

LIVING WATERS OUTREACH



LIVING + WELL

together

A NATURAL WELLNESS COMMUNITY

IMMUNE SUPPORT



Disclaimer

I am not a doctor.

NOTHING I SAY IS INTENDED
TO DIAGNOSE, TREAT, OR CURE
ANY ILLNESS OR CONDITION.

Other Essential Oils...

THE RECOMMENDATIONS I MAKE
ARE FOR YOUNG LIVING PRODUCTS ONLY.
I BELIEVE THESE ARE THE MOST PURE OILS ON
THE MARKET TODAY AND MY EXPERIENCES
ARE FROM THIS BRAND ONLY. I CANNOT
SPEAK ON BEHALF OF ANY OTHER
BRAND AT THIS TIME.



A peaceful heart leads to a
healthy body; jealousy is like
cancer in the bones.

Proverbs 14:30 (NLT)

WHAT IS THE IMMUNE SYSTEM?

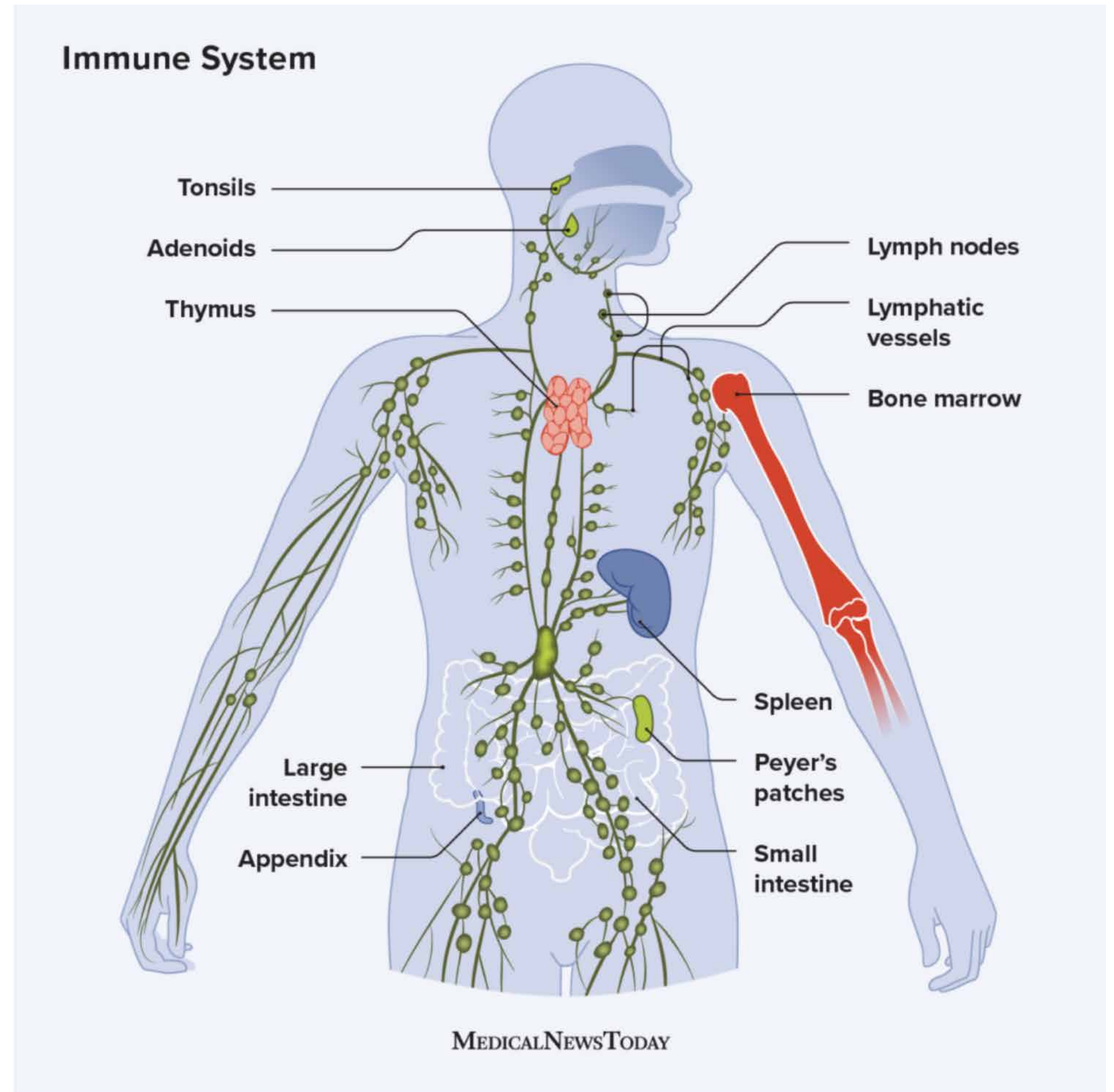
The immune system is the body's tool for preventing or limiting infection. Without it, the body would be unable to withstand attacks from bacteria, viruses, parasites, and more.

