

# Thymely News

a path to wellness

Vol. 6 No. 6



If you truly believe your body is a temple,  
you will take better care of it.

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NEW CUSTOMERS When enrolling, please place our Young Living Member on the enrollment form as your sponsor and enroller. Member #94830

## If your body is a temple...

is it a well-tended sanctuary  
or more like a neglected ruin?

If we treated our bodies with as much respect as we do a house of worship, we would see miracles of healing.

That's because the body's natural state is radiant health: Your body will automatically strive to heal itself when given adequate air, water, nourishment and rest (in the absence of a disease). You've witnessed this truth every time your skin restores itself after a cut, scrape or burn. This self-healing power can assert itself only when our bodies are well-nourished.

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**Nutrition is the  
single-most important factor  
for good health.**

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Being well-nourished today is a challenge. Despite an abundance of foodstuffs in our grocery stores, the nutritional value of that food has diminished for a number of reasons:

- It is grown in nutrient-depleted soil
- It is likely full of pesticides, herbicides
- It is often harvested before it is ripe and transported thousands of miles
- Processing strips food of its complete nutritional package
- Many foods are enriched with synthetic nutrients which are less bio-available than the natural food

Further exacerbating the situation is the non-stop lifestyle that we've adopted. It strips away time to prepare "real" food, relax and share meals, which nourishes family life and improves nutrient absorption. Instead, many opt for easy-to-prepare-on-the-run foods that have little to recommend except their convenience and appeal to our junk food palates.

## If your body is a temple...

### Fortify and restore your temple with whole foods

As a first step, choose whole foods over processed foods, because only they have the complete nutrition our bodies need. Whole foods such as brown rice includes the entire grain - bran, endosperm and germ. Each part offers important macro- and micronutrients plus other components which increase their absorption.

These are just a few of the reasons why eating a variety of whole foods will help you fill in nutritional "blanks" from skipped meals, high-stress lifestyles and vitamin-depleted foods.

### Young Living offers superfoods that are delicious and convenient

Since day one, Young Living® has demonstrated their commitment to top-quality nutrition by making their foods and supplements strictly from organically-grown whole foods.

Thanks to Young Living, we now have access to a wide variety of whole food snacks, meal replacement shakes and supplements that are powerfully nutritious, truly delicious and conveniently packaged for our busy lives.

If you haven't tried all of Young Living's superfoods, let me introduce them to you now. You'll find whole foods for adults and children, dieters, active people and athletes—everyone who wants to be healthier, look better and feel better.

### Young Living Superfoods

#### BALANCE COMPLETE™

- Nutritive cleanse
- Weight loss
- Daily superfood energizer
- Balanced nutrients
- Now easier to digest

This product makes Dr. Young's recommendation of periodic internal cleansing easy, pleasant and effective. The centerpiece of YL's Five Day Nutritive Cleanse, Balance Complete will also help you lose weight when you replace your least nutritious meal of the day with it.

Prod #3292 Size 26.4 oz  
Prices Whsl \$39.75  
PrefCust \$46.03  
Cust \$52.30

#### POWER MEAL™

- Nutritious meal or snack
- Weight loss, strength training
- High-protein, low carb
- Vegan, vegetarian-friendly
- New smooth texture

In spite of its gritty texture, thousands of YL members dutifully drank Power Meal every day because it gave them outstanding energy and great nutrition. Now, those loyal Power Meal customers (and many new ones) will have a pleasant surprise. New formula Power Meal is smooth as silk, with the same top-shelf nutrition and great flavor. Dairy-free.

Prod #6300 Size 15 oz  
Prices Whsl \$49.75  
PrefCust \$57.61  
Cust \$65.46

#### PURE PROTEIN COMPLETE™

- Weight loss, body building
- Protein boost after workouts, snacktime, anytime
- Ultra-clean, ultra bioactive whey protein

• Complete amino acid profile  
• Low glycemic carb matrix  
Prod #3291 Size 23.8 oz  
Prices Whsl \$39.75  
PrefCust \$46.03  
Cust \$52.30



#### YL MANNA BARS™

- Light, nutritious snack
- Replace junk food
- Weight loss, healthy snacking
- Vegetarian-friendly

Chewy YL Manna Bars are so lush with texture and flavor you'll be amazed that they're good for you. Read the label - they're free of the artificial sweeteners, flavors and other mystery ingredients found in most "health bars."

Prod #3075 Apricot 6 pk  
#3076 Apple-Cinnamon  
Prices Whsl \$11.75  
PrefCust \$13.61  
Cust \$15.46

These products are just the beginning. Young Living has more whole foods that you'll want to know about and make part of your healthy lifestyle. Next month, we'll introduce you to YL's whole food supplements which can help restore our bodies to the radiant health for which we're designed.



Three delicious, whole food shakes make light work of eating healthier, losing weight, toning up and building muscle.

#### Radiant Health News

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