

YOUNG LIVING TRAINING CD #76

“Yesterday’s Wisdom, Tomorrow’s Destiny”

and the Science of Frankincense

Gary Young and Dr. Ahmed Warfa

We welcome you to Training CD #76 from the 2005 Young Living Annual Convention, a highly informative lecture by Gary Young on “Yesterday’s Wisdom and Tomorrow’s Destiny,” speaking of the power, the application and history of essential oils. Gary will be followed by Dr. Ahmed Warfa, world renowned expert on Frankincense. Dr. Warfa will discuss the harvesting and processing of the precious Frankincense resin and the science of Frankincense essential oil. And now, here is Gary Young.

Gary Young - We Have Something Real!

Do we have something to believe in? Do we have something of substance? Do we have something that’s real? Do we have something that is Godly-founded and based? Marketing only takes you so far, doesn’t it?

In the *New York Times* February 16, 1989 edition it was interesting to find the headlines blaring that *Balsam* oil of the Judean kings was found in a cave near the Dead Sea.

The oil was contained in an ordinary first-century pottery flask and discovered in a cave less than two miles south of Comorin. The oils had been placed in these flasks and they set for a long period of time because essential oil distillation during that time period was a very crude method and there were a lot of plant waxes still in the oil, and the oils would harden around the edges of the alabaster jars. Of course, over time the containers perforated some of the holes from the imperfection of the alabaster molding and minerals and different muds that were used, and the oils leaked out—but the holes plugged from the waxes. It was very interesting to find that the oils had still remained preserved and whole inside the glass container for over 2,000 years.

Essential Oils Go Back to the Beginning

The foundation of essential oils is taught again in modern times (it wasn’t something that Gary discovered), it was something that Gary found and brought to our modern world. I would like to take you back a little bit to the history of essential oils and why they are so powerful.

Balsam oil was the oil that anointed kings, and because of the legends and the stories that I found and discovered, I started searching for *Balsam*

because I felt that (like *Frankincense*) it was quite an impressive story of essential oils and it had to have phenomenal value. I found a *Balsam* plantation near the Canadian border just a little west of Bonner’s Ferry, Idaho. We started to harvest the *Balsam*, and of course, the best time to harvest it is in the wintertime.

Working with Balsam

As we started processing the *Balsam* oil I noticed the crew in the distillery. You can imagine working in the wintertime when it was cold. A lot of times temperatures were dipping below zero; the wind was blowing; it was snowing—and yet the crew members in the distillery who were distilling the oil were peaceful and happy. I would pull into the distillery at 11:00 o’clock at night or 1:00 in the morning with a load of *Balsam* chips and the crew was so congenial..”Let’s get you backed in here. Let’s get unloaded, and let’s start cooking.”

I would look at them and think..”That’s quite a contrast from my crew in the bush where we are doing the harvesting and working in extreme conditions who were using colorful language, because the machine would break down or they were soaking wet and freezing and cold. Theirs was a typical, colorful logger language. In contrast, when I pulled into the distillery, my distillery crew (who basically came from the same area) said, “Oh, let’s get started, oh—we’ll be distilling *Balsam* oil all night. Oh, we’re so glad you made it.”

So I brought my crew from the bush into the distillery and I took the distillery crew to the bush because I didn’t care for the colorful language. Within two days, that peaceful distillery crew were at each other’s throats, and my bush crew with the

colorful language were so serene..“Oh Gary, just back that truck right up here and we’ll get you unloaded.” I started recognizing there had to be something really significant going on with the distilling of *Balsam*.

Powers of *Balsam* Oil

What we discovered later in the Clinic is that *Balsam* oil reduced stress, it reduced tension. It lowered cortisol levels as much as 30%, and when cortisol levels are do

wn—what happens? You feel more peaceful inside; you feel more collected mentally. You feel more at peace.

So I thought, “Okay, if cortisol levels are going down with *Balsam* oil, what else would be happening? Is it possible that the immune system is coming up because what does cortisol checkmate—the immune system! It checkmates human growth hormone, which regulates immune function.” So, lo and behold, we started looking; we started experimenting; we started testing.

Cancer-free Using *Frankincense* and *Balsam*

We had a patient five years ago of June 2002, diagnosed with atherocystic carcinoma of the parotid gland. She had been given one year to live. I shared with her what I felt would be interesting for her to experiment with. She told the doctors in the Rockford Clinic in Spokane, Washington, “No, I do not want surgery. No, I do not want radiation. No, I do not want chemotherapy.” And they said to this little lady, “If you do not, you will probably not live six months.”

There were five other people who were diagnosed with the same condition in the same clinic within the same week. The other five people chose surgery and radiation, followed with chemotherapy. One lived for 13 months, the four died less than a year out. Patricia Holmes is alive and well today using *Frankincense* and *Balsam* oils—100% free of cancer!

Two Powerful Oils

I’d like to show you some validation of *Balsam* oil from the university level. The two perhaps most powerful oils that we find today in our arsenal at the Clinic are *Frankincense* and *Balsam*. What is the story of the *Frankincense* tree and why is it the oldest story tree in the world? How old is the *Frankincense* and how old are the stories? Since the beginning of time. Why is *Frankincense* so popular and why was it so common in ancient times? Was it because it smelled good? Was it because it was the only thing that was available? Or is it possible it was because it was so effective? The stories are that *Frankincense* cured every disease, every ill from gout to the broken head. How many have had a broken head? It works, doesn’t it! How many have had gout? Does it work? Yes! How about arthritis? How about cancer? Yes!

