



NingXia Red



Eating a diet high in antioxidants certainly has its benefits these days. But how do you fit it all in? Our busy schedules make it hard to get all the nutrients our bodies need. But I have a solution!

Join me for a class all about NingXia Red... a superfruit antioxidant drink. I'll show you what makes it so special and how EASY it is to incorporate it into your daily life.

Place of Origin



Did you know? There's a place where 400% more people of age 100+ live without canes to get around or glasses to help them see, and where they are overall very healthy. That place is called NingXia, China, where the superfood NingXia wolfberries originate. The locals have been eating these berries for thousands of years. We are lucky enough to get to use them in our NingXia Red products due to the amazing relationship Gary Young built with the people there.

Throughout the class, I will share some information about these berries and NingXia products that will showcase why they need to be a staple in your daily diet.

Quality Matters



When you purchase supplements ~ or anything at that ~ you want to make sure you're getting a quality product. It matters what we put IN and ON our bodies so it's important that we can trust the company we're investing in.

Young Living has a little something called Seed to Seal; they're the only company that provides this. Seed to Seal is a quality commitment unlike anything else. They have control of the ENTIRE process, from the seed to the sealed bottle. You can rest assured that you're getting a quality product made with the highest quality essentials oils and other naturally-derived ingredients.

Check out some of the strict guidelines they abide by to fulfill their promise in sending only the best products to your home.

- 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 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. Check out more info on their Seed to Seal promise [HERE](#).

Why NingXia Red?



WHY NINGXIA
Red?

- supports whole-body wellness
- rich in antioxidants & d-limonene
- supports normal cellular function, energy levels & eye health



Ningxia Red is a whole-body supplement. It's a blend of the Ningxia Wolfberry (also known as goji berries, a superfruit) along with plum, aronia, cherry, blueberry, and pomegranate juices and extracts plus pure vanilla extract and Lemon, Orange, Yuzu, and Tangerine essential oils. It also has an incredibly high antioxidant rating. Antioxidants make for an unfriendly environment for free radicals. If you don't know the effects free radicals have on your body, go look it up. You need NingXia in your life!

What's so great about NingXia Red?

- It supports whole-body wellness.
- It supports normal cellular function.
- It supports normal energy levels & eye health.
- It's rich in antioxidants & d-limonene.

You can add it to smoothies, juices, drink it straight, or even make fun things like popsicles and gummies with it. It's recommended that you consume 1-2 ounces a day and it's best served chilled. This class is PACKED with ideas on how to incorporate this amazing supplement into your daily routine. Let's get started!

Breakfast Time

BANANA-BERRY PROTEIN *Smoothie*

- 1/2 banana
- 1/2 cup frozen berries
- 1/2 cup spinach
- 1 scoop Pure Protein Complete, Vanilla Spice
- 2 oz. NingXia Red
- 3 oz. orange juice

Add all ingredients to blender and enjoy!



Try a little NingXia first thing in the morning! NingXia Red is 25% NingXia Wolfberry puree. The puree includes the juice, pulp, and peel of the plant, which contain vitamins and minerals such as Vit C, Vit A, calcium, potassium, zinc, selenium, riboflavin (B2) and more. A puree allows you to also get fiber and protein. You need all of these things to maintain good health.

A smoothie is a great way to start your morning. It's fast, it's an on-the-go type of meal, and it tastes good!

PRO HINT: It doesn't taste as good after you have eaten some sugar or had coffee. I don't know why, but that's what others have told me.

Here are two ways to make sure your breakfast smoothie is complete.

1. Add an ounce or two of NingXia Red.
2. Add two scoops of Young Living's Protein Complete powder to make it a complete meal with 25 g of protein! Or add two scoops of Young Living's Power Meal powder. I love to include a handful of organic greens too!

Here are some easy recipes for you to try!

Banana-Berry Protein Smoothie

- 1/2 banana
- 1/2 cup frozen berries
- 1/2 cup spinach
- 1 scoop Vanilla Protein Complete
- 2 oz. NingXia Red
- 3 oz. orange juice

PB & J Smoothie

- 1 cup mixed frozen berries
- 1/2 frozen banana
- 2 T almond butter
- 1/2 T ground cinnamon
- 8 oz. unsweetened almond milk
- 1 oz. NingXia Red juice

Green Goddess Smoothie

- 2 oz NingXia Red
- 1/2 cup almond milk
- 1 cup spinach
- 1/2 banana
- 1 mandarin orange
- 1/4 cup ice

- 2 T plain or Greek yogurt (optional)

NingXia Red Shots



No time to mix up a smoothie? No prob. NingXia Red tastes so good you can drink it straight up as a shot!

If you have an individual packet, you can grab it and go! If you have a bottle, pour yourself a shot or a double and take 'er down.

In addition to the beneficial vitamins and minerals mentioned before, NingXia wolfberry contains a ton of amino acids including two essential amino acids L-arginine and L-glutamine. The combo of these two offers many health benefits. A quick google search and you can see for yourself! Sure you can eat some shiitake mushrooms* to get your L-arginine, but wouldn't you rather hit the EASY BUTTON and drink a shot of NingXia Red with a yummy berry taste?

*NingXia Red has more L-arginine than shiitake mushrooms!

