

# YOUNG LIVING TRAINING TAPE #63

## MODERN MEDICINE'S MISSING PIECE PART TWO

### D. Gary Young, Dr. Ann Blake Tracy, Mark Taylor

*We welcome you to Training Tape #63 from the 2004 Young Living Semi-Annual Convention, Gary Young continues on Part Two of his highly informative lecture, "Modern Medicine's Missing Puzzle Piece." Also, Dr. Ann Blake Tracy and Mark Taylor reveal some of the great dangers that result from antidepressant drugs, and now here is Gary Young.*

#### **Gary Young - Chemical Evolution**

It's all part of this whole chemical evolution that we are living in. Everything that is a chemical (particularly a petrochemical) is a xenoestrogen, and when young boys are taking these products into their bodies, estrogen decreases testosterone in men, so that is one of the things you really want to be aware of.

Mercury in cosmetics: (overhead slides used). Almost any ingredient may be allowed in cosmetics and perfume. There is very little regulation on these nitrozymes (known cancer-causing agents) allowed. Look at the compounds and ingredients in your typical skin care that is on the market today—shampoos, creams, lotions, hair conditions. Nitrozymes may occur during manufacture or during product storage. Many nitrozymes have been determined to cause cancer in laboratory animals. Well, they don't see what the cause of cancer is in adults until it's too late, but it's there and it's happening and it's very, very serious.

Health affected or body systems affected:  
When nine people were tested the number of chemicals found that are linked to the listed health impact, the average number found in people was nine, total found in all nine people. Cancer chemicals range - 53 to 76 (lowest and highest) were found in all nine people; 36 to 65, birth defects, vision, hormone system—look at the hormone and the cancer. Isn't that interesting how they almost correlate the same..hormones and cancer. Stomach, intestines, kidney, brain and nervous system, reproductive system, lungs and breathing, skin, liver. Well, well, well—what were we talking about with the liver! And we wonder what's causing it!

#### **Flip Charts can be Valuable**

How many of you feel that if you had this information in a flip chart portfolio (the hormone information is available, the toxic waste is not available yet, but will be shortly after we get home) would it be valuable? We will take this information today and put it into a flip chart because I want you to be able to go into the homes of people and sit and show them, and let them read the articles. There are so many people who are so skeptic.

I had an interesting conversation with a gentleman who has worked for us for five years as a carpenter and he is so skeptical, he thought everything that I did was just snake oil stuff. He worked for just four months remodeling the Clinic and he said, "Gary, I am starting to realize that the things you teach are very much needed and are really very worthwhile."

Sometimes it takes a while for it to sink in and people can grasp and understand what is going on, so I am really putting a lot of effort into creating this information to make it available for you so that you can take it in a flip chart, sit down and show people, and let them read it. And it's all documented.

#### **Studies on Fake Hormones Reveal Truth**

Dangers of fake hormones: While we are on this, I want to go to the research from the World Health Organization (WHO) and the statement that was made at the Conference in Sidney, Australia on March 4, 2004 on Aging and Longevity in Sidney, Australia.

The information was released on HRT. Researchers ended a major study using synthetic progesterone and estrogen (Premarin) early because after five years, the harmful effects increased breast cancer and outweighed any benefits. The study's Safety Monitoring Board decided to call an early halt because the group receiving synthetic hormone therapy showed 26% more invasive breast cancer,

29% more heart attack and heart disease death, 41% more strokes and 100% more blood clots. That is your wonderful fake hormones! The World Health Organization on the 4<sup>th</sup> of this past month published a statement at that Congress that was very interesting.

It is very, very important to know some of these things and that documentation will be made available for everyone of you to have because I want you to have the ammunition so you can go out there and show it to people. This is not just talking about folklore medicine; we are giving hard copy documentation to wake the people up, to get them off the chemicals because we are killing our children..and they are the future of our world.

#### Other side effects of synthetic estrogen:

Nausea, edema, weight gain, endometrial cancer. For synthetic progesterones there is weight gain, mild depression, cardio-vascular risks, hypertension, excessive blood clotting. Those are some other side effects of taking fake hormones. This is not just about taking fake hormones. Every form of an unnatural hormone (whether it is a xenoestrogen or a xeno-like estrogen) is a fake and it will create these same side effects and it will bring the same results and the same outcome..so stay away from them.