I would like all of those in this audience who have had a physical or an emotional experience that was causing pain that have changed their lives with *Frankincense* to stand up. Thank you. The rest of you—perhaps we can inflict some pain this afternoon so you can have an experience!

***Balsam* Highly Anti-tumoral**

Let’s go ahead and look at *Balsam* and then we will go on with *Frankincense*. This is some research that came out of France in 1993—this was when they first started doing the work. This was published last year, and just to make it really simple, the anti-tumoral action of essential oil of *Abies balsamea*, *Balsam* fir was elevated against several solid tumor cell lines, including MCF and 7. How many do not know what MCF and 7 is? (Most of you.) MCF and 7 is the most aggressive breast cancer that exists in the world.

The essential oil of *Balsam* fir (your *Balsam*) was effective in inhibiting all seven tumor cell lines! Do you want to know something else? You are the only ones in the world with *Idaho Balsam*! So what do we do? We find that putting *Balsam* oil with *Frankincense*, *Balsam* oil with *Sandalwood*, *Balsam* oil with *Myrrh*, *Balsam* oil with *Helichrysum* addresses pain, inflammation, infection, cancer. It is very interesting, and the research has been done to validate that. This is just one study.

Slides on *Frankincense*

(Showing slides) This is when I first started going to Arabia gathering *Frankincense*. The process of collecting *Frankincense* happens two times a year—one is in the spring (March to May 1) and then in the fall (September and October). You have to take a little axe and chop the resin crystals off the branches that hardens, but there is a process that comes before that, and that is going in the week before and cutting the bark. You cut the bark and then it allows the liquid, (the resin) to ooze out onto the external part. Maybe we can show the crystals there.

Harvesting *Frankincense*

Then, when it hits the oxygen it starts to crystalize, as you can see here. As it crystalizes, it hardens. The longer it sets on the tree and the longer it is present in the oxygen, the harder it gets. You will have different types of *Frankincense* resins.

This one that is very white is called “Hogary.” When I was there collecting *Frankincense* years ago and they said, Hogary, I thought they were being very friendly and saying, “How, Gary?” and I said, “With an axe..” But this was Hogary.

There are five grades of *Frankincense*. The first grade is brownish resin and it has a lot of bark particles in it and that is very commonly used because there is more of that available. But the Hogary was what was selected just for the kings and queens because it was the purest of the *Frankincense*. In ancient times if the peasants and the slaves were caught with the Hogary, they would cut their hand off. If they were caught a second time with it, they would cut the other hand off. If they were caught a third time they ended their life because they were not allowed to have the sacred White Hogary.

This is where I cut the bark, and the moment I cut it the resin just oozed out and within seconds it was already crystalizing. It takes about a week before you can actually come back and cut it off as a hardened resin crystal, so this is a week to two week process from when you go in and you scar the tree and you come back and collect the crystal resin. Then the crystal resin goes into the distillery, it’s crushed into powder, put into an oil bath and steam-distilled to extract the oil from the crystal resin.

***Frankincense* in Ancient Times**

I just want you to see what happens over a period of time using *Frankincense*. It sustains life, and in ancient times *Frankincense* was referred to as “manna” for the reason and the belief that those who ate *Frankincense* resin could be sustained forever on the *Frankincense* resin. Therefore, it was called manna. You have *Essential Manna* that has *Frankin-cense* resin in it. The most popular use of *Frankincense* naturally was in the incense burner because this was a very spiritual tradition. They would set different burners inside the temples and burn *Frankincense* 24 hours a day. They believed that the essence coming off from the *Frankincense* drove evil spirits away. They believed because it drove evil spirits away that if someone got sick and they were able to fumigate with *Frankincense* or to rub their bodies down with the crude oil (because in those days it was a very crude distillation method) the diseases would go away by the next moon. There are a lot of ancient writings referring to cancers and every disease of going away by the next

moon from the use of *Frankincense*. Their belief was, again, that it drove away the evil deity which cause the disease. We know today that this is true—there is nothing more evil than cancer or arthritis or lupus or Lou Gehrig’s Disease.

We don’t call it a deity today. We call it “immune dysfunction. Science has now shown us that *Frankin-cense* stimulates the immune system. How does it do that? One of the pathways and mechanisms of that, is it stimulates the anterior pituitary in the secretion of human growth hormone, which increases immune response. We also now know that *Frankincense* contains compounds that are very aggressive as anti-cancer agents and now it’s being looked at by multiple universities.

Some *Frankincense* History

So a little of the history—we look at where the *Frankincense* was gathered, and particularly in this region here of Salalah, Oman. Yet today there is very little *Frankincense* collected there and most of it that is collected is kept within the country of Oman for the kings and queens and the people in the royal palaces. They do no distillation in the country of Oman today. Our primary supply of *Frankincense* comes from the south, called Somalia in Africa, and some does come from Ethiopia, but in ancient times the *Frankincense* was gathered here in the Salalah area; *Myrrh* was gathered in Yemen. Camel caravans would bring it to the desert of the Empty Quarter to an ancient city called the City of Od. We know it as the City of Ubar. It was the richest trading city in the world for over 3,000 years. It was destroyed in 240 AD by a giant earthquake that totally engulfed it into the sands of the desert and buried it.

It was first discovered in 1994 through satellite thermography. They started excavation in 1995, and Mary and I visited there in 1996. It was a very interesting place. This is part of the ruins of the Lost City of Ubar and I am standing just above the chambers here where the resin would be stored when the camel caravans would come in and offload.

Based on research and articles of stories that have been written, this was a major distillation city as well, so the resins would come to Ubar.

