

THE ESSENTIAL EDGE



NEWS OF THE WORLD LEADER IN ESSENTIAL OILS



FOUNDER'S MESSAGE

Most of us make New Year's resolutions and set new goals to motivate and drive us into the new year. It's a great way to refresh our perspective and see new opportunities, make new friends, create new experiences, and enjoy new successes. Starting the year strong and keeping the momentum is a great resolution. Even more important is making sure you have the passion, energy, and drive to achieve the success you want.

This is a time to experiment with some of our great essential oils such as Motivation™, Live with Passion™, En-R-Gee™, Into the Future™, Light the Fire™, Highest Potential™, Dream Catcher™, Believe™, Abundance™, etc. Everyone will find particular oils that "speak to them."

Starting the year strong and keeping the momentum is a great resolution. Even more important is making sure you have the passion, energy, and drive to achieve the success you want.

Success can be achieved anywhere. We are free to passionately pursue our dreams and make choices that will help us create the life we want. Much like our Seed to Seal® process, growing an abundant Young Living business requires thoughtful care through each step. The members of your organization are your seeds, and how you choose to cultivate and care for them will dictate their growth and ultimately yours. Your success can be compared to the seal—the final product of all your hard work.

Set your intentions and let your heart and mind lead the way. The world is yours to realize your biggest dreams. Imagine your life with the financial freedom, time freedom, and wellness freedom you've always wanted.

Share your dreams and successes with others and make a difference in people's lives—a difference that supports health, wellness, and abundance the Young Living way.



1 YEAR, 16 LESSONS
The Best of 2016 from Drop of Inspiration

In Episode 3, "Seed to Seal to Your Front Door," we provided an audio tour of the Spanish Fork, Utah, warehouse on Drop of Inspiration. We walked through the process that each Young Living order goes through.

We've already seen so much success in 2017—and it's only February! This month we're celebrating a full year since the inaugural episode of Drop of Inspiration, Young Living's podcast, and we recently shared a best-of episode that featured 16 lessons from the podcast in 2016.

Thanks to our members, global corporate team, and industry leaders, so many stories have been told on the podcast. Check out a few of the 16 lessons from Drop of Inspiration!

- Chief Operating Officer Jared Turner shared how the first Young Living farm in Spokane, Washington, spoke to him. Jared talked about the inspiration he gets when thinking about the essential oil revolution that D. Gary Young has built. (Episode 1, "The Young Living Difference!")
- When talking about children and essential oils, Royal Crown Diamond Debra Raybern wanted listeners to be empowered when using essential oils with the whole family. She was excited to share how they create simple ways to add whole-life wellness to our everyday routines. (Episode 5, "Children & Essential Oils")
- Co-Founder and Chief Executive Officer Mary

Young offered a powerful perspective when she shared an inside look at her newly authored book, *D. Gary Young, the World Leader in Essential Oils*, saying, "Education is probably the greatest asset we have for making good decisions." (Episode 2, "A Modern-Day Innovator!")

- Chief Science Officer Mike Buch gave some pointers when it comes to research. A few of his tips included approaching complex research with caution, asking experts for help, and looking at peer-reviewed scientific publications. (Episode 12, "Why Science Matters")
- Corporate Trainer Haley Zitting challenged listeners to take an essential oil or oil-infused product and find a new way to use it each day. (Episode 10, "Essential Oils 101")
- Royal Crown Diamond Lindsey Teague Moreno talked about the importance of finding opportunities to teach the leaders in your group. Identify where the need is, what people aren't understanding, the hardest problem, and how you can teach on that. (Episode 8, "Work Like a Diamond")

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SHAKE UP YOUR NEW YEAR'S RESOLUTIONS

Keep Going Strong in 2017 with These Easy Tips



Try these tips to shake up your new year's resolutions.

If your resolution to maintain a brand-new fitness routine is flagging, try switching up your exercise routine! We're all about quick exercises that will help you move even on your busiest days.

