

YOUNG LIVING TRAINING CD #64

The Coming Wrath of Our Chemical Environment

Gary Young, N.D.

We welcome you to Training CD #64 from the 2004 Toronto Whole Health Expo, a highly informative lecture by Gary Young on the Coming Wrath of our Chemical Environment. And now, here is Dr. David Hill to introduce Gary Young.

Dr. David Hill - Introducing Dr. Gary Young

I work very closely with Dr. Gary Young and it has been a great privilege to do so. At this point in the day many of you have had the opportunity to probably be inundated with a great deal of information from a lot of different angles and a lot of different thought processes. It has great value to you. It has great value to you for your health.

You are about to hear from Dr. Young and I am grateful for the opportunity to introduce him because I want to tell you personally what great power and wisdom there is in what he is about to share with you. It will and can be life-changing if you allow it to be. Natural medicine requires a great investment of your time and of your energy and of your focus. It requires a tremendous commitment.

I am happy to follow in the footsteps of somebody like Dr. Gary Young because here is a man who has dedicated a large portion of his life to trying to understand the dynamics that go into making not only himself healthy, but providing a means and a way for each of us to learn those ideas and that knowledge and apply it into our lives.

I am grateful to be associated with *Young Life Research Clinic* because it offers to the ultimate degree what it is he is going to teach you here today. It gives me great pleasure to introduce to you Dr. Gary Young.

Dr. Young - Great Food and Great Information!

Thank you, thank you. You are so kind. Welcome to this afternoon's session. Are you having a good time here at the Whole Health Expo? Are you enjoying it more this year? Are you finding the booth area more energizing, the colors down there more uplifting? How about the food? Isn't it great! Yes, we deserve to give them a round of applause! They need to know that it is appreciated.

I found it interesting in the past where we come to a place to learn about health..and then we have to go eat garbage, so I am just really pleased with the event here and what we are seeing and the tremendous support that has gone into (not only the presentations from the presenters) but also the preparation of the food, so you can sample it, enjoy it, and love it!

A Rejuvenating Recipe to Share

Before I get started, if you have a pencil and some paper I am going to give you a recipe. How many of you like recipes? Down in our booth (I don't know how many we have left) is my latest booklet that was published this summer, called *The Rejuvenate Program* and the recipe is in the booklet. I wrote that specifically for rejuvenation and it goes into the acid-binding, acid-forming, alkaline-forming foods, and there are 16 recipes I have put together myself that we eat at home, and it has made a huge difference, so I am going to share with you another recipe.

Pregnancy Potential Considerations

I mentioned this morning that after my wife's first child she took quite a dive hormonally..and so we went to work bringing it back. It took four months to bring her back into normal balance and then it was another two years before I felt that her body was ready for conception again. I was struggling with a lot of things.. and that's called programming (that's the system) because at my wife's age women don't have babies in the world today..except in the longevity countries I have traveled, and I said, "Well, honey...maybe we will have to go there to have a baby!"

But I really believed in it. I believed really strong (and I have had a lot of questions asked).. "You know, my wife's 47..can she have a baby?" "Is she still menstruating?" "No."

Then the answer to that question is “No.” If a woman has stopped menstruating, at that age the chances of conceiving (even if you started back up again) is probably one in a million. It would be truly a miracle. My wife had not stopped menstruating, even though she was right on the very, very edge of it. It was one month on, a couple of months off, another month on..and so it was borderline when I started working with her ten years ago to bring her back in balance. It has been a remarkable thing.

Of course, it has absolutely validated and proven the theory I had that the body does have the ability to rejuvenate, and the body has the ability to perform as a young person. Even though we might show signs of aging we don't have to act like it, and we certainly don't have to live a life of it, believing that after the age of 40 life is all downhill. It has taken me until 50 to just learn enough and make enough mistakes to figure out there is a better way in life, so I really do believe in that old adage that “Life begins after 50..” and I mean to live it that way!

