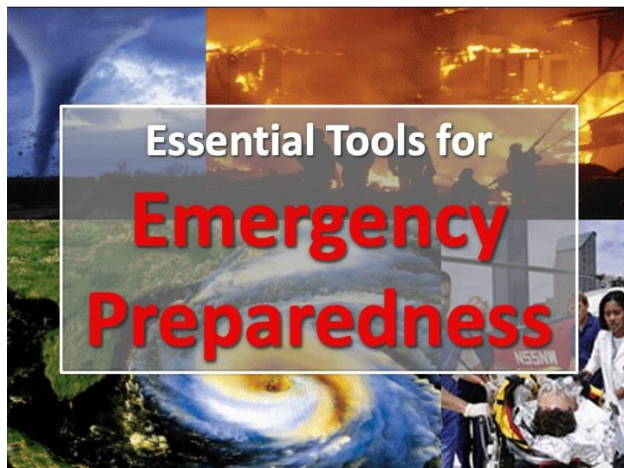


Emergency Preparedness



It seems that in recent years and months, the number and types of natural disasters, unusual weather patterns, crimes and health emergencies are on the rise. Are you ready to handle an emergency if it would impact you, your family or neighbors? In this class we will discuss the essential tools you should have and information that would be helpful to assure you are prepared for an emergency situation. Get ready to take notes and make a list of supplies and tools you should have on hand. What you learn in this class could save a life if the unthinkable would occur.

By Joyce Peraaho, Young Living Essential Oils Brand Partner #752224

Special thanks to Steven Horne, Certified Herbalist



Common Sense Disclaimer:

Statements made during this presentation have not been evaluated by the FDA. Information, products and/or techniques mentioned are provided for educational purposes and not intended to diagnose, treat, cure or prevent any disease. Consult with the health authorities of your choice.

The decision to use, or not to use, any of this information is the sole responsibility of the individual. Don't expect the same results unless you are using Young Living Therapeutic grade essential oils. The presenter and host assume no responsibility to or liability for any loss, damage or injury resulting from the use or misuse of any information provided in this class.



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What we will discuss:

- Various types of emergencies
- Survival priorities & levels of preparedness
- Suggestions for preparing for various emergencies
- How Young Living Essential Oils and products can enhance your emergency preparedness



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Emergencies happen. They are called emergencies because they are normally not expected and can result in injuries and damage to body or property. Emergencies range from minor inconveniences, and even result in loss of life or permanent or life-changing injuries. We will offer suggestions for ways to prepare for various types of emergencies, and ideas of how Young Living essential oils and products can enhance your emergency preparedness. Hang on to your seat and let's dive in...



Why be prepared?

Boy Scout Motto: Be Prepared

- We cannot assume someone else will be there to take care of us.
- We need to be prepared to look after the welfare of those we love (especially our children & seniors).

Knowledge, skill and preparation are essential and must be acquired before an emergency occurs, not after.

— Steven Horne

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My sons were members of the Boy Scouts when they were growing up. They and our family learned the Boy Scout Motto: "Be Prepared." This is a motto that will serve you and your family well. You should be prepared to care for yourself if you are alone, and also to help others in need around you.

Types of Emergencies

Basic (emergency supplies, know-how, first aid skills):

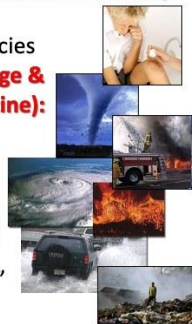
- Individual or family crisis
- Natural disasters or local emergencies

Intermediate (gardening, food storage & preservation, sewing, natural medicine):

- Wide-spread disease
- Wide-spread power outages
- Monetary or social collapse

Survivalist (primitive survival skills):

- Civil unrest and war
- Total collapse – "End of the World"



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This graphic describes various types and severity of emergencies. Are you prepared to the best of your ability to handle them?

Major Concerns

1. Avoiding panic and helping people stay calm
2. Treatment of wounds and injuries (stopping bleeding, etc.)
3. Avoiding hypothermia or hyperthermia
4. Sanitation and avoiding infection
5. Pain relief



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These are the things you should take into consideration in any type of emergency in order of importance. Next, let's consider why this order of considerations is important to remember.