The immune system consists of a vast network of cells, organs, proteins, and tissues throughout the body.

The immune system consists of a range of components, including:

- ★ White blood cells (leukocytes)
- ★ Spleen
- ★ Bone marrow
- ★ Lymphatic system
- ★ Thymus
- ★ Tonsils, adenoids, and appendix

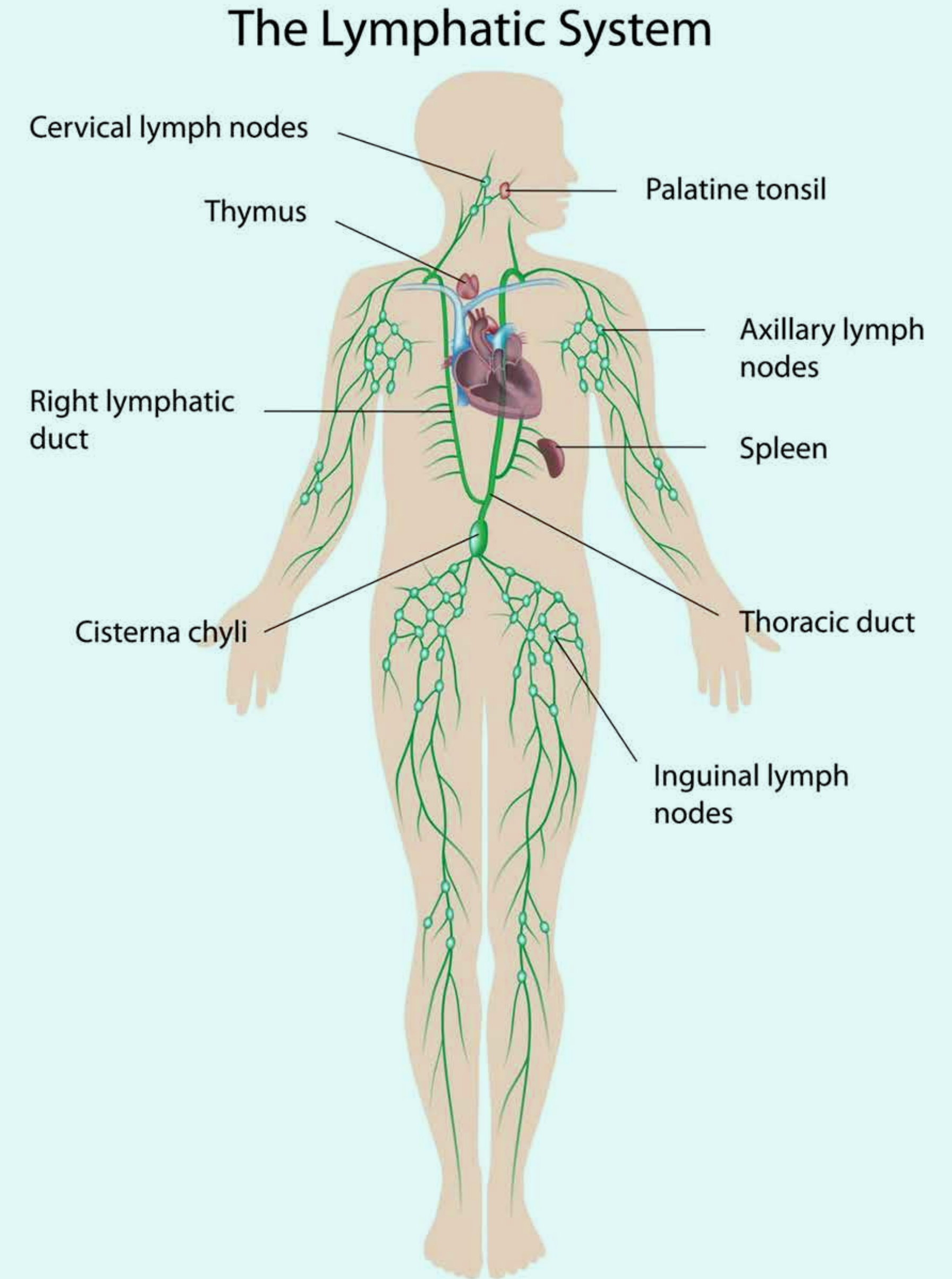
The body stores white blood cells in organs.