Following the *Frankincense* Trail

In Ubar they would distill the *Myrrh* and the *Frankincense* here. Merchants would come from

other countries with their silks and spices and linens and copperware and various goods. They would come by ship into the port just east of Salalah that is known as the Port of Queen of Sheba. They would offload the camels there, they would go 150 kilometers inland to the City of Ubar (then it was called the City of Od), then they would trade for the *Frankincense* and *Myrrh* resin and oils. Then the ships would reload and set sail back to their respective countries.

The camel caravans would load with the linens and spices and silks and copperware and whatever and the resins and oils and travel the Empty Quarter, a 90-day journey to the city of Petra. Some of these camel caravans were 6,000 strong. The actual camel caravan trail across the Empty Quarter is one mile wide. You can imagine 6,000 camels here riding drag—that would be a dusty job!

Coming into Petra, this is the first thing you see as you come through the walls and the canyon, a magnificent place, and here you see the treasury house behind. The camels would arrive here; they would offload in large storage chambers inside the building where the resins and all the merchandise would be put. There was a large table in the center room in the treasury house where the merchants would sit around the table and they would barter for trade of merchandise. Then the camel caravans would reload and go on to their countries. They would come in from Damascus and Istanbul, and many other places. Then they would come to Jerusalem, to Bethlehem.

Discoveries about *Balsam*

Was that a stopping point for three people? For many, many years it was believed that the oils came all the way from Ubar to Bethlehem (which is a 120-day journey by camel). We know now that is not true. We also know now the very interesting story because there have been some great discoveries made concerning *Balsam* oil.

In the western region of the Dead Sea, north of Ein Gede was another treasury house (or bank building) which was a distillery. This was the morning that we hiked on top of the mountain and found the ruins of the treasury house. It was a difficult time, as my heart was pounding and I was wanting to run ahead, and yet, waiting for Mary.

This was beautiful. Look at some of the writings that we see. Ein Gede is a fabulous oasis and it has been perhaps since the beginning of time.

On the western shores of the Dead Sea is where David hid in the cave from King Saul. That's found in 1 Solomon 23:29, about 1,000 BC. Today it is a thriving tourist center.

Excavations Reveal Hidden Curse

They have done a lot of excavation in this center and have made some very interesting discoveries as well. In 1971 a bulldozer clearing the land to build a kibbutz (which is a farm) found a very interesting mosaic that was a fourth century synagogue, and it claimed to be a mysterious curse, for it reveals the secret of the village. The Gentiles, the one whose eyes roam over the entire earth can see what is concealed that will uproot this person in a seed from under the sun.

This is a synagogue where they have been excavating and found a beautiful mosaic in the floor here, and there you see the synagogue and the curse. What was so valued in Ein Gede that was protected by the curse—and of course, there are a lot of people who have different beliefs), but they believe that it was a distillery and it was there for the distilling of the *Frankincense*, *Myrrh* and *Balsam*.

New Truth about the Wise Men's Gifts

We look at the story of the Christ Child. The three wise men brought *Frankincense*, *Myrrh* and gold to the Christ Child in Bethlehem, and we've never questioned that because it's written in the Bible. We've never had reason to question it. Now there are reasons to question, and maybe not so much question, but clarification, because what we do know now as of a few months ago that *Balsam* oil (and you've heard me tell this story) is that *Frankincense* was referred to as "liquid gold." Those are the stories that have been written by the ancient people and books that I have. We have also found out recently that *Balsam* oil was referred to as gold, so it stands to reason that what was brought to the Christ Child was *Frankincense*, *Myrrh*, and *Balsam* because these are the three oils that were distilled in the ancient distillery in Ein Gede.

Here you see the terraces where they were farming and growing, and there was a large area where they grew other herbs, as well as the *Balsam* trees.

Harvesting *Balsam*

They cultivated the *Balsam* trees here for the harvest and the production of *Balsam*. Ancient

histories from Josephus spoke of sweet-smelling resin that came from the cuts in the bark of the bush-like tree that grew only in Jericho and in Ein Gede. Josephus says that the *Balsam* trees were cut with sharp stones until the juice drops down like tears, then solidifies. The resin was reportedly sold for twice its weight in silver, so it is very interesting.

I don't know how many of you have had a chance to walk in the forest and actually see a *Balsam* tree, what we call a North American *Abies balsamea*. It has sacks on it—we call them pitch pockets. You can cut that and the resin will just ooze out. It was something that's been used for many centuries for other applications as well.

This is the entrance way into the ancient distillery at Ein Gede and it was fortified perhaps better than Fort Knox because they had more treasure there to protect—at least real treasure. High on the ridge above the ancient village of Ein Gede stands a fortress that once stood three stories tall, protecting the *Balsam* distillery. The entrance to the fortress had a rolling rock that kept intruders out. When I walked up to that rock I braced myself and I got back and I put my hands on it—and I was the only thing that moved! It was about 8" to 10" thick and approximately 5' in height. It is an amazing structure.

Distilling Process

This is the distilling chamber inside and this port right here is the port where the steam came in from the boiler vat on the outside of the wall. There was a wooden lid that went over the top of this chamber and on the underneath side of the wooden lid there were channels that would have been carved in the wood to create a manifold-type system that would disperse the steam directionally this way and going across to this end and across to the other end and channels this way. That was typical structure of the lids that were placed on these distilling chambers for the dispersing of the steam. As the steam passed over the water (remembering that the resin is crushed, mixed with the water) and as it heats the water it starts creating turbulence and the water starts to churn and heat.