Taking on New Challenges

Consequently, every year I take on a new sport. Last year my new sport was jousting. Some of you might have seen me at London where I took fifth place in the World Championships, so I didn't think that was too bad. I jousted through the summer and enjoyed the entertainment. However, Labor Day kind of ended my career for the summer. I took a hit in the armor below the breast plate resulting in 7½ hours of surgery putting my intestines back in. And now I have my own built-in armor and so I can joust without armor!

Anyway, you are never too old to experience life. You are never too old to love life and live it to the fullest. I ski with my older son and he hasn't been able to beat me off the mountain yet. He says I cheat, and I said, ”Son, when you are over 50 you can do whatever you have to, to get to the bottom first!” Anyway, I make them work for it!

Now for the Recipe

This is a juice recipe I am going to give you now, so you can enjoy it. We talked to the folks downstairs who are doing the raw juices—and they were going to make this for you—but they were missing three ingredients, so perhaps maybe next year we can coordinate that a little better and make it happen. This is what I call my Vital Life Juice. All

of my patients at the Clinic get it when they come and this is what my wife and I do every single day. In fact, it is quite colorful..this is what it looks like. I carry it with me even when I travel and it's a little awkward because my wife makes the juice fresh, puts it in bags, freezes it, and puts it in another little bag in the suitcase (these little astronaut bags that are supposed to be insulated), and generally I get to where I'm going before it thaws out. The real hope is that they don't lose your bags and you find them two or three days later! That has happened once and things become very colorful inside the suitcase. I had a bag I lost once for five days and it was very aromatic when it returned, so you will have those things happen!

Then when I get in the hotel room I thaw it out and put it in containers and have it useable. We do not eat in restaurants except on very rare occasions when we travel. Why? I do not find food fit to eat in most places. Folks, the food that is being prepared down-stairs (and they are not paying me to do this commercial!) is wholesome food. It's good quality food; it's live food. That's what everybody needs to be eating.

The recipe for this formula is:

1 ounce of carrot

1 ounce of celery
1/3 ounce red potato
1/2 ounce of spinach
1/2 ounce of Spanish black raddish

(you likely won't find that..you are going to have to order the seed and plant it and grow them, but you can use the following in the absence of it).

1/2 ounce of white Dikon raddish
1/2 ounce of cucumber
Spike it with a little bit of ginger

It is very, very delicious! I am going to stop there because I am going to go into what I was prepared to present this afternoon, and that's about out toxic environment and lifestyles, and then I am going to come back to this, but when you get home—and incidentally if you don't have a juicer, you might find it a little difficult trying to milk a carrot!

What You Need and Do NOT Need

I will just say this basically before I go on: There are a few things that you need in your home, and there are few things that you do not need in your home. One of the things you **do not need** in your home is a micro-wave..that is a scourge to the human race. The next thing that you do not need in your home is a computer. Now you think I'm joking. Do you really need it? Of course, you don't need it! Does it help? Maybe so. We have a computer..I figured out how to turn it off because I found the plugin, and that's how I deal with computers! The next thing that you do not need in your home is a television. The next thing that you do not need in your home is an electric blanket. Now in Toronto, that might be a argument! You don't need these things because they are counter-productive to your well being. They **mess up your electromagnetic fields** big time.

The things that you **do need** in your home: You do need a juicer, you do need a colonic machine. (You don't know what a colonic machine is?) A colonic machine is what is called a high irrigation of the colon like an enema, only instead of using two quarts of water you use 55 gallons. Now if you don't have a colonic machine in your home, then look and see how close you are to a fire hydrant..a garden hose from K-Mart and a jar of Vaseline from the drugstore and you could have a high colonic! So there are ways of making it happen.