Survival: The Rule of Fours

You can die in (approximately):

- 4 seconds from panic and fear
- 4 minutes from lack of oxygen
- 4 hours from exposure to heat or cold
- 4 days without water
- 40 days without food



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I suggest you memorize these rules of survival.

It's interesting that most "preppers" give primary attention to storing food and water. But have you considered what can kill you faster than dehydration or starvation?

PANIC! Is top of the list. If you do one thing WRONG, it could lead to instant death. So, rule number one is DON'T PANIC. Stay calm and overcome fear as you proceed in a logical and careful manner.

Now, let's take a closer look at how to approach the "Rule of Fours."

Survival Priorities

1. Stress management
2. Oxygen
3. Thermo-regulation
4. Hydration
5. Sanitation & cleanliness
6. First Aid
7. Nourishment
8. Lighting, Communication, Transportation



Another Consideration:

Think about what you would do if you could not access prescription medications or items you are addicted to such as coffee or cigarettes!

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Here are the eight priorities to keep in mind in any emergency.

Let me share a true story that happened several years ago. I was at church and the younger children were playing outside the building. They were supervised, but suddenly one elementary age girl came running into the building screaming and crying in a panic. She had stepped on a nail sticking out of a board in an area where she should not have been running. She was bleeding on her foot. Needless to say, the incident attracted MUCH attention and commotion. Nobody seemed to know what to do. I immediately assessed the situation and figured out the most pressing need was to calm this little girl and the others who were gathering around. I am generally prepared with options for natural health. So I quickly grabbed my purse and pulled out three oils I always carry in it.

FIRST, I grabbed my bottle of Stress Away and had her start sniffing it and applied a little to the back of her neck and near her nose. She immediately began to calm down and the panic stopped. She was still crying, but much more softly. This helped calm others around her also.

Next, we sat her on the counter in the bathroom and started running water over her bare foot in order to contain the blood in a safe location and minimize damage to the property and her clothing. This also helped spot the exact location and size of the wound. I determined reducing her pain would help tremendously to get this situation under control so we could move logically to the next steps. Out came my bottle of Deep Relief. OK, so my rule is if you don't have what you need, use what you have! I knew this oil would help with the pain, and also help calm her even more. I explained that I would put some on the wound and that it might sting a little bit at first, but it would help reduce the pain. She agreed to let me do that. And guess what, It worked!!!! Her tears stopped and soon she was smiling. Whew! What a relief.

Now, I thought in absence of proper medications, something to help clean and disinfect the area would be a good idea. Not wanting to introduce harmful chemicals to the open wound, I grabbed my Breathe Again. I thought, I knew it had oils in it that have properties that can help cleanse and promote a healthy environment, starting a healing process until proper medical attention could be arranged. Next a band-aide was placed on he dried off foot and she was all smiles! A quick treat, and all was calm and happy.

A quick call to her mother who was out of town that day, secured the medical information for what to do next, and reassurance that her vaccinations were up to date. A very happy ending to a small crisis. I am so thankful to have been prepared and that I had the knowledge in my head of what was in my oil blends and how they could work in that emergency.

I hope this story gives you ideas and confidence for ways to use your oils to help in a minor crisis.

Now, let's move on with more ideas...

1. Stress Management

- Confusion, disorientation and denial
- Loss of memory and concentration
- Inability to make rational decisions
- Fear, panic, extreme anxiety, irritability
- Depression, apathy, sadness
- Crying, screaming or overly talkative
- Speechless, passive, withdrawn
- Shock, numbness, stupor & disassociation (this can't be real)
- Auditory and visual hallucinations
- Disrupted sleep and appetite



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What happens when we are stressed and in a panic? Here are things that commonly happen. The longer we go without dealing properly with stress, the bigger the problems and dangers become. Read the list in this graphic and ponder them.

