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## **Young Living Essential Oils Featured in the Best-Selling Book Series *Growing Up Green***

**Lehi, UT**—Author of the best-selling *Green This!* series and environmental activist Deirdre Imus has included Young Living Essential Oils in her latest book, *Growing Up Green: Baby and Child Care*.

As a Young Living Essential Oil customer, Imus recommends readers purchase oil blends through Young Living and diffuse the oils at home as a way to create a “more nurturing, welcoming place to be.” Every night before her son goes to sleep, Imus notes, she diffuses frankincense, lavender, and lemon essential oils in her son’s room. Imus also says that using essential oils in general is a wonderful way to stabilize moods and create a calm, relaxing atmosphere.

In her book, Imus addresses specific issues faced by children in every age group—from infants to adolescents and beyond. Imus focuses on illness prevention and empowering parents through education. As a continuing student of green living, Imus also created a list of recommended reading that she included in her book and listed Gary Young’s *Essential Oils Desk Reference* as her favorite book on essential oils.

### **About Young Living**

Young Living Essential Oils is a Utah-based company that 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. For more information about Young Living, please visit [www.youngliving.com](http://www.youngliving.com).

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