



## Aging Gracefully with Young Living

What if you could feel *better* as you aged instead of feeling *worse*? If you give your body the right tools, you can feel great until your very last breath. This class will reveal some amazing secrets on how to age gracefully with Young Living! It's possible to avoid brain fog, creaky joints, lack of energy... yep!!! It's possible!

Even if you don't fit into the over-50 crowd, that's ok. This information is relevant for anyone wanting to *age with grace*. You can learn how to get ahead of the game AND help care for your parents and grandparents by sharing this info with them!

## Why choose Young Living?



Not all essential oils are created equally. When you shop with Young Living, you are getting quality products backed by a 'Seed to Seal' guarantee that you won't find anywhere else. You can expect that Young Living will provide you with only the BEST!

- Plant material that is grown on corporately-owned farms or carefully vetted partner farms (that you CAN visit!)
- Sustainable farming and sourcing practices, providing the purest oil
- Great care is taken to preserve and protect natural resources
- Hand-weeded fields and ZERO use of pesticides
- Oils that retain all their natural constituents and therapeutic properties
- Use of food-grade distillers with state-of-the-art design and distillation methods
- Low pressure and low-temperature distillation, without the use of solvents or synthetic chemicals
- Rigorous testing on each batch by internal labs and third-party facilities
- Oils that are carefully reviewed through every step of production in order to meet or exceed industry safety and purity standards (beyond organic!)

And the best part... if the oils do not meet these high standards they are rejected and will not be bottled as a Young Living product. YL would rather have something go out of stock than let an inferior product slip through to us. It's rare to find a company with such high standards. Now that's amazing!! **Check out more info on Seed to Seal [HERE!](#)**

## Usage & Safety



Before we dive into this class, let's talk about usage and safety.

**AROMATICALLY:** Put 6-8 drops of an oil or a combo of oils in your diffuser. The diffuser will send the oil into the air and fill the room with your essential oils.

**TOPICALLY:** Apply essential oils to your skin.

- Diluting first is recommended. A conservative dilution would be one drop of essential oil with 10-15 drops of coconut, grape seed, or almond oil and then apply it to your skin. The NAHA (National Association for Holistic Aromatherapy) suggests that elderly clients may have more skin sensitivities so a reduced concentration/dilution may be indicated.
- Citrus oils like Lemon are photosensitive. Please avoid sun exposure for 12 hours after application to areas where you have applied citrus oils topically.
- Avoid putting essential oils in the eyes or ears directly.

**INTERNALLY:** Young Living oils are pure and are labeled as Generally Regarded as Safe by the Food and Drug Administration. Because of their purity, some people like to ingest their oils to avoid "smelling" like an oil, or to support their body from the inside out. The Young Living Vitality Line of oils are labeled for internal use.

*There is no right or wrong way. Chose one and try it out! Try out each option to see which ones you prefer.*

## Staying Young



Young Living offers 600+ essential oils and oil-infused products to help support EVERY system in your body. Don't worry, we won't cover them ALL. We'll just cover the best ones to target the biggest needs as you age. **NingXia Red** is the perfect whole-body supplement for everyone, no matter the age!

The Ningxia wolfberry is one of the highest whole food sources of potassium and fiber, and is grown in a region of China near the Himalayan Mountains known to be one of the richest sources of other minerals and organic nutrients found on earth. It has been used for thousands of years to support longevity, immune function, and to aid in the natural detoxification of the body.

A study done in the population of people living in the valley where most of the Ningxia wolfberries are consumed showed that 80 persons per million people were over the age of 100 in that area compared to 5 persons per million in the rest of China.\* (<https://www.who.int/china/health-topics/ageing>)

NingXia Red can help prevent oxidative stress, support eye health, and provide energy throughout the day. It is delicious on its own, in a smoothie, or with a few drops of your favorite dietary essential oils. (<https://www.youngliving.com/us/en/company/media/announcements/young-living-ningxia-red-study-found-to-improve-sleep-stress-and-physical-health>)

## Energy & Stamina



What if you could increase your energy with a pill and a few drops of oil in the morning and have no side effects?

