



# Essential Oil Therapies

## *Maintaining Health through the Holidays*

Bags full of Halloween candy, a table loaded with a ripe Thanksgiving feast and Christmas goodies cloud the calendar over the next few months. Maintaining your healthy lifestyle isn't going to be easy, but it is going to be possible. Avoiding these holiday foibles doesn't have to include hiding in a bunker until spring—just a little self-control and some help from Young Living.

Successful weight management starts with essential components: proper nutrition, exercise and a sensible diet. Young Living's array of nutritional solutions supply the body with the needed nutrients and sustained energy necessary for safely achieving your individual weight-management goals. Even during the holidays you can maintain your healthy weight with the help of Young Living's weight management solutions.

## *Slique Weight Management Collection*

The Slique Kit is a compilation of products designed to maximize weight-management success and improve overall health. Each of the five products in this kit—Slique Tea, Slique Essence, Balance Complete, Essential-zymes-4, and NingXia Red—work together to enhance nutrient absorption, supply required nutrition and fiber, increase energy, and control appetite by



## Regular Cleansing Essential Oils-Infused Supplements

Cleansing is an excellent way to get a jump-start on a healthy diet. Experts suggest that participating in a mild nutrient and fiber-rich cleanse four times a year allows your digestive system to take a break from the high-calorie, low-nutrient diet typical of many people.

As little as five days spent on a gentle cleansing program like Young Living's 5-Day Nutritive Cleanse can eliminate junk food cravings while cleaning out any residual waste.

## 5-Day Nutritive Cleanse

Young Living's 5-Day Nutritive Cleanse comes with everything you need to gently and effectively rid your body of built-up toxins. This mild program utilizes three key products: Digest and Cleanse, Balance Complete, and NingXia Red.

**Digest and Cleanse:** Reduces the digestive discomfort and bloating that sometimes accompanies high-fiber cleansing.

**Balance Complete:** Great tasting, high-fiber meal replacement.

**NingXia Red:** Nutrient-infused wolfberry drink designed to energize, fortify, and replenish your body.

DISCLAIMER: These statements have not been evaluated by the Food and Drug Administration. The information contained in this newsletter is intended for educational purposes only. It is not meant to substitute for medical care or to diagnose, treat, cure, or prevent any specific health condition or disease. The author, publisher and subscriber assume no responsibility to or liability for any loss, damage or injury resulting from the use or misuse of information in this newsletter.

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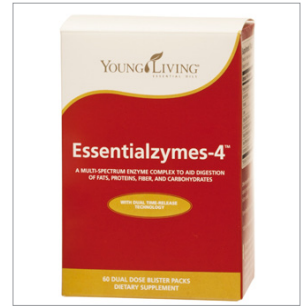
**Slique Tea**  
 Ocotea oolong tea blend that helps control appetite, supply flavonoids and catechins, and provide natural energy.



**Slique Essence Essential Oil Blend**  
 Exclusive YL citrus blend that uplifts, energizes, and helps control hunger.



**Balance Complete**  
 Superfood-based, balanced-fiber meal replacement that is both a powerful nutritive energizer and a cleanser.



**Essentialzymes-4**  
 Multi-spectrum enzyme complex specially formulated to enhance nutrient absorption by aiding the critically needed digestion of dietary fats, proteins, fiber, and carbohydrates.

*Additional Young Living Products for Healthy Weight Management*



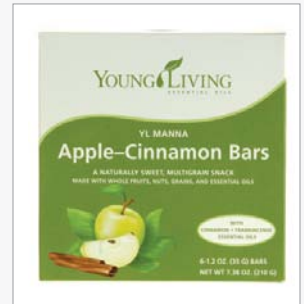
**Grapefruit Essential Oil**  
 May help to control hunger when used as part of a healthy weight-management program.



**Ocotea Essential Oil**  
 May increase feelings of satiety and support your weight-management goals.



**Wolfberry Crisp Bars**  
 High-quality source of protein.



**YL Manna Bars**  
 Snack bars full of natural favors, nutrient-rich whole foods, and essential oils.



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