There are tools and there is a unit on the market sold out of Van Couver (we sell them from our Clinic, but I didn't bring the information with me). I'm not the promoter of these, but it's called the "Colonet" and it's a home colonic device. It sells for about \$1,000 I believe, and you can attach it in your home. We have one in our home and my wife and I use it on a regular basis. People wash the outside of their bodies, but how many of you wash the inside of your body..and which is dirtier, the inside or the outside? Which stinks worse? Just think about it in those terms.

Those are some things you want to invest in. Sell the television, buy a colonic machine—you'll be a lot healthier and you can watch things go by when you are doing the colonic as well, so you still can have a movie, and it's colorful as well! If you call the Clinic (and you can get the number from the doctors downstairs), they can give you the number for the facility in Van Couver where it is manufactured, so you don't have to ship it across the border. If you sell your microwave you can buy a juicer; if you get rid of your electric blanket you get a water filter. You need a water filtration system. I haven't bought an electric blanket, so maybe they are not that expensive, but *Young Living* manufactures a whole-house water filtration system that is under \$1,000. You put it right on the pipe coming in and it filters the water for the entire home. It is the most efficient system that exists on the market today.

State-of-the-Art Water Filter

The reason I say that is because I hired an engineer from NASSA who engineered this water system. I told several water filtrations companies what I wanted and they said it couldn't be done, so I hired this engineer and shipped him from Florida to Utah. He liked what we are doing and he is now working full-time for *Young Living* today. He used to launch rockets at Cape Canaveral, and he designed the water system, what I believed would work (and it's very powerful). It comes in three stages. You can get the double-block filtering system, you can get an ozone unit on it, and you can get an ultraviolet unit on it, so it has three stages and you can buy them individually. I am not going to go into that (that's not what I am here for today), but you need that.

What is the point of drinking purified water and then taking a bath in chlorine? How many people do it automatically? When I stay in a hotel like I'm in right now I look at the shower and I question. "Do I really want to shower?" No, I would rather smell bad! Well, the other people might not appreciate it, so I had better shower. So it's jump in and jump out and grab a towel quick before it can absorb and then lather down with oils and enjoy life.

Chlorine Hazards

Folks, 20 minutes in the bathtub your body will absorb equivalent in chlorine what you would get in drinking eight glasses of water. In 20 minutes in the bathtub you will absorb the equivalent of drinking eight glasses of water with chlorine.

What does chlorine have to do with anything? Chlorine shuts down the thyroid, it prevents the anterior pituitary from secreting TSH (thyroid stimulating hormone). Here is another factor, (and I just throw this in because it is not documented yet). What I just shared with you about thyroid is documented. We are working on this documentation. It takes time.

But if chlorine will interfere with the anterior pituitary and the production of TSH, is there a possibility that chlorine could enter with the secretion of the same anterior pituitary in the production of human growth hormone? If it interferes with one hormone, is it selective? No, it is not. I just put that out as a theory on human growth hormone. I personally believe that chlorine interferes with all hormones from anterior pituitary..but we do know that TSH for sure has been documented. There are so many things that we have in our environment—that's where I am going to go now, and I am just going to show you the things that we deal with and what it's doing to our people in the world today..YOU! And then when we get through you can ask yourself, "Do I want to change my lifestyle, or do I want to continue to go through life as it is?"

Making Important Choices

Life is about choices..you can choose to do it or choose not to do it, or you can choose to think about it and still not do it. You can choose to do it for a while and then say, "Oh, well, it doesn't really matter..I'm going to die anyway!" We are all

going to die..I don't see any halos in here. Alright..we are all going to die..the big question is "when" and "how". How many of you really want to die with cancer? I don't see any hands going up! How come you are, are you not? One out of every two of you sitting here (based on statistics) will die of cancer. What's causing that?

Are You Embracing Chemicals?

How many of you are going to die from heart disease..the number one killer in North America? How many want to? No volunteers..but you already are volunteering, aren't you? How many in this room used a chemical detergent to wash your hair with this morning? How many used a commercial bar of soap? How many never bathed this morning? How many used a brand-name toothpaste this morning? How many put perfume on this morning? Underarm deodorant? How many of you women have lipstick on right now? Foundation? Eyeliner? Hair spray? Let's look at some of the things..the chemical soup that you deal with every single day.