White blood cells circulate in the blood and lymphatic vessels.

The **lymphatic system** forms a network similar to the blood vessels. It carries a substance called lymph instead of blood. **Lymph is a fluid that carries immune-related cells to areas that need them.**

White blood cells are constantly looking for pathogens. When they find one, they begin to multiply and send signals to other cell types to do the same.



WHY YOUR BONES ARE SO IMPORTANT!

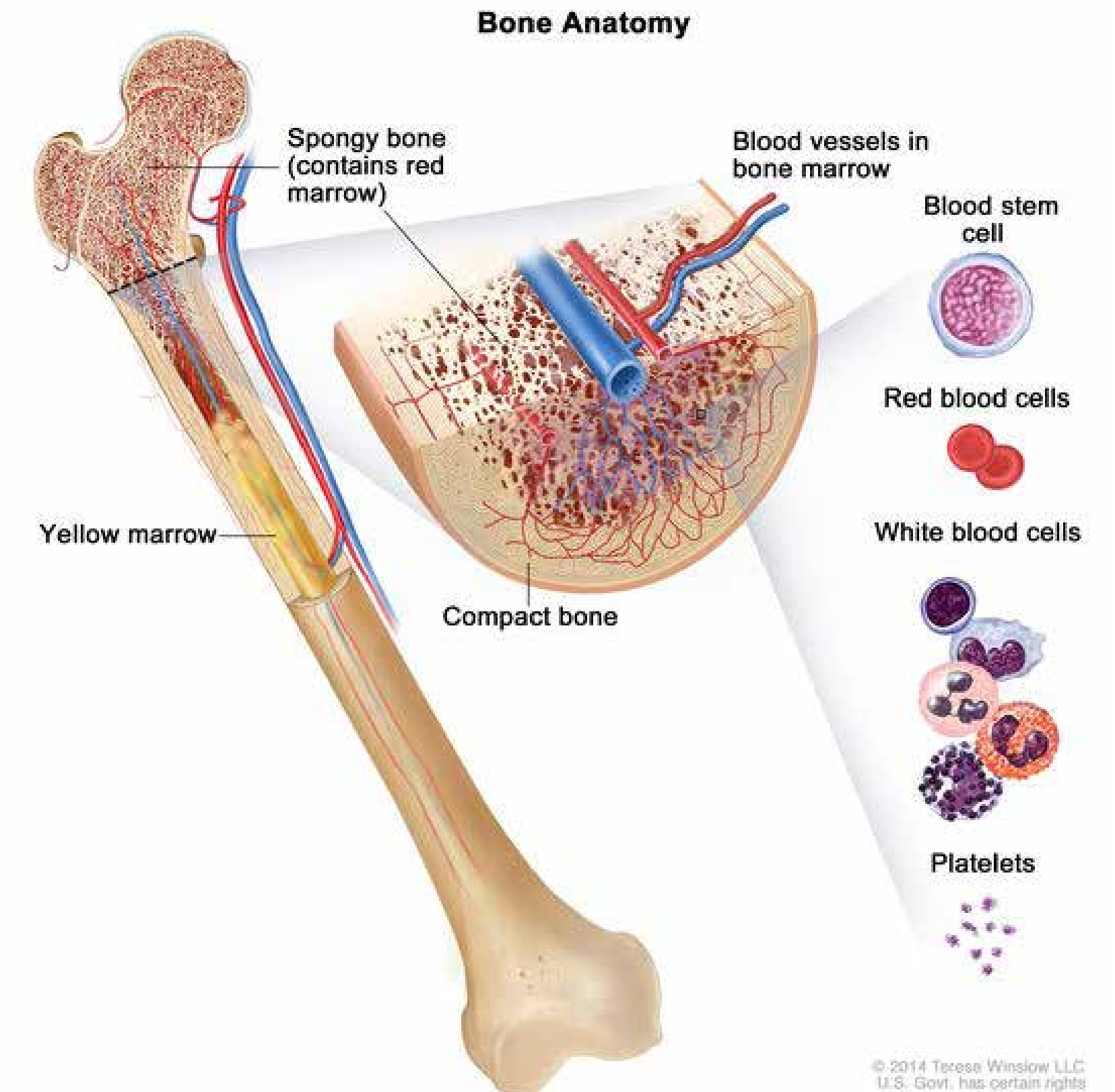
Bone marrow produces new blood cells, both red and white.

- » Red blood cells are fully formed in the marrow and then enter into the bloodstream
- » White blood cells begin in the marrow but may mature elsewhere.