Handling Stressful Situations

- Being prepared makes you less likely to panic
- Take a few deep breaths and try to relax
- Pray and think positively
- Avoid letting your imagination run away with you, stay focused in the present and don't think about what's going to happen next
- Stay busy, do something constructive
- Keep your sense of humor
- Co-operate and work with others (best chance of getting through any crisis is teamwork)



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Here are some ideas for ways to handle stressful situations.

Application

- Learn now to manage the stress in your life
- Being prepared will reduce your fear and stress during emergencies

Products to help deal with stress



- ✓ Lavender
- ✓ Stress Away
- ✓ Trauma Life
- ✓ Peace & Calming

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Fear can lead to inflammation and more serious health and mental challenges. Four oils that I have discovered to help me deal with stress include but are not limited to the following: Peace & Calming, Stress Away, Lavender, and Trauma Life. I suggest you get familiar with these oils and how they make you feel and what things they can do to help.

Trauma Life was a huge help to me when my husband died suddenly from cardiac arrest several years ago. Normally, I don't particularly like the smell of that blend, but during that time in my life, I just couldn't get enough of its wonderful smell. I always tell my oily friends this is an oil you need to have in your arsenal. Because when you need it, you need it NOW! Not after you can order it and wait for the shipment to arrive. Just sayin....

2. Oxygen

Breathing may be a problem in some types of emergencies

- Smoke from a fire
- Dust from a volcanic eruption or dust storm
- Chemical spill or attack

Application

- ✓ You should at least have some bandanas or dust masks to cover your mouth in your preparedness supplies
- ✓ You can purchase Israeli gas masks
- ✓ Cedarwood increases oxygen delivery to the body



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Number 2 on the list of priorities is Oxygen.

Keeping our lungs protected in certain types of emergencies can make all the difference in the world.

Did you know that Cedarwood helps increase oxygen delivery to the body? Plus, there is the added benefit that it is also calming!

3. Thermoregulation

Knowing how to keep your body cool in hot weather and warm in cold weather is essential for survival

Temperature regulation is affected by

- Food intake and metabolism
- External insulation (clothing, blankets, etc.)
- Exercise



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Number 3 is Thermoregulation. Keeping warm or cool is something we often don't consider unless a situation is extreme. However, when a person is in shock as a result of an emergency this can become extremely important. I remember as a teenager, I was riding a bicycle. I don't recall the details anymore, but I landed on the hot pavement with the bare skin of my leg on the ground. It was burning my skin and to this day, it's all I remember. I was experiencing a burn on my legs from the hot tar. All I wanted was a rag or shirt to put under my leg to stop the burning. I still remember that to this day. Keeping the body comfortable can go a long way in handling an emergency properly.

Application

- ✓ Keep clothing that can be worn in layers in your supplies
- ✓ Have some materials for emergency shelter:
 - A tarp and some cord for pitching a shelter or ground cover
 - Wool blankets or a sleeping bag
- ✓ Emergency fire starters (matches, lighters, flint & steel, magnifying glass)
- ✓ Have an emergency back-up for heating and cooking



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Here are ideas for ways to help regulate body temperature during an emergency. Learn how to build a fire if needed. Consider ways to have shelter from the elements. You might have to think outside the box.

4. Hydration

- Water is far more critical to survival than food. Even slight dehydration adversely affects your physiology and psychology.
- Store at least one gallon of drinking water per day for each family member (2-3 gallons per person in hot dry climates) – Keep at least a three-day supply.
- If you anticipate a water shortage, fill all existing containers including bathtubs, sinks, pots & pans, etc. with water

Emptied and washed NingXia Red bottles are great for storing water!



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Hydration rates #4 on the list. When you are dehydrated, it can affect not only your body's ability to function well, but it can also impact your reasoning abilities.

I keep several emptied and sanitized NingXia Red bottles filled with pure, clean drinking water. So that if suddenly the water is shut off in my home, I still can keep hydrated with safe water.

Storing water

- ✓ **Iodine** (2% tincture) – Add 5-8 drops into a quart of clear, temperate water and let stand for 30 minutes before drinking
- ✓ **Boiling** – Boil water for 2-5 minutes with the lid on to kill harmful pathogens
- ✓ **Filtration or distillation** is required to remove chemicals



Essential Oils:

- ✓ Thieves Vitality
- ✓ Lemon Vitality
- ✓ Cinnamon Bark Vitality



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Here are several ideas for ways to keep water pure when storing it for long periods of time, or for making use of water when you are unsure of its safety. You may also want to look into having a “LifeStraw” filter or water bottle, which is a product you can purchase online.

