

# Essential Oil Therapies

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## Esthetician, Organic Gardener Loses 30 Pounds with Young Living Products

When my weight topped 215 pounds in December of 2000, I made a resolution that I had to lose weight. Seven years later as I'm writing this testimonial, my weight is 185 pounds. My weight has fluctuated between 170 and 190 in the last five years with two major turning points in my progress and ability to maintain my weight loss.

First, five years ago, I discovered Young Living® (YL) pure essential oils. Particularly I love the Citrus Fresh blend and Grapefruit. I have a few drops of these two oils in my water daily. Second, cleansing periodically has become a habit for me, although at first I experienced minor headaches and dizziness using the Master Cleanse.

However, since Young Living introduced Balance Complete [as part of the Five Day Cleanse Kit], I have cleansed four times without any discomfort—no headaches, no dizziness—just great energy levels throughout the whole cleansing period. I will continue to cleanse four times every year, with each change of season.

My goal is to keep my weight under 180 with seasonal fluctuation between 165 and 180. I hope to reach that goal by cleansing with Balance Complete every Friday. I recommend Young Living's Balance Complete to all my friends. The taste is great. And the results? Well, I'm a living and very healthy testimonial.

Curzio Caravati, Kenosha, WI



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## I've Lost Thirty Pounds and I Feel Great!

In five days, you can be pounds lighter and confidently on your way to fitting into your favorite jeans again. No, this newsletter isn't about the latest diet fad or "spa" stimulant. It's about kick-starting your weight loss with the powerful nutrition in whole superfoods. Yes, good nutrition is absolutely essential to slimming down and staying at your ideal weight.

We'll show you how to start losing weight today with a proven plan so you can look forward to being lighter and healthier than ever before. But first, some important information about why many diets don't work.

### What's missing from your diet may show up on your bathroom scale

Most diets focus solely on reducing caloric intake and increasing energy output. To be truly effective, a diet must also address these underlying reasons for diet failure, among others:

- poor nutrition
- inefficient digestion
- nutrient utilization

Just five delicious days to a lighter, healthier you. Try YL's Five Day Cleanse Kit.



# I've Lost Thirty Pounds and I Feel Great!

What's missing from your diet may show up on your bathroom scale  
*continued*

According to Jan McBarron, MD, expert in weight control, malnutrition is a common reason for obesity. She explains that when you are not taking in the whole nutrients your body requires, a vicious cycle begins:

- Genuine need for nutrients spurs urgent hunger signals,
- Which leads to eating high-calorie convenience foods,
- Which add pounds without meeting the body's nutrition needs,
- Without nourishment, the body can't burn fat efficiently, which adds pounds or slows weight loss,
- Silently starving, the body sends continuous hunger signals, cravings, leading to binges and more pounds.<sup>1</sup>

## You can't burn fat without fuel

If you want to lose weight, you must give your fat-burning furnace the fuel it needs to do its job. What does Dr. McBarron recommend?

"[Fat burning] depends on almost every known nutrient, especially the B-complex vitamins and high-quality protein."<sup>1</sup>

First on your list, then, is balanced nutrition in adequate amounts.

## You can't light a fire without a match

Digestive enzymes make it possible to access the fuel you've given it. They break down food particles—proteins, carbohydrates and fats—and convert them into smaller, absorbable nutrients that your body can use.<sup>4</sup>

As we age, our bodies lose the ability to produce enzymes, so we have to include them in our diet in one of two ways: by eating raw, organic food and/or by taking enzyme supplements.<sup>4</sup>

Along with digestive enzymes, adding a good probiotic supplement can help you stabilize the fat burning process. They help by extracting more B-vitamins so that fat can be burned off efficiently.<sup>1</sup>

Second on your list is a healthy digestive system, supported by digestive enzymes and probiotics.

## Five Day Nutritive Cleanse Start your fat burning fire today

If you've haven't had the results from diets that you wanted, consider starting fresh with the Five Day Nutritive Cleanse. It addresses the underlying causes of weight gain discussed in this newsletter.

**great nutrition**  
made only from whole superfoods

**effective digestion**  
fiber, enzymes support digestion

**nutrient utilization**  
new formula has more  
enzymes for more nutrition

The Five Day Nutritive Cleanse uses only three products, starting with **Balance Complete™** superfood meal replacement drink. High in protein, vitamins, minerals and fiber plus "good" fats and a specialized enzyme pack, Balance Complete is also a nutritive cleanser.

Unique to Balance Complete is the V-Fiber™ blend, a special blend of dietary fiber ideal for cleansing, weight loss and maintenance. It satisfies the appetite, balances blood sugar, absorbs toxins, and improves elimination.

To aid digestion of the fiber in Balance Complete, you may also wish to take **Essentialzyme™**, a digestive enzyme formula.

**NingXia® Red** (*ning-sha*) is the second component of the Five Day Cleanse. This delicious whole food superjuice is loaded with nutrients. High levels of antioxidants enhanced with

therapeutic-grade essential oils banish free radicals, making NingXia Red ideal for any cleansing program. Drink

**Digest+Cleanse**, the third product in the Five Day Cleanse, helps soothe digestion, stimulate digestive organs and improve elimination.

## Extra support for digestive health

**Essentialzyme** is an advanced multi-enzyme complex that promotes good digestion and assists in the assimilation of nutrients.

**Life 5** is a superior multi-strain probiotic formulated to build and restore core intestinal health. It may improve nutrient absorption, energy levels and immune health.

Whether you have just a few or several pounds to lose, I hope this information and product ideas have given you fresh enthusiasm for reaching your ideal weight. If you'd like to know more about the Five Day Cleanse and other products, please visit my website or give me a call. I'll look forward to hearing from you.

Product Name	Code # Size	Wholesale Pref Cust Customer Prices
5 Day Nutritive Cleanse Kit	#3296	\$94.75 \$109.71 \$124.67
Balance Complete drink mix	#3292 26.5 oz	\$39.75 \$46.03 \$52.30
Essentialzyme digestive enzyme	#3272 100 tabs	\$27.75 \$32.13 \$36.51
Life 5 Hi-Potency Probiotic	#3099 30 caps	\$24.75 \$28.66 \$32.57

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### RESOURCES

<sup>1</sup> J. McBarron. Use probiotics to lose weight.

<sup>2</sup> R. Harder. Digestive enzymes, part 1.