As it churns and heats, the water starts to boil, lifting the oil from the resin and the oil coming to the surface. Off this end was the catch basin where the oils were captured. In 1996 archaeologists found large amounts of ash in the forepart of the fortress. They believed that the bark and leaves of

the *Balsam* trees were cooked in oil that was probably the *Balsam* resin that was heated in oil.

Before Distillation...

What these folks didn't understand was that the traditional way of extracting oil 3,000 years BC and up to 1,000 years BC was they didn't use distillation. This type of steam distillation didn't happen until just about 100 or 200 years before the time of Christ. What they used was a very crude method where they take wool and they would wrap the wool around whatever they were distilling. They would go in and strip the bark off the tree and they would cut it into pieces and then wrap it in heavy wool linen cloths and they would soak it with olive oil. They would then burn the wool cloth and as the wool cloth would burn the olive oil would heat and keep it from igniting, but it would create enough heat that it would extract the oil out of the chopped-up wood chips into the wool cloth. Then they would squeeze and press the oil back out of the cloth. The ash they were seeing here would have been actually the ash from the burning of the wool linen and yes, there would have been bark particles in that as well. That was a typical method that was first discovered in Egypt 3,000 BC and that knowledge was obviously brought to this area.

The oil *Balsam* mixture was placed in a large reservoir at the rear of the fortress—that was incorrect information. The large vat at the rear of the fortress was the water boiler container where they brought the water in from an aqueduct off the mountain to supply and create the water for distillation. Coming out of here and running back up the mountain was a huge aqueduct that had been built, because at that time there were a lot of springs that came out underneath the cliffs and flowed down to this area here, and the water was supplied here, steam was generated from the fire box that was underneath this vat that was tunneled underneath the mountain that had since been totally closed in from over the period of years. Then steam passed from here inside to the chamber itself.

So famous were the *Balsam* tears in Ein Gede that the Roman Emperor, Titus, displayed *Balsam* branches in his triumphal march in Rome following the conquering of Israel in 70 AD.

The Power of a Substance

So we need to stop and ask ourselves a question: What would cause a substance to have such power?" This doesn't say *Jasmine*—and *Jasmine* was extremely plentiful throughout Egypt and other countries at this time—it doesn't say *Geranium*, it doesn't say *Chrysanthemums*.

It says *Balsam*. Why? The *Balsam* trees taken to Rome would not grow in that climate, and no *Balsam* trees are left in Jericho or in Ein Gete. Do we know if the *Balsam* trees in Israel were the same species as the *Balsam* in Idaho? I don't hardly believe it would be, but this is my theory and my belief that what God created for the people on one continent, He gave an equivalent product on another continent. And what do we see with our *Balsam* today? You saw the research from France on cancer cell lines and reducing cortisol.

Have You Experienced its Power?

How many have had experiences using *Balsam* wood over healing burns? (Lots of hands for healing burns!) How many have used it just for cuts? How many have used it for aches and pains? (Wow! This is a painful bunch—probably 80% to 90%!)

How many of you have found that *Fennel* oil was just as effective for aches and pains as was *Balsam*? So now you see why *Fennel* oil wasn't taken to Rome!

I hope you understand there is a reason why the Emperor took *Balsam* to Rome. There are ancient stories that the Roman soldiers (before they would go into battle) would bathe in *Balsam* and *Chamomile*. Why? Because it had a calming effect. We can understand that now.

Blessings of Being Balanced

Not only does it have a calming effect, how many of you feel empowered when you use *Balsam*? It doesn't make you feel like a charging Trojan horse—you just feel anchored; you feel balanced. You feel secure; you feel harmony. Those are some of the emotional benefits of lowering cortisol. This isn't something that's voodoo or magical—it's very mechanical with what's going on in the human body.

When you balance hormones your body balances. You are not going "whew!" this way because your testosterone shot off the Richter scale or you go "ugh!" that way maybe because your estrogen went way down. When you are balanced

you feel secure, you feel solid. You feel empowered. And when you checkmate cortisol, those feelings are going to come in place because what does cortisol do when it's climbing the Richter scale? It suppresses testosterone and estrogen and human growth hormone. All hormones are suppressed by cortisol, so that's the value of *Balsam* oil—and yes, you can understand the Roman soldiers bathing in *Balsam* and *Chamomile* oil. And why *Chamomile*? Because of the aldehydes and esters. It's calming. They wanted to get them calm; they wanted to get them focused because they were marching the next day into battle and they are giving up their lives. So be focused when you are giving up your life!

Balm of Gilead?

Balsam may have been the Balm of Gilead. It was used as a healing agent, but was revered as an intoxicating perfume by women. So guys, when you start seeing your *Young Living* orders with five and six bottles of *Balsam* oil on it, now you'll understand why!

What did the *Balsam* tree look like? It is shrub-like; it resembled *Cistus* and is an evergreen. Is our Idaho *Balsam* an evergreen?

How many are here today who went to Cancun three years ago? (wow! most of you!) How many remember the copal that we found in Cancun that smelled like *Frankincense*? Yes, we found a tree in Central America called copal that has a resin like *Frankincense* and the Mayan people burn it as an incense, and it smells like *Frankincense* as it burns.

Experience in Puerto Rico

I had another very interesting experience in Puerto Rico in February. I went into the jungle with a botanist and an agriculturist and they said, "Dr. Young, we'd like to show you a tree that we think you would be interested in, so we hiked way up into the mountains in south central Puerto Rico, and here is this big tree. I couldn't even reach half way around it and it was straight, just like a column of cement and very gray, and it went up about 200'. It was a magnificent tree.

