

THE ESSENTIAL EDGE

NEWS OF THE WORLD LEADER IN ESSENTIAL OILS



YOUNG LIVING
ESSENTIAL OILS

OCTOBER, NOVEMBER,
DECEMBER 2020



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A MESSAGE FROM MARY

Hello, Friends,

I hope you know that you, our members around the world, are a big topic of conversation. We are concerned about your well-being and are committed to making sure you have our products, which are so important, especially during these challenging times.

I have read various articles in the *Wall Street Journal* that indicate that scientists are beginning to develop a picture that if we had better health, we would not be subject to many of the maladies that are so prevalent in today's world.

In practically every magazine and newspaper I read, something is written about building the body and keeping it strong. This makes me feel like I need to keep sharing Gary's message that he started teaching in the early 1980s, which never stopped as he saw the degeneration of eating habits, the increase of people eating junk food, and the seeming lack of interest in nutritional values and knowledge in our world.

Gary stated in a seminar in 1989:
Young Living started in the fall of 1987 with a dream that came out of seeing a need. For many years, I was seeing an alarming growth rate of diseases, the degeneration of our bodies, and new diseases that were harming our children.
As I traveled and did more research, I was seeing that instead of medical technology solving illnesses and reducing the devastation within our bodies, illness and disease were increasing rapidly. I felt like I was touching merely a drop in the rain barrel of a few people's lives who

needed help, in comparison to all those who were being devastated by detrimental environments and lifestyles.

Impurities leaching from the soil into the water streams, chemicals put into the water, radiation, and exhaust fumes from industries going into our atmosphere are polluting the three most essential things we need to sustain life: water, air, and food. The very source of life is polluted at one level or another, which can often be very dangerous.

I listened to people say, "If we had only known about nutrition. If we had only known there was a way to cleanse and detoxify our body. If we had only known about water filtering systems and air exchangers that could go in the home. If we had only known, we could have done something about it. Why don't they teach us about nutrition in school? Why is nutrition so important now when it wasn't important before?"

Nutrition has always been important. Twenty years ago, there were about 500 chemicals in our food chain. Today (1989) there are 17,000 plus chemicals of which 3,500 are found in fast foods that cause allergic brain reactions and behavior problems in our children today. Why? Just look around at what we're eating, drinking, and breathing; the answer is there.

Too many people don't want to drink a glass of water because it doesn't taste good, and so many think the taste of something good is like soda pop, coffee, tea, beer, or drinks with sugar in them.

The chemicals in our food cause cellular breakdown and damage. They're congesting the lymphatic system, shutting down our immune system, and suppressing our endocrine system. So, what can we do?

This is where we in Young Living have the opportunity to not only educate about lifestyle but to also educate about our products that we know can support physical and emotional needs.

Young Living is not about just making money. It is about educating and giving you resources to help and protect your family. Many companies market vitamins, herbs, and other products, but they are not educating.

It's amazing that Gary was saying this more than 30 years ago, and his message

is perhaps even more important today; but we are where we are. Even though yesterday would have been better, now is the time to stop eating junk food and drinking toxic soda and energy drinks. Stop putting nutritionally dead food into your bodies and put in live food that nourishes your bodies.

There is so much written about cleansing and detoxing, but too often we think, "Oh, I'll start tomorrow or next week." When I think about going on the Master Cleanse, I often say those words to myself. But I know how important it is, so I set my date and go for it.

Cleansing is a major function of the liver that is never ending. The liver carries out about 5,000 chemistry functions per day, including cleansing the blood on a continuous basis. The liver is the largest fat-storing organ in the human body. The chemicals, poisons, and metallics in the blood pass through the liver and often get stored in the fat cells of the liver when the elimination system of the body is not working properly. Proper bowel function is so critical, because that's how the body gets rid of waste and toxic substances.

Gary knew that cleansing is very important to maintaining good health, so he formulated products to help support digestion, liver cleansing, and elimination.

JuvaPower® has fibers that help absorb and sweep out poisons in the liver and colon created by acid and mucus. Broccoli and beets are high acid-binding foods that attach to the acid molecule and bind it into the fiber of the flax and rice bran to help carry the poisons out of your body. Gary was a fabulous cook and formulated this cooking spice (formerly also **JuvaSpice**) with herbs that he knew would support the cleansing process as well as give your food a little kick. He loved really hot food—the hotter the better—but **JuvaPower** is just right for the average taste.