5. Cleanliness & Sanitation

- Maintaining health in a survival situation is critical
- Pay proper attention to sanitation
- Proper handling of human waste is very important
- Wash your hands, pots, pans & surfaces

Application

- ✓ Thieves Household Cleaner
- ✓ Thieves Spray
- ✓ Thieves Hand Sanitizer
- ✓ Thieves Bar Soap
- ✓ Thieves Foaming Hand Soap



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Here are products that will go a long way in keeping clean and sanitary during emergencies. I keep a bottle of Thieves Hand Sanitizer in my purse all the time.

6. First Aid



- Make sure you have first aid training and supplies to disinfect wounds, burns, etc. to prevent infection
- You may also have to deal with diarrhea, constipation, nausea and vomiting, fever, flu or other acute illness



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I strongly encourage you to keep an emergency first aid kit in your car at all times. Several oils that you could include in that kit would be Lavender, Frankincense, Peppermint, Thieves and Melrose. Study their benefits in your Reference Guide so you know how to use them.

Basic First Aid Supplies

- Bandages (small, medium, large – 10 of each)
- Sterile gauze pads (6 or more)
- Butterfly strips (10 or more)
- First-aid tape (2-inch width – one or two rolls)
- Nitrile (or Latex Free) gloves (5-10 pair)
- Kling wrap (self adhering roller bandage – one roll)
- Elastic bandage (3-inch width – one roll)
- Moleskin (for blisters – four 4" squares)
- Safety pins (5-10)
- Syringe (1)
- Needle and tweezers (for slivers)



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Here's a list of basic first aid supplies your kit should include at a minimum.

Other First Aid Supplies

- Lip balm, sunscreen and insect repellent
- Small scissors
- Scalpel with blades
- Sharp knife
- Bandana (use as dust mask, sling or bandage)
- Antiseptic wipes and hand sanitizer
- Something for pain and inflammation
- Remedies for cold & flu
- Infection remedies



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Other useful supplies to include in your kit are listed in this graphic.

Suggestions for a Natural First Aid Kit

- Lavender
- Lemon
- Peppermint
- Frankincense
- Thieves™
- Purification™
- Melrose™
- PanAway™
- Peace & Calming™
- Valor™
- Helichrysum
- Trauma Life™
- Inner Defense Capsules
- Animal Scents Ointment (Yes, it is for people too!)
- Thieves Hand Sanitizer
- Thieves Spray (For skin and surfaces)
- Thieves Cleansing Soap
- Thieves Toothpaste (A dab can also be used as a deodorant)
- LavaDerm Cooling Mist
- V-6 (Carrier oil for diluting essential oils)



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These are several products from Young Living every home should have on hand at all times, in my humble opinion! If your budget won't allow you to get them all at once, you can purchase some each month in the Loyalty Rewards program. You'll earn points when you purchase them that way and you can use the points you earn to spend like cash on products you want or need. Highly recommended!

Burns & Sunburn

- **LavaDerm After Sun Spray** Temporarily relieves the pain and itching associated with minor burns, sunburn, minor cuts, scrapes, insect bites, and minor skin irritations. It has lavender and Aloe Vera.
- **Lavender Essential Oil** is commonly recognized for its soothing qualities.

Note: It is important to make sure you have true lavender that has not been adulterated. Lavandin is a cheaper oil and is often used to extend the lavender. Lavandin is chemically very different from pure *lavendula angustifolia*. Lavandin contains high levels of camphor and will burn the skin. By contrast, true lavender contains virtually no camphor and has burn-healing agents not found in Lavandin.



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Two items I would not want to be without are LavaDerm After Sun Spray and Lavender. Even though Lavender is not one of my favorite fragrances, I really do love its many benefits and uses. Many people like to refer to Lavender as the Swiss Army Knife of essential oils.

