

# Health Scents

Vol. 7 No. 5



## Healthy Medicine Cabinet

Sixth in the series

Reasons for Hope in the Fight Against Cancer

When I have a headache, I don't reach for aspirin or acetaminophen anymore – my **Peppermint** essential oil relieves the ache in moments. Instead of over-the-counter pain relievers, **PanAway**® essential oil eases the occasional sore muscles and joint pain. And now, if I'm not sleeping well, I inhale **Lavender** or **Peace & Calming**® essential oils to relax me without sleep aids.

For these and so many other everyday health needs, I reach into my **Healthy Medicine Cabinet** for Young Living Therapeutic Grade® essential oils. These are organic, plant-based, drug-free alternatives that really work. When you try them for yourself, you'll discover how effective they are and why thousands of people have switched to essential oils for natural self-care.

These people – perhaps like you – are concerned about the potential health risks that may be a consequence of long-term use of medications. They've sought out alternatives to avoid those health risks because credible physicians have identified less risky means of managing their health. In his book [What Your Doctor May Not Tell You About Breast Cancer](#), John R. Lee, MD states, "We believe taking a more prudent approach to the use of over-the-counter and prescription medications may reduce your risk of breast and other cancers."<sup>1</sup>



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With disease prevention in mind, this final newsletter in the series will touch on three major risks of medications and introduce essential oils as part of a **Healthy Medicine Cabinet**.

The purpose of this newsletter, as always, is to encourage you to become informed and make wise choices for a lifetime of good health. It is not intended to substitute for the advice of your health provider.

### Chronic Use of Medications May Cause Side Effects

Researchers have discovered an ironic side effect of treating frequent headaches with prescription and over-the-counter medicines – **HEADACHES**. This response can occur if the brain becomes dependent on the medication it is given over time.<sup>2</sup>

But as you can see in Jan's story below, there ARE healthy alternatives to headache medications, as this long-time migraine sufferer discovered:

#### **Migraines Under Control at a Fraction of the Cost**

*"I used to use a prescription that cost \$400 a month, and it didn't work for my migraines. Then, I switched to Young Living's **M-Grain** essential oil blend and was amazed at how much better it handled the pain. Once the pain was gone, it was GONE. With the prescriptions, the headache would reoccur for the next couple of days.*

*M-Grain works wonderfully. I apply two drops to the temples and three drops on the brain stem. It is such a relief to get these horrible headaches under control—and I am no longer damaging my liver with prescription medications."*

*Jan Doer*

To learn more about the potential side effects of your medications and what alternatives may be appropriate for your condition, read the fine print on product information flyer provided, do some online research and speak to your pharmacist or your health provider. You can make informed, healthy choices only if you have the knowledge to weigh the potential risks and rewards.

## Healthy Medicine Cabinet



Young Living's  
Everyday Oils Collection

### Chronic Use of Medications May Impact Liver Health

Knowing that a properly functioning liver is essential for life and health, consumers have a right to be concerned that a significant number of medications on the market are known to compromise liver function. The effects can range from mild, reversible elevated liver enzyme levels to jaundice, hepatitis, internal bleeding and death.<sup>3,4</sup>

According to the U.S. Food & Drug Administration (FDA), the leading cause of acute liver failure is acetaminophen overdose. Even short-term, high-dose acetaminophen usage has its risks. Unfortunately, because an estimated 200 medications contain this ingredient, overdoses can occur as people unknowingly combine medications.<sup>5,6</sup> The good news is some physicians are reaching into their Healthy Medicine Cabinets for pain relievers without similar health risks.

### Alternatives to Acetaminophen

As an example, Dr. Joseph Mercola has treated his rheumatoid arthritis patients with the anti-inflammatory properties of foods and herbs. His patients have experienced significant pain relief from boswellia (frankincense), ginger, fish oil, cayenne cream, evening primrose and borage oils.<sup>7</sup>

### Chronic Use of Medication May Impact the Immune System

In The Definitive Guide to Cancer, oncologist and author W. John Diamond, MD states, "Chronic use of medication has a suppressive effect on the immune system."<sup>8</sup> In particular, he cites the following medications:

- ◆ Blood pressure and cholesterol medications
- ◆ Antidepressants
- ◆ Antibiotics, vaccinations
- ◆ Early and prolonged use of oral contraceptives
- ◆ Prolonged, high-dose use of estrogen replacement therapy

Based on the information from these physicians, researchers and numerous clinical studies, we can conclude that overuse of medication presents the potential for side-effects, compromised liver health and suppressed immune function. Certainly these are reasons enough to investigate your options and consider healthier alternatives, such as making a **Healthy Medicine Chest** with Young Living® essential oils.

## Where to Learn About Healthy Alternatives

The **Essential Desk Reference** (EDR) can help you take the next step. The EDR is an extensive guide to the use of therapeutic-grade essential oils and the how-tos of natural self-care. Read through the EDR's Personal Usage Reference chapter and you will find recommendations for the essential oils and nutritional products which may support your challenged body systems. Showing and discussing these recommendations with your healthcare provider will enable you to jointly choose the best solution. (The EDR is available at [www.essentialscience.net](http://www.essentialscience.net).)

At the same time, commit to nourishing yourself and your family better. By building stronger, healthier bodies naturally, you may avoid the conditions that drove you to use drugs in the first place!

### Start Your Healthy Medicine Cabinet with Young Living's Everyday Oils Collection

To get you started, Young Living offers the Everyday Oil Collection. It includes nine of its most popular essential oils – Frankincense, Lemon, Lavender, Peppermint, Purification, PanAway, Peace & Calming, Thieves and Valor® (5 ml bottles). Soon you'll find these essential oils indispensable for everything from air purification to first aid to aromatherapy AND find yourself on the way to better health.

*Next issue - Why Young Living Essential Oils  
Belong In Your Healthy Medicine Cabinet*

Featured Young Living Products		
Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Healthy Medicine Cabinet <b>Everyday Oils Collection</b>	#3695	\$115.00 \$133.16 \$151.32
Live Green at Home <b>Thieves Essential Rewards Pack</b>	#3697	\$115.00 \$133.16 --
Fill Nutritional Gaps <b>Core Essentials Complete Essential Rewards Pack</b>	#3482	\$219.75 \$254.45 --

### Resources

<sup>1</sup> Lee, J. R. et al. What Your Doctor May Not Tell You About Breast Cancer. New York: Warner Books. 2002. p. 54.

<sup>2</sup> [www.womentowomen.com](http://www.womentowomen.com)

<sup>3</sup> [http://www.medicinenet.com/drug\\_induced\\_liver\\_disease/article.htm#](http://www.medicinenet.com/drug_induced_liver_disease/article.htm#)

<sup>4</sup> Reuters. March 14, 2001. London.

<sup>5</sup> Mercola. J. Taking Tylenol Even at a Recommended Dose Can Harm Your Liver. [www.mercola.com](http://www.mercola.com). July 20, 2006.

<sup>6</sup> Mercola, J. Toxicity of Acetaminophen. [www.mercola.com](http://www.mercola.com). August 4, 2004.

<sup>7</sup> Mercola, J. Seven Ways to Protect Your Heart With Anti-Inflammatory Alternatives. [www.mercola.com](http://www.mercola.com). January 12, 2005.

<sup>8</sup> Diamond, WJ. Definitive Guide to Cancer. 2nd edition. 2005.

### Radiant Health News

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