Sleeping Beauty Leg Exercise

Get moving before you get out of bed! Lie on your back and lift your legs about 6 inches. Keep your abs tight, back flat, feet together, arms to your sides, and knees straight as you use your feet to draw small circles in the air without touching the bed. Do 20 circles clockwise and 20 circles counterclockwise.

At-Work Workout

If you have a desk job, it's important to get up and move at least every two hours. Do some standing stretches for your arms, neck, back, and legs; squat a few times; or walk around your floor or building.

In the Hot Seat

Start by sitting up straight. Squeeze your glute muscles and pulse 50 times. Rest for five seconds and repeat until you feel a good burn. Take your desk workout a step further and work your thighs, too!

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STILL REBUILDING

The Foundation Continues to Make an Impact in Nepal



Children from the village of Yarsa, Nepal, take a break from playing to take a picture.

Since D. Gary Young's visit in January 2016, The D. Gary Young, Young Living Foundation has focused efforts on providing desperately needed relief to the community of Yarsa, Nepal. Nepal was devastated nearly two years ago with earthquakes that killed 9,000 people and injured 22,000 more. The earthquake destroyed homes, schools, and communities.

Nearly a year after launching the Rebuild Nepal project under Gary's direction, the Foundation has continued to make a powerful impact in Yarsa. The Foundation broke ground for a new primary school in November 2016 and nearly completed the project within a month, thanks to 10 Young Living members who spent three weeks building the school. Throughout February and March, the Foundation is sending additional service teams of members with the goals of completely finishing the school and working on rebuilding the 112 homes that the earthquake destroyed.

The new school will accommodate the existing 50 students, as well as 50 new students from first to fifth grade. They'll enjoy sunny classrooms, modern bathrooms with clean

showers, a safe playground, and an overall better environment for learning. This school will have five teachers and be free of charge, thanks to the Nepali government. While at school, students will learn Nepali, English, mathematics, social studies, and history.

"The people of Nepal have experienced total devastation of their homes and communities and to their way of life and livelihoods," says Young Living Senior Director of Global Philanthropy Nikki Davis. "We are excited to collaborate with the community to empower these children with a school they need to help them succeed."

The village is still slowly recovering from the chaos and needs ongoing support. The primary school is just one part of the Foundation's Rebuild Nepal projects. The Foundation is also building the village's first-ever high school, so students will no longer have to walk two hours each way to go to a secondary school.

Visit YoungLivingFoundation.org to see the projects in Nepal and to make a donation.

SETTING THE MOOD

Bring the Environment in Your Home to Life with Young Living



Explore making your own essential oil diffuser blends.

It's no secret that powerful connections can exist between aromas, surroundings, and memories. Diffusing Young Living essential oils is a simple way to establish these connections.

As we wrap up the winter months, try using essential oils for new, positive experiences that are worth talking about all year long.

Try our suggested blends or create your own masterpiece. You'll love playing around with essential oils and experiencing the aromatic benefits Young Living has to offer.

Romanticize

You can invite a sense of romance, bliss, and warmth when diffusing this blend. Try this unbeatable combo.

- 2 drops Joy™
- 5 drops Royal Hawaiian Sandalwood™

Revitalize

The earthiness of Frankincense creates a wonderful base for the uplifting mixture of Citrus Fresh™ and Peppermint. Create a refreshing and grounding environment with these oils.

- 2 drops Frankincense
- 4 drops Citrus Fresh
- 4 drops Peppermint

Equalize

Enjoy a sweet, relaxing moment for yourself. Diffuse this blend for a calming, relaxing, and peaceful fragrance.

- 3 drops Ylang Ylang
- 3 drops Lavender
- 1 drop Patchouli

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1 YEAR, 16 LESSONS

We hope that you find inspiration, ideas, and passion by listening to Drop of Inspiration. When you listen, you'll get an audio tour of leadership lessons, conversations with YL influencers, and an inside perspective on the company and industry.

