

## Friday Fun Facts – Number 24:2010

Melissa Shelton DVM – Young Living Convention 2010 – The Beginning

Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you or your pets have a health challenge.

So many people are asking about the stories behind my speaking at the Young Living International Grand Convention; so I decided to write a Friday Fun Fact about it. Here is the story of how it all began...



In 2001, I was first introduced to essential oils. Winston and I were engaged, and he had warts all over his hands. Naturally, a new bride wanted perfect pictures of our hands, showing the wedding rings. We had tried everything to get rid of the warts – Compound-W, freezing them off, having doctors cut them off...we even put duct tape on them. Our minister just happened to use Young Living Essential Oils. She recommended that we try Clove oil on the warts. I plunked down my \$10 and took home the bottle of oil. Winston applied it twice a day, and within 3 months we had perfect wedding photos.



Amazingly enough, this experience did not spur me onto using essential oils at that time. I had graduated from veterinary school in 1999, and I was young, healthy, and had no children. There just wasn't much motivation to use natural remedies, especially now that the warts were gone. My traditional training in veterinary medicine, led me to believe that I could now fix almost every problem...as long as I could work up the case properly to find the answer. Over time, my patients started to show me a new reality. One where I could not always find an answer, or a treatment.

In 2002, we had our first child - Ramie. And in 2005, our son Reiker was born. More about their challenges can be found in the Friday Fun Fact - 'ADHD – Behavior and Diet' (23-2010). Becoming a mother is something so completely different. Look out world – if anything hurts my child, you are going to have to answer to me!!! When it turns out that everyday chewing gum, over-the-counter medications, artificial flavors and sweeteners, corn syrup, food dyes, and processed foods hurt your child – where do you turn?

We started to turn back to natural medicine and a holistic approach to life and health. As part of this, I attended a class through our local community education program. The class was on natural remedies for all sorts of things; colds and flu's to ADD/ADHD. I had found my answer for natural health care for my

family. I was transported back to Young Living Essential Oils – to safely and effectively treat my family for all sorts of maladies.

At the same time, we were starting to document some very interesting cases in our veterinary hospital. Dogs who would become very ill when Febreze was used. Cats who had elevated liver enzymes from eating on kitchen counters cleaned with a certain polishing compound. Chronic ear infections and allergies from common household cleaners and products. Chronic illness and kidney problems from air fresheners and fabric softeners. The horrible effects of everyday household toxins were showing up everywhere – once you knew to look for them. I had thrown out all of my air fresheners for the veterinary hospital – safe odor control became a necessity. As a bonus, here were wonderful smelling essential oils, that could be diffused into the air, used to eliminate odors, kill germs, and have health benefits all at the same time.

Well, as I am addicted to learning, I proceeded to buy every book on essential oils that I could, reading them cover to cover in days. I attended every class on essential oils that was offered. Inevitably at these classes, people would find out that I was a veterinarian, and they would proceed to share all of their stories on how the oils had been used to treat their dog or cat, horse or goat. I was intrigued. Then as my research and learning turned to my veterinary community - I received a completely different response. DANGER, DANGER, DANGER...Do NOT use essential oils in pets, and don't even diffuse them around cats. Here were the top names in holistic veterinary medicine, and they were completely bashing essential oils. How could it be that hundreds and thousands of Young Living members were using their oils safely on their pets, but in general the veterinary community believed that essential oils could be very harmful and recommended avoiding them?

I am not one to allow a mystery to go unsolved. My trek continued, and I was determined to find out the truth about oils and animals. Obviously, I would have to do the research and gather the proof myself. I had already been using Young Living oils for my human family for some time. I was diffusing in almost every room of the house, and my cats seemed actually drawn to the rooms with diffusers in them. Kittens were born in rooms with diffusers running, and cats routinely slept inside my case of essential oils – they loved the oils. People commented on how intelligent our kittens were, how they looked into the eyes of humans, and how they seemed so much older than they actually were.

I started using oils directly on my own cats, dogs, horses, chickens, and cow. After all, if I did not believe I could use the oils for my own animals, why should I ever recommend them for a patient. All of my animals get routine blood and urine tests, so they were a great model for monitoring against any potential side effects from essential oils. With over 10 animals being exposed to essential oils almost 24 hours a day through diffusion, topical application, and ingestion – the ability to document their health and responses was wonderful.

