

# WELLNESS ESSENTIALS CD #01

## “RESTORE YOUR CORE”

### Three Key Products in the Five-Day Nutritive Cleanse

#### Doug Corrigan

*Hello, this is Suzette Flygare, and this is Wellness Essentials, an educational audio series defined to guide individuals to optimal wellness through a better understanding of natural health principles and through proper application of Young Living Essential Oils and essential oil-based health products.*

#### **Suzette Flygare - Introducing Doug Corrigan**

Today's guest is Doug Corrigan. Doug is the Senior Director of Marketing for *Young Living Essential Oils*, and he has been over a decade working with natural products. In that time he has been involved in developing and marketing natural products and educating others about nutrition, plant medicine, and the advantages of a holistic lifestyle.

Now Doug, you have a lot of experience with marketing as the Senior Director of Marketing, but I've heard you say to people that you're not a textbook marketing type of guy. Can you tell me what you mean by that?

#### **Doug Corrigan - Passionate about YL**

Oh, I absolutely can, but first off, Suzette, thanks for that great introduction. It's really an honor to be with you today. What I mean by "I'm not a textbook marketer" is that many marketers might pride themselves on being able to maintain a scientific objectivity to their task, and some people might say, "You could sell a catsup popsicle to a woman in white gloves!" meaning you could sell anything to anybody anytime—and that's not just the kind of person I am.

In fact, the reason I decided to work with natural products is because I, myself, am very passionate about what these products can do for us, for others, what they've done for me, and the lifestyle that really happens behind the business.

#### **Years of Health Problems**

Now this comes from having from less than optimal health for many years. In fact, I had allergies, illness, fatigue. All of these things I effectively ignored for many years until it progressed to a point that they just couldn't be ignored anymore, and I learned sadly that when the Check Engine light comes on, you can't just stick a piece of duct tape over it and keep driving. You had better get to the bottom of what's going on, and as I tried to do that I wasn't getting the answers I wanted from allopathic medicine.

#### **Two Important Realizations**

That really started me on a journey of discovery that eventually led to two important realizations. The first is that I woke up to the fact that I had a choice to think and act differently than what everybody was telling me to do, and the second is (and I'll quote from the great naturalist, William Penn) who said a lot when he said we should study nature more and act according to nature, whose rules are few, plain, and most reasonable.

If you're out there listening to this audio, you have either already been turned on to *Young Living* products and our lifestyle or someone cares about you enough and would like you to take a look at these concepts and ideas that can improve your health and possibly expand your capacity to enjoy life at a greater level. Whichever it is, you are in a great position and, again, it's an honor that you would spend some of your valuable time with us. It won't be wasted.

**Important Health Information**

The things we will discuss have been fundamental in the health transformation of literally hundreds of people with whom I have shared them, and it's a privilege to share them with you.

### **Suzette - Topic for Today**

Doug, the topic of discussion today is what you were describing to me as one of the fundamental concepts of preventive and natural

### **Doug - Natural Preventive Health**

Well, Suzette, I'm really happy to hear you say that because that's what I'm prepared to talk about. We'd have a problem if the topic was something else.

You brought up two really important points right there—the first is preventive, natural health and the other is the topic of cleansing. To the first point, the hardest thing about obtaining optimal wellness is changing our own attitude of mind. That's really what natural health is all about—and that is learning a new approach to health that doesn't allow you to settle for less than your best healthy self and doesn't allow you to become a victim of what you currently see as your health inheritance, or a bad doctor or bad genes or any-thing else. It teaches you to become the master of your own health fate.

A great natural health leader, Bernard Jensen, encapsulated this concept very well when he said, “We don't catch a disease. We create them by breaking down the natural defense according to the way we eat, drink, think, and live.”

### **We are What We Think**

The word that should jump out to you there is “think.” When we are ignorant, afraid, or over-whelmed, we think negative, stressful thoughts. This, coupled with the vast quantities of things we are doing wrong, like junk food and beverages that we consume and the fact that we encounter more environmental toxins in one day than our ancestors encountered in an entire lifetime, all of these things compromise our health and lead to the underlying cause of the major health conditions –oxidation and chronic, systemic inflammation.