JuvaTone® is a powerful herbal complex designed to promote healthy liver function. This tablet is formulated to help strengthen the liver as it works to rid the body of toxic waste.

ComforTone® is a capsule that provides a combination of natural herbs and essential oils for supporting digestive health and wellness.

ICP™ is like a scrubber to help loosen and move matter stuck to the colon walls and works really well with **ComforTone**. After all, a "moving" experience really brings peace to your body if it's stuck.

Detoxzyme® is formulated with enzymes that help break down the acid in helping to detoxify the body along with **ComforTone** and **JuvaPower**.

JuvaCleanse® & JuvaCleanse® Vitality™ are formulated to have cleansing properties, to help support digestion, and to help support a healthy immune system.

JuvaFlex™ is a wonderful blend to apply over the liver or on the liver **Vita Flex** points on the bottoms of the feet for that extra support. It all works together, and the body is very smart in determining how to use the products according to what it needs.

JuvaFlex™ Vitality™ is a great dietary supplement to support your overall wellness.

Gary always told me to drink more water, which I have to think about because I'm always running and don't take time to get my glass of water, but it helps immensely in the cleansing process. Let's not forget that water carries oxygen, and oxygen releases and dissolves poisons. Water also increases enzymatic saturation throughout the body, which increases better detoxification.

So let's do ourselves a favor and give our bodies a boost toward wellness, more energy, and a clearer mind. Eliminate the not-so-good, put in the best, and set the example for those around us. You might want to keep a little notebook to keep track of what you experience and how you feel. Believe me, I'm with you on your journey, and I'm keeping track of mine too—at least mentally.

My best wishes to you as you enjoy this most fascinating adventure.

Mary Young



TIPS FOR BETTER GIFT GIVING

Get ahead of the holidays with these holiday gift ideas

As you know, picking just the right gift for the special people in your life can be challenging. On top of staying within your gifting budget, there can be so many other factors to consider—most importantly, the recipient's needs and wants. Wouldn't it be nice if you could pick just the right gift for every person, especially at this time of year?

Finding that kind of gift often means starting a conversation with your loved ones and listening to figure out what they truly want or need. Giving them the gift of your time means you can ask about challenges they're facing or what they've been doing for self-care in their spare time. You could even ask what books they've been reading or games they've been playing to peek

into their state of mind.

Then take a look at the new holiday catalog we just launched! To make your gift giving go as smoothly as possible, we have selected products, both new and classic, and grouped them by need. For instance, if a friend is passionate about their family's health and wellness, consider giving them our **Slique DIY Set** or **Move it Move it Set**, helping them stay fit in between holiday feasts.

If they need a little extra something to spark their holiday mood, share with them the perfect gift for Christmas — **Merry Xmas Set** and **Red Party Set**, featuring **Cinnamon Bark Essential Oil** and **Ningxia Red** with gorgeous gift boxes. After a year of hard work plus a whole

bunch of holiday activities ahead, those around you may be in a desperate need of unwind. Consider gifting them our **Raindrop Bundle** (to be launched on Dec 1) or **Holiday Bath Set**, both of which will help them take a breather before taking on the holiday bustle.

If they're looking for a toxin-free clean for hands, teeth and mouth for both adults and kids in the family, help them out with our **Christmas Spirit Foaming Hand Soap**, **Happy Owl Set** or **Xmas Oral Care Set**. You'll find lots of options in the holiday catalog!

Be on the lookout for our holiday catalog we just launched. It'll help you become a gift-giving guru!



The Foundation is helping women break the generational cycle of poverty for their children.

FOUNDATION FOCUS: EMPOWERING AND INSPIRING NEWS

Empowering women worldwide by developing enterprise

In today's changing and oftentimes challenging world, one factor remains constant: the timeless importance of women and mothers, their invaluable contribution to raising the next generation, and their role in building healthy economies.

Despite numerous studies pointing to the importance of women in the developing world, millions of women who possess the talent and drive to create sustainable livelihoods for themselves and their families lack the resources and opportunity. In developing nations, women often carry the economic burden of caring for the home, and yet they still face immense barriers to social mobility.

