

## MEMBER SPOTLIGHT

Pauline Hall of Perth is a driving force behind the growth of Young Living in Western Australia. Her passion and vision set a strong path to rank of Executive. Her motivation to inspire wellness in others was prompted by her husband's interest in the oils.

### How did you discover Young Living?

Actually I thank my husband, Robin, for us discovering these amazing products. While staying with our friends, Richard and Bronwen, Robin needed a good night rest and I was surprised when he asked me to see if they had some oil that would assist him to sleep. He had enjoyed the lemongrass they diffused every day and evidently had listened to the CDs they played in the car. He even enjoyed the daily regimen of being given a drop of Joy essential oil blend.

I was handed Valor and Peace & Calming essential oil blends with instructions on how to apply them on his feet. When Robin awoke so excited that he'd slept all night and was so relaxed from the depth and quality of the sleep, I was delighted. Robin had been gravely ill over the previous year, so anything that assisted him to have such a marvelous sleep I was taking home with us.

### Describe your first 'Wow!' moment with Young Living's products.

My challenge was a 2.5cm gallstone that was detected by ultrasound. My doctor suggested twelve gall bladder liver cleanses to clear it. I did three and chose to find an easier way. I purchased GLF essential oil blend from the US and with Longevity softgels, Digest + Cleanse softgels, Omega Blue softgels, and NingXia Red, I was using a fair amount of essential oil each day. After six months, I decided to take the same path Gary Young's sister took for her gallstone: frankincense and lemon essential oils every hour for a day. I have just received my results—no gallstone issue or fatty liver problems.

### How do you share Young Living with others?

I commenced with small groups of friends and family conducting regular afternoon chats about the oils with my daughter, Michal. I have assisted members who choose to share the enjoyment and health benefits of Young Living's essential oils and complimentary products with their friends and conduct parties in their homes. Robin and I have taken the oils to small country shows and expos to spread the word to others about the opportunity to use safer products in their homes for their health and wellness. Daily, we live and breathe the product. We both take every opportunity in conversation with others to share our enjoyment of using Young Living's products and the benefits they offer.



### What is your message for other Young Living members?

Treat others the way you would like to be treated. Be authentic in what you believe, say, and how you conduct yourself: YOU are your own advertisement. Try all the products and as you fall in love with the ones that assist you most in your health and wellness, share that fact with others. I am amazed at how many people do not sleep well and Robin's story that brought us to use the oils has been the catalyst for many people to change their lifestyle and choose Young Living products for their own specific requirements.

### PAULINE'S TOP THREE

#### Morning Start Bath & Shower Gel

I set my intent for each day with this gel. The fragrance brings my focus to the joy of what will unfold and I what will discover.



#### NingXia Red

My daily pick-me-up in a bottle or sachet, wherever I am! It curbed my sugar cravings and has assisted my health and wellness in ways I am still discovering.

#### Evening Peace Bath & Shower Gel

This is my way to wind the day down with gratefulness for the day's opportunities. Again, the fragrance encompasses me and I am left in a state of peace for a great night sleep.