The marrow produces all blood cells from stem cells. They are labeled “stem cells” because they can branch off and become many different types of cells.

There are two main types of leukocytes, or white blood cells:

- 1. Phagocytes:** These cells surround and absorb pathogens and break them down, effectively eating them.
- 2. Lymphocytes (antibody producers):** These help the body remember previous invaders and recognize them if they return to attack again. There are two types – B-cells & T-cells.



Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. Then you will have healing for your body and strength for your bones.

Proverbs 3:7-8 (NLT)

HAVE YOU MADE THE CONNECTION?

Your spiritual health directly effects the health of your immune system.

Bitterness, envy, and strife are sins that can cause chronic illness over time.

But notice the cure! Peace within and having a cheerful heart brings healing to the body.

For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit.

Romans 14:17

THE SPIRITUAL ROOT OF DYSFUNCTION

God created your immune system to maintain your body.

When you have a healthy immune system, the killer cells are active and in full volume to recognize the mutant cells or viruses or bacteria and attack, destroying them.

God created your immune system to protect you, not to destroy you.

In all autoimmune diseases, the white corpuscles decide a part of your body is the invading enemy and tries to destroy it.

THE SPIRITUAL ROOT OF DYSFUNCTION

Your spiritual enemy wants to destroy your immune system, which is the marrow in your bones.

Satan tries to do this by:

- » controlling your thoughts
- » enticing you to follow the law of sin
- » destroying relationships
- » promoting conflict
- » initiating verbal, physical, emotional and sexual abuse
- » destroying your relationship with God

Relationship IS the foundation of the kingdom of God.