Food Contamination

Food (adding to our food supply) colors, preservatives and additives. Outdoor pollutants, car exhaust fumes, sprays, industrial waste and fumes. How many are exempt from exhaust fumes while getting here this morning? NO ONE! How many are exempt from the air pollution from industrial waste today? NO ONE! How many are exempt from fumes, period? NO ONE! How many are exempt from radio toxic isotopes? NO ONE! (Unless you are living in an underground cave 24-7.) These are things that you cannot control that exist in our environment.

Water and Antibiotic Dangers

Water..chlorine and fluoride used for purifying water, and 171 other chemicals used in the purification of city water today. And they don't even list them because fluoride and chlorine are so toxic you don't need to. You are a walking time bomb! We look at it indirectly: invisible additives through pesticides, herbicides, hormones, and antibiotic residues.

How many here in the past year have been on an antibiotic or a pain killer or had surgery in the past year? Several of you. Think about it. How many of you walked into a hospital to visit someone

in the past year? What did you breathe while you were in there? Truly..you know what I am talking about.

Indoor Pollutants

Residual or indoor pollutants, including glass pane sprays, household cleaners, carpet, drapes, furniture, off-gassing. Every time you walk across the carpet and move your foot, you move that fiber and it releases a gas from that fiber in your carpet. Every time you pull the drape and the drape moves it releases a gas from the fabric treatment to prevent it from rotting while hanging on your window. Have you ever thought about why your drapes that are so rotten do not fall off onto the floor? Because the material has been treated so it is resistant to sun rot.

Your carpet is the same way..formaldehydes for preserving the fibers, the coloring agents used in there for coloring the carpets, coloring your drapes, not to mention the formaldehydes in the glues in your cabinetry. Have they taken formaldehyde out of the glues? No, they have not.

Just to mention a few other things that you need to think about and be considerate about..fluorescent lights How many of you women have fluorescent lights in your kitchen because it is the thing, the fad, and the way new homes are built today, recessed in the ceiling, etc.? You probably don't even realize it. You probably haven't even looked up yet.

Fluorescent lighting totally interferes with the electro-magnetic field of the human body. It totally scrambles the DNA.

Cigarette Smoke

Alright, smoke from cigarettes. I was put in a room on the third floor last night. It was a non-smoking floor, they said. I walked in the room and opened the door and just about rolled over backwards from the cigarette smoke. I told the lady and she said, "Well, that's a non-smoking room..it's impossible." I said, "Lady, this room has been smoked in." She said, "I'm very, very sorry. I'll get you another room.." and she did. Big deal, sprinkle some oils around, change the smell temporarily, go in the room. The walls are saturated with it, the curtains are saturated with it, the carpet's saturated with it. We take these things for granted because why? We've been conditioned, we've lived with it, we've grown up with it..and we think nothing of

it..and we are chemically induced, residual and industrial. Residual effects are dioxin, PCB's, industrial waste, acid rain. All you have to do is just look up some of these articles.

Skin, Pesticides, Drugs

Skin..direct contact with shampoos, soaps cosmetics, creams, cleaners, antidepressants, tooth-pastes, etc..it goes on and on and on. And we wonder why we are a walking health basket case! There are some things we can get away from and some we can't. American rivers and streams are tainted with (among other things) pesticides, antibiotics, and even common drugs such as aspirin and Prozac flushed down drains and out into the waste supply.

In 1996 I was in Istanbul, Turkey at an essential oil flavor and fragrance conference and it was most interesting. A scientist from London, England from the Warwick University was there presenting a paper. He asked everybody there (anybody who uses essential oils) to please, please tell your cosmetic chemist that you want oils in your cosmetics..you don't want the synthetics anymore. He put the research on the board just like this and he showed the studies of the fat cells from the Arctic salmon taken from Greenland and Iceland and the residue of the pesticides of Sodium Lauryl Sulfate were at a toxic deadly level in the fat of the salmon in the Arctic Ocean. That was in 1996--has it gotten less? Absolutely not!