You can listen to all the lessons from the year recap on your favorite podcast app or at YoungLiving.com/Podcast. We know you'll love all 16!

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SHAKE UP YOUR NEW YEAR'S RESOLUTIONS!

In the Hot Seat, continued

Place your feet on the floor with your legs together. Press your knees in so you can feel your inner thighs working. Pulse 50 times and repeat as desired.

Walk Around the Block

There's nothing wrong with sticking to the classics, and a walk around the block is fun for the whole family. Take your kids, spouse, or dog for a 10-minute walk around the neighborhood.

Try some of these exercises this month!



Register today at: YoungLiving.com/2017Convention



LET'S GET SOCIAL!

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Myra & Ernie Yarbrough (USA)

Adam & Vanessa Green (CAN)
Alyssa & Troy Francis (USA)
April & Jay Pointer (USA)
Brenda & Scott Schuler (USA)
Carol Yeh-Garner & Scott Garner (USA)
Chérie Ross (USA)
Christa & Jason Smith (USA)
Connie Marie McDanel (USA)
Courtney & John Critz (USA)
Darren & Sera Johnson (USA)
Debra Raybern (USA)
Frances Fuller (SGP)
Gregg & Carol Johnson (USA)
Gretchen King-Ann (HKG)
Jeanmarie Hepworth (USA)
Jen & Adaryll Jordan (USA)

Jeremiah & Monique McLean (USA)
Jill & James Young (USA)
Joanne Kan & Eric Yang (HKG)
Kathy Farmer (USA)
Lindsay Teague & Michael Moreno (USA)
Lindsey & Evan Gremont (USA)
Madison & Tyler Vining (USA)
Marcella Vonn Harting & Jim Harting (USA)
Mark & Melissa Koehler (USA)
Max & Karen Hopkins (USA)
Myra & Ernie Yarbrough (USA)
Teri Secrest (USA)
Vicki Opfer (USA)
Vijay & Ulrike Churfuerst Hanzal (AUT)
Vivian Ting Wan (HKG)



CROWN DIAMONDS

Amanda & Gabe Uribe (USA)
Anita Ochsenhofer (AUT)
Artemis (AUS)
Summer Davis (USA)
Callie & Jeremy Shepherd (USA)
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Chip & Kathy Kouwe (USA)
Crystal & Verick Burchfield (USA)
Danette & Jim Goodyear (USA)
Diane Mora (USA)
Dietfried Wruss (AUT)
Doug & Jordan Schrandt (USA)
Erin & Bronce Rodgers (USA)
Fiona Lui (HKG)
Gordon & Corie Devries (USA)
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Heather & John Brock (USA)
Jessica & Rit Gianelloni (USA)

Kelli & Les Wright (USA)
Korbut Wong (HKG)
Kristy & Jake Dempsey (USA)
Mary Hardy (USA)
Melissa Poepping (USA)
Nanette & Ward Symes (USA)
Nathan & Jessica Petty (USA)
Nicole Barczak (USA)
Patricia Gwee (SGP)
Prakama & Markus Hauser (AUT)
Rainbow Forever Trust (USA)
Sha-Faun Enterprises, Shauna Dastrup (USA)
Sharnael Wolverton (USA)
Terry & Ladonna Beals (USA)
Yonie Bonawi (SGP)
Zach & Kari Lewis (USA)

DIAMONDS



Aditya Nowotny (DEU)
Alan & Linda Simpson (AUS)
Alina Rinato (USA)
Amie Dockery (USA)
Andrea Lahman (USA)
Andrea M. Hayes (USA)
Andrew Dodge (USA)
Anna-Maya Powell (USA)
Anni & Dave Dayan (USA)

