

## WELLNESS ESSENTIALS CD #03

### “NingXia RED AND S.O.D.” NingXia Red Discussion

*Hello, and welcome once again to Wellness Essentials, an educational program where we explore the unique and effective wellness solutions that Young Living products provide.*

#### **Doug Corrigan - Introducing Dr. David Hill**

I am Doug Corrigan, Senior Director of Marketing at *Young Living Essential Oils* and today it is my privilege to be joined by Dr. David Hill, an internationally renowned expert and educator who specializes in helping others achieve optimum wellness by integrating diet, lifestyle, and natural therapies. He was personally mentored into this field by *Young Living* Founder, Gary Young, specifically in the use of therapeutic-grade essential oils, and he directed activities at the *Young Life Research Clinic* for many years.

He has a tremendous reservoir of practical experience and holistic wisdom, and I thank you, Dr. Hill, for taking the time from your world travels to join us here today.

#### **Dr. David Hill**

Thanks, Doug. It's good to be here.

#### **Doug Corrigan - Favorite Topic**

Dr. Hill, you and I were recently discussing what has become our favorite topic, talking about *Young Living* products and all the fantastic things we've seen these products do and what people have experienced while using them. Some of the things, of course, we have experienced ourselves.

#### **What We Mean by Nutrition**

What we are really talking about is the lack of nutrition. It's not found just in America—sadly, this is now a concept that is spreading throughout all of the world. Many nations, many countries are now adopting our lifestyle when it comes to nutrition, and if we are really

I know you have had long experiences with essential oils and their applications, but when we talked the other day, we talked about how impressed you have been with the results you are seeing with some of the core nutritional products.

#### **Dr. Hill - Attracted by Essential Oils**

I think I am like everybody else. When I came to *Young Living* I was drawn by the essential oils themselves and all the power and benefits that they bring. But I think it's also important to point out that beyond the essential oils, when we start talking about the total foundation of your health—not just one particular thing, but the full foundation—that it's built on several different factors.

Essential oils—I would never be one to say that they don't play a critical role. They do. We've all seen it. We've experienced it, and yet there is this other side that deals with core nutrition. It deals with the understanding that you must build a foundation for your body to draw upon if you are adequately going to maintain your health or if you are going to overcome particular health challenges that you are experiencing.

going to change the outcome of our health, this is the fundamental thing I think we most need to change. Understanding what good nutrition is versus what the common nutrition is, or the everyday nutrition most of us believe that we are taking and being exposed to.

It really has become a global epidemic, and that is why *Young Living*, for the past ten years, has felt that an important part of their message has been nutrition.

It's why I've been so excited about that message, because for all the benefits we see with our products, I love the idea that we are honing into the fact.

By the way, essential oils are a part of our nutritional products, which make them even more powerful and beneficial than some of the competitors that are out there with other products that you might take. That's why I'm so excited about it because I understand that if you can approach that aspect of your health with lifestyle, with proper nutrition, miraculous things are possible.

#### **Doug - *NingXia Red*, Nutritional Flagship**

You mention something really interesting. One of the fascinating things that I have found here in *Young Living* is essential oils **Backed by Science?**

I have to tell you that I was a little skeptical for a couple of reasons. First, was the story backed up by real science? Second, if the wolfberry was so great and it's packed with nutrition and promises as was recorded, was *Young Living* actually putting enough wolfberries in their product to make a difference, or was it just another one of those thin-legged pretender juices that was loaded with apple, grape, and pear?

#### **Dr. Hill - Nutritional for Baby Boomers**

Absolutely. The market is flooded with those kinds of nutritionals that exist. I don't know that "nutritionals" is the right way to categorize them, but this is really interesting. You said that the Baby Boomers are now really coming of age. This is our next aging population, and I think with that comes some opportunities because there are a lot of nutritional products on the marketplace, all geared for the same thing. How do we take this

and their role in nutrition. But the reason that I came to *Young Living* really was because of one product and really one interesting super food, the Ningxia Wolfberry. And, of course, we are going to talk about *NingXia Red*. This is the flagship among *Young Living's* nutritional offerings. *NingXia Red* is really the heartbeat of the core nutritional package, or the core nutritional concept that *Young Living* offers.