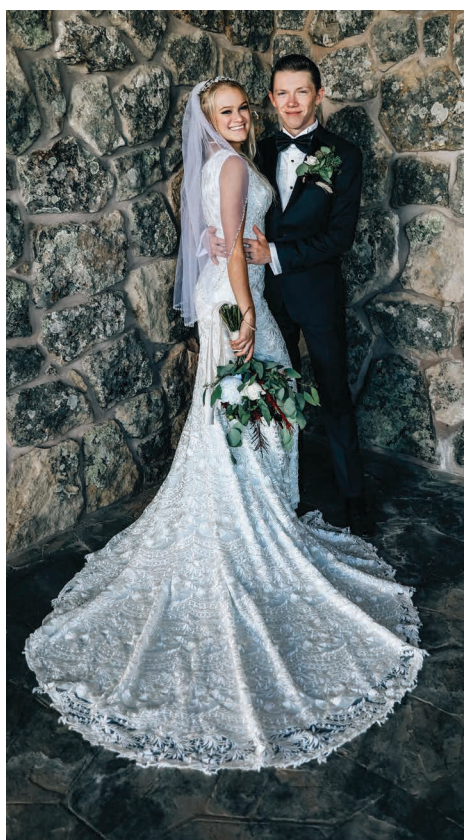
To help women rise as leaders in their own lives, families, and communities, The D. Gary Young, Young Living Foundation

announced a new pillar of focus this year: Developing Enterprise. Under this pillar, we provide micro funding to women-led businesses in areas of economic vulnerability and connect them to the YoungLiving marketplace. We are working with more than 15 artisan groups in 10 countries. Many of the women in these groups are resilient survivors of extreme poverty, familial abuse, displacement, and violence.

Hanifa is one such woman, a survivor of child marriage and domestic abuse from Afghanistan. At age 13, Hanifa was forced into an abusive marriage and was stripped of the ability to make decisions for herself. When she became a mother, Hanifa wanted a better life for her children and secretly began the process of seeking asylum. Today Hanifa lives

happily in Utah with her children and leads Free Women, a group of refugee women who create beautiful accessories to help support their families in a new country.

Getting involved with the Foundation to help women like Hanifa actualize their talents and support their children has never been easier. Whether you commit to Be One for Someone by donating at YoungLivingFoundation.org/beone, host a fundraising party for the Foundation, or use your voice to spread awareness on social media, your participation means the world and makes a difference. Learn more about how you can help at YoungLivingFoundation.org/get-involved.



JACOB AND KAIT WED IN TABIONA

Once in a lifetime, you cross the path of the friend you held and loved before beginning your earth journey. How rare it is to travel many roads and yet find that special friend with whom you can begin a new life. —D. Gary Young

This year we celebrated Gary's birthday in a most amazing and perhaps emotional way. Our eldest son, Jacob, and his adorable fiancée—now wife—Kaitlyn, chose to marry on July 11 at our beautiful ranch in Tabiona, where Gary is buried.

The beauty of nature was breathtaking, with the powerful mountains that surrounded the ranch and the brilliant sun that uplifted our spirits and filled our hearts with joy as we celebrated this momentous occasion together.

Jacob's wonderful bass voice and

Kait's angelic soprano voice brought them together in concert choir in high school. From across the room, when Kait caught Jacob's eye, he never had eyes for anyone else.

Kait is a very special person and is as beautiful on the inside as she is on the outside. Her tomboy personality made her and Jacob's courtship most adventurous. Their love grew while motorcycle riding, skiing, snowboarding, snowmobiling, horseback riding, rock climbing, watching Jacob joust, and discovering the world of Young Living. She also shares Jacob's love of fast cars, especially when she's the one driving.

Kait was fortunate enough to go with Jacob to see Gary in the hospital, where they played cards and listened to some of his funny jokes; and when the time came, she was at Jacob's side and held his hand as Dad left this world. Gary definitely had a profound effect on their relationship.

After the ceremony, while we were eating lunch, the gentle breeze became a big gust of wind that took us by surprise. Several of us started laughing and looked up at the sky and said, "Yes, Gary, we know you're here, so just calm down!" Within seconds, the wind again became that gentle breeze.

As Kait said at the convention, "I think what Jacob's dad created is amazing. I love what I've seen, I love the people I have met, I love the Young Living mission, and I'm excited to walk this new path with Jacob and be his partner in this great new adventure."