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

Matthew 22:37-40

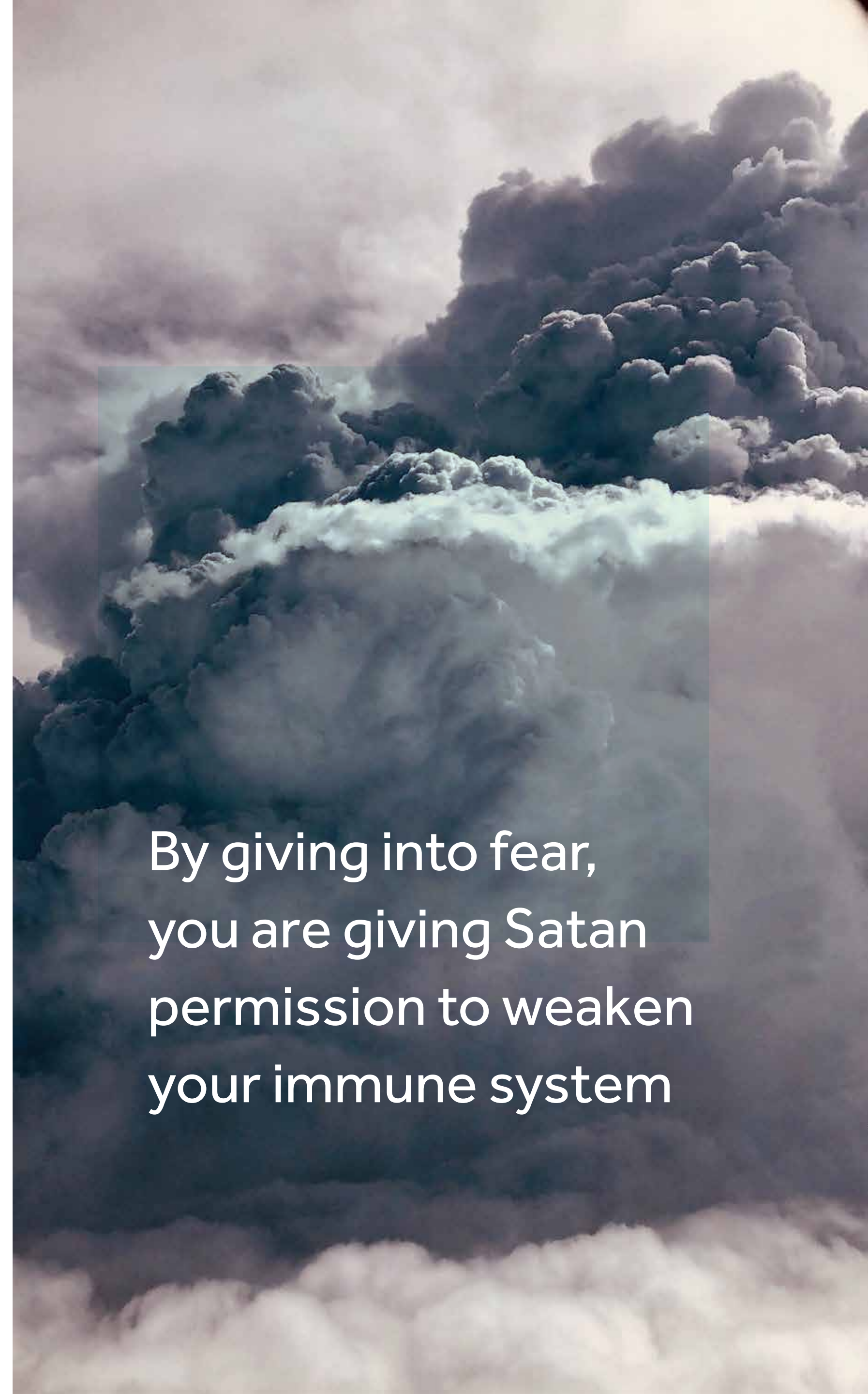
THE SPIRITUAL ROOT OF DYSFUNCTION

Unrighteous thoughts provide the pathway producing the destruction of the immune system.

FEAR can cause a compromised immune system because prolonged fear causes the production of excess cortisol in the body.

Excess cortisol is toxic and will destroy the fighter cells of your immune system.

Cortisol is released when you do not feel loved, secure or are anxious and fearful.



By giving into fear,
you are giving Satan
permission to weaken
your immune system

THE SPIRITUAL ROOT OF DYSFUNCTION

Broken relationships can cause toxins to build up in the bloodstream.

Many cancers come out of loss and conflict caused by fear and bitterness.

Bitterness results in broken relationships.

When bitterness and fear separate you from others, cell membrane semi-rigidity sets in and the toxins begin to collect on a cellular level.

At a certain level the immune sentries of your cells are destroyed.

This allows cell mitosis (the dividing of cells causing cancer) to begin.



WHAT DO ESSENTIAL OILS HAVE
TO DO WITH ALL OF THIS?

Let's review what EO's do for our body:

- 1.FIGHT AGAINST UNFRIENDLY MICROBES
- 2.BALANCE OF BODILY FUNCTIONS
- 3.RAISE OUR BODILY FREQUENCIES
- 4.ANTIOXIDANTS THAT PURIFY OUR SYSTEMS
- 5.CLEAR NEGATIVE EMOTIONAL BAGGAGE
- 6.UPLIFT OF OUR SPIRITUAL AWARENESS

Remember these key constituents?

PHENYLPROPANOIDS: clean the receptor sites on the cells so they can communicate properly.

SESQUITERPENES: deliver oxygen molecules to cells, like hemoglobin does in the blood. Sesquiterpenes can also erase or deprogram miswritten codes in the DNA.

MONOTERPENES: reprogram miswritten information in the cellular memory.

d-Limonene

A terpene found mostly in the rind of citrus fruits.

An article in the *Alternative Medicine Review* sums up its therapeutic abilities well. According to the study, d-limonene:

“Has been used clinically to dissolve cholesterol-containing gallstones.”

“Has also been used for relief of heartburn and gastroesophageal reflux (GERD).”

“Has a well-established chemopreventative against many types of cancer.”

d-Limonene, what it does:

Boosts immunity: d-Limonene is a potent antioxidant and anti-inflammatory agent.

Kills pathogens and acts as a preservative: Known to kill fungal threats, d-limonene can extend the shelf life of prepared foods by keeping fungal infestation and aflatoxin threats at bay.

Aids in weight loss: Studies on lime essential oil have uncovered its ability to not only suppress appetite, but also to promote weight loss. Researchers suggest that these properties are due to the high amounts of d-limonene found in the oil.

Decreases stress: As seen with bergamot oil, d-limonene has profound anti-stress effects on humans and animals.

Promotes restful sleep: Shown to activate adenosine A(2A) receptors, which are suspected to induce sedative effects, d-limonene can help promote a better night's sleep.

ESSENTIAL OILS RICH IN D-LIMONENE

In addition to orange, dozens of other essential oils are rich sources of d-limonene.⁴²
Here's how they compare.

- Grapefruit (84.8%–95.4%)
- Clementine (94.8%–95.0%)
- Tangerine (87.4%–91.7%)
- Lemon, expressed (56.6%–76.0%)
- Celery seed (68.0%–75.0%)
- Mandarin (65.3%–74.2%)
- Tangelo (73.2%)
- Lemon, distilled (64.0%–70.5%)
- Dill seed (35.9%–68.4%)
- Elemi (26.9%–65.0%)
- Palo santo (58.6%–63.3%)
- Yuzu (63.1%)
- Lime, expressed (51.5%–59.6%)
- Lime, distilled (55.6%)
- Fir needle, silver (54.7%)
- Bergamot, expressed (27.4%–52.0%)
- Caraway (36.9%–48.8%)

and... citrus oils are *great* mood boosters!

