

Physical and Emotional Effects of Idaho Blue Spruce



A Summary of Data Collected from Young Living Employees

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Study Methodology and Data Collection

- 45 participants, 32 of whom were couples
- Each participant filled out a baseline questionnaire for comparison
- 15 physical and emotional aspects were self-evaluated
- Each week the questionnaire was filled out again, to track changes.
- Data was compiled and analyzed using Student's T-Test for means. $P < 0.05$

Natural Aphrodisiacs

Substance	Efficacy	Genders	Notes
Idaho Blue Spruce	30-50%	Men/Women	Requires a small dose, and has several beneficial side effects
Yohimbe tree bark	30-50%	Men Only	FDA approved drug uses yohimbine from this tree as a treatment for ED
Red Ginseng	30-50%	Men/Women	Requires a very high dose
Chocolate	10-30%	Men/Women	
Maca	10-30%	Men/Women	Requires a very high dose, most work done in mice
Long Jack		Men only	Requires a very high dose, most work done in mice

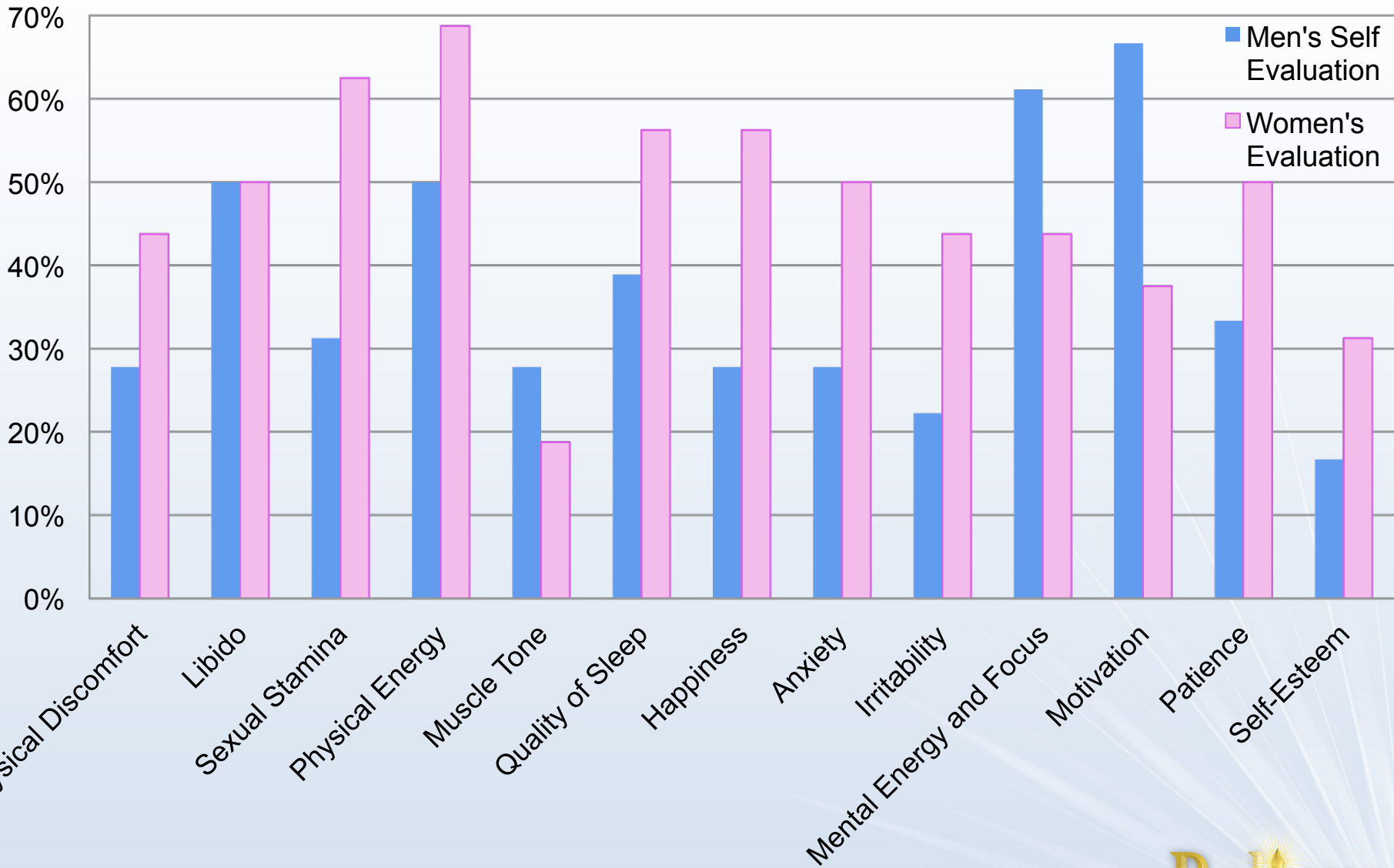


Changes in Aspects with Statistical Significance

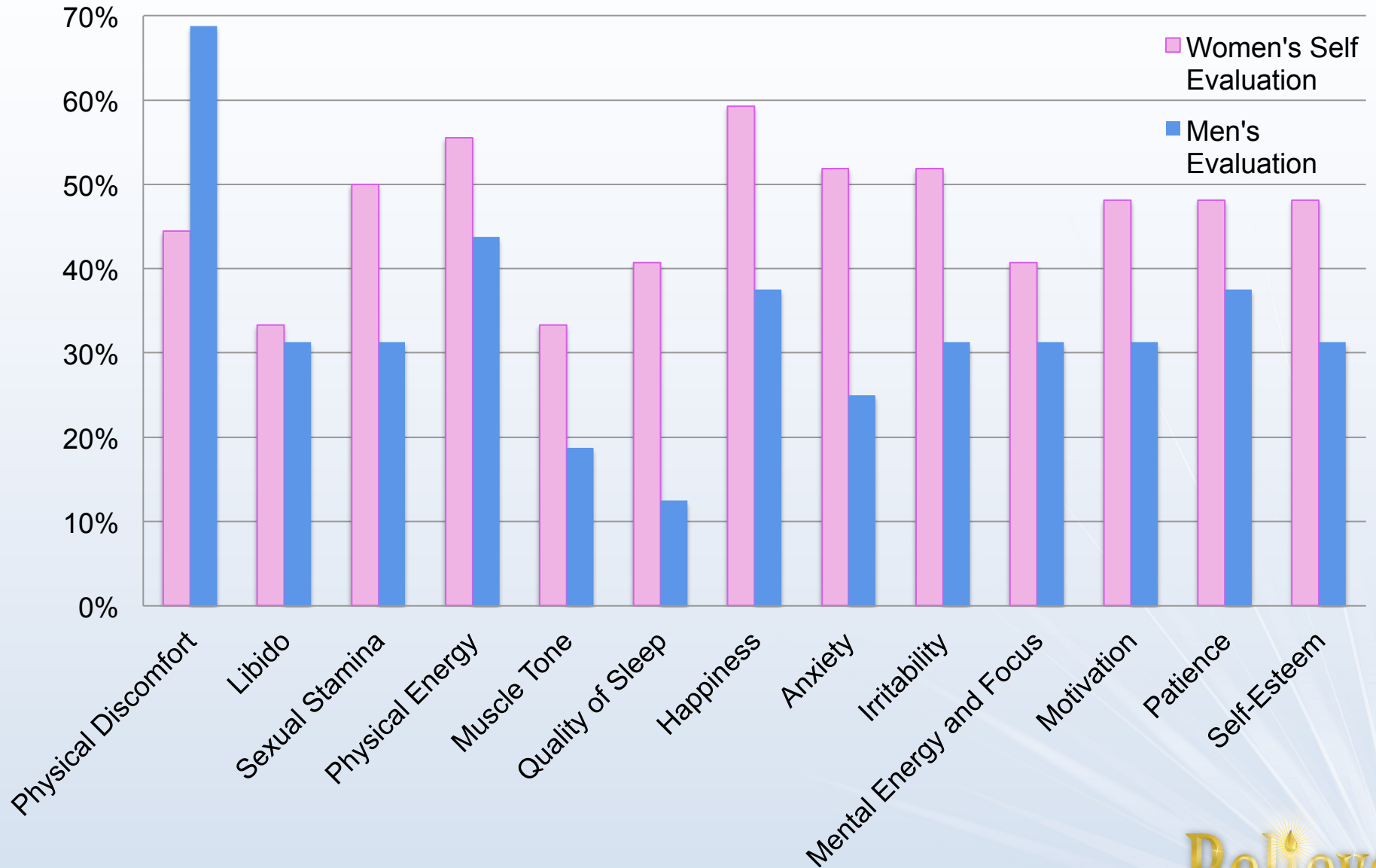
Men's Self Evaluation	Women's Evaluation of Men	Women's Self Evaluation	Men's Evaluation of Women
	Physical Discomfort	Physical Discomfort	Physical Discomfort
Libido	Libido		
Sexual Stamina	Sexual Stamina		Sexual Stamina
Physical Energy	Physical Energy	Physical Energy	Physical Energy
Muscle tone		Muscle Tone	Muscle Tone
Quality of Sleep	Quality of Sleep		
		Appetite	
	Happiness	Happiness	
		Irritability	
Mental Energy and Focus	Mental Energy and Focus		Mental Energy and Focus
Motivation	Motivation	Motivation	
		Self-Esteem	Self-Esteem