They are extremely compatible and are constantly laughing and seem so happy together that it brings joy to everyone around them. They will be a dynamic couple while they walk their path together as leaders for this great mission of which we are all a part.

Congratulations, Jacob and Kait!

Mary Young



GET TO KNOW DIAMOND LEADER PHOEBE YING

Back in January 2017, since Young Living products improved the situation of her son's development needs problems and her emotions drastically, Phoebe became open and proactive to share her experience on using Young Living products to others. In September 2017, she had the chance of visiting Young Living Farm in the US, in which she gained deeper knowledge about the company and its products. She was also deeply moved by Gary and Mary's sharing and their enthusiasm, and all of these contributed to her decision of developing this hobby into a career.

"During my Young Living journey, I had witnessed and been impressed by Young Living's stringent production process, which gives me confidence in Young Living's products. I also educate my team members with what I have learned and experienced with all my heart." Phoebe says.

Now that she has successfully transformed and lived out her value, not only does she visit different countries to communicate with members, but she also actively participates in Young Living Foundation's charitable activities, approaching an abundant life with her team members. Phoebe is very grateful to Gary and Mary for their lifelong efforts and perseverance, "Now my life purpose is to continue to learn and bring essential oils to every family with my mission, so that people can live a healthy and non-toxic life. My wish is to pass it on, empower the weak and those in need, and be able to give back to society."

What is your Young Living story? Do you still remember what your intention is when you first started building your Young Living business? Starting from today, focus on sharing Young Living to people around you and lead them to a meaningful life with abundance!

NEW ROYAL CROWN DIAMONDS

NORHIDAWATI ABDUL AZIZ
MYSYONIE BONAWI
SGPRACHEL JAMIRO
PHLLOGAN & BRIAN RANDAZZO
USA

ROYAL CROWN DIAMONDS



Alyssa & Troy Francis (USA)
Anita Hartono & Johannes Rusli (IDN)
Annie & Chris Hauser (USA)
April & Jay Pointer (USA)
Artemis (AUS)
Brenda & Scott Schuler (USA)
Carol & Ben Howden (CAN)
Carol Yeh-Garner & Scott Garner (USA)
Casey Wiegand (USA)
Ch rie Ross (USA)
Chris Opfer & Vicki Opfer (USA)
Christa & Jason Smith (USA)
Connie Marie McDanel (USA)
Courtney & John Critz (USA)

Danielle Burkleo (USA)
Debra & Bill Starkey (USA)
Dr. Marcella Vonn Harting & Jim Harting (USA)
Echo & Danny Hill (USA)
Erin & Bronce Rodgers (USA)
Frances Fuller (SGP)
Franciela Madrid & Juan  lberto Arevalo (MEX)
Gregg & Carol Johnson (USA)
Heather & John Brock (USA)
Jeanmarie Hepworth (USA)
Jeffrey Lewis (USA)
Jeremiah & Monique McLean (USA)
Jessica & Brandon Garvin (USA)

Jessica & Nathan Petty (USA)
Jessica Gianelloni (USA)
Joanne Kan & Eric Yang (HKG)
Jodie Meschuk (USA)
Jordan & Doug Schrandt (USA)
Justin & Joanna Malone (USA)
Kathy Farmer & Mark McCaskill (USA)
Korbut Wong & Joseph Lau (HKG)
Lindsay Teague Moreno & Michael Moreno (USA)
Lindsey & Evan Gremont (USA)
Logan & Brian Randazzo (USA)
Madison & Tyler Vining (USA)
Maggie Tong & Hill Ngan (HKG)

Mark & Melissa Koehler (USA)
Max & Karen Hopkins (USA)
Myra & Ernie Yarbrough (USA)
Norhidawati Abdul Aziz (MYS)
Rachel Jamiro (PHL)
Sera & Darren Johnson (USA)
Stacie & Todd Malkus (USA)
Essential Oils Healthline, LLC (USA)
Ulrike & Vrjay Churfuerst Hanzal (AUT)
Vivian Wan & Alan Chik (HKG)
Wendy Renee Mercure (USA)
Yonie Bonawi (SGP)
Zach & Kari Lewis (USA)