Lemon

- ★ Very high in Monoterpenes
- ★ Promotes circulation, leukocyte formation (white blood cells) & lymphatic function
- ★ Erodes petrochemicals
- ★ PH balancing (gut health!)
- ★ Organ cleansing
- ★ Emotionally uplifting

Lavender

- ★ Potent antioxidant capabilities
- ★ Neurological health protection
- ★ Diffuse at night for a more restful night's sleep
- ★ Accelerates wound healing for burns, cuts & stings
- ★ Antimicrobial agent
- ★ Emotionally relaxing

Oregano

- ★ Nature's antibiotic
- ★ Go-to solution for all things related to infection: bacterial, fungal, and viral
- ★ Research suggests this oil may repair intestinal linings and potentially reverse leaky gut. Try taking 2-3 drops of oregano oil (fill rest with carrier oil like coconut oil) in a veggie capsule for a week to see if symptoms subside)
- ★ A HOT oil!
Always use with a carrier oil

Frankincense

- ★ Very high in Monoterpenes!
- ★ Can increase production of key components of the immune system including cytokines (signaling molecules) and immunoglobulins (antibodies)
- ★ Improves the function of T cells (molecules that fight invaders)
- ★ Very calming to the mind
- ★ Very supportive to the skin

Thieves

A blend of: Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, Rosemary

- ★ Highly antiviral, antiseptic, antibacterial & anti-infectious
- ★ Kills airborne microorganisms
- ★ **Eucalyptus Radiata** is VERY anti-inflammatory & supportive to the airways
- ★ **Clove & Cinnamon Bark** are antiviral anti-inflammatory and may protect the stomach (ulcers)
- ★ **Rosemary** promotes mental clarity, focus, and even supports bone density!

Raven

A blend of: Ravintsara, Lemon, Wintergreen, Peppermint, and Eucalyptus Radiata

- ★ Apply to chest for respiratory clearing
- ★ Very healing to the lungs and especially useful for viral infections
- ★ **Ravintsara** is an antiseptic, antiviral, antibacterial and antifungal and has been used for healing respiratory ailments
- ★ **Peppermint** is high in menthol and menthone which helps suppress coughs and clears lung and nasal congestion

ImmuPower

A blend of: Hyssop, Mountain Savory, Cistus, Ravinsara, Frankincense, Clove, Cumin and Idaho Tansy

- ★ This blend strengthens immunity and DNA repair in the cells
- ★ It is strongly antiseptic and anti-infectious
- ★ **Frankincense** stimulates the hypothalamus and pituitary to amplify immunity
- ★ **Cistus** enhances immunity and immune cell regeneration
- ★ **Hyssop** is anti-inflammatory, antiviral, antiparasitic, mucolytic, decongestant, and anti-infectious

Longevity

A blend of: Thyme, Orange, Clove and Frankincense

- ★ This oil contains the highest antioxidant and DNA protecting essential oils. When taken as a dietary supplement, this blend promotes longevity and prevents premature aging.
- ★ **Thyme** has been shown to in studies to boost glutathione levels in the heart, liver, and brain. It also prevents lipid peroxidation or degradation of the fats found in many vital organs.
- ★ **Orange** contains over 90% d-limonene, one of the most powerful anticancerous compounds studied in recent years.
- ★ **Clove** has the highest known antioxidant power as measured by ORAC. It is one of the most antimicrobial and antiseptic of all essential oils and prevents DNA damage.

THINGS THAT STRESS THE IMMUNE SYSTEM:

POOR NUTRITION

SUGAR

STRESS

LACK OF SLEEP

CHEMICAL EXPOSURE

LACK OF EXERCISE

INFLAMMATION

NEGATIVE EMOTIONS

THE PROBLEM WITH SUGAR

- ★ Sugar enters the bloodstream as **glucose**.
- ★ Glucose is the main fuel source for the body, especially the brain.
- ★ Your body doesn't care where the glucose comes from (a big pint of Blue Bell or the carbohydrates in broccoli) but what does affect your body is how fast the glucose enters the blood stream.
- ★ Ice cream will cause a quick, large surge of glucose where as broccoli will cause only a slight rise over time.
- ★ **Excess glucose is toxic to the kidneys and other organs, and this is where insulin comes into play.**

- ★ **Insulin's** job is to transport glucose out of the bloodstream and into your cells.
- ★ A big surge in glucose = a big release of insulin.
- ★ **Too much insulin is also toxic to your body,** so it has to work hard to maintain balance.