Initially, when I heard about *NingXia Red* and I heard about how Gary Young was introduced to this product back in 1993 and the subsequent story about his visits to China and how he was researching the legendary longevity effects of those who consume wolfberries on a regular basis, I was very intrigued by the possibilities that this might have for our aging Baby Boomer population, and I also thought about all those people out there who are looking to add more years to their lives and more life to their years.

aging population and how do we capitalize on that in a good way?

One of the things I love about *Young Living* is that morals, ethics and standards play a role in this whole process. Perhaps it's not about finding an opportunity to approach a segment of the market as much as it is to supply a product that, indeed, has efficacy.

But when you start talking about nutritionals, there are a lot of amazing stories that people talk about all the time. The thing I have loved about *NingXia Red* is that the stories are true. People share with us all the time the amazing results that they have by utilizing the *NingXia Red*. It is one of those core foundational, basic things that I believe somebody should do every single day as a part of being healthy and as a part of being well.

#### **Miraculous Things Happen**

As people do that, something miraculous happens. Look at heart disease—there is a lot of talk about CoQ-10 and other different things that can protect the heart, and yet, looking at the

science of the Ningxia wolfberry, you can take the Ningxia wolfberry and it has significantly greater effects in not only preserving or

We can talk about lutein, and there are a whole plethora of lutein substances that are the market for eye health. You can also talk about zeaxanthin and some other things with *NingXia Red*.

The science is there and I think *Young Living* has done the right thing with the science. Gary Young (whom I always look at as a mentor) has done an amazing thing. He's traveled the world quite literally, Doug, as you are aware, and he always does the same thing. He looks at the populations of the people that are there. He tries to understand their culture, but more importantly, he tries to understand why they are healthy and why they are sick.

### **Ningxia Wolfberry - Super Food**

The Ningxia province, the Ningxia wolfberry is so powerful, and I love *Young Living* so much because they took the science—all the data that comes in behind the nutrients, all the flavonoids, the carotenoids, all the wonderful protection we traditionally speak of when we refer to *NingXia Red*. They took that science and they put it with a whole food, not just any whole food. I love the fact that they refer to this as a “super food,” because indeed it is. They took that and combined it with a specific wolfberry, the Ningxia wolfberry out of the Ningxia province. In my mind, that is significant—that's *Young Living*, combining the best of the world. Yes, we have the science, but we also have nutrients—density within those nutrients.

### **Continual Improvement**

*Young Living* is always evolving and I love the idea that as we develop products with *Young Living*, as we go through this process, things are always evolving. Look at *NingXia Red* for what it is now versus what it was when it was conceptualized. Initially, you still had a fabulous product, but one of the things we've done is

protecting the heart, but also lowering cholesterol.

that we're using the whole fruit. I think that when you look at the Ningxia wolfberry and all of the qualities that it possesses, all of the benefits that it can bring to you and me, you will realize the importance of using the whole fruit, that we use every bit of it. And that's what we have done.

As you mentioned earlier, are we using enough wolfberry? Do we have enough in that product to have it be bioactive, to make it available to the body? It is equally important what we do with the whole fruit once we obtain it. It's going to be pureed, and this is the part that I love—50% of *NingXia Red* is that whole fruit. There is a substantial amount, then, that goes into every single bottle—and that means for you and me, that we are going to gain nutrition very quickly, efficiently, and in the proper amounts.

### **Doug - Other Good Ingredients**

I love it too. You take the wrapper off—and if you have ever taken a wrapper off of *NingXia Red*, a brand new bottle, and you set it there—and a good quarter of that bottle is just sediment. That's a big deal—that means you've got, not just a juice, but a whole bunch of other good nutrients.