#### **Make a Choice..**

I had women in Toronto coming up to me and saying, “But I’m on Premarin, I’m on hormone replacement therapy, I’m on this, I’m on that..” and I said, “How’s your sex life?” and they just stopped cold in their tracks. “Well, uh.h.h...” I said, “That’s all I need to know, and now you have two choices. Either get off from it or prepare to have cancer. Those are the choices.”

It is very sad that people get so conditioned to believe the lies they are told, and then what happens? Ten or twenty years later—it’s been almost four decades with hormone replacement therapy—and now they are coming around and saying, “Oh, this is dangerous. It puts women at high risk of cancer.” How many people are going to die with it? Let’s go to the effects of natural estradiol. Many tissues have estrogen receptors. Estradiol blocks reabsorption of bone, increases vitamin D-3 levels, increases calcium absorption, increases HDL, decreases LDL (this is your bad cholesterol).

#### **HRT Puts Women at Risk**

They had come to the conclusion that they were wrong with hormone replacement therapy, that it was a detriment, and that it put every woman at severe risk. That is documented and I presented it at Toronto.

The LDL is the cholesterol you do NOT want to have high in your body. HDL (high density) is what you want to have because that is where your hormones are made from, right there. It increases cholesterol excretion by the liver,. Estradiol is converted into estrone, the estriol in the liver. It is very critical to know where it is coming from and how it happens.

#### **You are What You Eat!**

There are many other things (as was just mentioned over here), the things you eat that give you the fake hormones from beef and chicken and pork and all the foods that are not organic. Even your vegetables contain fake hormones! Why? Because they have chemicals on them from pesticides to herbicides to growth enhancing hormones put on vegetables and fruit crops, and that has been going on for 30 years. So if you don’t eat organic and you’re not growing your food, you are eating death and you will never have good, balanced hormones. So how can you be excited about life! How can you be a walking billboard of health if people are going to say, “Wow! I want to be like that...what are you doing?”

#### **What You Eat, Drink, and Breathe**

Those are the things you want to take into consideration. It’s not just about taking it; it’s about what you are eating, what you are breathing. If you are drinking water or if you are bathing in water that has chlorine in it, you are shutting the thyroid gland down. If you shut the thyroid gland down you are going to compromise testosterone and estrogen. If you cause interference to the pituitary (and what would cause interference to the pituitary)..low thyroid function...shampoos, hair sprays, chemicals, deodorants, anything that you breathe that is a chemical will interfere with the pituitary. What happens with pituitary? It stimulates the hypothalamus and helps to secrete with pituitary hormones, and number one...from the anterior pituitary is human growth hormone that goes to the liver and has to be converted to insulin growth factor

1 to go to the pancreas to co-produce and manufacture and split estradiol from 16-Alpha to 2-Alpha...and if the pituitary, the thyroid, and the liver are toxic, you are shutting down the entire hormonal system down in the human body. So, it's all up to choice. It's very simple.

### **Real Versus Phony Estrogens**

Let's go to the next one: Real versus phony estrogens. Look at the real...we have three real and we have the synthetic and you look at them and they look all the same. We have OH (that's oxygen/hydrogen) on that chain. We have just oxygen on that chain, but we still have a real hormone and this is the estradiol. And then we have estrone, so we are missing the hydrogen molecule which makes estrone. Then we see estradiol and we have a double bond of oxygen and hydrogen here. Now when we look at the synthetic estradiol and we have a triple here that is not found in a natural hormone or a natural product. This is what is called the xenoestrogen because it has the likeness and a like action of it, but it causes a disruption in the follicle. And that is what is happening right now with all of these xenoestrogens—they are creating an upset in the follicle and that is why so many people today cannot reproduce. Our number one problem in America today is infertility. How many know that? It is true. Look at all the fertility clinics that are just springing up. It is one of the greatest businesses right now and one in which a medical doctor can be involved.

### **Real and Phony Progesterone**

Next we have the real and the fake progesterone and another synthetic down here where you can see all the structure and how the structure changes. When this hormone goes into the receptor site the fake hormone does two things: Because it contains the petrochemical compounds, when it hits the receptor site, it will not fit the lock and it will bump around on that receptor site trying to get in, because the hormone is just like a key going into a lock and it has to fit specifically. The xenoestrogens will not fit in that lock, so they will bump onto that receptor site and keep bumping it and every time they bump it they leave a microfilm deposit of that chemical residue on that receptor site until it totally surrounds it, just like putting a cocoon around the receptor of that petrochemical. Now when a real hormone comes along to get into the receptor site, it can't get in because the receptor

is covered with a chemical residue...we call it a microfilm of plasticizers. The end result is that receptor now cannot transmit the information to the DNA and when that happens then the telomere strays start to deteriorate and break down, and therefore telomere strays (which is the communication line to the MRA cannot give the signal, and the MRA is responsible for the replication of a new hormone...and so it doesn't happen and then the hormones just start diving.