CROWN DIAMONDS



Adam & Vanessa Green (CAN)
Aditya Nowotny (DEU)
Agnes Eka Febrianti & Yudhistira Utomo (IDN)
Alan & Linda Simpson (AUS)
Ana Karina Cardenas (USA)
Anita U. Barbra Ochsenhofer (AUT)
Betty Chu (HKG)
Carla & Bill Green (CAN)
Chelsea Young (USA)
Crystal & Verick Burchfield (USA)
Dallas Harting (USA)
Danette & Jim Goodyear (USA)
Darlene & Matt Weir (USA)
Debbie & Daniel Erickson (USA)
Denise Lewis (USA)

Deny Sentosa (SGP)
Diane Mora (USA)
Dr. Sharnael Wolverton (USA)
Dr. Thomas & Evangeline Reed (USA)
Emily W. Recker (USA)
Evaring Andriana (IDN)
Fiona Lui (HKG)
Gabriele Hauser & Markus Idl (AUT)
Gordon & Corie DeVries (USA)
Gretchen King-Ann (HKG)
Hailey & Jeremy Aliff (USA)
James & Stacy McDonald (USA)
Jami & Mark Nato (USA)
Jihane Thomas (USA)
Jilene & Duane Hay (CAN)

Jill & James Young (USA)
Judy De La Rosa (USA)
Julieta De La Garza Galv n (MEX)
Just One Drop LLC (USA)
Kai Tan (SGP)
Kari Friedman (USA)
Katheri Ann Charcos-Puyo (PHL)
Kathy Breen (USA)
Katie & Zach Harris (USA)
Keith & Emily Anderson (USA)
Kelli & Les Wright (USA)
Kimberly & Ryan Prather (USA)
Lauren Bretz (USA)
Lindsey & Casey Leif (USA)
Lula & Steven Schiller (USA)

Mariana Lorena Ibarra Peart (MEX)
Marinee Yuprapan (IDN)
Melissa & Wayne Poepping (USA)
Nanette & Ward Symes (USA)
Nicole Barczak (USA)
Rainbow Forever Trust (USA)
Sabina Mary DeVita, EdD (CAN)
Sandi & Kyler Boudreau (USA)
Sum Sum Yip (HKG)
Susana Armstrong (USA)
Taylor & Colin Quigg (USA)
Teresa Valmonte (USA)
Tracey Black Nielson & Trevor Nielson (USA)

DIAMONDS



Abigail Green (USA)
Ada Chan (HKG)
Adeline Choy & Alex Lam (HKG)
Adrianne & Jeremy Lentine (USA)
Alejandra Pompa Chavez (MEX)
Alina & Robert Rinato (USA)
Allissa Lakatos (USA)
Amanda & Brian Friedl (USA)
Amanda & Gabe Uribe (USA)
Amanda Gregory (USA)
Amber & Nathan Hauser (USA)
Ana Cecilia Ibarra Peart (MEX)
Andrea Lahman (USA)
Andrew & Nicole Dodge (USA)
Anelissa Balderrama Valenzuela (MEX)
Angel Au (HKG)
Angela & Mark Meredith (USA)
Anna Sholihah & Rizki Ramadhani (IDN)
Anna-Maya Powell (USA)
Anni & Dave Dayan (USA)
Annie Chan (MYS)
Antje Ludemann (DEU)
April & Charles Mier (USA)
Arlette Galv n (MEX)
Ashley & Jared Pate (USA)
Ashley & Ryan McKenney (USA)
Aubrey Kinch (USA)
Audrey Roloff (USA)
Becca & Matt Bristow (USA)
Becky & Jonathan Webb (USA)
Bethany Shipley (USA)
Brian Randazzo (USA)
Britta & Kirk Dimler (USA)
Brittany Bollard (USA)
Brooke Christen (USA)
Caitlin Carlson (USA)
Callie & Jeremy Shepherd (USA)
Candace & Jimmie Don Hoke (USA)
Candice Ang (PHL)
Carl Joseph Janicek (USA)
Carmen Garduno (USA)
Carrie & Bill Liebich (USA)
Carrie & Michael McVige (USA)
Casey & Tyler Zaruba (USA)
Catherine Rott (USA)
Cecilia Ruiz (MEX)
Celeste McLean (USA)
Chelle Carter (USA)
Chelsa Bruno (USA)
Chelsea & Jamie Flaman (CAN)
Chelsea M. Humphreys (USA)
Christi Collins (USA)
Christie Mohamed (USA)
Christina Rothstein (USA)