### **Dr. Hill - SOD, Super Antioxidant**

I would like people to understand that it's actually a pretty common question: “Is there something wrong with my bottle?” No! This is a super food, and the density of the materials that are in that bottle, speaks to the things that we've been talking about.

A good way to understand that is to look at its antioxidant activity, why we would want to have that density. People look, for example, at super-oxide dismutase, which is a real good marker for how effective that is going to be as an antioxidant in your body. The reason why superoxide dismutase is effective is because

this is the primary method we have for combating superoxide, the most damaging free radical in the body.

*Ningxia Red* is substantially more effective than any other product in the marketplace and it's because of that density. That's a good thing. The fact that you have to shake that bottle up, that's a good thing. That sediment is so important from a whole food prospective and from a nutritional prospective.

I think this is the reason why we have great bioactivity within the body, why it's so easily accessible, why it produces the benefits it does, even looking at antioxidant activity and its levels of superoxide dismutase.

### **Why Superoxide Dismutase is Important**

Let me break it down really easily for people. If you have uncontrolled free radicals in your body, you are going to have poor health. The way we combat that is through antioxidants. We've already determined that most of us don't have an adequate intake of nutrition. It's our diet, it's the environment—all those things we discussed quite often and in great detail. This is why we see people who have arthritis; this is why we see people who have other forms of degenerative disease, such as cancer and Alzheimer's disease. All of these things and many others have now been directly linked to the damage that's caused in the body.

Putting it very simply, the best thing you and I can do on a daily basis is stop the damage. The way we do that is by elevating this enzyme and by drinking *NingXia Red* every single day, and the reason is for all the things that we've already discussed. This is dense nutrition; this is bioactive in the body, which stops the damage.

### **Doug - How Does *NingXia Red* Rank?**

So, Dr. Hill, this sounds very exciting and of course, all of us really want to prevent all of those things that you mentioned. How do we know how *NingXia Red* ranks in regards to competitors, other drinks out there?

### **Dr. Hill - Testing Efficacy**

This is an important point. How do we test the efficacy? How do we really know that a product does what it says it's going to do? This is so important that a group of researchers have developed a test called the S-ORAC test, and this is a test that is used to determine the ability of a product or a substance to neutralize this most devastating free radical, superoxide, and *Young Living* consistently tests higher than any other product in the marketplace.

### **Doug - Review PDF Sheet**

You bring up a great point, Dr. Hill, because we've attached a PDF sheet to this disk for every-body to review the most recent results so they can get firsthand information about how the competitors and other people might stack up in regards to this vital SOD activity.

That's all fine and good. This works great in a laboratory, but how does that translate to us? Does that stuff get into our blood and work?

### **Dr. Hill - Benefits of SOD**

That's the key question, and I am going to refer to a couple of different things. Many people have probably seen our live cell analysis we have done with *NingXia Red*, and we've even compared that to a lot of the other products in the marketplace. The thing that's most impressive about that to me is that we demonstrate, not only does it get into the blood, but it creates the activity that we want. There are visual substantial results that take place.

But it goes beyond that, too. We can look again and see some of the science. We can talk about *NingXia Red*, superoxide dismutase, and the fact that it is so effective. It helps to lower cholesterol levels in the body. Those are things that have been studied quite extensively, and we find that to be true.

So, yes, it creates activity within the body. We know it improves eye health; we know

it's protective of the heart; we know it's protective of fatty tissues within the body because of that antioxidant structure. These are things, once again, that we can show through physiological testing, but also people experience the difference. They, themselves, sense and know there's something different that is happening.

Doug, the real question is, "Does *NingXia Red* actually do what it's supposed to do? Does it increase superoxide dismutase in the body?" If it was really functional we would see that those levels increase.

We could test that. We could measure that, not just what the S-ORAC says, but what happens within the body, and that is indeed the case.