### **High Progesterone Levels Protective**

Let's go to the graph on progesterone. Breast cancer patients with higher progesterone levels survive twice as long—of course, because it checkmates the xenoestrogens, and that is why progesterone is so protective for women (and you can see that here in this graph). Overall survival of node-positive patients based on progesterone.

Now let's go to progesterone levels. Here we see it again...age 20. Look at how it drops even more dramatically than the estrogen, but in the estrogen we saw in that graph it went down a little slower over here, but the end result was the same. We were still down here in the 20's with estrogen. Progesterone will always drop faster. This is why the progesterone is very, very important for women to help protect themselves and keep those levels at a more stable balance. In the Pregnenolone chart we see the declining with pregnenolone. It's a little less dramatic, but it also is going in the same direction. This is not how you are going to extend years to your life.

### **No Menopause in Longevity Countries**

Next, your estrogen levels and progesterone levels. See how they parallel. They are very, very close to each other. The progesterone always kicks in a little later and climbs up to support when the estrogen is dropping off and then they will both drop off at the end of the cycle on the 24<sup>th</sup> to the 28<sup>th</sup> day. When this is dropping off is when you go into that kind of fatigue phase and you feel like..”Wow! I just can't seem to get through the day.” This is what is normal, but this is not “normal.” It is normal in our society, but we don't see this in women in other countries.

In other countries, their levels will stay higher. They don't climb quite as dramatically as high, but they don't drop off as dramatic either. It's more like a wave where that has peaks and

valleys..and that is why women in other countries like Vil Columbo and Equador and Hunza Land and Ninja and Azerbaijan do not experience menopause. They don't know what menopause is because their levels are just gentle waves, so they don't have the depression. They don't have the erratic behavior and mood swings that we see here in America..the "dragon time."

### **Estrogen Cycle**

Next is the estrogen cycle with progesterone again and we see the same thing. This is at age 20 to 35 and look at this: This is where it gets traumatic—35 to 50—do you see what's going on, ladies? Can you understand? Do you have a little better visual now of why the feelings and the emotions start happening at 35? And if you have had children earlier in life (like women who have had children between 17 and 20) you will go through these changes in 25 to 35 just like we are seeing here at 35 to 50. These charts were based off from the average women who normally did not start having babies until they were 22, but a woman who has a child at 17, 18, 19—those levels will drop much quicker by at least ten years. Is that dramatic! Wow!

### **Sexual Decline in Women**

Let's go to the next one..testosterone. This is also how the levels drop in women and this is what I was talking about earlier—20—it seems like that is the magical age, isn't it? When life is over at 20..and she's all downhill from there on! And it is not! In these other countries women don't start having a sexual decline, in Vil Columba and the Peruvian Mountains where I was a few years ago, Pakistan and Hunza Land, Ninja and Azerbaijan, and the people in the Tallish Mountains.

I had some charts put together where these levels didn't start dropping off until they were well into their 60's..and they had declined, but it was more of an "ocean wave" rather than a drastic decline. So now we start seeing why these people live to be 120 or more and why we are not.

I get so miffed when I hear them saying, "Oh, we are living longer in America today than we did 50 years ago." Baloney! Don't listen to that garbage for five seconds because they are just brainwashing you. The reason they say that we live longer now is that we have not had any major wars. How long has it been since we have had a world war? We had World War I, we had World War II,

we had the Korean War—and how many young men were killed at 18 to 20 years of age during those wars, not to mention going back to the Revolutionary War or the Civil War or all the wars? They use all those numbers to determine that we are living longer today. It is phony!

### **Alive..or Just Living?**

Yes, we are living longer plugged into IV's and life support systems and old age homes and nursing homes and day care homes for the elderly. It's retarded. I never found one senior citizen home in Hunza Land, I never found one nursing home in the Tallish Mountains of Azerbaijan because the people are still out working in the fields or their gardens at 140, living the way God intended us to live.. "Earn thy bread by the sweat of hy brow every day of thy life."

### **Important Hormones**

The next one..DHEA—age 20—this one here is so important because DHEA is the hormone that maintains testosterone in men and women. This is your youth hormone. If it keeps the testosterone up in men and women, then think of what could happen!