### **Inflammation Happens...**

In fact, I'd like to change that famous bumper sticker that says, “S- - - Happens.” Do

health, and that is cleansing—more specifically nutritive cleansing—and *Young Living's* new program, the *5-Day Nutritive Cleanse*.

you know that one? We are going to change that one now to “Inflammation Happens” because inflammation does happen as part of the natural healing process. It's something we can't avoid, but it's something we definitely need to be interested in controlling.

We have to control this because the problem is that when this becomes a chronic, cyclical condition, when our cells and tissues suffer insults or wounds because of how we eat, drink, think, and live damage happens, inflammation occurs, and the body needs essential nutrients to repair the problem and heal.

That's why (when we eat poorly) it not only causes inflammation, it also deprives our body of the things it needs to put the fire out. This condition triggers the major killers, like heart disease, cancer, and their precursors like diabetes and obesity. Our lifestyles tax our body's resources to such an extreme that we don't get enough nutrients in our diets to repair the damage. This leads to an inflammatory fire that never gets extinguished.

### **Suzette**

So where can we start to get this condition under control?

### **Doug - Four Simple Steps**

Perfect question. There are four simple steps that we want to stay focused on today, and when I tell you these steps, Suzette, I want you to remember that I said they are simple. I did not say that they were easy. Also, remember that they can and should happen simultaneously.

The first one is, of course, the hardest. Step Number One: limit and eliminate anti-nutrients. Is that simple enough, Suzette?

### **Suzette**

That is, but I guess that depends on what an anti-nutrient is—then it may not be that simple.

### **Doug - Anti-nutrients, not a Food**

Exactly right. That is the difficulty indeed because anti-nutrients are a class of food that aren't really a food at all, yet we love them immensely. We're talking about junk habits and junk foods that are not only devoid of nutrients, but actually contain substances that damage the body and require more good nutrients to repair the damage. We're talking about things like smoking, drinking, drugs (illegal and otherwise), prescription drugs can also have a harmful effect, trans (rancid) fats, refined, simple, and high glycemic sugars, chemical preservatives, flavor enhancers, caffeine—not to mention all these toxins that we are taking in our water and air. This list is long and insidious. In fact, it's a bigger problem than we think.

### **Junk Foods on the Rise**

A recent *LA Times* survey found that calories from junk foods make up more than 30% of the average American's diet! I call them "anti-nutrients" because their net, net effect is negative.

I don't want to spend a lot of time here because people just flat out don't want to hear it.

### **A Backdoor Approach**

Mark Twain said this very well when he said, "I know full well that I could add ten years onto my life if I gave up smoking, yet I also know that that would be ten years without a cigarette!" So you see that people are not "want" to give up these anti-nutrients.

Now, that's been my experience. I have had way more luck trying to get people to start eating good things than to stop eating bad ones. It's the "backdoor" approach, and we don't want to tell everybody, but I've seen when people start doing good things they start to lose their taste for that which is forbidden.

### **Suzette**

I've seen that, too, in my own lifestyle and eating habits, that when I'm eating good whole-some food, it's a lot easier to resist the bad.

### **Doug - Essential Nutrients**

That is such a great point. On the opposite side of anti-nutrients are essential nutrients. These are the nutrients that the body can't manufacture itself and literally can't live without. These are things like macro nutrients, like water, carbohydrates (which are sugars and fibers), proteins, amino acids, and fats (like omega fats). There are also essential micro nutrients like vitamins, minerals, antioxidants, enzymes.

Some of these we are familiar with, like water dehydration. If you don't get enough water, then death can occur rather quickly. But, however, what about vitamin B-1? That's a little harder to recognize. If you didn't get any vitamin B-1, the deficiency disorder, beriberi, would kill you just as dead as dehydration would.

### **Your Body Knows Its Needs**

Your body knows it needs optimal levels of all these ingredients or these nutrients to function at its best. When it's not getting them, hunger occurs. In fact, if your body's not getting what it wants, it will send you repeatedly to the kitchen to get it.

The problem is that what your body needs may not be in your frig. In fact, you may eat the entire frig and still not get any real nutrition. This causes us to be ever eating and still starving for real nutrition. That is why Step Number Two is so important. We need to flood our bodies with essential nutrients and Step Number Three is, prepare our bodies to absorb them.