I am familiar with a study where individuals ate just 50 grams of wolfberries (which is a very small amount) and did that for a period of ten days. Two significant things happened: One is they increased the levels of superoxide dismutase (that powerful enzyme in their bodies) by nearly 50% in just ten days! The other thing that was really interesting is not only did the levels of superoxide dismutase increase, but we had a reduction of lipid peroxide that decreased in those same individuals by nearly 65%!

### **Doug - SOD Protects Fatty Tissues**

We are going back to the science here a little bit—lipids meaning fat—so this superoxide dismutase protects your fatty tissues. Help us understand why that's important.

### **Dr. Hill - Free Radical Damage to Tissues**

Protecting fatty tissues is no different than anywhere else in the body. We're talking about brain; we're talking about the eyes; we're talking about liver and many other significant areas in your body, and if we fail to protect them at the cellular level, it means for you and me, simply poor health. And by having a reduction in that lipid peroxide, which is a fancy way of

saying "free radical damage to fatty tissues," we've improved the outcome of our health by virtually doing nothing other than just using this product.

### **Doug - Important for Cardiovascular**

So this seems like it would really be important for supporting the circulatory and the cardiovascular systems.

### **Dr. Hill - Misconception in Fats**

I believe this is really a big misconception, especially when we are talking about cardiovascular health. There's a lot of press that's out there; there is a lot of research that's been done that says the types of fats that you eat are so critical. I believe that, especially from a core nutritive stand-point. But in this case it's a little different, especially with cardiac health. It's not so much the types of fat, as much as the damage that occurs to those fats once they enter into the body.

In fact, there is another study I'm familiar with out in the *New England Journal of Medicine*, and within that study they talked about these damaging fats and the role they play. The result is that if we can control or stop free radical damage to those fats, we can stop the damage that occurs with heart disease and other processes.

### **Doug - Protecting Fats**

You are right. That is a big misconception. A lot of people are out there trying to prevent obesity and heart disease by cutting out fats and cholesterol in their diets, but what they really need to do is protect their fats. Eat more fruits and vegetables and beyond that, perhaps are the super foods, like the *Ningxia* wolfberry.

### **Dr. Hill - Eat More Fruits and Vegetables**

I think it's a combination of both. Many people need to change their diet. That's understood at this point because we have such poor

nutritionists associated with the quality of foods. Lack of quality would be a better way to say it, so yes—eat more fruits and vegetables.

But it's more than that. If you look at the content of what occurs within that food, we don't have the same types of foods. Even if you are trying to eat healthy (and this is why I believe daily supplementation becomes so important) and in particular, a super food like the wolfberry. Here you have dense nutrition, you've got carotenoids, you have flavonoids, you have all of the antioxidant activity that we've talked about. What all of that means is the gap, the void that exists right now with the foods that you're eating could be filled with *NingXia Red*. It will bridge the gap and give you the nutrition that you need to drive your health.

#### **Doug - How Much?**

So how much *NingXia Red* should you be drinking, in your opinion?

#### **Dr. Hill - Density Makes the Difference**

Well, this is a question that everybody always asks. I talk to people and it seems like they drink it by the gallon. There's nothing wrong with that, but I don't know that it is necessary, and let me tell you why. It's because of that density once again, and we've given lots of illustrations on why that is so important and powerful.

The average that I recommend for most people is from two to four ounces a day. I think that is going to be sufficient. Me personally, I like to take a little bit in the morning and I'm also going to take some in the afternoon because I like the energy boost that it brings to me, but I also like all of the nutrition that it brings.

We've talked about how your body functions, and we've talked a lot about cells and we've talked a lot about different studies and things that have been done, but there are some core elements to cellular health and cellular functioning. We've talked about flavonoids and

all the nutritional components—we haven't talked about essential sugars, and these are important for having those cells function the way that they want to—and it's found within *NingXia Red*, another reason why I say it's a daily nutritional.

#### **Doug - Two to Four Ounces**

So it's essential sugars, superoxide dismutase, antioxidants like carotenoids, and all those important things, that gap you talked about to help us get back on the right track.