Cuts, Scrapes & Other Minor Injuries

Lavender, Tea Tree, Melrose, Purification, Thieves Essential Oil, Thieves Spray, LavaDerm Spray

First Aid Spray

4 drops Melrose Essential Oil Blend
¼ teaspoon Thieves Household Cleaner
¼ teaspoon salt
4 ounces distilled water

Put in a spray bottle and shake vigorously.

Spray minor cuts and wounds before applying bandage.

Repeat 2-3 times daily for 3 days.

Complete the healing process by applying a drop or two of Tea Tree (*Melaleuca alternifolia*) oil to the wound daily for a few days.



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Here's a recipe for making your own DIY First Aid Spray. It's easy to make and store. I like to store it in a repurposed Thieves Spray bottle. The spray bottle is nice so you don't have to touch the hurting area. I also love the KidScents oil blend called "Owie."

Effective Cleaning

Thieves Household Cleaner
Thieves Spray
Thieves Cleansing Soap
Thieves Foaming Hand Soap
Thieves Veggie Wash
Thieves Veggie Spray
Thieves Hand Sanitizer
Thieves Laundry Soap
Thieves Wipes



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Various types of disasters often involve extensive cleanup after the emergency is over. Flooding, tornados, fire, etc. Young Living has a huge selection of cleaning products that work so well and and cost effective, since they are highly concentrated. Be sure to stock up on your cleaning supplies that are free from harmful chemicals. The last thing you want is to add to add toxic chemicals to your body when you are already facing challenges. Young Living to the rescue!

Bee Sting or Insect Bite

Lavender, eucalyptus globulus, citronella, tea tree, peppermint, rosemary, Purification, Melrose, or PanAway may provide some comfort.

Apply 1-2 drops on bite location 2-4 times daily.

Purification may help neutralize pain from bites and stings



Remove Ticks

Apply a drop of **Peppermint** oil on a Q-Tip and dot it on the tick. Wait for it to let go, then remove the tick.



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Two great oils for your first aid kit are Purification and Peppermint. Here are ways I have used them in emergencies in the past.

Insect Repellent

- This is my favorite insect repellent.
- It works wonders to keep the biting insects of all types off.
- I have had no bites while using this product.



Itching

Apply a drop of **Peppermint** or **Purification** oil topically on unbroken skin to stop itching.



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More products I always like to keep close by in the summer months in Minnesota are shown in this graphic.

Nausea or Motion Sickness

Peppermint Vitality, Aroma Ease, Ginger Vitality, Spearmint Vitality, DiGize Vitality

Put a drop on your tongue & get relief from motion sickness. It works in seconds.

Sometimes it is enough just to inhale the peppermint oil.



Heat Fatigue or Lack of Energy

- **Peppermint** oil, rubbed on base of skull, inhaled, and added to drinking water.
- Peppermint is very stimulating. Inhale it & put a drop or 2 on your big toes.
- For a refreshing and reviving morning bath - add 3 drops peppermint oil to the water.
- Invaluable when traveling to a new time zone (Jet Lag).



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There's nothing worse than feeling tired or upset when you are dealing with an emergency. Here are some ideas for ways I have calmed temporary discomfort.

Head Discomfort

Peppermint, lavender, PanAway, Deep Relief, M-Grain

- Rub a couple drops of PanAway or peppermint on the back of the neck, on temples or forehead, inhale.
- Create a soothing compress by rubbing 1-3 drops of PanAway on location, cover with a warm cloth. Leave for 30 minutes.



Pain Relief

Wintergreen, peppermint, cypress, fir, spruce, pine, helichrysum, PanAway, Relieve It

- 2-4 drops on location as needed.



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Sometimes you just need a quick way to soothe pain or discomfort while waiting for other help. These are must-haves on my personal list.

Digestion Assistance

Peppermint, Di-Gize, DiGize Vitality

- Add a few drops in an empty capsule and take internally after a heavy meal. (Be sure you are using PURE Therapeutic Grade essential oils for this.)
- Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.