### **Suzette - Cleansing Makes Me Nervous!**

This makes a lot of sense to me, Doug, it really does. I can see how it all fits together, but how does cleansing fit in with this? Some of us are familiar with cleansing, and honestly, sometimes that word makes me real nervous.

### **Doug - Many Types of Cleanses**

You're exactly right, Suzette. There are a lot of different types of cleanses: Natural health, in general, and *Young Living*, as a company, have taught and endorsed many different types of cleanses.

There is Christopher's Mucousless Diet and the Stanley Burroughs' Master Cleanse—I have personally tried both of those. *Young Living* has long sold specific targeted cleanses for the liver, for parasites, for heavy metals—that's just to name a few. These are all effective in their own right, and there is a time and a place for all of this. However, many of these are a bit rigorous to be done frequently and by the general populous at large, and some of these should really only be done under the supervision of a trained medical professional.

### **Gentle Approach to Cleansing**

The *5-Day Nutritive Cleanse* that we will discuss today is a commonsense, gentle approach that cleanses by eliminating everything bad from your diet for a five-day period and then supplying your body with the materials to flood your system with a river of essential nutrients. It was created to be gentle and pleasant enough so that anyone can complete it on a routine basis and then set themselves up for a healthy lifelong maintenance program.

### **Suzette**

I like the sound of that—a cleanse that's simple and pleasant enough to help me create the right kind of habits, but how exactly does that help us to cleanse if it's simple and pleasant?

### **Doug - Four Ways of Cleansing**

Very good question. *Young Living* has developed products for the *5-Day Nutritive Cleanse* that cleanse in four main ways: they absorb, they scrub, they activate, and they soothe. There are nutrients that act like a

sponge so they absorb toxins, excess fat, LDL cholesterol, insulin, and excess sugars so they can be eliminated more often and more effectively.

There are nutrients that act like a brush—they help form bulk and scrub unwanted material from the bowel. There are nutrients that activate the body's natural mechanisms, like the digestive system, the liver, and the colon function.

All of this activity can lead to discomfort, so you also need ample raw materials to quickly build healthy tissue and have the nutrients that will also soothe irritated tissues so healing occurs more rapidly.

### **Suzette**

What exactly are the products in this cleanse, and will I have to take a bunch of them?

### **Doug - Three Foundational Products**

At the most, you will be using three products, the first of which is the foundational product for the cleanse, and it's a meal replacement called *Balance Complete*. It's a daily super food energizer first and a nutritive cleanse second. *Balance Complete* uses super foods to deliver an amazing amount of nutrients per serving and 11 grams of a proprietary fiber called V-fiber. *Balance Complete* provides nutrients that engage all four of the cleansing mechanisms we just mentioned, meaning nutrients in *Balance Complete* absorb, scrub, activate, and soothe.

### **Suzette**

You said "fiber," like Metamucil-type fiber?

### **Doug - Balance Complete, a Total Meal**

Not exactly. *Balance Complete* is much more than just a single psyllium fiber product like a Metamucil. *Balance Complete* is a complete meal with a very impressive fiber component. The largest source of fiber in *Balance Complete* comes from NingXia wolfberry, the second comes from brown rice bran, and the rest comes

from a host of effective fiber concentrates, like conjac root. Conjac root is an amazing plant—it can absorb 200 times its weight in fluids.

This is a critical advantage because fiber for fiber's sake is important because Americans are dangerously deficient in fiber and are getting only a third of the recommended amount on a routine basis, but if you can also get other nutrition along with your fiber and then blend it with other fibers, it creates more viscosity and greater effect.

#### **Suzette**

So viscosity, like with blood or oil?

#### **Doug -Blend Based on Research**

Sort of, but when you measure a fiber for viscosity you are measuring it for its ability to absorb material, swell, and form mass. This has all kinds of health-promoting benefits, ranging from absorbing toxins to increasing frequency and volume of elimination to balancing blood sugar and satiating appetite.

We made our blend based on research that showed a wide variety of fibers when blended created far more viscosity than single fibers. Even conjac, the most viscous single fiber, is not even one-third as effective as when you blend conjac with zanthin, guar, alienated, etc. If you look at our proprietary V-fiber blend, you'll find all these fibers coming together and much more. It is truly a unique blend with that synergistic effect.