Clarice Anne Avi ante (PHL)
Claudia Dosamantes (USA)
Codie-Lyn & William Kahler (USA)
Corinne Delis (NLD)
Crystal & Larry Hoskins (USA)
Dale & Jeanne Schloesser (USA)
Dan Keskey (USA)
Dani Hampton (USA)
Danielle & Michael Keen (USA)
David & Lee Stewart (USA)
David & Megan Trombly (USA)
Dawn Hampton (USA)
Deborah Lahman (USA)
Dena Edmund Maxmillan (MYS)
Denise Dunleavy (USA)
Dewi Nur Dina J Hamsah (MYS)
Dick & Nancy Weber (USA)
Dim Sum Chan (HKG)
Donna Grace (USA)
Dr. Olivier & Ellen Wenker (USA)
Dr. Pat McLean (USA)
Drs. Jim Bob & Cindy Haggerton (USA)
Edie Wadsworth (USA)
Emma Tong & Anthony Yan (HKG)
Erika Cota Martinez (MEX)
Erika De Lira (MEX)
Florin & Simona Roman (USA)
Frankie-Gene Ellis & Lucas Ellis (USA)
Gailann Greene (USA)
Heather & Christian Portwood (USA)
Heidi & Kevin Hovan (USA)
Heiko & Brownwyn Deiter (USA)
Hitomi Harada (JPN)
Irela Balderrama Hernandez (MEX)
Iris & Rolf Suurland (USA)
James Niederland (USA)
Janell & Derek Vonigas (USA)
Janie Leek (USA)
Jeanna Lichtenberger (USA)
Jennie & Mohan Radhakrishnan (USA)
Jennifer & Ryan McManus (USA)
Jeremy & Hannah Tallo (USA)
Jill Sager (USA)
Jodi & Brian McKenna (USA)
John Wong (SGP)
Joshua & Paige Williams (USA)
Kalicha Borboa (MEX)
Kami & Kevin Bear (USA)
Kara & Andrew Cozier (USA)
Karen Balistreri (USA)
Karen Douglas (USA)
Karen Malone (USA)
Karen Vavrick (USA)
Karla Berger (USA)

Karlie & Matthew Holtby (CAN)
Kate Kowalczyk (USA)
Kathleen & Matthew Harvey (USA)
Katie & Joe Giordano (USA)
Katie & Kevin Ganger (USA)
Katie Bashford (AUS)
Katy & Matthew Joyner (USA)
Kelli Fras (USA)
Kelowna & Paul Giuliano (USA)
Kerri & Christian Birkley (USA)
Kim & Booker Edwards (USA)
Kim Rinaldi-Robey (USA)
Kortni Harting Langsweirdt (USA)
Krista & Jason Haymes (USA)
Kristen Critz (USA)
Kristi Currier (USA)
Kristy & Jake Dempsey (USA)
Kylie & Glenn Bryant (AUS)
Lacey Dilworth (USA)
Laura & Jonathan Hopkins (USA)
Lauren Crews Dow (USA)
Laurie Azzarella (USA)
Leah & Brian Rockwell (USA)
Leah Espy (USA)
Lee Yen Anderson (USA)
Lisa & Jason Blackstock (CAN)
Liz Joy (USA)
LMP Creative Community Corp. (PHL)
Lucia Adzic (HRV)
Lusianingsih & M. Andhithaurik Putera (IDN)
Ma Angeles Marin (ESP)
Marilee Tolen (USA)
Marissa Meade (USA)
Marlo Botempo (USA)
Mary & Matthew Salentine (USA)
Mary Buck (USA)
Mary Hardy (USA)
Mary Starr & Jay Carter (USA)
Megan & Thomas Burns (USA)
Melissa & Clayton Sanches (USA)
Melissa & Dustin Truitt (USA)
Melissa & Ryan Renno (USA)
Melissa Stoltzfus (USA)
Melvin & Lois Peachey (USA)
Michelle Skoczek (USA)
Midori Lin (TWN)
Miko Bowen (USA)
Munirah Hanim Ahmad Jahudi (MYS)
Nancy Knittle (USA)
Nancy Sanderson (USA)
Naomi Wells (AUS)
Nicki Ham (USA)
Nicole & Kade Martin (USA)
Nicole Neesby (USA)

