

# Always Be Prepared

You are prepared for just about anything now. You have a lovely collection of essential oils, you know how to use each one, and are adding to your knowledge base (and your essential oil collection) each month. But what do you do when...

- You flip that pan off the stove and boiling water pours on your bare feet and you're screaming in pain but don't have a clue where the Lavender is.
- You went to pick up the kids from school and in the chaos of getting the right kids in the car and the others out of the car one of them gets his fingers shut in the door and is crying his eyes out and your Peppermint is at home.
- You went to the store to get groceries and while checking out the lady behind you coughed and sneezed the whole time. You just know you're covered with germs, but your Spice for Life is at home. Will you be able to get to it before you come down with whatever she had?
- One of the kids called from school, their tummy is upset, and will you come pick them up? You have a million and one things to do today and you know that a drop or two of Di-gest will fix that kid right up, but it's home with you and they're at school.
- You went for a picnic and while there you got in a fight with some bees over who was going to get the root beer. You got stung, it hurts like crazy, but your Helichrysum is at home on the dresser.

We've all been in each of the above scenarios. Here are some things I've learned over the years; hopefully you can make my learning experiences yours so you don't have to learn the hard way.

Most of us have our oils in the house. The problem is when you burn yourself, you can't remember where you had the Lavender last and you want it right now, you don't want to go looking. We bought an essential oil case (as our collection grew we had to get more) and designated a location in the house for the case(s). You are welcome to use any essential oil, but it must be put back in the case as soon as you are finished with it. So, if you want to body brush with Bay Laurel before showering, when you get out of the shower you need to put it back in the case. That way everyone in the house knows where to run for the Lavender in case of emergency.

Of course, you're going to run into the, "but I always use Lemon and Peppermint in the kitchen for my Liver Cleanse" or "I use Eucalyptus every day after I shower" or "I put Helichrysum and Geranium in my ears every night before going to bed." These are valid arguments. Here are solutions:

1. Buy a second bottle and put the first in your centrally located essential oil case and the second in the "always used there" location.
2. When the first bottle is empty and you buy your replacement bottle, pour part of the new bottle into the old bottle and place one in your essential oil case and the other in the "always used there" location.
3. Buy an empty bottle, fill it with part of your current bottle, label it and put one in the oil case and one in the other location.

Now, when there's an emergency you always know where to find what you need. Additional benefit, as these oils you're duplicating are ones you use all the time you won't be out when you use up a bottle, go to order another one, and it's on back order or you need to wait a couple of days for pay day.

You went to pick up the kids from school and someone's got a smashed finger and the Peppermint is at home. You can also replace this scenario with someone's got an upset stomach and if you had Di-gest with you they wouldn't throw up in the car. First, you don't want to leave your oils in the car, most of them can handle the heat, but few of them can handle freezing (but, maybe you live where it doesn't get cold, I still don't recommend you leave them in your car). However, when you drive your car you should always have your purse with you. Men, sorry about that, no purses there, as my dad says, he has a "grub-kit." He

throws it in the car before he leaves and brings it in the house when he comes home; it has all his emergency stuff in it. I also know some men who have lunchboxes that carry all their important stuff. Additionally, your kids have backpacks to carry all their necessities in.

I know that if I start to tell you to get an extra bottle of everything for each kid and adult in your house I'm going to have a rebellion. Been there myself and there's only three people in my house. That's where these nifty little 5/8 dram bottles come into play. Each of these small bottles is like a regular 10 ml bottle, but it's about 1/4 the size. It even has the little orifice in it to drop the oil out. They have screw on lids so you don't have to worry about them tipping over. There are even oil cases you can buy to put them in (they hold 14 of the little bottles).

I carry three of these cases in my purse because I carry every essential oil with me at all times. When they release the new oils the end of June I'll have to get another case. This provides me with:

- Any essential oil I need no matter where I am for whatever emergency I am dealing with.
- A sample size bottle if I run into someone who is out of Spice for Life and everyone at their house is sick and they don't want to wait for an order to come in (I just charge 1/4 of the full bottle's price.)
- A backup bottle in case I run out of an oil at home and it's on back order. These little bottles last about 1/4 as long as a full one.