Annie Chan (MYS)
Becky & Jonathan Webb (USA)
Brian & Jodi Mckenna (USA)
Brian & Shannon Hudson (USA)
Candace & Jimmie Don Hoke (USA)
Carl Joseph Janicek (USA)
Carla & Bill Green (CAN)
Carol & Delaine Holden (USA)
Carrie And William Liebich (USA)
Casey Wiegand (USA)
Catherine Rott (USA)
Celeste Mclean (USA)
Chelle Carter (USA)
Chelsea Humphreys (USA)
Chelsea Marie Young (USA)
Chris & Connie Wolverton (USA)
Christi Collins (USA)
Claire Lee (HKG)
Claudia Dosamantes (USA)
Courtney Scruggs (USA)
Crystal & Larry Hoskins (USA)
Cynthia Haggerton (USA)
Dallas Harting (USA)
Dan Keskey (USA)
Danielle & Michael Keen (USA)
Darreck Chen Yoon Yung (MYS)
David & Lee Stewart (USA)

David & Star Moree (USA)
David & Teresa Gingles (USA)
Dawn Hampton (USA)
Debbie & Daniel Erickson (USA)
Denise Dunleavy (USA)
Denise Easton (USA)
Derek & Janell Vonigas (USA)
Dick & Nancy Weber (USA)
Donna Grace (USA)
Dustin & Alana Bookhout (USA)
Echo & Danny Hill (USA)
Emily & Keith Anderson (USA)
Erika & Tim Kilcher (USA)
Evangeline & Thomas Reed (USA)
Fee Boey (MYS)
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Fred Zerr & Judy Klassen Zerr (USA)
Gailann Greene (USA)
Greg Hitter (USA)
Heather & Christian Portwood (USA)
Heather & Wade Doll (CAN)
Heidi And Or Kevin Hovan (USA)
Heidi Ross (CAN)
Hitomi Harada (JPN)
Hoi Ki Li (HKG)
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James Niederland (USA)

Jamie & Chelsea Flaman (CAN)
Janie Leek (USA)
Jeffrey Lewis (USA)
Jennifer Howard (USA)
Jennifer Lim (MYS)
Jeremy & Hannah Tallo (USA)
Jihan Thomas (USA)
Jilene & Duane Hay (CAN)
Jodie Meschuk (USA)
John Wongcw (Sgp)
Jonathan & Laura Hopkins (USA)
Josh & Paige Williams (USA)
Judy De La Rosa (USA)
Julia Kay Ferguson (USA)
Justin & Sara Wallace (USA)
Karen J. Douglas (USA)
Karen Vavrick (USA)
Kari Friedman (USA)
Karla Berger (USA)
Katie & Kevin Ganger (USA)
Kelowna Giuliano (USA)
Kelsey Christenson (USA)
Kim Edwards (USA)
Kim Rinaldi-Robey (USA)
Kimberly R. Bromelkamp (USA)
Kirk & Britta Dimler (USA)
Kristi Mangan (USA)

Kyler & Sandi Boudreau (USA)
Laurie Azzarella (USA)
Lindsey Leif (USA)
Lori Gasca (USA)
Maggie Tong & Hill Ngan (HKG)
Marilee Tolen (USA)
Mark & Angela Meredith (USA)
Marlo Bontempo (USA)
Mary C. Ward-Farnham (USA)
Mary Starr & Jay Carter (USA)
Matt & Darlene Weir (USA)
Melissa & Clay Sanches (USA)
Michelle & John Skoczek (USA)
My Joanna Malone (USA)
Nancy Knittle (USA)
Nancy Sanderson (USA)
Nat & Lauren Bretz (USA)
Nicole Perez (USA)
Noteworthy Team Llc (USA)
Pam & Gary Edwards (CAN)
Pat Mclean (USA)
Paul & Tina Ciesla (USA)
Rachel & Ryan Holland (USA)
Reagan & Danny Jewitt (CAN)
Reuben & Stacie Hartzler (USA)
Rhonda & Frank Favano (USA)
Robert Rinato (USA)