### Oils

Vitality essential oils like *Peppermint* and *Black Pepper* have been shown to support healthy circulation and promote increased energy. Add a drop or two to your NingXia Red daily.

Peppermint Oil Uses:

- Cool fatigued muscles after physical activity when applied topically
- Produce a focused environment when diffused
- Create an invigorating and refreshing experience when inhaled
- Relieve head tension when applied topically

### Supplements

**MultiGreens™** can give you more mental clarity, pep in your step, and improved overall stamina. Clinical experience has shown that before putting essential oils in MultiGreens, there was a 42% absorption in 24 hours. After adding essential oils to MultiGreens, blood absorption increased to 64% in 30 minutes and 86% in one hour. This means that cells were now receiving nutrients that they had previously not been able to assimilate. (*Essential Oils Desk Reference, 6th Edition, p. 267*)



MultiGreens is a nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous, and circulatory systems.\* MultiGreens is made with spirulina, alfalfa sprouts, barley grass, bee pollen, eleuthero, Pacific kelp, and therapeutic-grade essential oils. Unless you're able to eat a wheelbarrow full of greens everyday, you need them! Leafy greens are critical for good health and if you are like most of us, you just don't get enough.

### Exercise\*

Of course physical activity can increase your energy levels through many different means. It increases the blood flow to your body, which supplies more oxygen and in turn boosts energy and reduces fatigue. Exercising regularly can also reduce the risk of stress, anxiety, and many diseases including cardiovascular disease, type 2 diabetes, Alzheimer's disease, dementia, and even some cancers!

\*Always consult with your doctor before beginning any exercise program.

## Heart Health & Circulation



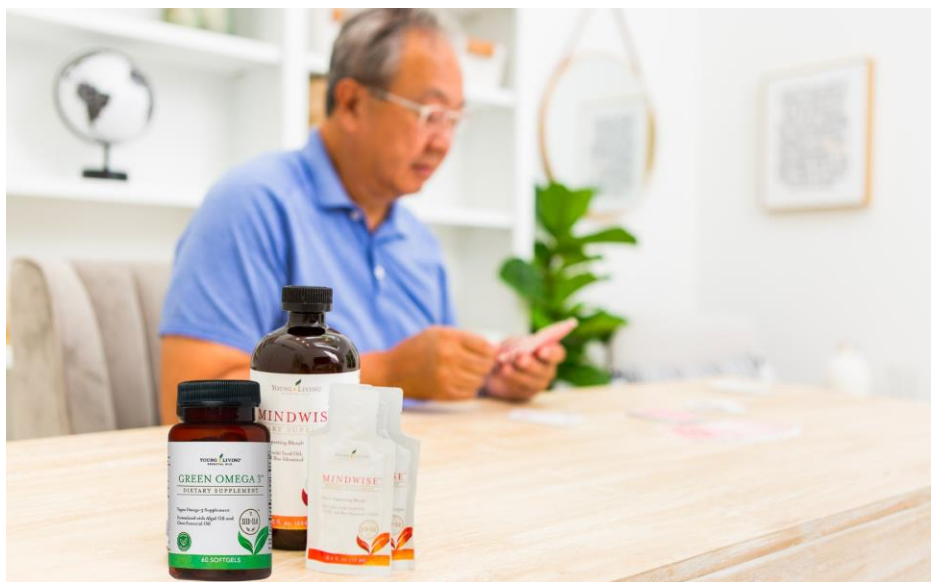
As you begin to ramp up your physical activity, it is also important to keep that blood flowing by maintaining proper circulation. **CardioGize** is a supplement that helps support a higher quality of life, healthy heart function, and proper blood circulation with essential oils and a balanced, heart-healthy combination of herbs and compounds..

This supplement was specially formulated by Young Living Founder D. Gary Young. This is what he had to say about the research and reasoning behind the supplement:

*"I have been doing my own investigating about heart conditions worldwide, but especially in America, and was amazed when the data showed the deficiencies to be very similar all over the world. I wanted to conduct research and study herbs used in different countries that particularly give strength, energy, and good nutrition for normal heart function, so we had many herbs shipped in. After testing to determine their various compounds, I put the formula together for the most synergic, powerful, and beneficial response for the body. CardioGize will surely join the ranks as another great Young Living supplement."* - D. Gary Young

Isn't it comforting to know that Young Living goes to such great lengths to ensure you are getting the very best? You can learn more about the benefits of CardioGize [HERE](#).