How long have the farmers been putting chemicals on the farms and on the fields? That chemical going into the aquifer and into the water going throughout the world and we are drilling wells and pumping it back out. We are really good at recycling, aren't we? They don't need to put chemicals on their pills anymore, they just drill a well and pump the chemicals up and spray it back on the field again! It's horrible

Prozac in our fishing streams! How many of you are going to lie down on your belly and take a drink out of the stream? Think about it. It makes me sick inside to think that my sons will never know what it's like to lie down and drink from a mountain stream and drink pure water the way I was raised. We have problems, and what are these problems doing to us?

Perfumes and Fragrances

“Sexy for her!” Ah, yes..how many husbands shop for Christmas for a nice fragrant perfume for their sweetheart? And those chemicals are going into the body, into the skin, and they cross the placenta barrier and people who say they do not are lying to you..and it goes to the child. What goes through the placenta to the baby for heaven’s sake? Blood! If it’s in the blood it’s going to the baby..and we wonder why our children are being born autistic—the mother’s been vaccinated and she’s wearing perfume and cosmetics and smelling pretty while the baby is being murdered by poisons! And it’s legal.

Today’s BIG Epidemic

What’s the big epidemic today? Young girls five years old menstruating, young girls with fully developed breasts blowing bubbles..why? Because of the xenoestrogens (and all of these chemicals I have just been talking about are xenoestrogens)..they scramble the DNA through the telomeres and the body can’t replicate correctly. How many of you have a young girl who is already developing? This is a cartoon picture (because it’s not politically correct to show a real picture), but it is real. How many have been reading? How many have been studying? How many of you are aware? This is not about sitting on your hind end pretending it’s going to get better. Teens before their time with budding breasts and pubic hair, U.S. girls are developing earlier than ever. What’s causing it and what are the psychological effects? For heaven’s sake! By age nine Sharon had full-blown breasts and was beginning her period.

This is not something that I am pretending here. I will not stand here and just give you “stuff..” I won’t stand up here just to talk..what I am going to show you is absolute factual. It’s time to take a stand, so how are you going to do it? Are you going to do it by romancing and pretending it doesn’t exist?

Causes of Early Development

What causes early development? Doctors suspect that fat cells, pesticides, chemicals and hormones in food could “also be involved.” Hello! PCB’s—what did I tell you this morning—how the xenoestrogens block the receptor sites and they create a false mimicking of the estrogens or the testosterone. We have young boys being born today in America without testes; we have young teenagers whose testes are so shriveled because they

were that way from birth, and they will never reproduce. You need to do some studying and looking at Jerry Lynn Pryor, the doctor out of Vancouver who has been doing a lot of studying in teenage and young adults in reproduction. It’s just amazing!

From chemicals in the environment to hormones in cow’s milk and beef. How did hormones get in the milk and how did hormones get in the beef? What did they give the cow to produce more milk? What did they give the beef so they grow with lush meat? How many of you saw the pictures of the steers in France and England that they have been giving steroids to so they will grow to be 3,000# on the hoof? And you are eating this meat..you are eating those steroids!

Among Caucasian girls today one in seven starts to develop breasts or pubic hair by the age of eight. Is this normal? NO, it’s not normal..it’s disastrous physically and psychologically.

Shampoo linked to sperm. Researchers are pointing to a shampoo as a possible factor in the apparent decline of sperm quality in many countries..and what is the number one problem in America today? Infertility.

Do We Have a Problem?