The growth hormone. The HGH is secreted up until 2:00 o'clock and 1:00 o'clock is the peak time and then it declines off, then at 10:00 or 11:00 o'clock it starts on its way back up again. You see a 78 year-old and look at 25 year-olds, how quick it drops off. So the older you get, the healthier you are going to be if you live that long.

Cortisol levels. Again, from age 20 the cortisol levels just keep climbing and climbing—the aging hormone, the death hormone. It is the hormone that sets us up for disease and problems—signs of deficiency in progesterone and estrogen, osteoporosis, reduced muscle, increase of abdominal fat. This one right here is where so many (and not just women) have trouble not being able to get rid of the fat around the mid section. That is your first indicator of low testosterone if you carry fat here and low estrogen if you carry fat here, especially if you are an "A" blood type. If you are an "O" blood type and you are carrying fat here, it is because the pituitary/thyroid need assistance in a dramatic way. Impaired memory and learning reduces glucose utilization; impaired immunity cardiovascular disease.

### **Number One Remedy for Alzheimer's**

This is another thing that has just been discovered and is something I want to share with you before I close is the number one remedy to Alzheimer's. Do you want to know what it is? This just came out a few weeks ago—documented research, cold, hard facts...the answer to Alzheimer's is **testosterone!** When you see what is happening in our lives and how all of these xenoestrogens that we are exposed to are decreasing our hormones, we can see a direct relationship with Alzheimer's.

I didn't get a chance to make a graph with that, but the absolute decline with testosterone parallels the incline in comparison with that of the increase in Alzheimer's and also with the intake and the sale of Prozac antidepressants. I will have that when I get this packet completed. I have been working on this for three years and it has been so exciting. For everything I have seen, everything I have believed in, I have used my sweetheart as a Guinea pig and it has proven 100%.

What kind of research can a scientific community do to have an outcome of 100%? That is what I had with my research subject—100% effect—pretty good numbers, wouldn't you say? There are the xenoestrogens. Progesterone is produced almost entirely by the corporate lidium, and once women stop ovulating, little progesterone is produced. So what does this tell you? Progesterone is going to be a woman's best friend! But it's not just progesterone—there are some other things—and Dr. Tracy is going to share some very special things with you.

### **Experimentation with Mary**

I want to tell you something...can we just go to the things I made for Mary. This is *Lady Sclareol*...do you like that name? Do you know where this word comes from? That is the chemical compound in *Clary Sage* that is estrogen-like in action. This is your beautiful oil that now becomes your evening perfume. I will share one more little tidbit with you...it is most effective when applied by the opposite sex! Next is *SclarEssence*. This is the formula I used for Mary orally, and this is the formula that I used for myself. This is a unisex formula for male and female. It is not estrogen, it is not testosterone. It is a support to the body system in helping the body to produce the hormones that are deficient, estrogen and testosterone. This is

*ClaraDerm Spray*. This is the spray that I made for my sweetheart and I asked Mary if she would feel okay about coming up and sharing a word about that.

(Mary, bring the baby up with you..) "Say hi to everybody!" (His eyes are so bright!) "Can you say Hi? That was a good one!" This is little Clary Sage!

### **Mary Young - Another Daddy's Boy!**

And he's his Daddy's boy, too...just like Jacob. When Gary's around...he doesn't want me...just like Jacob. It's quite hilarious! When I birthed Jacob I experienced a lot of pain and afterwards a tremendous amount of swelling, extreme discomfort, and pain. I had a difficult time sitting down—it was miserable for the first couple of weeks.

### **A New Spray with *Helichrysum***

When I was anticipating the birth with this new little one I said, "Gary, I want you to make me a spray and I want it with *Helichrysum* and whatever else you think would be helpful because I don't want to go through that again. So he had this spray he made for me and he did it straight (neat) and it really stung and he couldn't figure out why it would sting. Because of the oils in it they shouldn't sting, but I didn't care because there's a feeling of pain that helps and pain that doesn't help. (I am sure many of you know what I'm talking about.) So I just used it anyway. It was really interesting because after he was born I didn't have much discomfort and I didn't have any swelling and I didn't have any problems sitting down. I was careful, but it was so much easier than with Jacob.

When he decided he was going to make this available to everyone he decided not to make it so strong, and I have to tell you...it's just as good and I actually prefer it the way it is now because you can spray a whole lot more and you can use it more frequently or however you want.