THE PROBLEM WITH SUGAR

- ★ Your blood can carry an hour's supply of glucose
- ★ Any glucose that is not needed for immediate energy is converted to glycogen and stored in the liver and muscles.
- ★ When needed this glycogen will be converted to glucose by the liver and used.
- ★ When your body's glycogen is used up, the body turns to stored fat for fuel.



You can see why sugary drinks are not your friend! Even with a somewhat healthy diet, they will actually keep you from losing weight!

THE INSULIN PROBLEM...

- ★ Inside the insulin receptor is an enzyme called tyrosine kinase (TK). Once activated by insulin, this enzyme triggers an array of events that open channels through which glucose can enter the cells to be stored or used for energy.
- ★ When cells become insulin resistant, these channels do not open and glucose can not enter the cells.
- ★ This causes glucose to build up in the blood stream which causes the pancreas to make more insulin.
- ★ This higher level of insulin and glucose in the blood stream promotes the formation of fat, causes abnormal cholesterol, high triglycerides, high blood pressure and eventually clogged arteries.

- » **AND, if you are insulin resistant, the only cells in the body that benefit from excess sugar are cancer cells!**
- » Not to mention your inflammation will be through the roof due to candida (yeast) overgrowth.
- » Candida can be found covering every tumor removed from a human body.

THE INSULIN PROBLEM...

- ★ Over time insulin resistance causes muscle cells to weaken due to lack of fuel, and thus begins a vicious cycle of less exercise, more weight gain and more insulin resistance.
- ★ As fat increases, muscle decreases, and the body loses more and more of its ability to burn fuel efficiently causing metabolism to slow.
- ★ Insulin resistance is often the precursor to type 2 diabetes. Insulin resistance, abdominal obesity and stress tend to go hand-in-hand.

ALSO CAUSED BY SUGAR:

- » Oxidative stress
- » Inflammation of the body and the brain
- » Memory issues and attention problems
- » Affects mood (depression)

BUT THERE IS GOOD NEWS!

- ★ **START** eating whole grains, fiber, protein and good fats.
- ★ Choose whole foods and no preservatives.
- ★ **STOP** ingesting processed sugars and refined carbohydrates.
- ★ Complex carbohydrates such as whole grains, fresh veggies, nuts, seeds and beans break down in the gut slowly.
- ★ Protein breaks down into amino acids, some of which are stored in the liver for the production of glucagon, which allows the release of glycogen, which is the back-up for when glucose levels begin to fall.



STRESS LESS

- ★ Adrenal Glands respond to any stressors that increase energy requirements (emotional & physical).
- ★ Fasting, infection, intense exercise, pain, or emotional or mental stress stimulates the secretion of a releasing hormone from the hypothalamus in the brain, which tells the adrenals to secrete extra cortisol and other stress hormones.
- ★ **Cortisol is needed for nearly all dynamic processes in the body:** blood pressure regulation, kidney function, glucose levels, fat burning, muscle building, protein synthesis, thyroid function and immune function.
- ★ Without corticosteroids we could not survive the slightest stress. Lack causes things to go awry.

If you want better health, reducing stress is very important, if not the most important thing you can do. A balanced life is important and healthy.

Excessive Cortisol is toxic to the immune system

- » Too much cortisol will destroy white blood cells such as T-Cells
- » Creates problems such as weight gain around the waist, elevated blood glucose (which leads to insulin resistance), high blood pressure, osteoporosis, easy bruising, susceptibility to fungal infections and immune disorders.
- » **Chronic cortisol** exposure in high concentrations is toxic to brain cells and can cause **short-term memory loss**. A lifetime of high levels may be a primary contributor to **Alzheimer's** and dementia.
- » **High cortisol** is the primary cause of **osteoporosis** because it blocks the bone-building effects of progesterone.
- » **Balanced cortisol** is a matter of taking care of yourself by getting plenty of sleep, moderate exercise, fresh air and relaxation and fun in your life!

