

Essential Oil Therapies

Ways to Use Essential Oils – Part 5 Healthy Snacking

We're all guilty of unhealthy snacking. Whether it's sneaking a handful of your kid's remaining Halloween candy, enjoying a few extra holiday treats or over indulging on a hearty Thanksgiving feast, it's no wonder this 'tis the season to pack on the pounds. The combination of unhealthy snacking and limited activity during the holidays sure makes it difficult to maintain your figure and stick to your diet.



Fortunately, avoiding the snack bar and vending machines doesn't have to mean never enjoying a delicious snack. Young Living has turned snacking into a healthy activity by offering the perfect alternative to processed treats. Instead of nibbling on calorie-loaded trail mix, try dried Ningxia Wolfberries for an array of nutrients and antioxidants. Or stifle that craving for a candy bar with a Slique Bar as a perfectly functional, nutritious snack.

When you're on the go or rifling through the refrigerator before bed, choosing the healthy snacking option could be the difference between living a healthy lifestyle and having a difficult time reaching your health and fitness goals. Let Young Living change your snacking habits with the help of these incredibly healthy options:



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Balance Complete: A super-food-based meal replacement that is both a powerful nutritive energizer and a cleanser.



Blue Agave Natural Sweetener: A delicious, natural sweetener preferred by health-conscious people for use in foods and beverages.



JuveSpice: Sprinkle it on food such as eggs, baked potatoes, rice, or salads for extra fiber and to support proper digestion.



NingXia Wolfberries, Dried: Ningxia wolfberries are powerful antioxidants and provide an array of nutrients and protein as one of nature's most nutritious fruits.



Power Meal: A delicious, satisfying, rice-based meal replacement, which is rich in calcium, antioxidants and amino acids, and delivers an impressive 20 grams of protein per serving.

Slique Bar: A dual-targeted satiety approach and medley of exotic fruits, nuts, and science creates the perfect snack to help you feel fuller, longer.



Stevia Extract: Stevia Extract has a glycemic index of zero and is a dietary supplement that supports pancreas function. Stevia may also help maintain normal blood sugar levels.

Yacon Syrup: A natural alternative sweetener, similar to honey, maple syrup, molasses, or sugar cane syrup; a perfect choice for beverages, cooking, cereal, baking, and other recipes.



Wolfberry Crisp: Delicious, naturally sweetened meal replacement bars that will satisfy your appetite, provide an antioxidant boost to your immune system and supply high-quality protein for building muscle.

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