

# Thymely News

a path to wellness

Vol. 4 No. 5



Champion rider and trainer,  
Amberlee Nix Wentz on Fabrioso

This special edition newsletter is for animal lovers - especially horse lovers AND their horses. You'll learn to soothe those aches that are part of our favorite sport - sore riding muscles, strained tissues and joints. As well, you'll learn how champion horse trainer **Cherie Hecht** and others are using Young Living essential oils and **Raindrop Technique** to keep their horse in top health and performing at their best.

*Teri Williams, Essential Oils Healthline and Cherie Hecht, champion horse trainer discussed the remarkable impact essential oils are having on the health of performance horses.*

I've loved riding horses as long as I can remember. One of the happiest days of my life was bringing home "Passionate Prince" my Thoroughbred hunter. Prince was a dream come true, because I bought him with a performance bonus from my Young Living™ business (while other distributors bought cars with theirs).

Prince became an integral part of my business team in a way I never imagined. It's amazing how much business you can conduct on horse-back via cell phone!

My love of horses and my Young Living business intersect again in this newsletter. While I've taught people across America how to detoxify, revitalize and restore their own

Special Edition for Equestrian Athletes

## For Horses and the People Who Love Them - Natural Pain Relief & Health Support



My daughter and I reach for these special essential oils whenever our "riding muscles" are sore.

health with Young Living essential oils, **many** horse people are now discovering these same oils have great health benefits for their horses, too.

### Champion Horse Trainer Uses Essential Oils for Top Performance

To give you the best insights, I spoke with champion horse trainer Cherie Hecht, Fountain Hills, AZ, about caring for her horses with essential oils.

Cherie grew up in Montana and began riding at age 10. At age 12, she learned English riding and began jumping at age 16. When she moved to Oregon, she learned from Judy Hemb the value of massage and natural, chemical-free therapy for horses.

"Therapy with essential oils gets the best out of the horse and gives the rider an easier time of it," says Cherie. She's discovered that horses



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treated with essential oils are as fresh on Sunday as they were on Thursday when the competition started-after 4 days of jumping.

She also has found that certain oils allow for higher, rounder jumps and more even landings, which, of course, is how to earn points in competition.

### Trainers Turn to Alternative Therapies as Strict Limits on Medications Imposed at Rated Competitions

Cherie noted that over the last two years, rulings have strictly limited the medications an owner or trainer can use on their horses.

As a result, she and many other American trainers have sought out acceptable, alternative treatments to reduce recovery time, soothe strains and manage pain.

"We've learned about natural therapies from European trainers who have been using them for a long time, much longer than here in the U.S."

Now, essential oils, chiropractic, acupuncture and light therapy are becoming very important to the care of high performance horses around the world.

## Essential Oils for Winning Horses



### TRAINER'S NOTEBOOK

During our conversation, Cherie told me how she uses Young Living essential oils for specific conditions.

#### Lavender essential oil

**Lavender** helps relax the horse when inhaled or applied topically. (Great for the rider, too!) Rub 8-9 drops down their spine, from withers to tail. Also useful for healing bruises on the hocks (equivalent to the human ankle).

#### Peace & Calming oil blend

This lovely blend calms excited or "hyper" horses. Cherie applies 5 drops to each frog of the horse's foot (a wedged-shape, horny prominence on the sole of a horse's hoof) or near the nostrils.

#### Lemongrass essential oil

Useful for strains to ligaments and tendons, apply Lemongrass topically. Due to the potency of this oil, mix with V6 oil.

#### Cypress essential oil

Used for bone bruises or other bone problems. Rub on the hocks to increase circulation.

#### PanAway™ essential oil blend

Helps reduce swelling and bruising, especially when horses kick in the stall.

#### Melrose™ essential oil blend

Cherie uses **Melrose** on cuts and scrapes. The **tea tree**

oil in Melrose has anti-bacterial/anti-fungal properties and can be poured directly on the cut or scrape. Will sting a bit, but works.

Good for eye infections and pink eye. Rub on the eye bone and side of the eye with the medication that vets give as a mixture.



*We had a ranch and ran a small Hunter/Jumper facility. I cannot recount all the times I have given a horse Young Living DiGize™ or Comfortone™ for a belly ache, or dressed a cut or a scrape with Lavender, Melrose or treated a cough with Eucalyptus Globulus or Peppermint. These precious animals have such a pure diet and positive outlook that their responses to the oils are almost always immediate and often dramatic.*

*Shelley Murphy, Scottsdale, AZ*

## Essential Oils for Winning Riders



### RELIEVE PAIN WITH ESSENTIAL OILS AND SUPPLEMENTS

#### Naturopath Relieves Pain with Idaho Balsam Fir & Ortho Ease™

Pain is what drives many patients to visit Jeff Essen, a naturopathic doctor with a practice in Burnsville, Minnesota.

He's discovered that a blend of **Idaho Balsam Fir** essential oil (5 ml) and **Ortho Ease Massage Oil** successfully soothes painful muscles, ligaments and tendons when applied topically, with or without massage.

**Idaho Balsam Fir** is one of the richest sources of limonene, a powerful antioxidant that may help ease stress and tension in joints and in the musculoskeletal system.

Dr. Essen also uses **Ortho Sport™ Massage Oil**-a stronger version of Ortho Ease-formulated for both professional and amateur athletes. It has a higher phenol content, which may produce a greater warming sensation on the skin.