There was this white milk liquid running down the tree and the gentleman that took me there said, "Go and smell the liquid." I put my fingers in it—it was very sticky. It was *Frankincense*! This tree is a tree that the ancient people of the islands used to

carve their canoes out of.

They did this because it was so big and so perfectly straight. It is also referred to as a “candle tree.” It also had the nickname of a “tree of a thousand cures.” So guess what? Here is a tree on the island of Puerto Rico that has a resin that is almost identical to *Frankincense*! We haven’t been able to collect the resin enough to distill yet at this time, but we will. It is a very interesting thing.

Similar Tree in Ecuador

Last month when I was in Ecuador I listened to the botanist and the people in the botany lab telling me about a tree that they have growing there that is like a *Frankincense* tree. So I share that with you for the explanation and understanding that what grew in Israel or what God thought was necessary for the people there, He did not short-change us here. He gave us something of equivalency, but naturally it’s a plant or a tree that grows to our climate, our soil conditions that is adaptable to what the weather, etc. happens to be here.

Balsam and Blood Pressure

Here’s another article on *Balsam* on blood pressure. The cardiovascular effects of the extracts from the branches of *Balsam* tree were investigated through the intravenous administration. (wow! Now you know what we will be doing tomorrow in the Clinic!) The hypertensive and cardiac effects were immediate in a dose-related manner, so *Balsam* oil used for reducing hypertension has very significant effects. Why? Again, one of the mechanisms is that it checkmates cortisol. It’s a regulating agent—that’s why when you are using *Balsam* oil, you feel that grounding. You feel that sense of peace; you feel empowered.

The Antibiotic Boom

In 1945 two researchers won the Nobel Prize for discovering penicillin. The world went crazy on this newly-discovered antibiotic. (wow! If they had only known about *Balsam* oil!) Antibiotics were prescribed for everything from baldness to tooth decay.

In the 1950's there was even penicillin lipstick for hygienic kissing! What does that say about your lips!

What was going here? Let’s walk a little further toward the future and look at what’s going on and why we are here.

How many are here today not to hear about oils? (no takers).then we are on track. What’s happening today, and what’s happened since the 1920's? The onslaught of antibiotics. Why were they creating this? The war was over—First World War, Second World War, Korean War—they had to make money. How are you going to make money? How many people are going to have reactions with kissing penicillin?

What Did Penicillin Start?

What did it start? Allergic reactions to antibiotics. What did that create? More antibiotics! More drugs. Doctors over-prescribe antibiotics, particularly for infections.

Isn’t that interesting—antibiotics don’t work for viral conditions. Antibiotics do not kill viruses; 25 million pounds of antibiotics are used yearly to promote animal growth, prevent disease and counter unsanitary conditions on farms. Triclosan, an anti-bacterial compound used in soaps, cleaners, even toothpaste, has been used in the US for half a century at nearly one million pounds per year.

Why is it that I have created toothpaste for you? Why have I created soaps and shampoos for you?

This is just one compound. What about Sodium Lauryl Sulfate (SLS)? What happens if you take Triclosan and SLS and Methyl Paraben and then put them together, then you put them in your mouth and brush your teeth? What happens when you are brushing your teeth? Are you rubbing hard bristles against gum tissues that are filled with microscopic blood vessels? Does it not stimulate the blood to come to the surface? And how many of you, when you brush your teeth and you spit, that you see a little blood? (only two people—only two people brush their teeth?) No wonder the toothpaste isn’t selling well!

So you brush, you stimulate, you activate the oxygen. You’re cleaning, but what do you do when you cleaning? You are opening up blood vessels and those blood vessels are absorbing Triclosan, SLS, Methyl Parabens and other synthetic compounds in commercial toothpaste! And then you wake up in the morning and you go..”O dear—I’ve got to get up already! Ah.h.h. Where’s my coffee? I feel awful!”

Chemicals in the Brain

You open up the pathway for those deadly compounds to go straight to your brain. How many have not thought about that? How many think at all!

Yes, we wonder why we have allergic reactions; we wonder why we have sensitivities. How many years have we been putting these chemicals in our bodies—and the number one greatest pathway is through the mouth because you can get it directly into the blood vessels from brushing your teeth. Interesting thought, isn't it? How many now are going to stop brushing your teeth? But you've got your *Young Living* toothpaste. How many of you are now thinking about going out and creating a new presentation about your toothbrush and your *Dentarome Ultra*? Absolutely! Start talking to people about some of these things, and wake them up. That's a good way to start.

Rise of the Super Bugs

The rise of super bugs. How many are studying, how many of you are reading and following these things and know what's going on, or are you too busy building your business? or both? (I hope so). Yes, be aware. Knowledge is power—alright?

Overuse of antibiotics and chemical antibacterial cleaners led to the creation of super bugs—germs anti-biotics can't kill. The common staph, staphylococcus aureus, became resistant to methicillin and between 15 and 30 other antibiotics. (MRSA), the overuse of Triclosan has resulted in Triclosan resistance strains, and so now we have an epidemic on our hands.

Nearly 1,000 patients a year are dying from MRSA (methicillin-resistant staphylococcus aureus) in the United Kingdom. How many do not hear about this? Probably most of you don't hear about it, because guess what? It's not required to report it in America. How many people are dying in America and we're not hearing about it?

Hospital-acquired Infections

In the US the infection is not reportable, but over 100,000 people die of hospital-acquired infection in America every year. One hundred thousand people die of infection every year in hospitals and it's not reported! And what happens if one of you claim you got a stomach ache from taking *Di-Tone*?

