.



Relieve pain with targeted nutrition

To find the essential oils and supplements that can help relieve your pain, you may need to try different oils and combinations. Consult with your Young Living distributor for more information.

How to apply essential oils

Apply topically

Dilute 3-6 drops essential oil with one tablespoon of V6™ mixing oil or pure vegetable oil. Apply to painful area. Massage, if appropriate.

Vita Flex

Apply essential oil(s) to the VitaFlex points on your feet that correspond with the painful area.

Common sense precaution

Young Living essential oils are highly concentrated. Dilute before applying topically, as noted above. Keep essential oils away from eyes, mucous membranes, sensitive skin.

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Black Pepper essential oil	#3611	\$13.75
	5 ml	\$15.92 \$18.09
BLM supplement	#3234	\$39.75
	90 caps	\$46.03
	3 oz pdr	\$52.30
Ortho Sport ointment	#6075	\$19.75
	3.85 fl oz	\$22.87
		\$25.99
PanAway essential oil blend	#3391	\$29.75
	5 ml	\$34.45
		\$39.14
Peppermint essential oil	#3614	\$19.75
	15 ml	\$22.87 \$25.99
Relieve It essential oil blend	#3411	\$39.75
	15 ml	\$46.03
		\$52.30
Sulfurzyme supplement	#3241	\$41.75
	8 oz powder	\$48.34
		\$54.39
	#3243	\$54.75
300 caps	\$63.39 \$72.04	

Radiant Health News

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Pain Free at Last with BLM

My arthritic knee hurt so bad that sometimes, I couldn't make it up the stairs after work. Using **PanAway®** and **Wintergreen** essential oils plus **Ortho Sport®** ointment provided some relief and greater flexibility.

Then—at the urging of my friend—I tried **Young Living's BLM** nutritional supplement. During the third month, **my arthritis pain went away and has never returned.** My physical therapist as well as several of my friends are now using BLM, all with success.

Jim Wolfe