Ryan & Ashley Mckenney (USA)
Ryan & Kim Prather (USA)
Sabina M. Devita (CAN)
Sarah Lee (USA)
Shannon & Jd Hudgens (USA)
Shelby & Steven Nowak (USA)
Shelby Paulk (USA)
Sherry Lamarche (USA)
Skyla & Brian Mann (USA)
Sonya Swan (USA)
Stacie & Todd Malkus (USA)
Stephanie Moram & Jp Paradis (CAN)
Sum Sum Yip (HKG)
Susan Heid (USA)
Tammy & Eric Walton (USA)
The Collected, Tan Kai Hiang (Sgp)
Tracey Black & Trevor Nielson (USA)
Tyson & Wendy Mercure (USA)
Vanessa Romero & Tom Nikkola (USA)
Wan Jiey & Tuan Alimin (MYS)
William & Joan Lansing (USA)
Winnie Chan (HKG)
Yvonne Litza (USA)
Zach & Katie Harris (USA)

OCT RECOGNITION RETREAT QUALIFIERS



Our recognition retreats immerse our members in an unforgettable Young Living adventure. Members who consistently strive and achieve Silver, Gold, Platinum, or Diamond—for at least 3 consecutive months—are rewarded with a trip to one of our flagship farms, where they experience the Seed to Seal process firsthand in addition to dynamic leadership development.

DIAMOND RETREAT

Please visit bit.ly/YLDiamonds for Diamond Retreat qualifiers.

PLATINUM RETREAT

Annie Hauser (USA)
Niki Flynn (CAN)
Teng Hong Teo Teng Hong (SGP)
Thomas Burns (USA)
Yuniaty Daun (SGP)

GOLD RETREAT

Alicia Dragic (USA)
Alysia Jantzi (CAN)
Amanda Cooper (USA)
Amanda Givens (USA)
Amanda O'Brennan (CAN)
Ashley Gulbranson (USA)
Ching Teo (SGP)
Christie Mohamed (USA)
Clazina Rosbergen (NLD)
Donna Tingley (CAN)

Please visit bit.ly/YLGold for Gold Retreat qualifiers.

SILVER RETREAT

Alifah Luthfia Ya' Cof @ Yaakop (MYS)
Ambjour Criss (USA)
Amie Hill (USA)
Ana Duenas Galli (MEX)
Annabelle Wehage (CAN)
Anne Russell (CAN)
Bianne Van Sande (USA)
Bin Md Yusof Azizul (MYS)
Bobbi Strehl (USA)
Bt Nor Hashimi Aisyah Basirah (MYS)
C. Elizabeth Griggs (USA)
Candice Kotter (USA)

Carrie Gentles (AUS)
Casey Forte (USA)
Cassie Cochran (USA)
Catherine And Or Raymond Martine (USA)
Catherine Jenkins (USA)
Cathy Alegre (PHL)
Céline Daurès (FRA)
Chelley Dixon (USA)
Christina & Nathan Miller (USA)
Chung Hau Ma (HKG)
Colin Quigg (USA)
Courtnee Coolin (CAN)

Crystal Lucas (USA)
Dana Curtis (USA)
Daniel Borre (USA)
Danielle Okano (USA)
Danielle Winzenried (USA)
Dawn Ashton (CAN)
Doina Oprea (ROU)
Elijah Tyson (USA)
Elizabeth Barice (USA)
Elizabeth Munn (USA)
Eva Gmeiner (AUT)
Faith Nicholls (CAN)
Farah Gonzalez Garza (MEX)
Hang Yip Gmt Acc Co. (HKG)

Hannah Shields (USA)
Heather Shelley (USA)
Heather Wile (USA)
Hoi Yan Liu (HKG)
Hui Wai Mei (HKG)
Jan Bürk (DEU)
Janet Tonello (CAN)
Jenna Decker (USA)
Jennifer Conde (USA)
Jennifer Mowery (USA)
Jessica Bruneau (USA)
Joann Edwards (USA)
Jodi Mcdonald (USA)
Jodie Fasullo (USA)

Junko Akase (JPN)
Justin Debois (USA)
Kacy & Jakus Hull (USA)
Kah Ling Ho (MYS)
Karen Graf (CAN)
Karen Mitchell (CAN)
Kathy Smith (USA)
Kayla Mathews (USA)
Keenan Jacobsen (USA)
Kelly Cone (USA)

Please visit bit.ly/YLSilver for Silver Retreat qualifiers.