And yet, the very substance that God gave us, we will allow them to take it from us! Will we? NO! Two million hospital-acquired infections occur every year in America. That's not an accurate number—that's only what's been reported! Approximately 7,000 are resistant to at least one antibiotic. What's happening? MRSA can cause meningitis, toxic

shock, pneumonia, as well as more common skin and soft tissue infection. But let's not say anything; let's not upset the system. Two expensive antibiotics claim to be effective against MRSA with limited success—Lenxoid (which costs \$120 a day), Synercid costing over \$700 a day! How many are going to line up?

Drug Sales in the Billions!

June 16, 2005. The FDA approved Tigocil, an intravenous antibiotic drug derived from the Tetracycline class estimate this drug will create sales of \$500 million to \$one billion for the pharmaceutical giant—Wow! \$500 million to \$one billion—one drug! And what is going to be the outcome of that drug? Are we going to see positive results? NO! Ten years from now. It won't take that long—but it will be ten years before you see the reports on the effects of what that does to people. And where will it come from? Will it come from the FDA? NO! It will come from “quacks” like me who tell you about it. Right?

The side effects—nausea, vomiting, will stain developing teeth, may cause fetal harm if administered to pregnant women—how many want the risk? How many want the side effects? MRSA—if you're not familiar with this, then start paying attention to the literature. Start looking at what's happening.

EMRSA, epidemic—well, that's real intelligent! Hospital-acquired, community-acquired. Look at the emergence of antibiotic resistant bacteria. Hospital-acquired staphylococcus gram negative, community-acquired, and the rise from 1950 to 2000. It keeps going up, up, up—and they are not seeing the picture.

The Medical Answer

What is the answer? Giving up? Developing new antibiotics to fight these diseases—that's what the answer is. So they can put more money in their pockets, so they can spend more money fighting the natural health care industry—that's what the answer is. When are we going to do something about it? The stronger *Young Living* gets, the more people, the more voice, the more potential there is to do something about it. True? A May 2004 study indicated that of 506 new drugs in development only six are antibiotics. None of them work now—why develop another six? Why antibiotics are not profitable: One study in the journal *Nature* said that

antibiotics are the worst sort of pharmaceutical because they “cure” the disease. Does that make a lot of sense?

The Exciting News!

Essential oils to the rescue! This is very, very exciting. Although in the Christi Hospital researchers did name the essential oils, scientists at the University of Manchester published a study in December 2004 showing that the following oils were active against MRSA—*Patchouli*, *Melaleuca alternifolia*, *Geranium*, and (what do we grow at the farm?) *Lavender*! Are *Lavender* sales going to go up? What would happen if you just filled your tub every morning and bathed in *Lavender* oil? You wouldn't go to work!

Dr. Eugene Sherry of the University of Sydney in Australia and Dr. Patrick Bornikee of the University of Keele in Germany used *Melaleuca alternifolia* and *Eucalyptus radiata* in a study against MRSA where 25 patients received an antibacterial wash derived from these two essential oils. Twenty-two of the infections were resolved without the use of antibiotics! Does God know what he's doing? And whose responsibility is it? Exactly.

Powers of *Eucalyptus Radiata*

Eucalyptus radiata—and we look at the compounds here, and eucalyptol 60% to 75%. We know that eucalyptol is a very, very strong antibiotic; we know that limonene is antiviral and an immune stimulant; limonene is antitumoral. Alpha pinene naturally is lower in percentage, but when you take Alpha pinene and alpha terpenol and combine them with eucalyptol you have a very, very powerful antibiotic. *Eucalyptus radiata* is very directionally specific for the lungs because staphylococcus has a very profound effect in the body in a negative reaction contributing to infection.

How many of you have had a lung infection recently? What would happen if you put *Eucalyptus radiata* with the most powerful anti-infectious oil, *Myrrh*, combined them together, put them in an ear bulb syringe—and guess where? In the derriere. The greatest way to treat any lung condition is through the rectum. You can diffuse it, you can rub it on your chest—but if you truly want results in treating a lung infection or emphysema, pneumonia, tuberculosis—then put them in the rectum. It is the direct pathway to the lungs from the rectum in three seconds! So

the next time it happens, give it a try.

***Myrrh*—Strong Antiviral Oil**

Myrrh is one of my favorite oils and one of Mary's favorite oils for many reasons. How many of you are putting *Myrrh* on your face now? (quite a few—and it looks like it's mostly women). Do we have any men putting *Myrrh* on their face? Four! (wow, we are only short about 2,000!)

When we look at the compounds in *Myrrh* oil we see anti-infectious and antivirals. It is 75% effective as an antiviral agent. Is that interesting for infection and virus—75% effective? What more could you ask for! Osteomyelitis, anti-biotic resistance such as methicillin-resistant staphylococcus are an increasing problem worldwide, causing intractable wound infections. Formulations have been shown as strong bacterial activity against MRSA in vitro.

These studies we looked at here are showing the effects of *Tea Tree* oil and *Eucalyptus*-derived formulations. They've taken the eucalyptol out of *Eucalyptus radiata*, mixed it with *Tea Tree* (or *Melal-euca* oil) to create different compounds for fighting the infections, and have had great results with it resolved in healing.

Antibiotics Versus Essential Oils for MRSA

This is a gentleman who had MRSA and a bone fracture, and they treated him in the hospital with anti-biotics for two years. You can see the fracture here running in the bone—two years and it never healed. He heard about phytochemicals, so he decided to promote them because they were going to amputate his leg. They couldn't heal it.