These are just a few of the test papers that I pulled and had Dr. Hill agreeing with me. I went through last night looking at the test results of 60 patients. It was most remarkable..I could not find one normal condition! You are saying..”Well, that’s only 60 people.” Come on, folks..let’s not pretend here. Do we have a problem? Absolutely we have a problem. It scares me because as I said earlier (and I am going to say it again) I want this to sink in. If we have a young man 25 to 30 years old and his testosterone levels are 150 to 170 or 250, what are the testosterone levels genetically going to be of his son? The same..when that son is born. A young man from 24 to 27 should have testosterone levels of 1,000..and then we wonder why infertility is a problem!

Read the Labels..

Scandinavian researchers say that certain chemicals used in shampoo and other products can act like the female sex hormone, estrogen. Xenoestrogens again! You wonder why the incredible disturbance in male and female

emotionally is growing. What is happening in America today..(all of North America)?

This is an herbal conditioner. I just picked one off the shelf in a health food store. An herbal conditioner of very good quality, but how many you are label “readers.” How many look at the fine print? How many care about what’s on the label? They are toxic ammonia compounds, and ingestion can be fatal. Synthetic fragrance of unknown origin, synthetic surfactant to cause eye irritation and dermatitis ingredients.

Look at your water list (the list after the water) how many of you can even pronounce some of those names? And this is a “natural” conditioner sold in the health food store! What’s going on here? Are we being duped, are we being led down the primrose path with falsehoods and not being told the truth of what’s going on? Absolutely! Who is responsible? Do you think the FDA is going to protect you?

No Regulations on Cosmetic Ingredients

Mercury in cosmetics. Almost any ingredient may be allowed in cosmetics and perfume..and I can tell you that for a fact because we have been studying it because of our oils. It happens constantly. Nitrozymes (known cancer-causing agents) are allowed. Number one cosmetics contain ingredients such as amons or phenol derivatives, particularly dye or Tryethylone. I don’t even like getting close to it, let alone giving it energy. Dioxin, it’s there, it’s in your cosmetics. There is no regulation of the chemicals in your cosmetics..and look at who is wearing three times more cosmetics that mature adults? Teenage girls! And we wonder why they are having the problems they are having. Right now the largest growing population for Prozac are teenage girls. You take this and you add it to the vaccines and what have you got? A ticking time bomb! We wonder why autistic problems are continuing to grow. ..”Something has come between me and my Calvin’s!” Toxic chemicals in beauty care products. Everywhere you turn you can see it if you are looking for it.

Body Burden Summary

Body Burden..Executive Summary—what we found. An average of 91 industrial compounds (pollutants and other chemicals) were found in the blood and urine of nine volunteers with a total of 167 chemicals found in the group! This was done at Mt.

Sinai School of Medicine in New York. Does that tell the story? Okay. I think so.

Like most of us, the people tested do not work with chemicals on the job and do not live near an industrial facility. Wow! You can expect it if it’s a contract carpenter who’s painting or sawing or breathing sawdust or paint fumes or lacquers and thinners and things like that. These people did not work on a job with chemicals or in an industrial area where they were breathing it..and yet they contained 91 industrial compounds and pollutants in their blood and urine. So are we safe?

Scientists refer to this contamination as a person’s “body burden.” Of the 167 chemicals found, 76 cause cancer in humans or animals, 94 are toxic to the brain and nervous system, and 79 cause birth defects or abnormal development. The dangers of exposure to these chemicals in combination has never been studied. Whoo! How safe do you feel going outside right now? How many are seeing some of this for the first time? You have heard bits and pieces, I am sure..but sometimes it takes being reminded, doesn’t it?

Are You Willing to Make a Shift?

How many of you are willing at this moment to make a shift in your life? That’s what it takes, folks. Make it a decision. Of course, you can say, “Well, fine. After all we’ve had chemicals for 75 years..” and you can self-rationalize, adjust it, etc. until the world turns green, but it’s not going to change the truth. And those who are 50 and over are healthier than those 40 and younger..and that is a fact. Why? We got started before this came onto us.