## Top Pain-Relieving Essential Oils

**Peppermint** is one of the most effective essential oils for blocking pain. In one study that compared the effectiveness of Peppermint oil to acetaminophen for headache pain, Peppermint “efficiently alleviated tension-type headaches and...was a well tolerated and cost effective alternative to conventional therapies.” (Gobel et al., 1996)

Two essential oil blends available only from Young Living are well known for their pain-relieving properties.

The first is **PanAway™** a blend of Wintergreen, Clove, Helichrysum and Peppermint. The eugenol in Clove has a long history of use for pain relief in dentistry and for rheumatism, arthritis and headaches.

The second blend is **Relieve It™**, a blend of Spruce, Black Pepper, Hyssop and Peppermint. Conifer oils such as Spruce have traditionally been used topically for relief of rheumatism and arthritis.

## Supplements May Help Reduce Pain From the Inside

Two of Young Living’s nutritional supplements, when taken together, work synergistically to nourish and build the health of the musculoskeletal system.



This dynamic duo from Young Living nourishes healthy joints and muscles.

**Sulfurzyme** - MSM, a key ingredient in **Sulfurzyme**, has been proven to be extremely effective in relieving pain, especially tissue and joint pain. MSM is a source of organic sulfur, shown to reduce the inflammation of arthritis, relieve muscle spasms, improve blood flow and deliver biologically active sulfur to the joints.

Because MSM is not absorbed well unless it is taken with high levels of Vitamin C, amino acids and protein, Sulfurzyme is formulated with the NingXia (ning-sha) wolfberry, which contains all three!

**BLM** - Formulated from the most potent, natural ingredients known, BLM protects your mobility and the health of your **Bones Ligaments and Muscles**. Key ingredients include Collagen Type II, MSM, glucosamine sulfate, manganese citrate and the essential oils of Clove, Idaho Balsam Fir and Wintergreen. These ingredients have been shown to support healthy cell function and encourage joint health.

## Three Ways to Use Essential Oils for Better Health

Essential oils are simple to use.

### 1 Apply Essential Oils to Skin

Because essential oils are highly concentrated, I suggest that you place 2-3 drops of essential oil in the palm of your hand, add 1 tablespoon of V-6 mixing oil or another pure vegetable oil and mix by rubbing your palms together. Smooth onto skin for relief of burns (Lavender), to soothe aching muscles, etc.

### 2 Inhale Essential Oils

Take in the therapeutic benefits of essential oils through your respiratory system, too. With your chosen essential oil(s) in the palms of your hands, simply cup them around your nose and mouth and breathe in deeply for 2-5 minutes.

### 3 Take Essential Oils Internally\*

I often put a drop or two of Lemon, Orange, Grapefruit or Tangerine essential oil into a pitcher of spring water. My children love it! Adults may consider taking certain essential oils internally in capsules.

### Common sense precautions

*Young Living essential oils are highly concentrated. If any skin irritation results, add more carrier oil or discontinue use. Special note: Thieves oil is a blend of “hot” spice oils, so test skin sensitivity first.*

## Massage Therapist Banishes Pain with Essential Oils

Even after several years of working with Young Living essential oils in her practice, massage therapist Merry Ilev continues to be thrilled and moved by the power of therapeutic-grade essential oils from Young Living.

Mrs. Ilev, a massage therapist and physical therapy aide, is a staff member at the Brighton Institute of Physical Therapy in Beverly Hills, California. She has observed many patients transformed when their pain is erased - sometimes in just one or two treatments - with massage and Young Living essential oils.

Merry was first convinced when her own intense pain disappeared after a single application of an essential oil.

During a very heavy work schedule, her right hand, arm, shoulder blade and upper back became increasingly painful. She was so stiff and sore she couldn't sleep at night.

After applying **Thieves™** essential oil blend with a carrier oil, she literally forgot about her sore back, waking up the next day with no pain at all. Since that event, Merry confidently reaches for certain essential oils knowing they'll help her provide relief for clients.

### Immobile Lower Back Releases

A young woman came to Merry for therapy with an unusually painful lower back that was "hard as metal."

The pain was relieved during her first massage with essential oils. Additional treatments kept her pain from returning.

While not everyone will experience such dramatic results, these testimonials are intended to give hope, encouragement and a starting point for those seeking relief from pain.



### Important Note

*The essential oils you find in a bath shop are often chemical-laden fragrances formulated simply to smell good. Young Living essential oils are certified as therapeutic-grade by AFNOR, an international quality standards organization.*

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Product Name	Code # Size	Prices Wholesale Pref Cust Customer	Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Ortho Ease Massage Oil	#3760 3.8 fl oz	\$14.50	Idaho Balsam Fir essential oil	#3314 5 ml	\$24.75
		\$16.79			\$28.66
		\$19.08			\$32.57
Ortho Sport Massage Oil	#6075 3.8 fl oz	\$17.50	Peppermint essential oil	#3614 15 ml	\$19.75
		\$20.26			\$22.87
		\$23.03			\$25.99
V-6 Oil for massage and dilution	#3775 3.85 fl oz	\$7.00	PanAway essential oil blend	#3390 15 ml	\$54.75
		\$8.11			\$63.39
		\$9.21			\$72.04
Sulfurzyme supplement	#3243 300 caps	\$54.50	Relieve It essential oil blend	#3411 15 ml	\$34.75
		\$63.11			\$40.24
		\$71.71			\$45.72
BLM supplement	#3234 90 caps	\$38.00	Thieves essential oil blend	#3423 15 ml	\$29.50
		\$44.00			\$34.16
		\$50.00			\$38.82

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