They combined the compounds of *Eucalyptus radiata*, *Tea Tree* oil, and perhaps a couple of other oils (I don't have all the formulation that they used) and within three months, look at the closing here of the fracture. The doctor said that all the infection was totally gone in three months using essential oils! So the benefits of *Eucalyptus* are very effective, along with *Melaleuca* and other oils.

This was the study they did with the man with the MRSA, the bone infection, osteomyelitis—and as the last resort the man asked the doctor to use the *Lemongrass*, the *Melaleuca*, and *Clove*—and the bone infection completely cleared.

Now this doctor is investigating an aerosolized version of this essential oil compound in tuberculosis laboratory tests. He said that when the

compound was sprayed on tuberculosis culture “we wiped out TB, killing it in 40 minutes!” No antibiotic does that. Where is our future? In essential oils! Essential oils to the rescue!

Diffuse–Don’t Use Candles!

These two doctors–Lindsay Gaunt and Sabrina Hughes–found that adding *Eucalyptus*, *Orange*, and *Thyme* oils to candles can kill standard strains of bacteria in the air, as well as scrubbing with disinfectants. Why do they have to do that? If they were diffusing it instead of burning it, they would have better results! Goodness–what happens when you burn an oil? You destroy 70% to 90% of the benefit! That’s why you have a diffuser! How many do not have at least two in their home? (only two of you–fantastic!)

Essential oil studies for the effectiveness against MRSA can be found on www.pub.med–and you can go home and get on your computer and look it up and pull off that research so you can use it to show people. Use the power that the system has given you to teach people the benefits.

MRSA has been a Long-term Problem

There are 15 oils for treating MRSA–and how long have we had it? Twenty years, and longer than that. We have an employee who is one of our photographers in the Graphics Department and he worked in a hospital in New Zealand. He had to sign a waiver releasing the hospital of any liability if he contracted MRSA while working in the hospital, and that was 20 years ago in New Zealand. So I know we’ve had this problem around for 20 years–but it’s been much longer than that.

How long have we had essential oils? About 10,000 years. How long has it been since they have been used for medicine? About 1,000 years. So there is your answer, and I will tell you, just to share some-thing with you–those of you who are physicians (would you please stand up). We’ve got some physicians from various parts of the world whom we will introduce later today. It’s very exciting.

What I want to share with you very quickly is this: These studies have been conducted in laboratories and most of them conducted in vitro. When we do in vitro studies versus in vivo studies there naturally are differences. Why would that be? Simply because we cannot duplicate the absolute acid values in vitro that happen to be in vivo, so oils

that will show very effective benefits in vitro do not mean they are going to do the exact same thing when you use in vivo.

Change Oils for Effectiveness

That is why I have said repeatedly for years that if you use an essential oil and you do not seem to be getting results within 15 minutes to 12 hours, then for heaven’s sake, change oil! You change oil in your car every so many miles, so learn to start changing oil on your body! It is very important because you may not be aware of the acid levels in your interstitial fluids, your derma cell layers–you may not be aware of that. You may not know that particularly one day when you have an infection that your acid levels are shooting off the Richter scale. When you have the flu, when you have a cold or an infection; when you have any compromise in your acid, your acid levels are two to five times higher than when you are healthy because bacteria and viruses and fungus live in an acid environment–and they will self- perpetuate.

So when you are using essential oils and you’ve got high acid levels, the acid will eat up the oil very quickly, and if you think that you can take three or four drops or eight drops or one capsule of oil that is going to cure everything instantly, that is an incorrect assessment. I’ve had people say, “Well golly, I took eight drops in a capsule and then I got an upset tummy and so I went back to my antibiotics.” “It was those oils that caused me to have a rash.” (Come on, folks) It is so amazing to me how intelligent human beings can take a substance that God created, that He formulated and say they got a rash from it and condemn it and want to go back to a drug that is a known poison! I don’t care how you cut it, poison is poison! If you get a rash or a reaction because of taking essential oils, you want to jump up and yell, “Hallelujah! Brother, it’s working!”..because that’s what’s happening.

Essential Oils Sacrifice Themselves

When the oils hit the acids, what happens when you are over-acidic? The oils give themselves up; they sacrifice themselves to fight acid. And when they neutralize it, it has to go some place.

Most of us don’t have enough up here (in the brain) to know to drink two to three times more water when our acid levels are high, and so we have a reaction because it’s got to go some place. The

first thing we do is blame that which God created—come on! Stand up for what you believe. Stand for what you know! Stand for what is true!

When someone calls you up on the phone and says, “I had a reaction to the oils..” say, “Hallelujah! It’s working!” But do you know what I hear most of the time..”I’m so sorry—I’ll refund your money.” Not me! I say, “Great, it’s working—I’ll charge you twice as much next time.”

Super Bug Killers

Essential oils fight the super bug. Here is a release from the University Faculty of Medicine..”We believe that our discovery could revolutionize the fight to combat MRSA and other super bugs.” That’s right out of the University! It’s starting to come.—so this is why now is not the time to sit down. Now is the time to stand up. Now is the time to walk into your doctor’s office with the science that you are going to get at this convention and put it in their hands! And before this convention is over, I hope you understand why I have a passion about this. It is a medicine of the world and it is the medicine of the future! It is the answer to our problems—the reason why.