You said two to four ounces on a routine basis. I've heard people often say to take two up front, and maybe you take between three to six ounces just to get your body started.. This is going to help us a lot, especially when you consider where most of us are getting our antioxidants.

#### **Dr. Hill - Do the Best Thing**

That is true, and I think the thing to remember is that there is no wrong way to take *NingXia Red*. That's just a good point for people to understand, but most of us are not getting our nutrition in the way that we believe.

For instance, most Americans drink coffee and most Americans have been told that it is a great source of antioxidants. They don't tell you all the damaging effects that come from doing that. The average American drinks 53 gallons of soda every single year, again more damage coming into the body.

Why not replace some of those bad things? I say this to people all the time when it comes to your health, it's about doing the best; it's about doing the greatest thing. So you can look at coffee. Does coffee have antioxidant protection? Of course, it does, but it also has lots of other damaging effects—and we could say that about any number of different foods. Doing the best thing; doing the greatest thing would be to replace some of those with something that does no harm. Why not take an antioxidant that gives me all of the benefit I want with none of the damage in side effects? Do that each day.

Replace one of those harmful substances each day with something that's valuable.

### **Doug - Saving \$ Makes Sense**

That's a big deal, especially when you think about what does the average cup of coffee cost in America. I always make a joke..”They shouldn't call it Starbucks, they should call it ‘four bucks’,” That place is expensive, and why not spend some of those dollars on something that's going to be absolutely good for us.

### **Dr. Hill - Replace Bad with Good**

I think that's the bottom line—you need to find an avenue; you need to find a way that you can subsidize your health without creating additional side effects. Like you said, why not replace the bad things with something good. Case in point would be diabetes. I have people say all the time, “Dr. Hill I can't use *NingXia Red*, I'm a diabetic and my doctor tells me I can't have the sugars.” And yet, I know that *NingXia Red* as a product has an extremely low glycemic index of 11! That's one of the lowest foods that I'm aware of in terms of the sugar content. More importantly, the benefit that it brings to even people with diabetes is overwhelming. I spoke with somebody not too many months ago and the only thing he did was *NingXia Red* and he was off of all his diabetic medications. I think that speaks to what happens when you bring that good, whole nutrition into the body and the body can begin to function like it was designed to do.

### **Doug - *NingXia Red*, an Even Burn**

That is awesome because what you mentioned right there is so important to me, too. I love *NingXia Red* because I can drink it—even be-tween three and six ounces—and I don't get that jittery energy that a lot of people get when they consume a lot of sugar. That's probably because of what you're talking about. The glycemic index is low, so it's a good, even burn—

a nice increase. I think that's important for a lot of people.

### **Dr. Hill - No Blood Spikes**

I saw a study not too long ago that talked about if we could just control the way our body absorbs that sugar, if we could have foods that didn't spike our sugar levels, like something on a high glycemic index (and I bring this up because this is what I find with most other products). They have a lot of junk juices or other things in them, and what it does (what it means to you and me) is that we instantly spike our blood sugar and when that happens we create inflammation in the body and then we create damage, and everybody becomes familiar with that whole cascade.

The problem is that we spike our sugar all of the time, and that's why I love *NingXia Red*. I can bring in that nutrition without spiking my blood sugar, get the good, whole sugars that I do need, and then also the other nutrients.

### **Doug - Essential Sugars Helpful**

You mentioned these essential sugars. I was reading something the other day that talked about how these essential sugars can also help you with immunities, supporting the immune system.

### **Dr. Hill - Better Immune Function**

Doug, they are on the surface of every cell. You are going to drive me back to the science again, but this is a good way to help people understand. Your body functions at the cellular level, and on the surface of that cell you have proteins and you have sugars. Your immune response is largely driven by the combination of those two together. It's called a glycoprotein. It's those essential sugars, and we have to have them.