Throat Comfort

- Mix 1 drop **Lemon Vitality** or **Thieves Vitality** in half glass of warm water. Mix well then gargle.
- **Thieves Hard Lozenges** or **Thieves Cough Drops**



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Ok so the list is getting long, but I surely would never want to be without my Thieves Lozenges. The Lozenges are my favorite. But if you prefer more of a menthol flavor, then Thieves Cough Drops are your go-to.

Connective Tissue Trauma

PanAway reduces pain and **Lemongrass** promotes the repair of connective tissue.

Lavender with **Lemongrass**, or **Marjoram** with **Lemongrass** work well together for inflamed tendons.

- When selecting oils for injuries, think through the cause and type of injury and select appropriate oils. For instance, tendonitis could encompass muscle damage, nerve damage, ligament strain/tear, inflammation, infection, and possibly an emotion. Therefore, select an oil or oils for each potential cause and apply in rotation or prepare a blend to address multiple causes.

The oils in **Ortho Sport** and **Ortho Ease Massage Oils** reduce pain and promote healing.



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Injuries often involve connective tissue. Here are some of my favorites to keep on hand.

Bleeding Quick Response

Helichrysum, geranium, cistus, lavender, myrrh, PanAway

- 1-2 drops on location



Nosebleed First Aid

Helichrysum, geranium, lavender, cypress, lemon, peppermint

Nosebleed blend: 2 drops helichrysum, 2 drops lavender, 2 drops cypress
Apply 2-4 drops to the bridge and sides of nose and back of neck.
Repeat as needed.

Nosebleed regimen: Put 1 drop helichrysum, cypress or lavender on a tissue paper & wrap the paper around a chip of ice about the size of a thumb nail, push it up under the top lip in the center to the base of the nose. Hold from the outside with lip pressure. This usually stops bleeding quickly.

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Stopping bleeding fast is very important. Here are some natural ideas for this type of emergency.

Bruises

Cypress, Helichrysum, White Fir, Lavender, Roman Chamomile, Geranium, PanAway

- 1-3 drops, 2-5 times daily. Helichrysum is especially beneficial in healing bruises when applied neat on location.
- Compress: cold, on location, 2-4 times daily, as needed



Blisters



Lavender, Sandalwood, Cistus, Tea Tree, Frankincense, Lavender, Roman or German Chamomile, Purification, Melrose
Apply to blistered area 3-5 times daily, as needed

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Bruises and Blisters can be problematic. Yes, I'm throwing a lot of tips out to you in this class. You may want to come back and revisit these ideas a few times. Remember, being prepared is critical in emergencies. Reviewing the information until it's firmly in your mind so you can recall and use it when needed will go a long way toward a better outcome during an emergency.

Restful Sleep

Lavender, Peace & Calming, Cedarwood

Try dripping 3-5 drops of lavender down your spine.
1-2 drops on the bottom of each foot, hop in bed and breathe the remaining oil.

To Calm and Relax - Lavender is well known for its calming and sedative properties. Rub a couple drops on the back of the neck and shoulders. Inhaling also works wonders.



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And don't forget sleep! When you are rested, everything goes so much better. These are some of my favorites.

Always Keep The Essentials On Hand

- The **Everyday Oils Collection** provides a super-pack of necessities for nearly every need
- It's a great place to start if you don't know what oils to get first or if you need to resupply your essentials
- Young Living's therapeutic-grade essential oils are safe and effective
- Ten of our most popular essential oils and blends for a wide range of uses and benefits



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Young Living has several collections to make it easy to get started with a wide variety of oils or products. If you are feeling confused or at a loss of where to start, please reach out to me and I can offer some ideas to you based on what you may already have and what you feel you might need. Let's make sure you have what you need and what you will use. I'm here to help you.

Additional Tips



- First aid kit needs to be portable, ideally waterproof and readily accessible
- All family members should be trained in first aid and what all the remedies are for

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It doesn't do any good if you are the only one who knows how to use your oils. Please make sure your family and friends know what to do if you are the one who needs help! It could be a matter of life or death.