Be Knowledgeable about Drugs

How many of you have looked at a drug? How many of you have looked at Prozac? Tylenol or Dimitab? How many of you have really sat down and studied the structure of a drug? I will be showing you more of that tomorrow. It’s very fascinating to look at the ingredients in these drugs. One of the primary ingredients in the drugs that are sold over the counter today, like Little Tummies for your children—do you know what the chief compound in that is? Kerosene ethanol! Does a mother complain if her little baby has a rash from that? Nope.

The reason oils are effective is because they are multiple complex compounds and the viruses and bacteria strains cannot mutate fast enough in the presence of those multiple complex compounds. It’s just like you walking down the street and you are going to go attack your neighbor because that neighbor is about the same size you are, and that neighbor threw his garbage over his fence into your backyard. So you walk around there and you are going to attack your neighbor, and all of a sudden 200 people walk out of that neighbor’s house in front of you. Are you going to attack all 200 of them at

the same time and win? Not likely.

Value of Essential Oils

That’s the value of essential oils because there are so many compounds that the bacteria or virus cannot mutate fast enough to attack all those compounds at the same time. And it exhausts itself. Why? Because a virus is an acid agent, a bacteria is an acid agent. Essential oils don’t necessarily go in there and attack—they go in there and they sacrifice themselves. They give themselves up; they surrender to the acid and the acid consumes it, but what it didn’t is in the acid consuming the oil molecule, it destroys the acid—and it becomes waste, and it becomes ineffective in the body.

In all these years and all the studies, will antibiotics ever accomplish what essential oils can? They never will—ever. Here is what is very interesting. Our ancient people knew this; they knew it and that is why I’ve used the title *Yesterday’s Wisdom, Tomorrow’s Destiny* because I have spent 25 years traveling the world and studying these ancient traditions, trying to understand and trying to get in their minds of why they did what they did. And now today, we start to understand it; we are starting to see it a little bit.

My friends, you are standing on the threshold of the most brilliant future this world will ever see.

Steve Bentley - Thanks to Gary!

We have been trying to figure out how we can “bottle” Gary and we just can’t do it. We have tried to put him in DVD’s; we’ve put him on tapes, we’ve put him on TV’s—and they all help a little bit—but I don’t think we are ever going to be quite successful. He is just amazing, isn’t he!

Introducing Dr. Warfa

I’m going to introduce our next speaker here now, and I am very excited about this individual. Next we are going to hear from Dr. Ahmed Warfa, and he is considered by many to be the “Father of *Frankincense*.” He is very well educated. He received his Bachelor’s degree from the University of Mogadishu in Somalia. He received a Master’s degree from the University of Florence in Italy, and his PhD in Sweden.

He is also known as the first person to cultivate *Frankincense*. He is considered the pioneer of this, also the expert on the flora of Somalia. Just to name a couple of things, he is currently an adjunct faculty

member of Biology at Salt Lake Community College. He also has served as a faculty member at Brigham Young University. He spent most of his career as a professor of Botany at the College of Agriculture at the University of Somalia. When there he acted as their Dean and Chair for many years.

I wish we had two or three hours that we could give to Dr. Warfa because he has an incredible amount of knowledge and an incredible amount of information, so listen carefully. With that, will you help me welcome Dr. Ahmed Warfa.

Dr. Ahmed Warfa - About *Frankincense*

(In order not to misinterpret and detract from the great knowledge and understanding that Dr. Warfa has about *Frankincense*, the transcriber has elected not attempt to give you a word-for-word transcription. Instead, the points of interest that may be beneficial to the reader are mentioned. Hopefully, this will capture some of the important aspects of his lecture.)

- o The first scientific name given to *Frankincense* plants in Oman, Yemen, and Somalia was given in 1867–190 years ago.
- o How many species are known on earth as *Frankincense*? Are all *Frankincense* species the same as the common incense?
- o Do they heal and do something good? Where do they grow?
- o Are they endemic on one part of this universe, or are they widely distributed?
- o Are they really subject to extinction? Will they survive?
- o What are the markets after 190 years since the scientific name was known? After 6,000 years or more, is this incense still used?

In 1982 Dr. Warfa headed a team of researchers to investigate the above issues, at which time they traveled practically around the world. Some of their findings are listed below:

- o The *Frankincense* trees belong to the Burseraceae family; they belong to the genus *Boswellia* and there are two species of *Boswellia* genus that are known to be found in Somalia, Oman, and Yemen, which we call Arabia today.
- o Where does this grow? They grow on all types of

- o The Somalians tap into the plant six times, each

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- o Somalia is number one in the world for *Frankincense*, *Myrrh*, and production of camels.
- o *Frankincense* is said to be a God-given gift and

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Frankincense as a gift to you. Thank you very much.”

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Narrator - Thanks to All

Thank you, Dr. Warfa, and Gary—and thank you for being with us on Training CD #76.

In his final remarks, Dr. Warfa stated: “These are the cuttings that we propagate with. I wish to thank Gary Young and the staff of *Young Living* for allowing me to be here and say a few words on incense. I would like to present this small amount of

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<i>Essential Manna</i>	3		
<i>Eucalyptus radiata</i>	9		
Benefits of and uses for	9		
Constituents in	9		
<i>Fennel</i>	6		
<i>Frankincense</i>	1-3,6,7,11,12		
Background of	12		
Contains anti-cancer compounds	3		
Crude oil distillation	3		
Distillery for <i>Frankincense</i>	3		
Drove off evil spirits	3,12		
Experience with cancer	2		
Good for everything, gout to head	2		
Hogary resin, highest grade	3		
Known was liquid gold	4		
Questions about	12		
Referred to as Manna	3		
Research on from France in 1993	2		

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