There is a slight feeling of something that really helps and you are really glad that you have this product if you have the need. I am sure that as people start to use it they will discover all kinds of different things for which it will be good, and that's the way it is with so many of the products.

### **Great Results with Baby Products**

I hear all kinds of interesting stories about *TenderTush*, and as you know, that was made so

that I wouldn't have stretch marks—and I have not a single stretch mark, even with the second baby. People use it for everything and after Jacob was born I thought, “Well, let's try something else with it..” and we just use it for everything! I've been using it on my face and my hands. These baby products are really spectacular!

I might tell you we are also giving this baby *MightyMist* already and he smacks his lips. He's not sure what to make out of it, but he's not spitting it back at me. Jacobs loves it and it's a great way to get these multivitamins into a baby or a small child that doesn't want to chew or even take the *MightyBites*, although Jacob does like the *MightyBites*, but he loves the *MightyMist*.

So we have had a lot of interesting things happen with all of these products because of me having a couple of babies. The other thing that I might tell you with the *Clary Sage* is I just put *Clary Sage* in and of itself in a capsule and that's what I swallow. I got to the point where I just couldn't stand the smell of it any longer, and so Gary added a drop of *Peppermint* this time and it changed the whole dimension of it. I don't have the dislike for it that I had after having taken it for so long, and it has been interesting to see how quickly the hormone levels have come up.

### **This Guinea Pig Hates Needles!**

I love to be Gary's Guinea pig...I just love to have blood drawn! (I'm scared to death of needles...I can't watch) and I'm a big laugh down at the Clinic when they see me come in because I am practically hyperventilating thinking about it and I try to control my emotions, but it's been really rewarding and it certainly has been great for Gary to have the research to give to you and I'm glad that I could be a part of it. I guess you can do what you want with the spouse in the medical arena.

They can't say anything to you if you were doing that with lots of other people. They'd say, “Well, you can't take this blood, and you can't take that blood.” but now because we have the Clinic he's experimenting with all the people who come in who are interested in that sort of thing. I know he will have a lot of interesting things to tell you with what he has experienced with the employees in the office in taking their blood, which they had done prior to going on the new Lifestyle Program.

### **Hormone Studies Beneficial**

It's fascinating what's happening with the knowledge that's coming to us about hormones, and I can say that we are extremely blessed that Gary has taken an interest in this arena because he has made a lot of discoveries and there will be thousands and thousands of people who will benefit from this research. I'm really happy that I could be a part of helping him do that.

### **Moderator - Introducing Dr. Tracy**

Thank you, Mary and thank you, Gary. We'll be hearing more this afternoon and more great product announcements. I'm sure many of you read this morning in *The Los Angeles Times* one of their headline articles. The sub-title on the article says, “Tracy Johnson joined a clinical trial of an antidepressant to pay for college. The devout woman ended up taking her own life.” Does that say something about what Gary's been talking about, and about what our next speaker will be talking about?

It's my pleasure to introduce to you Dr. Ann Black Tracy. Dr. Tracy has done a number of things, including the book she has published entitled *Prozac, Panacea or Pandora?* which is available from ESP upstairs. There is a short bio in here I would like to read from. “Dr. Ann Blake Tracy, a PhD Health Science, with an emphasis on Psychology, has specialized for 14 years in adverse reactions to Serotonin and generic medications, testified in court cases involving the medications for 12 years, and is the Executive Director of the International Coalition for Drug Awareness.”

Dr. Tracy has spoken with us before and she has some very interesting information on the concerns that these medications should have to each of us. Something that is even more interesting, I think, is that she really specializes in healing and recovering from the use of these medications and she utilizes *Young Living* oils in that process. At this time, let's bring a warm welcome to Dr. Ann Blake Tracy.

### **Dr. Ann Blake Tracy - My Aide, Kedo!**

Thank you very, very much. I was surprised to hear Tracy's name mentioned...in fact I was going to mention her today. If you would like, you can show a picture of her, and that is part of what I will be discussing today. Of course, in the beginning, I know who you all came here to see (somebody you probably all know)...Kedo! “Did we wake you up?”

Say Hi, Baby! This is my anti-depressant, Kedo. Do you want to sing for everybody this year? Sing, baby!" (Kedo responded with a mournful howl.)

"Okay you can sit there and watch everybody now. That's your fan club!"

### **Inroads with Paxil**

Alright, we can get serious now. Last summer I reported to you that the United Kingdom had banned Paxil for the use in children. By the end of the year all of the SSRI antidepressants were disallowed for use in children for the United Kingdom except for Prozac.

