

Essential Oil Therapies

Accomplish Your Goals

YL Wellness Newsletter – January 2014

At the beginning of a new year, it's tradition to make resolutions of self-improvement.

But whether you've committed to a new exercise routine, a better diet or a more positive mindset, it can be hard to stay motivated as the newness of the year begins to wear off.



As February approaches, the gyms clear out, diet subscriptions decline and the rise in people purchasing self-help books begins to level out.

So how do you stick to your resolutions, even as others begin to slack off? It can be tough. Luckily, Young Living offers a variety of products that can assist you in maintaining your resolve. Young Living's comprehensive line of Wellness products can keep you feeling healthy and happy enough to reach your goals, even in today's demanding world.

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Young Living Wellness Products



Healthy Snacking: Young Living's Power Meal and dried NingXia Wolfberry are perfect for providing you with the nutrients you need to stay full and healthy, without compromising taste. As a bonus, both are loaded with powerful antioxidants, giving you the support necessary to fight free-radical damage.

Energy and Stamina: For many, the start of a new year can also mean the start of a hectic schedule. Fortunately, Young Living's NingXia Red contains a super-blend of natural ingredients that can keep you going all day long. And since NingXia Red comes in convenient 2 oz singles, you can take it with you wherever you go.



Weight Management: Almost everyone has attempted a weight loss/maintenance regimen at one time or another, and a new year is a perfect opportunity to work on improving your health. Unfortunately, it's not always as easy as the tabloids and commercials make it sound. That's where Young Living comes in. With a full range of Slique products aimed at helping you maintain a healthy weight, you have the tools you need to get healthy right at your fingertips. You can use Slique Gum to curb your appetite, Slique Tea to encourage a healthy diet and Slique Essence to provide uplifting hunger control. Slique has healthy solutions for every lifestyle!

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