The problem is that we don't have them in our diets, so you have to be able to supplement them from other ways. Again, this is why *NingXia Red* is so powerful. We are back

down to the surface of the cell again at the cellular level, providing the sugars that the cell needs to complete its sequencing for immune responses in the body, which equates to (put very simply) you and I become healthier. Our immune system functions better because we have all of the elements it needs to do so.

### **Doug - An Ounce of Prevention**

That makes a lot of sense to me, Dr. Hill, because I know that when I feel something coming on (a little scratchy throat or the sniffles, or whatever) I double or triple up my dose of *NingXia Red*. More often than not, I'm okay. I can feel an immunity boost and I just feel a lot better, and that "thing" never really sets in.

### **Dr. Hill - Increase in Immune Function**

That's a great way to describe the effects of the essential sugars in the body. They help to modulate or increase the immune function within the body. In fact, a recent study that was done with *NingXia Red* shows that just drinking *NingXia Red* increases that immune function by as much as 81%!

### **Doug - Powerhouse Juices!**

That's not surprising to me. As much as we've talked about Ningxia wolfberries, as great as they are, that isn't the only thing at work here in *NingXia Red*. I've looked at a lot of those functional drinks out there and not a day goes by but what somebody else doesn't talk to me about the next greatest drink.

The first thing I do when I get one of these drink deals is that I pick them up and I look on the back, and I look for the junk juices that we've talked about—the apple, the grape juice, the pear juice. I was shocked when I first discovered *NingXia Red* and I turned it around and instead of all those bad juices, I was shocked to find pomegranate juice, blueberry juice, raspberry juice—some of the other things.

These are some of the most nutrient-dense and scientifically proven juices around.

### **Dr. Hill - *Young Living's* Commitment**

We could speak about a lot of different things at this point. We could talk about pomegranate and some blueberries, we could talk about elagic acid. We could talk about heart health; we could talk about all of the nutrition that comes from eating fresh, whole, raw foods, mainly fruits and vegetables.

I love *Young Living*. I love *NingXia Red*, and one of the reasons why is because we made the commitment not to put the junk juices in there. I have known this about Gary for a long period of time and I've seen this standard maintained in *Young Living* with all of its products. If it doesn't bring efficacy we're not going to put it in the products. We don't want to have it in there. It has to promote or build your health or we don't want to have a part of it. We do nothing by jolting the body with a bunch of sugary juices. In fact, you do more damage than you ever do good.

What I love about this is that when you take the wolfberry and you add it to those other whole-type foods (those other nutritious juices that are found, like the pomegranate, the blueberry), natural whole fruits and vegetables, you have a synergistic effect now that occurs. You are enhancing your health even more. I think that's one of the reasons that *NingXia Red* is so powerful.

### **Doug - What about Eye Health?**

We've talked about some of the main things, like cardiovascular, and of course, we are all interested in that. You've hit immunity and that's a really big one, that good sustained energy.

Another one that a lot of people talk about is eye health, and you mentioned that a little bit. What's at work in *NingXia Red* that might help us with our eyes?



### **Dr. Hill - Macular Degeneration Threat**

To me, that's a significant issue. More and more people are struggling with their eyes. Specifically, we need to protect the eyes. We do that through antioxidant activities, specifically carotenoids, as you are well aware. The structure of the eye that we want to protect most is the macula. In fact, most blindness in this country occurs because of damage to this structure.

So, we look at macular degeneration, and we stop it with antioxidant activity. There are two carotenoids in particular that seem to get all of the attention..Lutein and Zeaxanthin. Traditionally, people think that lutein is the most powerful of those two, but this is not necessarily the case. According to new research we found that zeaxanthin is even more powerful—sometimes two to three times more powerful. It's also the one that we seem to have the least of and the one we need to supplement the most with.

One of the reasons why I love *NingXia Red* and why I use it personally is because of the high levels of zeaxanthin. The question on everybody's mind is, "Can you protect your eyes? Can you stop macular degeneration and other degenerative diseases of the eye?" The answer is yes. In fact, a recent study was shown that after just 30 days of taking as little as 15 grams of wolfberry every single day, levels of zeaxanthin (that most protective carotenoid) increased by 100%!