#### **Clean Bowel Essential for Health**

This is a good time, also, to mention that all of fibers' health-promoting benefits are magnified by the fact that they directly support the health of the foundational health organ in the entire body, which is the bowel (or the colon). Nearly all natural practitioners know without a healthy bowel, optimal wellness is impossible. The bowel is the first organ developed in the fetus and provides the energy necessary to form the heart, the brain, and the rest of the organs.

One of the people I admire most in the natural health is the herbalist, Dr. John Christopher. He went so far to say that 90% of

chronic disease comes from unclean bowel, or we might say now, an "inflamed" bowel.

Most people's bowels are not a happy place. They are damaged by drugs, toxins, junk foods, stress, and other extremes. These all poison and slow our bowel, and this leads to most everybody being literally "full of it," or to put it in another way, we are self-intoxicating due to the fact that we are almost all hundreds of bowel movements behind!

#### **Drain the Swamp before Building**

Taking *Balance Complete* with the recommend-ed liberal amounts of water will begin to change all that. Remember, before you build in a swamp, you must first drain the swamp! This is where cleansing comes in and the *Five-Day Nutritive Cleanse* is a great tool for everyone to get involved with cleansing at a very basic level and improve their bowel health, and when you start doing that and fixing the roots, every other body system will also improve. During the *5-Day Nutritive Cleanse* you will replace all three meals with a *Balance Complete* shake. After that, the maintenance program requires a minimum of one *Balance Complete* shake a day.

#### **Suzette**

*Balance Complete* tastes really good! My kids love to put it in smoothies and so that's how we enjoy it at home—but you mentioned two other products.

#### **Doug - Second Product, *NingXia Red***

Yes, there are two more products in the *5-Day Nutritive Cleanse*. The second product is *NingXia Red*. If you haven't heard about *NingXia Red* you must not know anybody in our company because it is our flagship foundational nutritional product. It is a super food of awesome proportions. The backbone of this product is the NingXia wolfberry, but instead of the powder like we use in *Balance Complete*, it utilizes the fresh, whole wolfberry, which has a very different nutritive profile than the powder does.

We could go on and on about *NingXia Red*

(and we often do), but during the cleanse it should be used at an increased rate of six ounces a day. It is best to take two ounces three times a day.

NingXia wolfberries are considered by the Chinese as a supreme tonic, and at this level of *NingXia Red* you will activate the body immensely, especially your liver function. It will also provide terrific levels of antioxidants, which are critical for health, as they directly attack oxidation and its partner, inflammation.

The complex sugars and polysaccharides in *NingXia Red* will heighten immunity to protect the body during the cleanse, and they will also provide sustained energy during the cleanse.

### **Suzette**

We've talked about the different mechanisms—we're scrubbing, we're absorbing. Where does soothing come in? Is this where *Digest + Cleanse* comes in?

### **Doug - Introducing *Digest + Cleanse***

That is exactly where *Digest + Cleanse* comes in. This great new product represents the essence of what has made *Young Living* a great company, and that is essential oils. In fact, we call *Digest + Cleanse* a purely oil supplement because it contains nothing but *Young Living's* therapeutic-grade essential oils

Since its beginning, *Young Living* has championed the use and distribution of essential oils, which are some of the most powerful and therapeutic plant remedies ever prepared. *Digest + Cleanse* is exactly such a preparation. Its purpose is to stimulate digestion and soothe inflamed tissues by utilizing therapeutic-grade *peppermint* essential oil, supported by other oils like *caraway*, *ginger*, *fennel* and *anise*.

### **Suzette**

How are essential oil supplements different from other herbal supplements?

### **Doug - Essential Oils Have Plant Energy**

That's a great question. Essential oils are pre-

pared from living plants and maintain the properties, potency, and energy of plants as they are found in nature. You compare this with dried herbs or vitamins that are created in a laboratory.

To illustrate this, I like to tell the story of a local stream that I like to fish at in the springtime. Some of the banks are overflowing with *peppermint* and when the morning breeze blows and evaporates the morning dew off the *mint* leaves, it creates an extraordinarily positive, soothing, and uplifting energy. This is a very simple energy that one experiences when they smell *Young Living peppermint* oil, and when one takes *Digest + Cleanse*, this is that same therapeutic activity that you can harness.