EXERCISE

- ★ Good for all things including hormone balance
- ★ Every system in the body from your organs, circulatory and lymph systems to your muscles and bones perform best when you move and stretch regularly
- ★ **Stronger bones:** Weight lifting, walking, jogging or running helps to build bone, increase muscle mass and create better balance and coordination
- ★ **A better cholesterol profile:** aerobic exercise can lower LDL
- ★ Regular exercise **lowers blood pressure**
- ★ **Improve circulation:** lymph drainage and sweating, can combat heart disease, diabetes and arthritis
- ★ Prevent and alleviate depression (endorphins)
- ★ Healthier joints and more flexibility

AVOID CHEMICAL TOXINS

(REFERENCE NOTES FROM NATURAL LIVING CLASS)

Xenoestrogens

Pesticides, herbicides and fungicides

Nail polish

*Very damaging to breathe (petrochemicals)
Particularly damaging to young girls*

Fabric Softeners

Xenoestrogens directly on your skin

Scented products

Chemical toxins directly to your brain

New home

Glues, carpet, flooring and paint have things like formaldehyde and solvents

Perfume

Toxic and can cause asthma and allergies

Phthalates

*Carcinogenic and common in "fragrance"
Dibutyl phthalate (DBP) is a reproductive toxin*

SUPPLEMENTS THAT SUPPORT THE IMMUNE SYSTEM

- ★ **B Vitamins:** Brain, energy, anti-inflammatory, mood
 - **Folate:** An essential B vitamin necessary for producing red and white blood cells in bone marrow, producing DNA and RNA, and transforming carbohydrates into energy
- ★ **Magnesium:** Energy production, blood pressure regulation, muscle contraction, calming, can help with regularity
- ★ **Omega 3 & 6:** Neuroprotective, anti-inflammatory, brain support
- ★ **Probiotic:** Gut health!
- ★ **Selenium:** Antioxidant that helps lower oxidative stress in your body, which reduces inflammation and enhances immunity
- ★ **Vitamin A:** Involved in the production of white blood cells, supportive to eyes & bones
- ★ **Vitamin C:** Antioxidant, decreases inflammation, reverses cellular damage, boosts collagen, boosts the activity of immune cells
- ★ **Vitamin D3:** D3 plays a critical role in promoting immune response. It has both anti-inflammatory and immunoregulatory properties, and is crucial for the activation of immune system defenses
- ★ **Zinc:** Cofactor of enzymes, blood sugar management, immune stimulating, anti-oxidant

MY FAVORITE SUPPLEMENTS

Master Formula (YL)

Super B (YL)

Super C (YL)

Ningxia Red (YL)

OmegaGize (YL) or Cod Liver Oil (SP)

Vitamin D (DFH) (YL)

Zinc (DFH)

Life 9 (YL)

Inner Defense (YL)

Favorite brands of supplements:

Standard Process

Designs for Health

Young Living

Benefit of oil-infused supplements:

BIO-AVAILABILITY

In one study:

MultiGreens **42% absorption rate** (in 24 hrs) before adding essential oils to the supplement.

Once the oils are added, blood absorption increased **64% in 30 minutes** and **86% in one hour**.

Wellness Recipes

Wellness Bomb

Add the following oils to a veggie capsule and top off with organic fractionated coconut oil:

4 drops Thieves® Vitality™ essential oil
3 drops Oregano Vitality™ essential oil
2 drops Frankincense Vitality™ essential oil
2 drops Lemon Vitality™ essential oil

Directions:

Take 2 capsules per day (every 12 hours). Consider taking a probiotic several hours after ingesting the capsule to preserve good gut bacteria.

Wellness Bath Salts

Add the following oils to 2 cups of Epsom salts in a jar and shake to mix in oils:

2 drops Eucalyptus Globulus
2 drops Lavender
2 drops Sacred Frankincense

Directions:

Once mixed, drop 1 cup of Wellness Bath Salts into a hot bath while filling the tub.

Wellness Roller

Add the following oils to a 10ml rollerball dram and fill the rest with V6 oil or organic fractionated coconut oil:

10 drops Thieves® essential oil
4 drops Lemon essential oil
3 drops Oregano essential oil
2 drops Tea Tree essential oil

Directions:

Roll on bottom of feet daily to support wellness.

Thieves Spray

Add the following oils to a 2oz spray bottle, filling the remainder with distilled water:

10 drops Thieves® essential oil
1 tsp of alcohol free witch hazel

A great sanitizing all-natural spray for on-the-go needs



Diffuser Recipes

Healthy Home

4 drops Thieves®
4 drops Lemon

School Days

4 drops Thieves®
3 drops Lemon
2 drops Raven®
2 drops Frankincense

Orange Spice

2 drops Cinnamon
1 drop Nutmeg
4 drops Orange
1 drop Clove

All is Well

2 drops Frankincense
4 drops Lemon
3 drops Raven®

Herbal Remedy

4 drops Lavender
3 drops Lemon
3 drops Rosemary
2 drops Basil

Mindfulness

4 drops Frankincense
4 drops Lavender

A cheerful heart is good
medicine, but a crushed spirit
dries up the bones.

Proverbs 17:22 (NIV)