I believe they did that only because our FDA had approved it earlier that year for children, so to save face they said, "Well, it might help one out of ten children who take it." So in February we were called back for an FDA hearing on the safety of antidepressants in children, a hearing similar to the one that I testified to in 1991. In that hearing all of us were given two minutes to discuss our concerns about these drugs. Obviously, I wasn't too excited about going.

### **FDA Hearing on Antidepressants**

Nine out of ten of the panel members had financial ties to the drug companies, but I knew that I had to at least bear witness to what I've seen for 14 years so it would be on record, so I went. We all went and one by one we testified of the horrors that have happened to so many families, and even though no decision was to be made until June, at the end of the day after hearing from all these families, the FDA Advisory Panel said, "This is far too serious a matter. Warnings need to go into place immediately. We need to warn of suicide, violence and aggression toward others, agitation, aggression, and confusion in those under the age of 18 taking any of these SSRI antidepressants..Prozac, Zoloft, Paxil, Luvox, Effexor, Serzone, Celexa, Lexapro and Welbutron as well."

### **Traci Johnson Tragedy**

That was on a Monday, February 2. The following Saturday you just heard what happened. In the Eli Lilly Laboratory Traci Johnson, a young 19 year-old girl (not under the age of 18), but in the Eli Lilly Laboratory, as a healthy volunteer taking the newest SSRI antidepressant that is supposed to be approved this summer called Symbalta, she had

taken it for 20 days and was off of it for four days (or in withdrawal for four days) when she hung herself in the Eli Lilly Laboratory. That got rid of their excuse they have used for a decade and a half, saying that it is the underlying depression that is causing these suicides. Traci Johnson (they had already documented) had no underlying depression. She had no underlying physical illness. According to them, she was healthy..that's why she was in the study.

Then March 22 the FDA followed the advice of their Advisory Committee and issued the warning nationwide and asked all antidepressant makers to put on their product labeling that these drugs do cause suicide and aggression, and then the day after that came the first Congressional Hearing into what the FDA knew, when they knew it, and why they didn't warn sooner.

This past Monday, March 29 on CBS Evening News with Dan Rather, he announced that there is evidence of an FDA coverup on the issue of suicide and antidepressants in children. So we now have a second Congressional Hearing into what is happening with these antidepressants and the coverup that has come.

### **Action in the Future?**

It has been a decade and a half of having to listen over and over everyday to the most horrifying tragedies anybody could ever imagine. Every day I have said, "If only people could hear what I hear every day, they would do something..they would stop this." February 2<sup>nd</sup> (as I was the third speaker that day) I stood back and for the rest of the day heard one family after another after another (that I had listened to and helped for years) stand there and tell the FDA and the whole world what had happened..and they listened. Even though nine out of the ten had money screaming at them, they heard. I pray that finally something is going to be done.

I have always said that if you think that Phen-Fen and Redux was a horrible fiasco in this country, wait until you see what we will learn about these anti-depressants. I can't remember the last time a Congressional Hearing was called to look into the issue of prescription drugs. We now have two!

Also, this week (and you can still pick it up on the newsstand), if you could put up the front cover of *People Magazine* that I just handed to you with Traci's picture in it. This is on the newsstand

now, and if you open to where Traci's picture was, there is a picture of a father and a mother who are our directors in Pennsylvania, Tom and Kathy Woodward, who lost their daughter Julie, and they are talking about what happened to their daughter. Tom and Kathy are a wonderful couple and their daughter was only 17. This last summer Julie took her life after seven days on Zoloft. Julie is far from alone.

### Daily Tragedies

But that will give you just some idea of what's happening. If you want to pick up a copy of *People*, it will tell you of some of these tragedies that we are seeing. Of course, you all know about Andrea Yeates.

There is Andrea in here and of course, there is Columbine, and I brought a guest with me today who will talk to you in a few minutes and his picture is right below this. This is Mark Taylor, and I will introduce him in just a minute. But that will give you some idea of some of the tragedies that I have listened to in the last decade and a half.

### Grave Concerns about Young Children

If somebody could bring my grandson up..(since Gary and Mary are introducing, I will do the same), but there is a reason for this today. "Hi! Here's Kedo!"

This is Jaden. Jaden just turned nine months old (and yours is six weeks..right?), so we have a six week-old and a nine month-old and guess what hit the wires this morning this morning in the news?