### **Doug - Amazing Potential!**

That is amazing! One hundred percent in just a little amount of time. So now I'm doing great things for my eyes by increasing my levels of zeaxanthin while I'm taking wolfberries. *NingXia Red* sounds like it has all kinds of things going for it. One of the things that we haven't discussed is the fact that it's infused with essential oils. Now, that's something that nobody else has in their drink!

### **Dr. Hill - Addition of Essential Oils**

If you do nothing else but just infuse it with the oils, you have a superior product—far and above anything that's out there—but the fact that we infuse it with the oils can only mean one thing. It means we are enhancing all of the effects that we talked about.

We could have lengthy discussions about the oils that are associated with this product, *lemon* and *orange* oil, and about limonene and glutathione. Again, they bring antioxidant protection within the body, but they also bring other benefits that enhance the overall effect of the *NingXia Red*. I love the essential oils and I love the fact that *Young Living* has made the commitment to put them in all of their products for that reason.

### **Doug - We Need to Share**

It's not surprising to hear about all the great things that are in *NingXia Red*. Like you said, we consistently hear story after story, testimonial after testimonial, of people getting terrific results. I think this has been a good reminder for me that sometimes you forget as you go through day to day that what we have with *NingXia Red* is really a tremendous responsibility to share that product with others.

### **Dr. Hill - Incremental Benefits**

I think that's right, Doug. Something interesting happened to me a week or two ago. Somebody came to me and said, "I was drinking the *NingXia Red* and I didn't really feel it was helping me, Dr. Hill." That really caught me off guard, and as I talked with him a little bit further, he said, "So I stopped drinking it, and then I noticed the difference!"

I think I would like to point out to everybody that we're talking about incremental benefit, benefit that becomes sustained over long periods of time because we do it every day.

We ought to change our lifestyle, we do need to look at the whole nutrition that we're putting into our bodies. We do need to supplement and

augment those processes with essential oils every single day, and I encourage people to do that, and more importantly, to share it.

I think you and I have had similar experiences. I don't think we are unique. I stay with *Young Living*. I am involved with *Young Living*; I love *Young Living* because of the benefit that I have received, and I appreciate the fact that I have been able to share that with so many people. I think we each do have an obligation to do that. Why would we want to keep something so great to ourselves?

### **Doug - Remember what Confucius Said**

I am reminded of that old quote: Confucius said, "He who has secured the good of others has already secured his own." I think that's really applicable right here.

I just want to remind everyone out there to get more information about this product and the other terrific *Young Living* products. Talk to the person who gave you this information. Until then, this is Doug Corrigan with David Hill and all of us here at *Young Living* wishing you God's speed in your quest for health.

**For additional Young Living transcriptions, contact:**

**Joan H. Smith**

**558 Montcliff Drive**

**Idaho Falls, ID 83401**

**(208) 522-4717 -Fax: 208-552-2390**

**E-mail: [cjackandjoan@msn.com](mailto:cjackandjoan@msn.com)**

## **KEY WORDS AND PHRASES USED IN WELLNESS TECHNOLOGIES, CD #03 INCLUDING REFERRAL PAGES**

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Brain	5	Global epidemic	1
Cardiovascular system	8	Glutathione	9
Carotenoids	8	Glycemic Index	7
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Cholesterol	2,5	Heart and heart disease	2,5,8
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**YOUNG LIVING ESSENTIAL OILS AND  
PRODUCTS MENTIONED IN  
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<u>Essential Oil or Produce</u>	<u>Page Number</u>
<i>Lemon</i> oil	9

<i>Orange oil</i>	9
<i>Ningxia Red</i>	1-4,6-9
50% is whole fruit	3
Contains pomegranate, blueberry, etc.	7,8
Increase immunity 81%	7
Whole food/whole fruit	3
Two to four ounces or more daily	6,7