We've designed Elite Express to reward the success of even more members. Elite Express spans from Executive all the way to Platinum and offers big rewards every step of the way. Elite Express is a 20-month program and is available for members across the globe in four tracks, lasting from 3 to 6 months each: Executive in 3 (Ei3), Silver in 6 (Si6), Gold in 6 (Gi6), and Platinum in 5 (Pi5), with a bonus Elite in 20 (Ei20) track for those who successfully complete all tracks within 20 months or less.



Amanda O'Brennan (CAN)
Donna Wysong (USA)
Kristen Critz (USA)



Ana Cardenas (USA)
Brittany Bollard (USA)
Jaime Pierce (USA)
Kayla Meyer (USA)
Meagan Wolter (USA)
Rebekah Bullard (USA)
Vanessa Stegner (USA)



Abby Cheung (HKG)
Abigail Mcdonald (USA)
Aleta Quint (USA)
Alexandra Giessler (USA)
Amanda Bell (AUS)
April Heywood (USA)
Ashly Price (USA)
Bailey Garner (USA)



Zalena Aziz (MYS)
Abbie Siegmund (USA)
Ah Ngo Kiek (MYS)
Aimee Mckee (USA)
Alexandria Mazzarino (USA)
Alicia Rydings (USA)
Aliona Litvinenko (USA)
Amanda Doyle (USA)
Amanda Gregory (USA)
Anita Onchuck (USA)
Anna Shain (USA)
Arlene Mccowin (USA)
Arthur Mack (USA)
Ashley Sidlar (CAN)
Azzah Sharifah (SGP)
Bethany Bolt (USA)
Bethany Koetting (USA)
Binan Gu (USA)
Birgit Avar (DEU)

RANK ADVANCEMENTS

Please visit bit.ly/YLRankAdv for a complete list of all Rank Advancements.

RETREAT QUALIFIERS

Please visit bit.ly/YLRetreats for a complete list of Retreat qualifiers and to get full details and information about each retreat.

Oil of the MONTH

Between keeping the windows closed and running the furnace 24/7, you might notice the air indoors getting stuffy during the winter. With a fresh Lemongrass aroma, Purification® can be your best friend for keeping things fresh all winter long.

Purification helps freshen the air and eliminates odors with its unique combination of Citronella, Lemongrass, Lavandin, Rosemary, Tea Tree, and Myrtle essential oils.



Some ways to use Purification essential oil:

- Diffuse Purification to help clear out cooking odors or to create a positive aromatic environment.
- Add 8–10 drops to distilled water in a small spray bottle and spritz to freshen the air in your car, hotel room, or luggage when traveling.
- Add a drop or two to your favorite moisturizer to hydrate your skin and give it a healthy-looking glow.
- Apply Purification topically or diffuse it to enjoy the outdoors annoyance free.



Last year Canada experienced a lot of great successes. Stress Away™ and Deep Relief™—two member favorites—returned to the market. Why does this represent an amazing success? The return of these oils was the result of our Young Living Canada team working incredibly hard with the regulatory authority, Health Canada, for nearly 16 months!

One major requirement was acquiring a higher level of product registration known as a Natural Health Product (NHP). The Young Living Canada team, including Young Living members, collaborated with Health Canada; and by the end of 2016, we opened sales on an astonishing 50 new NHPs and 46 brand-new products. That's an overall total of 96 new products!