In this regard, a combination of *peppermint* and *caraway* essential oil, when enteric-coated, was shown to be two times more effective than just *peppermint* alone. *Digest + Cleanse* provides both, as well as the other oils that we mentioned, and even includes *lemon*, which is very important for stimulating liver and gall bladder activity.

### **Virgin Coconut Oil is Carrier for Blend**

Even the premium virgin coconut oil that is the carrier in *Digest + Cleanse* has a specific purpose in that it will combat candida and yeast. Other *peppermint* products I've seen use soybean oil, which is not nearly as nutritious an ingredient or as effective as coconut oil.

During the cleanse, it is recommended that you take one capsule of *Digest + Cleanse* 30 to 60 minutes before each meal and as needed for abdominal discomfort.

### **Suzette**

Yes, Doug—I've heard that when you take in a lot of fiber all of a sudden, that sometimes you will experience abdominal discomfort. Is that going to be something that most people will experience the first days of this cleanse?

### **Doug -*Balance Complete* Assists Fiber**

I wouldn't say "most people," but some people will, and that's very true. We don't

hardly get any fiber in our diets right now, so when you start to get some of this good fiber and some of these other active ingredients like you find in *Balance Complete*, that can happen. But *Digest + Cleanse* can really help you with that. The other thing that can help you with that is to drink a lot of water. Not only should you drink an eight to ten-ounce glass of water immediately following every *Balance Complete* shake, you should also drink a whole bunch of water during the day.

When you drink that water after the *Balance Complete* shake, this helps the fiber to absorb and swell, and helps you feel full, and then the water that you take on the rest of the day just helps things to keep moving. I like to mix my water with *NingXia Red* and a couple of drops of *lemon* essential oil and just sip it constantly throughout the day.

### **Suzette - Am I Going to be Hungry?**

So that's it? It doesn't sound too difficult to me—it sounds really simple! Will I be really hungry, though? That's another concern—am I going to be really hungry during this cleanse?

### **Doug - Cleanse Gives Superior Nutrition**

That is a concern because that's the reason why people stop doing a cleanse most of the time because they are just not comfortable—they don't feel like they are getting enough food. That hasn't been our experience with the *5-Day Nutritive Cleanse*. I think this is due to the fact that you will be getting far more nutrition than you normally do on a daily basis, plus (as we mentioned) when you drink *Balance Complete* and enough water, you will take advantage of the viscosity that slows and prolongs the absorption of nutrients (especially those sugars) so that you will be more balanced and not suffer those blood sugar crashes.

### **Five-Day Schedule Provided**

That being said, for those who have speedier metabolisms, we allow you a few cheats. With every cleanse kit purchased you will receive a five-day schedule that walks you through an

hour-by-hour schedule for the cleanse. It also lists approved and recommended snacks. No matter the ones you choose, stick to only snacks of raw fruits and vegetables and perhaps a few raw nuts.

### **Suzette**

So how often should I cleanse? How often does my body need me to cleanse?

### **Doug - Quarterly Cleanse is Best**

Another great question. We recommend doing a *5-Day Nutritive Cleanse* once every three months, although many are doing it for five days a month because it is so doable. There are great results and they feel great while they are doing the cleanse.

### **Suzette**

How can somebody prevent themselves from backsliding into unhealthy habits after they have done this wonderful thing for their body in that they've doing the *5-Day Nutritive Cleanse*?

### **Doug - Prevent Backsliding**

Yes, how can one prevent backsliding? This brings us to the fourth and crucial step because we have to give it time. You didn't get to where you are overnight, and just because you might feel good during the *5-Day Nutritive Cleanse*, that doesn't mean that all is well. Again, as Bernard Jensen said, "True health comes from what we do all the time—not just what we do some of the time," or as I like to say, "Health happens every day." It is important after the initial five days that one continue with maintenance and try to follow those four steps that we discussed on an ongoing basis.

### **Core Essentials for Maintenance**

*Young Living* recommends the *Core Essentials* maintenance program for that exact purpose, and this consists or replacing your least nutritious meal a day with *Balance Complete*, although if weight management is your goal, two meals a day replaced with



*Balance Complete* would be better. Remember the water after every shake.

Now, again, *NingXia Red*—you want to continue taking that. Take one to three ounces of *NingXia Red* every day, and then there are a couple of other products that you need to consider. Take three capsules of our spectacular fish oil, *Omega Blue*. It has tremendous anti-inflammatory properties that will aid virtually every body system.