Statistical significance was determined through a paired t-test. Significance was set at $p < 0.05$

Changes Observed in Men

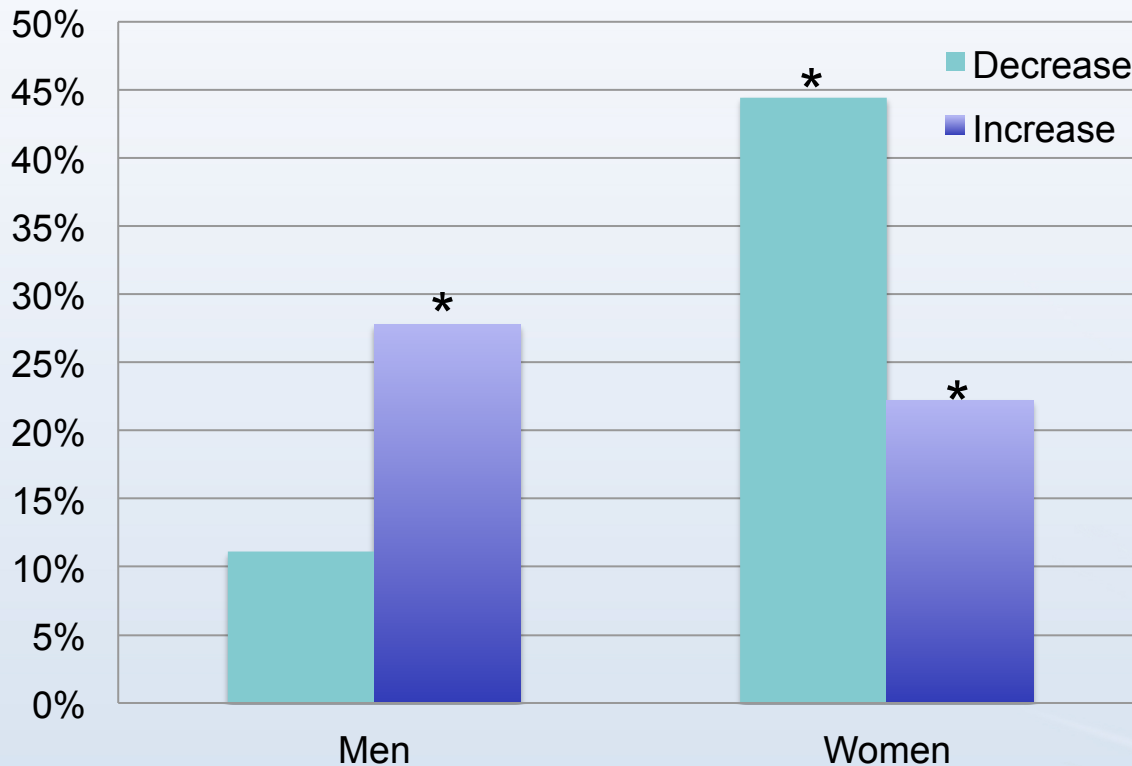


Changes Observed in Women



Emotional Changes Facilitated by the use of Idaho Blue Spruce Essential Oil

Emotional Discomfort



* Statistical Significance

The statements made in this presentation have not been evaluated by the Food and Drug Administration. The products discussed are not intended to diagnose, treat, cure or prevent disease.

The connection between emotional and physical:

“They were somewhat tied, but I did not notice the connection until I started using the oil.”

“Feeling good emotionally has the more positive affect on feeling good physically.”

Interesting Comments from Study Participants

“The oil DEFINITELY seems to be an aphrodisiac, at least in my case. It was also helpful in releasing past emotional trauma (even when I’d rather it didn’t!).” (female)

“I felt my focus increase. I was under serious stress one of the use days and I was amazed at how calm I was throughout the day.” (male)

“I could see it take away the anxiety on my husband.” (female)

“I can agree that I was more alert. But at the same time I felt it gave me emotional alertness.” (female)