Then in my veterinary hospital, patients presented that were close to euthanasia or for which I had no answers to offer traditionally – I now began offering essential oil therapies. This is where I started. In the hopeless cases, that had nothing to lose. I was coming up with the same amazing results that so many pet owners had already communicated to me. There were situations where traditional medicine offered NOTHING – and I was getting responses to essential oils.

My cases with the animals in my practice and Young Living Essential Oils, were nothing less than amazing. Then in September 2009 – Young Living had its Annual Convention in Minneapolis, Minnesota. Right in my backyard! I had to attend, and I brought the whole family. Of course, in keeping with my learning addiction, I took two additional courses offered before and after the convention. The first given by Tom Woloshyn on VitaFlex Reflexology, The Master Cleanse, Color Light Therapy, and Essential Oils. And the other a CARE Intensive Class taught by Dr. David Stewart from the Center for Aromatherapy Research and Education (CARE).

The “magical statement” came during convention though. Cherie Ross has enjoyed sharing this story with everyone, and it is quickly becoming a “dream big” fairy tale come true. While attending one of the lectures with Winston, I leaned over to him and said, “Someday, I am going to speak at convention.” Winston has always been a great supporter of me, he leaned back over and said, “I know – and you’ll be great at it.” Who would have ever guessed that less than one year later, this dream would come true!!

Although it may seem like a fast progression, to go from novice essential oil user, to speaking at an international convention in under 2 years...you would just have to know me. I never do anything “lightly”. I throw myself into everything I do. Essential oils had immediately become a passion for me, and I condensed 10+ years of essential oil education and experience, into a 1 year adventure. I have lost count of how many essential oil books I own – and I have read each

one, cover to cover. I have listened to almost every CD and recorded educational call that is available – and I don't just listen to them, I memorize them. I have purchased every reference I could find about oils and animals, and I feel proud of the fact that I have found books that even my teachers did not know about.

But with all of the classroom learning and book smarts – nothing compares to actually using essential oils to treat animals. On our 15 acre farm, I currently have around 20 rescued cats, 13 pet cats, 5 dogs, 3 horses, 1 pony, 1 cow, 1 goat, and over 20 chickens. My wonderful collection of strays, misfits, injured and ill animals – allow me a great opportunity to “play with the oils”. Many of the animals that we took on were hopeless cases. They had no options in life, except to be adopted by a vet, who would go to extraordinary measures to try to make them comfortable and to try to save their lives.

As my horses are mostly healthy, I only had a few opportunities to use oils on them. I “wished” that I had a little more experience with horses, and in July of 2009, I got just that. A dear friend of ours has an amazing horse farm, with about 120 very high quality show horses. A contagious disease had come in with a new mare, and the entire farm was in danger of this severe illness and possible death. One baby had received a death sentence from the equine vet, and there was nothing more that traditional medicine offered for the farm. For 2 weeks, Winston and I closed our veterinary hospital, and dedicated ourselves to using essential oils to treat the entire horse farm. Cherie Ross calls this my “baptism by fire.” I have to agree. After doing approximately 80 Raindrop Techniques per day, as well as giving oils orally to horses for 2 full weeks – one could say, I had a *little* more experience with treating horses with essential oils!

Well, that is enough of the beginning story. In the next installment of Friday Fun Facts, I will share the entire ‘Horse Farm Story’. It was truly an amazing and magical experience – for the horses and humans involved.

Remember – I only recommend the use of Young Living Essential Oils. With this recommendation, I am certain that you will have safe oils with consistent results. I don't have to guess at the quality of the oil that you have... If they are Young Living Oils, I know that they are medical grade, and I don't even have to question it.

Feel free to contact our office for more information on how to order Young Living Essential oils, or for consultations on how to use essential oils for the

health of your entire family – two legged and four legged (and on our farm, sometimes three legged!).

*“Mother Nature gave us the gift of healing. Providing our bodies with the nutrients, substances, and care required to heal, lies in our own actions.”*

Melissa Shelton DVM  
Crow River Animal Hospital & Dental Clinic  
Whole Mystic Health Care  
Young Living Member #1039262  
[www.CrowRiverAnimalHospital.com](http://www.CrowRiverAnimalHospital.com)  
CrowRiverAnimalHospital@gmail.com  
320-286-3277