There is one more product, a capsule of *Longevity*, which is a potent essential oil antioxidant product that will help diminish oxidation and again, help to reduce inflammation by protecting your cells and DNA, that very basic level of health.

### **Suzette**

This sounds great, and I am excited to start this program, but how would this affect my budget?

### **Doug - Actually Spend Less Money!**

One of the things I love about this program, Suzette, is if you do it properly, you could actually end up spending less money on food. So you are saving money while you're doing this cleansing. Listen to this: the average meal costs between \$5 to \$8 and then, of course, all the dollars that people spend on snacks, beverages, etc. It's not uncommon for people to spend \$25 to \$35 a day on food and snacks, and get virtually no nutrition. The *5-Day Nutritive Cleanse* provides 15 servings of *Balance Complete*, a 34-ounce bottle of *NingXia Red*, and a 30-count bottle of *Digest + Cleanse*. This is everything you need to complete that five-day period and costs \$98.75. That means you are doing tremendous things for your health and spending less than \$20 a day, which is probably less than you were spending on food and everything else before.

### **Suzette**

That sounds like a great value for the cleansing program, but what about the maintenance—how will that affect my budget?

### **Doug - All You Need for Maintenance**

Well, the *Core Essentials* maintenance replaces a meal a day, gives you the *NingXia Red* plus *Omega Blue*, plus *Longevity*, and a 30-day supply of the *Core Essentials* maintenance program which can be purchased for just a little over \$5 a day. Now, the money is there if you want to do this. One Starbucks coffee costs \$4.

### **There are Always Skeptics**

This topic always reminds me of a conversation I was having recently with my in-laws about this exact thing. My sister-in-law was sitting quietly and looking irritated when I was describing some of these concepts to people. She finally piped up and said “Do you know what? I don't believe a word of what you're saying!”

That took me back a little bit. She said, “It's all about our genes—either you have a strong constitution and you have good health or you don't. For example, I was feeling a little tired lately. I went to see my doctor; he gave me a complete physical and pronounced, ‘You are in perfect health.’ This is in spite of the fact that I break all the rules that you're talking about today. I eat at least two meals a day at fast food restaurants. I drink at least a 6-pack of Diet Coke every day, I snack on whatever I want. I have a tremendously stressful life running two businesses and running three young children, yet my doctor says I'm in perfect health. What do you have to say about that, nature boy!”

### **Suzette**

A lot of people actually feel that way, I think. They look good, they think they feel good, and yet they are breaking all of these rules and eating all of this junk food and garbage, so they don't think that there is a need, and they don't see that it is causing any damage to their body.

### **Doug - Pay Now or Pay Later**

Well, it took me back for just a moment, but what I said was, “Do you remember that old Quaker State Oil's commercial? You know,

they had the one mechanic holding the can of oil with the words below, and it said, ‘You can pay me now,’ and then there’s the picture of the other mechanic who’s holding a piece of your engine and the subtitle says, ‘Or you can pay me

These are natural, eternal laws (like the law of the harvest) that are at work here with your health and we can’t ignore them forever. I’m convinced that this program, but more importantly, these principles that we’re talking about, will be a great starting place to start developing a terrific, nutritional foundation for great optimal health.

**Suzette - Many Have Benefitted from Cleanse**

Doug, I totally agree with these principles that you’ve been teaching us today, and I know that this program has already helped a lot of people and a lot of excitement is out there about this simple cleanse. It’s very doable (like you said) and we’ve already received SO much positive feedback from people about how simple it is and how much better they feel. They’re noticing a tremendous difference.

So, we want to thank you, Doug, for sharing all of this valuable information with us and I know that it’s going to help a lot of us.

**Doug - You Can Change!**

It’s been a pleasure, Suzette. That’s the exciting part of this business, that it has helped a lot of people, but will help a whole bunch more.

Remember what I said at the first of this discussion and what I have learned on my journey is YOU CAN CHANGE, you can do new things, you can think different thoughts, and then when you do that, amazing things can happen.

Nature has a lot of these answers and if we abide by these principles we will see great things, and then when we do take action and we try new things, then I just wish you God’s speed in your quest for health.

later!’

Really, that’s what it comes down to. You can pay me now or you can pay me later. That’s really how it is with your health.

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