I milked a cow so I could eat breakfast in the morning when I was growing up. I could lay down on my belly and drink from the mountain stream. I never had a toothache in my life and I never had a cavity in my life. I only made one mistake with my teeth and that was because of feeling that my teeth needed to be straightened..I went to the dentist four years ago, he put braces on and it’s never been the same since.

Where the Chemicals Go..

Here’s what happens: Where do these chemicals go? (Forgive me for the overheads because it doesn’t show as well, but these are actual autopsy liver duplications and you can look at that and ask yourself which one of those five livers you want to own and take home with you. These

chemicals we are talking about (and we are touching on this very briefly because of the time) go into the blood, they go into the fat in the liver. The liver is the largest fat-containing organ in the human body. It carries out 5,000 plus chemistry functions a day just so you can live. It is the only organ that they can't take out and reproduce and put back in or bypass. Only recently have they developed this artificial liver and now everybody is looking to that as the future.

Botox..Not a Solution!

Instead of looking at what the problem is and correcting the problem, we are looking for band aids, we are looking for quick fixes just like the women shooting up Botox..and you have "beyond Botox". Beyond Botox is Botox without injecting it. Botulism! Injecting botulism into your skin..well, there's the flip side of it. You could say it eats up the bad bacteria! Come on! The price we pay to look good..we think, but are they going to feel good ten years from now or 15 years from now? Nobody knows because it hasn't been out long enough.

Smooth, smoother..a patient takes her beauty shop bravely. And do you know what they are promoting? You come in and take these injections. About 1.6 million Americans got the shock last year of the so-called "off label" use of a drug originally approved to calm twitchy eye muscle..Botox! It is just absolutely sickening! But if you don't mind getting shot up with poison, that's okay..but when they take that next step now where it's a topical cream, you can just rub it on. Does that make it better? No, it doesn't make it better for heaven's sake! Let's get a clue of where life really is.

What are we going to do about it? This, I absolutely believe..whether you do or not, it's all choice again.

Read Your Owner's/Operator's Manual

I believe that God knew exactly what we were going to deal with today. I believe that God knows exactly what we are going to deal with 10 years from now, 40 years from now. Do any of you feel that way? How many of you believe that He gave us answers before we got here? He also gave us an Owner's/Operator's Manual, didn't he?

How many do not have an Owner's/Operator's Manual of your human body? Let's make sure you get a Bible..the Bible is your Owner's/Operator's Manual. Read it and understand

it and think about it. The herbs of the field shall be your medicine. The fruit thereof shall be your meat." That is kind of clear and plain, isn't it? "So as ye think, so shall it be." Have you ever heard that in the Bible? I am paraphrasing a little bit here.

Look at how you are to take care of your body. The body that you have is thought by many to be the Temple of God, so why do we defile it if that's true, or if that's a belief? And what I am talking about is defiling the temple..signs that could indicate less than optimal liver health.

LLC Club

How many of you would like to be a member of the LLC (Liver Lovers' Club)? Okay. Here's what happens when you start having a toxic liver. Overweight, abnormal bloating after eating, poor and inadequate digestion, frequent or continued fatigue, frequent headaches or migraines, mood behavior swings, unpleasant moods (whoops! That's a Prozac deficiency!) Bad breath, coated tongue when going without food for half or a full day, irritable bowel syndrome, sluggish metabolism (that's an A type), overburdened immune system, recurring colds, fevers, and mucous, high cholesterol, excessive body heat, gall bladder problems, fatty liver, allergies (of course, everybody has allergies after they are 40!) It's true in our world today, unfortunately. High blood pressure, sugar cravings, inability to lose weight, excess alcohol intake, hormonal imbalance, skin blemishes, rash, chemical intolerance, excessive gas. What is excessive gas? We won't go there today!

Why is the Liver Stressed?