The increase in antidepressant use in children zero to five years is up 64%! Some of the information I presented to the FDA on February 2<sup>nd</sup> was my grave concern about so many pregnant women in this country being put on these antidepressants. Babies, new born babies, going through horrific withdrawals at childbirth. What on earth are we doing to the human race, to think that a child this age could be prescribed an anti-depressant! This is sickening! Anyway, I thank you for letting us come today to talk about this.

### Merrill Osmond Speaking Out

One other thing that I am sure Dr. Hill will cover later today that I am very excited about is Merrill Osmond coming forward to tell people what he has been through. I know that Merrill has been

through a lot and I am grateful to see him speaking out and telling people what has happened to him...the long list of medications they have given him over the years and what it has put their family through...and then to say, "Hey, *Young Living* did it for me! Look at me now, I am totally drug-free. It is incredible!" If more of us began to speak out like that and tell the world that what we need is to be nourished. We don't need to be forced into all the different moods that somebody wants us to be in.

### Use Caution in Withdrawal

Get out there and share what you've got with others because at this point with all of these warnings going out, what worries me the most is people trying to come off of these drugs and not knowing how. You all know that I have a tape available warning about how to come off of these drugs safely, and natural things that you can use to get better..what oils will help you as you come off of these medications. Please share that with others. You can save lives because far too many people think that they can just stop these medications. They can't. Can you imagine going through withdrawal? That is sickening!

I have adults calling me, crying their eyes out because they cannot take the withdrawal that they are going through. Essential Science Publishing has the tape or CD, and if you can't get it today, you can always go to our website at [www.DrugAwareness.org](http://www.DrugAwareness.org). I encourage you to send people there to get more information about all the Congressional Hearing information. We also have an 800 number which is **800-280-0730**.

Please, share this with everyone you know because I don't know a family in this country that has not been affected adversely at this point.

Right now I want to introduce you to the infamous Mark Taylor who was in the movie *Bowling for Columbine*. Mark was the first one shot at Columbine. I have mentioned him when I have spoken at *Young Living* conventions before. He was shot 7 to 13 times ..most of those hit him in the chest and it collapsed both lungs. Mark laid there for an hour and a half waiting for help and praying the entire time that God would spare his life. Obviously, God heard that prayer and Mark is with us today. He has just designed bumper stickers for us, so if you see them plastered all over my car, thanks Mark! They have our website and 800 number and they say clearly, "Antidepressants Kill!"

So I give you Mark Taylor..and thank you so much for inviting us today.

### **Mark Taylor - Be Aware!**

Wow! One of the main reasons I travel with Dr. Tracy is I believe what the philosophers have always said.."You are what you eat." If you eat lots of sugar your body gets sick. If you put antidepressant pills in your mouth and swallow them, it increases the serotonin in your brain and causes you to do what Eric Harris had done. We have research from the drug companies when I filed a law suit against them and they actually admitted in the courtroom that these drugs caused Eric Harris to have psychotic reactions. That's pretty much saying, "We caused Columbine.." so we place pretty much the whole blame on them.

We've tried to hit as much media as possible and now *Discovery Channel* is coming on and many other major networks are finally starting to wake up to what these drugs do. I was outside with some friends when it happened. I got shot 7 to 13 times in the chest. I was in the hospital for 50 days.

### **What You Eat Affects Actions**

Many people don't believe that what you eat can alter the way you act. I am a strong believer of that. We know that Eric Harris was eating a lot of cheese pizza and was mixing it with dairy. You are not supposed to do that, so yes..the way you eat can alter the way you act. I don't know what else to say, but I can say that I pray you support Dr. Tracy in what she is doing. What happened at the FDA just recently is a huge break-through. We never thought it was going to happen. We never thought they were going to put warning labels on these drugs, and hopefully there is going to be some compensation for all the people who have died from these drugs.

### **Hooked on Oils!**

I use *Young Living* oils..I was in the movie *Bowling for Columbine*..I'm not as famous as this guy is! He has his own tapes everywhere spread all over the country! One of my favorite oils is *Lavender, Peace and Calming*. I didn't believe in them at first to tell you the truth. I said, "Oh, Dr. Tracy..you're just trying to get me hooked on something else!" She's such a health nut now, but once I used it I saw immediate results right when I took them. It's amazing! I have tapes (I actually have two tapes..I have a tape with my work with

Michael Moore in the movie *Bowling for Columbine* and I also have a tape of my testimony in detail, since I can't explain it all right now. You can get those through Dr. Tracy..she has an 800 number. Thank you.