## Focus & Concentration



The older you get, the more concern you have regarding Alzheimer's and dementia. Research has been conducted that shows certain essential oils, like Rosemary, Peppermint, Basil, and Lemon, can improve mental alertness and memory function, keeping the brain functioning at full capacity.

### Green Omega 3™ softgels

Not all omegas are created equal. This vegan omega-3 supplement serves up essential fatty acids from algal oil instead of fish oil to support your heart, brain, eyes, and immune system

Compared to other vegan omega-3 supplements, **Green Omega 3 softgels** contain one of the highest amounts of DHA and EPA. Each serving packs 330 mg of DHA (docosahexaenoic acid) and 160 mg of EPA (eicosapentaenoic acid) from a pure plant source—marine algae. We also added flaxseed oil—which is naturally rich in ALA (alpha-linolenic acid)—and Clove essential for its antioxidant properties. Together,

these plant-based ingredients give you all the benefits of fish oil supplements without the fishy aftertaste!\*

## MindWise

Mindwise supports your brain and heart with medium-chain triglycerides and a high proportion of omega-3 fatty acids. YL also included vitamin D3 and the proprietary MindWise memory blend—made with bioidentical CoQ10, ALCAR, and GCP—to deliver even more brain and heart support. Its exotic seeds, berries, and juice extracts give it a flavor you will love.

Made with exotic sacha inchi seed oil, acai puree, pomegranate juice and extract, turmeric, essential oils, and more, MindWise is a nutty, fruity supplement you'll love to take every day! Young Living formulated this daily cognitive and cardiovascular supplement to help support your brain and heart wellness.\* This product is available in a liquid multi-use bottle or convenient single-use sachet packets!

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

## Mobility & Flexibility



Bones and joints feeling a little achy and creaky? Regular movement and exercise will help strengthen bones, increase muscle mass, and improve balance. For an even bigger impact, try adding in these supplements.

**Agilease** is a joint health supplement that's perfect for healthy individuals who are looking to gain greater mobility and flexibility. Take daily to support joint health or as a preventative measure to protect joint and cartilage health.



Young Living uses unique and powerful ingredients such as frankincense powder, UC-II undenatured collagen, hyaluronic acid, calcium fructoborate, and a specially formulated proprietary essential oil blend of Wintergreen, Copaiba, Clove, and Northern Lights Black Spruce—oils that are known for their joint health benefits.

**BLM™** supports normal bone and joint health.\* This formula combines powerful all-natural ingredients, such as type II collagen, MSM, glucosamine sulfate, and manganese citrate, enhanced with therapeutic-grade essential oils. These ingredients have been shown to support healthy cell function and encourage joint health and fluid movement.\*

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Young Living's **Cool Azul™ Pain Relief Cream** provides cooling relief from minor muscle and joint aches, arthritis, strains, bruises, and sprains. A little goes a long way and it works FAST! The methyl salicylate found in Wintergreen helps alleviate pain deep in the muscles and joints, and natural menthol found in Peppermint provides a cooling effect.

## Get the Best Deal



Who wants to pay full price when you can get the same thing at a discount?

Young Living has several options to help you get started and snag the best deal possible. Even if you already have your own Young Living account, there are still some money-saving tricks you need to know!

Shoot me a message and I can walk you through the options and give you a special discount code for your first order as a new customer.

## A Few Side Notes



- Information obtained here is meant for educational and informational purposes ONLY, and to motivate and empower you to make your own wellness journey based on your own research and partnership with your healthcare provider.

- The statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.
- In compliance with FDA regulations, Young Living is no longer using 100% Pure or Therapeutic Grade coined phrases when speaking about their oils or products; however, you will still find the same premium essential oils you expect from Young Living backed by their Seed to Seal® quality commitment.
- When you are ready to purchase, click [here](#) to sign in and order.

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