Nora Leticia Martinez Corona (MEX)
Norce Putri (SGP)
Noviza Istidarianty (SGP)
Nubia De Jesus Barajas Sarmiento (MEX)
Nurul Afzan Aini (MYS)
Olaf & Louise von Sperl (AUS)
Pamela Hunter (USA)
Patricia Gwee (SGP)
Paul & Tina Ciesla (USA)
Penny Choong (MYS)
Phoebe Li Hoi Ki (HKG)
Rachel & Ryan Holland (USA)
Rhonda & Frank Favano (USA)
Richard & Kimmy Brooke (USA)
Robert & Alina Rinato (USA)
Robyn & Randy Murrier (USA)
Sam & Lesley Graham (USA)
Sara & Justin Wallace (USA)
Sara Jo Poff (USA)
Sarah & John Harnisch (USA)
Sarah Falk (USA)
Sarah Gizzi (USA)
Sarah Laird (USA)
Sarah Lee (USA)
Scott & Tricia Gilchrist (USA)
Shannon & Brandon Garay (USA)
Shannon Conover (USA)
Shauna Dastrup Sha-Faun Enterprises INC (USA)
Shelby & Steven Nowak (USA)
Shelby & Tyler Paulk (USA)
Shellie & Brian Garret (USA)
Sherry LaMarche (USA)
Siti Sarah Mohammad Suhaimi (MYS)
Siti Syuhadah Sharin (MYS)
Skyla & Brian Mann (USA)
Sonya Swan (USA)
Stacey & Steve Kimbrell (USA)
Stacie Hartzler (USA)
Stacy McQuade (USA)
Star & David Moree (USA)
Stephanie Moram & JP Paradis (CAN)
Summer Davis (USA)
Susan Heid (USA)
Tammy & Eric Walton (USA)
Teresa & David Gingles (USA)
Terry & LaDonna Beals (USA)
Teryn & Alvin Robinson (USA)
The Ana family; Maria & Lavinius (USA)
Thomas Teschl (AUT)
Vanessa Romero & Tom Nikkola (USA)
Wan Normajidah Wan Ab Aziz (MYS)
Wynne & Stephen Elder (USA)
Yvonne Litza (USA)



SUSTAINABLE PRODUCT PACKAGING CREDO

Our goal and vision as a responsible, environmentally friendly company is to continually work to minimize our impact on the environment by implementing zero-waste practices. To reach that goal, we will strive for the following in our product packaging:

Product Safety

- Uphold the highest standards
- Guarantee efficacious products are safe and healthy to use
- Ensure positive member experience
- Focus on environmental sustainability

Responsible Packaging Use

- Minimize and “right-size” to avoid excess packaging
- Refuse materials deemed to pose risks

Responsible Sourcing

- Look first to recycled consumer content and/or sustainable materials
- Source certified renewable

(FSI, FSC) fiber products

- Avoid plastics outside of PETE, HDPE, LDPE, and polypropylene

Smart Post-Use Reuse

- Strive to offer materials and packaging that can be reused, recycled, upcycled, or downcycled
- Strive to offer other zero-waste solutions, such as specialized “take-back” recycling programs

Zero Waste and Sustainability

- Seek out and implement innovative, sustainable zero-waste solutions both now and in the future

Promotional/Branded Merchandise

- Work in collaboration with third parties and vendors to source the most responsible branded item-packaging material possible
- Look to source quality, sustainable promotional items
- Properly recycle/reuse all packaging

BAKING BREAD AND MAKING ESSENTIAL OILS: MORE ALIKE THAN YOU WOULD THINK

David Little, agronomist, describes how to do both well



You may not know David Little, but his work as agronomist over Young Living’s global farms is central to our production of the finest-quality essential oils the world has to offer. He works with our corporate farm managers to ensure that all the botanicals from which our oils are derived are nurtured, harvested, and distilled with precision and accuracy, so you can experience their most potent benefits.