### **Dr. Tracy - Oils for Depression**

They want me to tell you a little bit of what's in my tape about what oils to use. I said, "Gee, I took an hour and a half in the tape..are you sure you want me to do this?" I will condense it.

Some of the first products from *Young Living* that I would recommend would be *PowerMeal*..anything to help regulate the blood sugar. It is really important to get the blood sugar balanced. So, Gary, wouldn't *Dill* work to balance out the sugar? Any of your oils that help balance out sugar. Are there any others that you would recommend? *Coriander, Thieves*..that will give you some of the oils that work because the blood sugar is going crazy in withdrawal from these antidepressants and that's the most important thing you can help them to stabilize is their blood sugar. That will help them get rid of the withdrawal and it will also prevent the psychotic breaks that can come in the withdrawal.

### **Other Helpful Oils**

Other oils that people have reported to have really helped them are *Joy*. You have to remember that one of your first ingredients in *Joy* is *Bergamot* which has been used for centuries for bipolar or manic depression, which I talk about quite a bit in my book. So *Joy* is one that will really help. *Clarity*..because of confusion (remember, that's what the FDA said would come with these drugs), *BrainPower*..you've got to get the pineal gland working again. It has just been totally over-loaded with too much serotonin because the main function of the pineal gland is metabolism of serotonin. It handles 50% of the serotonin in the system. So work on the pineal.

*Frankincense*..definitely use this after these drugs because your chances of cancer increase. We know that breast cancer increases by seven times with Paxil, so if you getting that much of an increase with one of them, they all work the same..you know they are all going to do it. *Idaho Balsam Fir* is another one that I would strongly recommend because of its effect on cortisol and because these

drugs increase cortisol in an absolutely alarming rate. You've got to work on that.

### **Study the Tape and the Book**

Those are the main things that I would recommend, but if you study the book and study the tape and find out what it is that's happening chemically and physically as a result of these drugs, it will give you more ideas of what these people are going to need. They have a lot of muscle pain because fibromyalgia is high serotonin levels. Your main function of serotonin is constriction of smooth muscle tissue, so if you try to use muscles that are constricted they are going to rip and tear, so you work on the muscles. Also, the organs of the body are smooth muscle tissue..the intestinal tract is smooth muscle tissue. That's why you get constipation so often with these drugs.

Things like *JuvaPower* are going to help both the intestinal tract and the liver. You have to work on the liver..it is extremely toxic. The two organs I was most concerned about with these drugs in the very beginning was the liver and the pancreas..and those have proved to be the two organs that are the strongest hit by this group of drugs. Those are the organs that really, really need help. So keep those things in mind about the effects on the body and that will give you even more ideas. So use all the different oils that help with the liver, and definitely *JuvaPower*..I don't know about you, but I love to just scoop it out and eat it because it tastes so good.

### **We Love the Oils!**

And by the way, Mark does use the oils. He got an *Essential Seven* kit while we were on the trip back from Washington, DC, and do you know, those oils were gone in less than a week! We were doing a television show and they brought us water to drink during the breaks. Mark filled his glass with *Peppermint*, I swear! The poor host somehow switched glasses and he took a big drink and he went.."Ohh! I think I might have got the wrong glass!" He said, "What was that!" I said, "Well, I know whose glass you got!"

We both use the oils, and when I pulled into the hotel yesterday and they opened the back end of my SUV to start helping me unload my luggage all the guys were standing there going.."Wow, it smells so good! What is it?" We had diffused *Citrus Fresh*

all the way..I have a plug-in for my diffuser so we just did it all the way down! Yes, definitely we use the oils and regularly..it's very, very important. You've got to remember that the fastest passageway into the brain is the nasal passage..it's the fastest way to get help to the brain. And the brain, I'm afraid, is very, very much impaired after the use of these drugs.

So, as I said before, remember..you've got the answers. Study the book, study the tape so that you know exactly how to help the people you are working with because we are going to have so many people who need so much help right now. Thank you for having us here today.

### **Steve Bentley - Thanks to All**

Thank you, Dr. Tracy, and thank you, Mark Taylor. Mark is traveling here with his mother, Donna Taylor. I think each of us wonder what Mark's mother went through as she dealt with this, but there are answers, and that is what is encouraging to hear. Let's give a big thank you to Dr. Tracy and Mark and his mother.

### **Moderator**

Thank you, Steve. And thank you to Dr. Ann Blake Tracy and Mark Taylor and Gary Young, And thank you, our audience, for listening to Training Tape #63.

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