PRO TIP: Add a drop of your favorite oils from the Vitality line. I highly recommend Thieves Vitality, Copaiba Vitality, Orange Vitality and Frankincense Vitality on the regular!

Here are some easy "SHOT" recipes for you to try!

IMMUNITY

- 1 oz. NingXia Red
- 1 drop Thieves Vitality
- 1 drop Copaiba Vitality

ENERGY

- 1 oz. NingXia Red
- 1 drop Peppermint Vitality
- 1 drop Orange Vitality

WEIGHTLESS

- 1 oz. NingXia Red
- 1 drop Grapefruit Vitality

NingXia Red Bomb



If you ever feel that post-lunch slump, you can mix up this NingXia Bomb that will give you a ton of energy for the rest of the day. It's amazing!

NingXia Bomb

- 1 can of NingXia Zyng (OOO I love Zing!)
- 1 packet of NingXia NITRO
- 1-2 oz. NingXia Red

Mix these three ingredients into a glass with ice, stir, and **enjoy!**

NingXia NITRO is 20 ml of healthy natural ingredients that support your health and keep you focused. With naturally occurring caffeine, it will help you stay energized.

NingXia Zyng is a light sparkling beverage with only 35 calories and 35 mg of naturally occurring caffeine.

You can always enjoy these individually. Together they bring it to a new level!

Fun Fact: The NingXia Wolfberry is also a complex carbohydrate, which means your blood sugar will rise slowly, reducing the risk of a sugar crash afterward. This is one reason why it is a much better alternative than conventional gas station energy drinks that are filled with sugar and catapult you into a sugar high and lead to a crash.

NingXia Red Mocktails & Cocktails



NingXia Red is packed with superfoods that support normal eye health and your immune system. If you remember earlier I said it contains plum, aronia, cherry, blueberry, and pomegranate juices and extracts, plus Lemon, Orange, Yuzu, and Tangerine essential oils. These ingredients make NingXia Red a guilt-free fun drink.

How awesome is it that you can support your health while you drink a fun mocktail?!

Berry Mimosa Mocktail

- 1 oz. NingXia Red
- 1 oz. sparkling water

Add ingredients to champagne glass. Top with orange juice. Enjoy!

Sparkling NingXia Red Mocktail

- 2 oz. NingXia Red
- berries of choice

- sparkling water

Muddle a few berries in the bottom of a champagne glass. Add sparkling water and NingXia Red. Enjoy!

NingXia Red Sangria

- 1/2 cup Red Wine
- 1/2 cup NingXia Red

Add ingredients to glass and top with sparkling water and your favorite fruit. Enjoy! NOTE: This recipe can be made in a large pitcher. Just make sure to use equal parts wine and NingXia Red.

PRO TIP: Grab a NingXia Packet and take it with you to your favorite restaurant. Add your NingXia Red packet to your favorite drink! YUM! And a great boost of nutrition!



Immugummies!

If you're searching for a fun and yummy way to support your family's immune health, look no further than Young Living's new Immugummies™ supplement. These elderflower-flavored gummies pack a punch of immune support* and natural fruity flavor in every chewy bite. Let's take a deep dive into what makes these gummies so special and how they can benefit your family's health.

[Read more](#) about the tastiest way to support immunity!

NingXia Red Desserts



You've heard me talk about antioxidants quite a bit in this class. But why?

Having an antioxidant-rich diet is REALLY good for your health. You could certainly eat a bunch of fruits and veggies that are high in antioxidants but sometimes it's hard to get the quantity you really need. Our busy schedules make this tough! Plus, you might have a picky eater on your hands. Any moms out there?

NingXia Red is insanely high in antioxidants. NingXia wolfberries are one of the fruits highest on the ORAC scale. The ORAC scale measures antioxidant levels. For more information about the ORAC scale, google it. Just 1-2 ounces a day of NingXia Red will give your body the antioxidants it needs. The best part is that kids beg for this stuff! It's tasty!

Here are a few fun ways to incorporate NingXia Red in the "dessert" world, which will REALLY get those kids (and adults!) interested.

NingXia Red Popsicles

- 1/2 banana
- 1/2 apple
- 1/2 cup frozen berries
- 1/2 cup spinach or other vegetable (optional)
- 6 oz of NingXia Red*

Blend all the ingredients; pour into popsicle molds. I love dropping a few unblended berries into each mold to add some fun fruit texture to the popsicles. Freeze until firm. Enjoy!

* Can be substituted for 4 oz. NingXia Red and 2 oz. orange juice

PRO TIP: The easiest way to make a popsicle is to toss a NingXia Red packet into the freezer. Once frozen, cut the top off and eat it like a push-pop.

Another easy option is to take your favorite smoothie recipe, add your NingXia Red, and pour it into popsicle molds. These are fun activities to do with kids and they really enjoy this healthy dessert. Yogurt mixed with NingXia Red makes it like a creamsicle!

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.

- 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 and FTC rules, 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.

A Few Side Notes



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- [ShareScents](#)
- Visit my new website and create your free personal profile to get access to all the educational resources to help you learn more about natural wellness.
- You'll get a notification each time something is added to the community pages in the vault. I am always out there looking for some great content and resources to help you along in your wellness journey. This is a place where you can browse at you leisure and find topics that interest you.