

# Health Scents

Vol. 6 No. 10



I'm tired of walking for the cure and I'm tired of the statistics.  
We have the knowledge and the tools  
that may help to reduce the risk of breast cancer.  
- *Connie McDanel, Young Living Diamond*

## Note from the Editor

This newsletter begins a series of six issues about cancer prevention. You'll learn about cancer risk factors, protective factors and what steps you and your loved ones can take to potentially decrease cancer risks. If you don't have concerns about cancer, you'll still find these issues very useful because they address core health issues such as strengthening the immune system, avoiding environmental toxins and filling nutritional gaps.

The material is not intended as a substitute for your physician's recommendations, but to empower you to take reasonable, logical steps that would support better health. The content has been gleaned from reliable medical sources, shared from the real life experience of credible people and reviewed by health professionals.



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## Reasons for hope in the fight against cancer

"Five years ago, I was a mess."

Cancer had already taken several members of Connie's family and would eventually take her mother. Within the same two year span, her brother Jon also died while taking prescription Oxycotin and anti-depressants for pain.

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Cousin Kris, 43, colon cancer  
Cousin John, 34, brain cancer  
Nephew David, 25, throat cancer  
Brother Jon, 44, suicide  
Mother Lorraine, 76, blood and breast cancer

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These overwhelming losses and the need to know "Why?" drove Connie, an educator, to learn everything she could about cancer. There, from a wide range of resources, she found reasons for hope.

- Many of the cancer risk factors on which medical experts agree are within our ability to control, such as smoking, obesity and lack of exercise.<sup>1</sup>
- Protective factors such as getting regular exercise, staying at a healthy weight and eating right may decrease the risk of getting cancer.<sup>1</sup>
- According to the National Cancer Institute, "Avoiding risk factors and increasing protective factors may help prevent breast cancer."<sup>2</sup>
- Most people with a certain risk factor for cancer do not actually get the disease.<sup>2</sup>

### Am I next?

During this time of grieving and searching, troubling symptoms appeared – heavy flow, cramping, breast pain, fatigue, weight gain.

### References

- <sup>1</sup><http://www.cancer.gov/cancertopics/pdq/prevention/>
- <sup>2</sup><http://www.cancer.gov/cancertopics/pdq/prevention/breast/Patient/page3#Keypoint3>
- <sup>3</sup> [www.preventcancer.com](http://www.preventcancer.com)
- <sup>4</sup> Introduction to Young Living Essential Oils. p. 57

## Reasons for hope in the fight against cancer

To Connie's relief, she was diagnosed with a large uterine fibroid tumor and perimenopause. Her physician suggested either a hysterectomy or birth control pills to manage the symptoms. Neither option seemed acceptable, so she shifted her research to women's health issues to discover what typically causes the type of symptoms she had and options that didn't include drugs or surgery.

One of her indispensable resources was the Essential Oils Desk Reference, an extensive volume of health information. It helped her determine which Young Living® products could potentially help to minimize her symptoms and address the underlying cause.

Connie designed a health regimen around three breast cancer risk factors, upon which she expected she could make the biggest impact:

### Connie's plan: Address three breast cancer risk factors

1. Reduce toxins by "greening" your life.
2. Use medications prudently by creating a healthy medicine cabinet.
3. Fill nutritional gaps to support the immune system.

To establish a baseline measure of her health, Connie had her blood analyzed and her hormone levels evaluated. Subsequent, periodic bloodwork clearly showed improved hormone levels and balance, soon reflected in Connie's energy and vitality.

### I feel like a young woman again!

- Within three months, Connie's symptoms were significantly reduced.
- Within six months, energy replaced fatigue and pain subsided. She could feel her body becoming strong again with the help of Young Living products.
- In 2002, the Young Life Clinic in Utah verified and fine-tuned her protocol and in 2008, Young Living's Nova Vita clinic updated her protocol. Connie still follows that protocol daily to keep her breast cancer risk factors low.

If symptoms arise, she's able to restore balance with her Young Living products which she says, "...have helped my family build strong immune systems and reduce our cancer risk factors."

### Connie's first step - greening her life

Having learned that household chemicals, personal care products and other environmental inputs could increase her estrogen levels and potentially raise her breast cancer risk, Connie set out to eliminate them. Following recommendations from Deirdre Imus' book Green This!, she replaced every single household product in her home that contained artificial fragrance, harsh chemicals and synthetic ingredients.

Thieves Autoship Pack



Starting with the **Thieves® Kit** shown above, Connie replaced all her cleaners with Young Living's all-purpose **Thieves Household Cleaner**. Dental care products were replaced with **Dentarome® Toothpaste** and **Fresh Essence®** mouthwash. Everything else had to go!

### Why the Thieves Kit is THE green choice

The Thieves essential oil blend which enhances each Thieves product is a blend of the organic, therapeutic-grade essential oils of clove, lemon, cinnamon, eucalyptus and rosemary. These oils have proven antiseptic and antimicrobial properties. For example, Thieves has been proven to kill 99.96% of airborne bacteria.<sup>4</sup> And clove oil has been used for years in the dental profession for gum health. More details about the Thieves Kit is available online and in the next issue.

If you're ready to start on your journey to better health, these featured kits are a smart choice. You'll save money and, if you enroll in the Autoship Program, you'll earn Essential Rewards points to redeem for future products.

### Spread the word

If you want to spread the word that cancer doesn't have to be a death sentence, please share this series of newsletters with your family, friends and network. Together, our small, daily efforts can make a big difference in tomorrow's cancer statistics.

Featured Young Living Products		
Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Green Your Life <b>Thieves Autoship Pack</b>	#3697	\$115.00 \$133.16
Healthy Medicine Cabinet <b>Everyday Oils Autoship Pack</b>	#3695	\$115.00 \$133.16
Fill Nutritional Gaps <b>Core Essentials Complete Autoship Pack</b>	#3482	\$199.75 \$231.29

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