There are two things I want to share with you. Going back to the liver. Why is the liver so stressed and why is it so traumatized? Because of these chemicals going to the liver. For those who are not aware, three pints of blood cruise through your liver every 60 seconds. Good in, good out..bad in, bad out. The liver is supposed to be the filtration mechanism for your body. It is the place where your liver is supposed to be able to take that blood in and use it, convert with it, build new cells, and send it back out to the body, but when your liver becomes a toxic waste dump and the blood goes in, it carries the toxic waste back out and when it takes waste out of the liver back into the blood, it is three to four times more toxic than when the blood took it into the liver..because it is preparing us for death!

At the same time as we are aging superoxide dismutase decreases as we age. So we have superoxide dismutase (which is a free radical scavenger that is going this way and lipid peroxide levels going this other way) as we age. And that's how it is today.

Amazing Wolfberry

Wolfberry, in eight volunteers, we found that it increased the free radical scavengers by 48% sending it up. It showed in eight volunteers that the lipid peroxide levels decreased 85%, lymphocyte transformation decreased 10% (your immune index), immunoglobulin (the IGA levels) increased, eyesight improved (dark adaptation time was reduced). Visual acuity is improved with Wolfberry. How can that happen? For this very reason..when the Wolfberry goes into the body it becomes alkaline-forming—it takes acid out. It is the only food substance that has been documented in universities around the world to literally reverse the aging process. I repeat, it is the only substance known to man at this time to have been documented to reverse the aging process. And that is why the pictures I showed you this morning of the old people in China, the doctor who is today 105 and still jogs three miles every morning because he eats Wolfberries every single day.

When I was in Inner Mongolia and in Ninja and other longevity countries and I went from place to place visiting the farmers, interviewing the people, going to the universities and doing the study it was the most remarkable experience that I have had in many years. I attended in the Brown City just down the Yalu River to a place called the Senior Citizen University. You have to be 68 to enroll in the university. I saw students there 98, 99, 105 working on their Master's and PhD's.

Berry Young Juice to the Rescue!

That's how we should live and every single one of them ate ½ to a pound of Wolfberries daily for that very reason, and not one student in that university wore glasses! So I prepared a concentration called *Berry Young Juice* from the Wolfberry for that very reason. It is the highest antioxidant food that exists in the world today, and Tufts University of Brunswick Laboratory did the ORAC scale and we can show that to you testing against foods and other juices. One ounce of this juice a day is equivalent to eating ½ pound of the Wolfberries. I put Wolfberries in many other

products. We use the Wolfberg sacharide oil in our skin care products because of the rejuvenation power and anti-oxidant power.

I am running out of time, so I want to share just one more thing with you: The substance that reverses the chemical saturation in the cell we have now documented. Essential oil will literally go in and digest the xenoestrogens and the petrochemicals that we are breathing and eating, bathing in, and being exposed to. Essential oils (without question) are the most powerful natural antioxidant, immune protecting, tissue protecting substance that man has known today.

I wanted to show you and we will look at it on the overhead. This research was conducted on Brigham Young University. We worked on this for two years; we took all of these oils and tested them against these diseases to see the effects of essential oils and you can see number one, *Tsuga*..that's Hemlock..the tree, Hemlock. There was 99.10% effect with zero toxic effect on normal cells. It was the first time in the history of botanicals that this has ever been done.

Research with Essential Oils

Here's the other..*Grapefruit*, 80.50%. *Hyssop*, *Thyme*, *Linalol Thyme*, *Sandalwood* and *Tarragon* with zero toxic effect on normal healthy cells. *Sandal-wood*, 98.10% kill ratio, and that was in 100 ppm dilutions study. *Red Canadian Cedar* 82.60%, *Myrtle*, *Thyme*, and *Dill*. This is the first time this research has been done in the world. Are we going some place? Absolutely! God gave us the answers when he created this world. It's up to us to find them.

I thank you for being here. Visit the booth downstairs..they can give you a lot more information. God bless you.

Narrator:

Thank you, Gary..and thank you for being with us on Training CD #64.

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