David has a philosophy about pure essential oils. He notes that if you make homemade bread, you know that you can’t just combine flour, sugar, water, yeast, and oil in a pan, toss it in the oven, and expect to get good bread. Savory bread requires precision and accuracy. For the bread to come out right, you have to make sure the water is exactly 112 degrees, add the ingredients in just the right order, let the bread rise, then knead it and let it rise again. Of course, the oven has to be set at just the right temperature, and you have to cook the bread for the right amount of time too.

Similarly, we at Young Living must cultivate, harvest, and distill our botanicals with precision and accuracy to achieve the desired constituent profile and quality of essential oil. Take lavender for example. Lavender must be cultivated in its preferred climate and soil type. It must be harvested at the right growth stage, in the right weather conditions, and at the right time of day. Finally, it must be steam distilled at the right plant density, the right temperature, the right pressure, and for the right amount of time.

Just as the baking procedure for bread differs from that of cake, pie, and every other recipe, each plant is unique in the specific combination of steps required to naturally develop, harvest, and extract all the desired oil constituents necessary to produce therapeutic-grade essential oils.

How do we know the precise operating procedures required for each plant to produce quality essential oils? asks David. Because, as the pioneer of essential oils, Gary Young researched all of that for over 30 years, and we continue to build on that solid foundation with ongoing research and development. Every bottle of oil you buy comes with intense and thorough research and experience behind it, so you can know that you’re getting the best oil, without a doubt.

The best oil, like the best bread, has a way of making life just a little more enjoyable. We’re grateful for David and the big part he plays in ensuring that our Seed to Seal® quality commitment isn’t just a slogan; it’s our calling. Visit SeedtoSeal.com to learn more.

ESSENTIALLY YOURS



When it comes to gifting Young Living during the holiday season, our members are pros! Here are some of their great ideas.

“I will be visiting family over the holidays and plan on surprising them with a bottle of **Thieves® Household Cleaner** to help with the inevitable messes. I absolutely love using it in my own home and have always loved sharing this effective cleaner with others. We’re going to have a full house, and we’ll need all the help we can get to clean it up!”

—Angelica C.

“**Christmas Spirit™** essential oil blend is my go-to holiday gift each year. Opening a bottle and smelling the Orange and Cinnamon Bark is just so good! I think everyone should have a bottle to enjoy!”

—Veronica S.

“On social media, I saw a diffuser blend recipe with **Clove, Cinnamon Bark, and Nutmeg** essential oils. When I made it, it totally invited the fall smells inside! I plan on making little bottles of my own and giving them away to my closest friends and family.”

—Heather G.

“Last year I decided to ditch all my chemical soaps and replace them with **Thieves® Foaming Hand Soap** and **Christmas Spirit™ Foaming Hand Soap**. I love knowing that when my kids wash their hands, they are using natural and clean ingredients that clean better than anything else and smell amazing! I’ll definitely be sharing these products with my neighbors this holiday season.”

—Haleigh R.

WE WANT TO HEAR FROM YOU!

Answers will be selected to appear in an upcoming edition of *The Essential Edge*.*

WHAT PRODUCTS DID YOU FALL IN LOVE WITH IN 2020 THAT YOU'LL BE SHARING IN 2021?

Send your answers to essentialedge@youngliving.com

*Answers will be screened, reviewed, and edited for clarity and compliance.

LOVE ON YOUR LOCKS: GET EXTRA MOISTURE WITH DIY LEAVE-IN CONDITIONER



From loose waves to tightly coiled locks, your mom was right—naturally curly hair is a gorgeous gift. Instead of wishing away your wild mane with heat and chemicals, make it the envy of everyone you meet with a moisture-adding regimen.

Whether you’re letting your locks flow or you’re styling with braids, twists, or bantu knots, curly hair needs more moisture more often. With a DIY leave-in conditioner full of thirst-quenching ingredients, you’ll get the refreshing routine your hair needs. For another bump of hair hydration, pair it with **Mirah® Lustrous Hair Oil**.

Battling straight hair that is parched too? This recipe is for you!

Ingredients

- 1 cup aloe vera juice
- 2 tablespoons favorite conditioner
- 2 tablespoons avocado oil
- 5 drops Lavender essential oil
- 5 drops Cedarwood essential oil

Instructions

1. Combine all ingredients in a spray bottle. Shake gently to combine.
2. Spray onto wet or dry hair that needs extra moisture.