Okay, that's me, I carry all of the essential oils, but not everyone needs to do that. I see kids at school with these cases with just their necessary oils. Maybe a Venus or Mars, a Di-gest, Peppermint, whatever oil they use to help study, if they're sporty they may want to have Basil for leg cramps, Spice for Life to help keep them well, a Lemon to help freshen their locker, Lavender for sunburns or to calm them before the big test. Most of your kids will quickly tell you what their favorite essential oil is.

We have one of these for when we go hiking, hunting, fishing, backpacking etc. It has Helichrysum for bug bites, Peppermint for bruises, Geranium for bleeding and repelling bugs, Tea Tree for rope burns and scrapes, Di-gest for upset tummys, Lemon for water purification, Spice for Life to keep them well, and Lavender for sunburns.

Now, I'm going to stop here and remind you that there are multiple uses for each essential oil. I just listed one use because that's why we decided to put that bottle in that kit, but each oil does many, many things. For example, the Peppermint I mentioned we put in for bruises also:

- Brings down fevers.
- Helps perk you up if you're getting tired.
- Soothes tummy aches.
- Apply immediately after falling to bruises to reduce the bruising. Also works on swelling. You can also use it on cuts and scrapes but it will sting! I recommend the Tea Tree for that, but sometimes it's what you grab that counts.
- Be very careful you don't rub your eye after applying Peppermint, it will sting!
- Helps with headaches, dilute, rub along the back of the neck, up behind the ears, and over the top of the forehead.
- Helps drain sinuses so you can breathe if you're afflicted with allergies or catch a cold.
- If you're getting overheated, add a drop to your bottle of water, it will help cool your whole body.
- And more!

If you have some oils with you when you travel (in your purse or whatever), if your kids have their own oils (at school or wherever they may be), and if you have a specific pack you grab when you're going camping or just on a picnic chances are you will have at least one bottle of essential oil with you when you need it. If you have a bee sting and don't have Helichrysum, apply whatever oil you have with you. It may not be as effective, but it will help. If your whole family has their own oils your main oils in their case will stay put better and be more easily grabbed for emergencies. I know a lot of people who have the little cases in their emergency kits and some who have a complete set of full size bottles in their emergency kits or

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food storage. What a blessing that would be to a family who is having financial problems or if the oils are unavailable or out of stock for a time. My personal goal last year was to get to the point where I had a 5/8 dram bottle of every essential oil in a case in my purse. I can't tell you how many times I've used those oils in my purse. This year I'd like to repeat that goal, but have the 5/8 dram bottles as an emergency stash, one that doesn't get used. Remember, 100% pure essential oils, like those from Be Young will last pretty much forever. Dana Clay Young was asked once what the shelf life was of His (Be Young's) essential oils. Here is his response.

“If you go into a Bed, Bath & Beyond or even some of the health food stores you will get C & D grade essential oils, what I call recreational fragrancng or perfume grade oils—they do not fall into the class of therapeutic. You need to be very cautious with those because they can create real challenges because of the extenders that they use. One of the things that you will find with Be Young essential oils is that they have an amazing shelf life. The shelf life on some oils that you find will be 6 months to one or even two years. With the Be Young essential oil line the shelf life is a little longer—like about 2,000 years. When they opened up King Tut's tomb they found 250 liters of essential oils, the most pristine oils they had a chance to test in a lot of years. That is the longevity of pure essential oils, whenever you adulterate them with anything, jojoba oil or any other kind of extender that you want to use it devalues the quality of the oil and allows them to go rancid and spoil. It is not the oil that spoils but the things they add to it. That is why we are totally committed and why we have left other companies is because of their lack of commitment to the purity of the essential oils.”

So, if you put some effort into having some extra bottles of Be Young essential oils around you will not find that your money has been wasted, they won't go bad, they will be there waiting for you to take the lid off the bottle and introduce them into your life where they will give your body the tools it needs to be healthy.

**To order, for class information, or if you have questions contact:**

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