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Crown Diamond.
Zia Essential Oils, P.M.



This newsletter is being sent to select Young Living Members within the Zia Essential Oil Organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and no solicitation. Previous newsletters and other information is available on my website. If you would like a free information packet or if I can be of service to you, please let me hear from you.

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“Growth is the only evidence of life.”

*...John Henry
Cardinal
Newman
1864*

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Zia's Essential Connection

Growing Organic Foods... Why Grow Organic Foods?

Organic is better for your health and your environment.

It has been said that we only get one Earth, so it is important that we minimize our footprint on this earth.

Organic gardening is one of the most important core components to sustainable living.



People have chosen to grow organic foods because...

- ~ There are no harmful chemicals.
- ~ Organic foods taste fresher.
- ~ Organic vegetables are higher in vitamin content, with no chemical residue.
- ~ Organic Gardening without chemicals is better for the environment.
- ~ Organic foods may avoid multi-health concerns.

If we are not growing organically, or purchasing organic foods, we are putting enormous amounts of chemicals in our bodies.

One thing that may discourage people from purchasing organic is the price.

Growing your own organic foods, is no more difficult than what you might already be growing in your gardens.



Organic News

An article entitled “Six Grocery Industry Trends for 2010” published in Issue 1, 2010, of *California Grocer* predicts that consumers will “regain their love affair with natural and organic products this summer. The recession has been holding organic products growth down but further reductions in price will lead to greater consumer acceptance.”

Mambo Sprouts Marketing released survey results in November showing that consumers are going back to basics to bolster their health. Findings showed 84 percent take vitamins, 73 percent eat the recommended amount of fruits and vegetables, and 68 percent choose organic foods. In addition, 59 percent of consumers polled said they expect to increase the amount of organic products purchased during 2010.

Essential Oils-Garden Insects

To get rid of insects on your plants, the natural non toxic way is to experiment by filling a mist spray bottle with 4 oz. of water and add a few drops of essential oils by misting the infested plant. Shake the bottle frequently to keep the oil mixed with water.

Below is a partial list of essential oils used to help get rid of those insects that don't belong in your garden.



Organic Gardening

Spearmint (Item #3638)

Ants, aphids, caterpillars, gnats, black flea beetle, lice and moths.

Lemongrass (Item #3581)

Black flea beetle, fleas, mosquitoes and ticks.

Thyme (Item #3560)

Bean beetle, cabbage root fly, cutworm and ticks.

Peppermint (Item #3614)

Ants, aphids, bean beetle, cabbage root fly, caterpillars, black flea beetle, flies, lice, moths and plant lice.

Hyssop (Item #3566)

Aphids, cabbage root fly, cutworm nematodes, ticks and white fly.

Rosemary (Item #3626)

Cabbage root fly and carrot fly.

Patchouli (Item #3608)

Gnats, snails, weevils and wooly aphids.

Testimonial
 For ants I mixed a bit of peppermint oil with water in a glass spray bottle. I sprayed it on the ants and it killed them instantly.
 ~LB

Young Living Essential Oils that are GREAT with garden pests & for you as well!



Item No: 3581 15ml
Whsl. \$10.50 **Retail** \$13.82

Item No: 3608 15ml
Whsl. \$31.75 **Retail** \$41.78

Item No: 3614 15ml
Whsl: \$19.75 **Retail** \$25.99

To place an order call Young Living Order Department at 1-800-371-2928 or visit www.youngliving.com

Lemongrass helps with digestive aid, improves mental clarity and supports circulatory system.

Patchouli commonly used to support general health, releases negative emotions beneficial for skin, digestive system & nausea.

Peppermint soothes digestion, supports liver, respiratory systems and combats mental and physical fatigue.

- Resources:
- www.gardenguides.com
 - www.ota.com
 - www.oil-testimonies.com