7. Nourishment

- At minimum you should have a 14-day supply of easily prepared (ready to eat) foods for emergencies.
- You may want to store more for a longer period
- Store only what you and your family will eat and rotate what you store
- Store food away from light, heat, cold, moisture, and excess oxygen. A cool, dry dark place is generally best.
- Store seeds and grow a garden
- Preserve your own food
- Learn to identify & use local edible wild plants
- Have something for emergency cooking

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Number 7 on the list of priorities is nourishment. Will you have healthy food to eat in an emergency? Check these tips for providing nourishment during emergencies. Your body will need healthy nutrition to keep you healthy without battling ingredients that could make you sick. Yes, Young Living can help with that too!

Nourishment from Young Living

- NingXia Red
- Wolfberry Crisp Bars
- NingXia Wolfberries
- Slique Bars
- Einkorn Crunch



Survival Nutrition Tip: Proteins can't be digested unless you are well hydrated, so don't eat them if you are dehydrated. Proteins need to be eaten with fats or you can get very ill.

* These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.

Here are some ideas to consider stocking in your healthy pantry.

8. Lighting, Communication, Transportation

- ✓ Have some form of emergency lighting available
- ✓ Get an emergency radio, battery powered with wind-up generator
- ✓ Have a plan for where the family will assemble in an emergency if cell phones don't work
- ✓ Prepare a "bug out" kit and have alternate means of transportation if possible (including rugged, comfortable shoes or boots)



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Finally, here are some final considerations. These can go a long way in your emergency preparedness plan.

Extreme Preparedness

- ✓ Move out of the city into a more rural area
- ✓ Have a home that can be passively heated & cooled
- ✓ Have a garden and possibly animals
- ✓ Get a gun for hunting and self-protection
- ✓ Learn how to live in harmony with nature

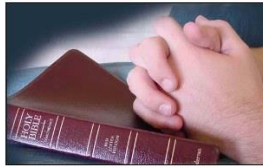


***Supplies can be destroyed,
but your knowledge will still help to see you through***

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I hope this class has given you knowledge that you can absorb to help you in the event of some unforeseen emergency. It's my pleasure to provide you with education to help you in so many ways. I'm not here just trying to sell you something. I want you to internalize information that you can use over and over again as you journey through life.

Spiritual Preparedness



There is no fear in love;
but perfect love casts out
fear (1 John 4:18).

- ✓ Even if you are prepared,
you may still die in an
emergency
- ✓ We are all going to die
someday
- ✓ How we live our life is
important
- ✓ Survival isn't worth
selling your soul for

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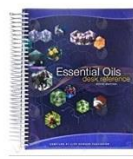
Finally, and most importantly, let me ask if you are spiritually prepared for the future? Jesus is the answer. He will never let you down.

I find it interesting that when an emergency happens, even the most stoic people will talk about prayer. Eternity is set inside us and we all have an inner knowing that we must be prepared to face our loving creator and the God of this universe. I'd be honored to discuss your questions on this topic also if you want to reach out to me.

Educational Resources



**"Dr. Mom's
Essential Oils First Aid"**
by Judy Jehn, RMT and
Brenda Sheldon, RMT



**Essential Oils Desk
Reference**



Holy Bible

Gather some good reference books:

Wild Edible Plant Identification, Herbal Remedies, Home Remedies

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I encourage you to keep some books in your library to refer to when you need them.

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*90-Days
to Getting
Prepared!*

Are you ready to start your emergency preparedness kit or complete one you have already started? I promise, it's not one size fits all. Let me help you customize your emergency preparedness plan and kit. I've been using Young Living products over 24 years and spent many years educating myself to better help you. Let's connect soon.

If you would like to know more about how

ESSENTIAL OILS CAN ENHANCE YOUR EMERGENCY PLAN

contact your



Representative

www.ShareScents.com Joyce Peraaho Brand Partner #752224

Thanks for taking time to go through this class. I look forward to talking with you soon. I encourage you to download the handout listed along with this class. It's a list of handy tools you can print and refer to quickly.



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- *Information obtained here is meant for educational and informational purposes ONLY, and to motivate and empower you to make your own wellness journey based on your own research and partnership with your healthcare provider.*
 - *The statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.*
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