



Young Living Essential Oils Used in UCLA Training

November 18, 2011

SALT LAKE CITY—November 18, 2011 — Young Living essential oils play a key role in a groundbreaking new partnership between Donna Karan's Urban Zen Foundation and the UCLA Health System. Under the direction of Dr. David Feinberg, president of the UCLA Health System, Urban Zen faculty members have begun training UCLA medical professionals in integrative therapy modalities, which include essential oils.

Essential oil therapy is a vital component of Urban Zen's Integrative Therapy (UZIT) Program, along with therapeutic yoga, Reiki, nutritional instruction and contemplative care. UZIT is designed to complement traditional medical techniques and offers substantial benefits to both the recipient and the caregiver. Pure Young Living essential oils such as lavender and peppermint are used topically and in an aromatherapeutic manner in UZIT.

"We are honored that our oils are being utilized in this important program," says Young Living CEO Doug Nelson. "This is yet another indicator of the medical community's growing interest in the life-changing benefits of essential oils. We look forward to a day when Young Living essential oils can be found in every hospital and health-care facility in the world."

The initial response to the training from the UCLA medical staff—which includes nurses, physical therapists, massage therapists and rehabilitation specialists—has been overwhelmingly positive.

Young Living, Urban Zen and Kent State in First-ever Nursing Program

SALT LAKE CITY—October 25, 2010 — Nurses have always played a critical role in helping others, but that help often comes at the expense of their own personal health and well-being.

That was the primary message shared with 30 nursing students last month at Kent State's College of Nursing. The students were the first to participate in a special curriculum of self-care for nurses, developed to help practitioners avoid being burned out in their demanding line of work. The curriculum is part of the Urban Zen Integrative Therapy (UZIT) program, which focuses on combining Eastern healing techniques (yoga therapy, essential oil therapy and Reiki) with Western medicine.

Young Living partnered with Urban Zen to provide an Everyday Oils kit for each participant, and Young Living Gold Member Tracy Griffiths taught the students about the science behind, and benefits of, essential oil therapy. Additional training was given by another UZIT instructor, who demonstrated yoga and other modalities nurses can use for their personal self-care practice.

"We felt that in order for our nursing students to better understand the potential of complementary and alternative therapies in health care, that they must experience these techniques and gain insight about these modalities on a personal level," says David Pratt, director of advancement for Kent State School of Nursing. "Because of the generosity of Young Living Essential Oils and the expertise of the Urban Zen Integrated Therapist program, our nursing students have enthusiastically embraced their involvement in this unique 'Care for the Caregiver' pilot program."

Urban Zen will continue to develop the self-care program in the coming semesters, and is working with other nursing and medical schools to create similar programs. Young Living will continue to support Urban Zen and other organizations that recognize the role of essential oil therapy and other holistic approaches to wellness.

About Young Living

Young Living Essential Oils is world-renowned for its essential oils and oil blends, oil-enhanced nutritional supplements, bath and body products, skincare solutions and natural preparations for the home. Visit www.youngliving.com for more information.

About Urban Zen

The Urban Zen Foundation is a non-profit organization that helps raise awareness and inspire change in the areas of well-being, preserving cultures and empowering children. To find out more about Urban Zen, visit their website at www.urbanzen.org.