

Thymely News

a path to wellness



Destination: Radiant Health

Essential lessons in change and adopting a non-toxic lifestyle

THIS is the year - when you will go beyond resolutions to lose weight, exercise, keep you and your family away from junk food, manage stress better. This year, you'll permanently change your daily health habits because you've made real changes in the way you think about yourself and your family's health. This year, you will experience more of the radiant health for which you were created.

Why will this year be different?

- **Learn how to change** - You'll learn proven techniques in each newsletter that will help you to make your desired changes permanent.
- **Proven products** - Each newsletter will introduce you to a select group of Young Living® products - from foods to personal care products to therapeutic-grade essential oils. These products have rejuvenated and revitalized the health of thousands and will work for you and your family too.
- **Feel better, save money** - Every time you replace your current cleaners, personal care products, and foods with non-toxic Young Living products, you will have more energy and save money.
- **Learn from experts** - Last, but definitely not the least, several highly-respected Young Living leaders will share their expertise. We'll learn from the best how they've used Young Living products to enhance the health and lives of so many people - and how we can benefit too.

Join our adventure as we head towards radiant health, starting with a refresher on making changes that "stick" and the core nutrition we need for the journey.



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First in a series

How-tos from the Change Experts

Decades of study into the characteristics, habits, and attitudes of successful people have made it possible to predict with reasonable certainty who will achieve their goals and who won't.

Success starts with attitude

Attitude is a greater predictor of success than almost any other factor, according to ground breaking research by Dr. Martin Seligman.¹ His research also found that negative people get sick more often, are divorced more frequently, and even make less money.¹

Attitudes have a definite biochemical effect on the body. An attitude of defeat or panic constricts the blood vessels and has a debilitating effect on the entire endocrine system. An attitude of confidence and determination activates benevolent, therapeutic secretions in the brain. It also can help in the prevention of and recovery from disease.¹

Let's set ourselves up for a successful change to a healthier lifestyle by adopting a positive attitude and investing the time to work through the following steps recommended by the experts.

What's your specific goal?

Radiant health for you and your family is the goal of this series of newsletters, but what does that mean to you? Visualize in detail how you will look and feel when you are radiantly healthy. Write it down in detail. Find pictures that represent the energy, vitality, and health you'll have when you reach your goal.

You cannot solve a problem
from the same consciousness
that created it. You must learn
to see the world anew.

Albert Einstein

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Help your family members to set, visualize, and write down their health goals, too. Group synergy and support in working towards a healthy, non-toxic household will make the journey more enjoyable and easier.

What are the reasons for your goals?

“Your motivations are actually more important than the goal itself, because the goal came out of the motivations,” according to Adam Khan, author on change management and other self-help topics.²

Take the time, then, to think through and answer the following questions about your motivations: Why do you want to accomplish your goal? What will it do for you, your family, the world at large?

Write them down next to your goals and post them in a spot where you'll see them frequently. By keeping your motivations in front of you, you will strengthen your resolve to continue changing your habits.²

What's next?

This series takes a step-by-step approach to upgrading your nutrition and replacing toxic products, one product group at a time. We're starting with core nutrition in this issue so that you can feel more energy and vitality very soon - just a taste of the full experience of the radiant health that is your goal. Future newsletters will expand your nutrition options as well as show non-toxic alternatives to unhealthy products that you may have in your home or office.

You can also look forward to new insights and techniques from change experts each month that will help keep your lifestyle change on track.

How-tos from the Product Experts

Congratulations on making a decision to experience better health and vitality. Your life of radiant health begins NOW, with your vision and goals.

But before we discuss specific products, what makes Young Living foods and nutritional supplements unique?

Not all supplements are created equal

Are you among the millions who, with the very best of intentions, have carefully purchased nutritional supplements, taken them faithfully, only to be dissatisfied with the results? There's good reason: Unless the products you select have captured the LIFE FORCE of their ingredients, you are throwing your money down the drain.



You WILL feel the difference!

In contrast, thousands of Young Living customers tell us they start to feel better, more energized in just a couple of weeks after starting Young Living nutrition supplements. And that has been just the beginning of a new lease on life for so many people.

Why do YL supplements make the difference?

The uncompromising quality standards of D. Gary Young, ND and his team of scientists have created essential oil supplements, the ultimate in nutritional supplementation.