The return of these favorite products is a reminder of just how far Young Living Canada has come. We have since launched yet another NHP, tipping the scales to 51 total NHP-registered products and empowering members to share essential oils with greater ease.

Thanks to strong member support and the arrival of these highly anticipated products, the Canada market had an impressive fourth quarter, setting two historic sales records: Cyber Monday was our biggest day ever, and December was our biggest month!

In that time, Young Living Canada also introduced Essential Rewards enrollment at member signup, giving new members immediate access to Young Living's generous loyalty program.

The Young Living Canada team has big plans to outpace their astonishing 2016 accomplishments, so stay tuned! Follow their updates on Facebook at [Facebook.com/YoungLivingCanada](https://www.facebook.com/YoungLivingCanada) and Instagram at [Instagram.com/YoungLivingEOCanada](https://www.instagram.com/YoungLivingEOCanada) to keep up with the latest market news and updates.

Gourmande

in the kitchen



Sylvie Shirazi is the recipe developer, food photographer, and real food lover behind GourmandeInTheKitchen.com. There you'll find a collection of recipes that celebrate your inner gourmand with fresh, seasonal ingredients that are free from gluten, refined sugar, and processed ingredients. The recipes on Gourmande in the Kitchen are fast and fresh with a focus on quality ingredients and minimal preparation that let the natural flavors of the food shine because you don't need a lot of time or a long list of ingredients to make good-for-you, satisfying, and delicious food if you start with the best ingredients possible.

[GourmandeInTheKitchen](https://www.instagram.com/GourmandeInTheKitchen) [Gourmande in the Kitchen](https://www.facebook.com/GourmandeInTheKitchen) [GourmandeInTheKitchen](https://www.pinterest.com/GourmandeInTheKitchen)

CITRUS LEMONGRASS SPRITZER



INGREDIENTS

- ¼ cup filtered water
- ¼ cup honey
- 1 inch piece of ginger, thinly sliced
- 1 stick of lemongrass (light portion only), bruised with the back of a knife
- 1 drop Lemongrass Vitality™ essential oil
- 1 drop Jade Lemon Vitality™ essential oil
- 1 drop Lime Vitality™ essential oil
- 2 grapefruits, juiced
- 2 oranges, juiced
- 4 tangerines, juiced
- 1 bottle sparkling water, chilled to top
- Grapefruit or orange slices, for garnish

INSTRUCTIONS

- In a small saucepan, bring the water, honey, ginger, and lemongrass to a simmer over medium-high heat, stirring until honey is dissolved. Remove the pan from the heat, cover, and let cool for 20–30 minutes.
- Strain syrup. Add the Lemongrass, Jade Lemon, and Lime essential oils. Cool mixture and serve immediately or cover and refrigerate until needed.
- Combine the citrus juices and the lemongrass citrus syrup and mix well. Pour into ice-filled glasses and top with sparkling water. Garnish with grapefruit or orange slices and serve.

SEED TO SEAL SPOTLIGHT

Wolfberries



We're excited to welcome back our tasty Gary's True Grit™ NingXia Berry Syrup, with a completely new look! This premium, all-purpose syrup combines Ningxia wolfberries and Lemon and Orange essential oils with other naturally sourced ingredients such as blueberry, plum, sweet cherry, aronia, and pomegranate.

So what makes this syrup special? The wolfberries, for a start! Young Living's USDA-certified organic wolfberries are picked from nature and undergo our gentle drying process. With polyphenols and polysaccharides, these exotic berries are touted around the world for their taste and nutrients.

Documented use of wolfberries dates back to the Ming Dynasty, where they were part of ancient Chinese culture; and when you try Ningxia wolfberries, you'll see why they were so important then and still are today.

No need to wait to try Gary's True Grit NingXia Berry Syrup. Find it on YoungLiving.com and add it to your order via Virtual Office, by phone, or at our Will Call offices at Young Living Global Headquarters in Lehi, Utah, or our Distribution Center in Spanish Fork, Utah.