Superior bioavailability and absorption

Oral supplements – vitamin capsules, liquid minerals, antioxidant juices, or fish oil – must be converted in the liver and absorbed into the cells to be of any actual nutritional benefit.

That's why pure, carefully processed whole foods are the core ingredient in Young Living nutritional supplements. Our bodies can access the nutrition in whole foods best, because it contains macro and micronutrients, enzymes, fiber – everything the body needs to make the nutrition bioavailable.

50 times more powerful

Young Living supplements are enhanced with therapeutic-grade essential oils, which are 50 times more powerful than supplements made from dried herbs or plants.

Deliver nutrition directly to the cells

The therapeutic-grade essential oils in Young Living supplements are uniquely capable of delivering nutrients directly to the cells.

Infused with life force

Therapeutic-grade essential oils are the highly concentrated “life blood” of the source plants which is infused into Young Living supplements and delivered to you.

There are many more benefits to Young Living nutritional supplements that you'll discover for yourself when you take the first step of restoring your core health with the products recommended on page three.

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Top recommendation:
Core Essentials Complete Essential Rewards Pack

Restore your core health

It's time to feed your body the rich nutrition it needs, which Young Living has made easy and convenient with the **Core Essentials Complete Essential Rewards Pack**. Each component of this pack delivers uniquely powerful and bioavailable nutrition to the cellular level.

NingXia Red® antioxidant drink - Delicious wolfberry-based antioxidant drink will energize, fortify, and replenish your body without harmful stimulants. It also offers:

- Key glyconutrients that fuel vital energy systems
- Unique protein-polysaccharides to support immune function
- Highest levels of naturally occurring, age defying S-ORAC activity help support immune function, cardiovascular health, and nourish the eyes.
- Great taste with no sugary "junk-juices"

Balance Complete™ - Another delicious superfood from Young Living, this meal replacement drink is both a powerful nutritive energizer and cleanser. Whole Ningxia wolfberry powder, nutrient-dense brown rice bran, and a wide assortment of superfoods deliver 11 grams of V-Fiber™ per serving for a balanced, complete, nutritionally-dynamic meal.

Resources

¹Zimmerman, Alan R. Pivot. Greenleaf Book Group, LP. Texas. 2006. p. 9.

²<http://www.youmeworks.com/powertool.html>

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Radiant Health News

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Core Supplements

Adding vitamins and minerals to your daily health routine guarantees a well-balanced diet. Core Supplements are packaged in morning, noon, and night packets so your body is nourished throughout the day in a very convenient way.

Life 5™ high-potency probiotic - Life 5 builds and restores core intestinal health by providing five clinically-proven probiotic strains, including two advanced super strains, to enhance intestinal health, sustain energy, improve immunity. Contains 8 billion active cultures and improves colonization 10 times.

Longevity™ anti-oxidant supplement - This potent, proprietary blend of fat-soluble antioxidants should be taken daily to strengthen the body's systems to prevent the damaging effects of aging, diet, and the environment. Longevity protects DHA levels, a nutrient that supports brain function, cardiovascular health, promotes healthy cell regeneration, and supports liver and immune function.

Omega Blue™ essential fatty acids - Omega Blue is a clinically proven dose of omega-3 (EPA, DHA) fatty acid nutrients. Critical for heart, eye, brain, and joint health, Omega Blue pure fish oil is free of heavy metals, PCBs, and dioxins.

True Source™ multivitamin-multimineral - True Source will change the way you look at daily multis. Composed of dried superfood powders, whole food vitamins and minerals, and other nutrients, True Source supplies a broad spectrum of what you've come to expect in a daily supplement.

Start your journey towards radiant health today!

The average American spends nearly \$150 a month or \$1,800 year on junk food. While you may not be ready to give up potato chips entirely, doesn't it make sense to invest some of that money into feeling better and improving your health? You are worth it!

The most economical way to purchase your supplements is through Young Living's Essential Rewards program, which gives you a discount when you commit to a monthly purchase and automatic shipment. However you choose to order your supplements, start today, take them every day, and start feeling great again!

Core Essentials Complete Essential Rewards Pack

Prod # 3482 Whsl \$219.75 Pref Cust \$254.45

Save up to \$30 off individually-purchased items

Core Supplements Essential Rewards Pack

Prod # 3504 Whsl \$104.75 Pref Cust \$121.94

Save \$10+ off individually-purchased items