



## Winter Wellness

Brrrrrr. Winter is here, can ya feel it?! Aside from cold, winter also means lots and lots of cooties flying around. It's important that we get ourselves into fight mode. This time of year we are extra busy! Lots of parties and gatherings which bring hugs and kisses and handshakes, which in turn brings cooties. We want to support our body so it's performing at its best so when those cooties try to snuggle we can kick them to the curb. There are so many amazing oils and products available to help support your body and keep it happy and healthy.

Remember that what makes you feel icky when you're sick is your immune system doing its job and eliminating bugs & toxins from your body. It's not actually the "bugs" themselves that make you feel sick.

We get a fever to help us sweat out things through our skin, and our noses and eyes run to remove toxins through mucus membrane.

When you take OTC meds from the pharmacy they make you feel better because they suppress your immune system's ability to detox...thus your symptoms feel reduced. Oils don't work that way; they help our bodies fight rather than shut down our immune response.

What that means is that they can help boost your immune system and detox. They do not suppress the body's natural detox process...nor should you really want it too, because your body wants and needs all that ick to be out.

You'll notice that a ton of these posts contain Thieves oil or a Thieves product. Why? Thieves is your first line of defense and offense.



### **Why Young Living?**

The vast majority of essential oils on the market today are only suitable for cosmetics and perfumes. The reason Young Living's oils are so different is their unmatched commitment to producing a pure, unadulterated oil that is going to become a vital part of your daily health and wellness regimen.

Young Living's devotion to creating a highly therapeutic product means they've invested in their own farms, care for and nurture their own plants, trees, and shrubs, and finally distill, test, and bottle the oils that arrive on your doorstep.

If at any point in that production process something doesn't meet their standards, they get rid of it and start again. Because of this, our favorite oils sometimes go out of stock... and we are happy about it! Because we love getting our oils from a company that doesn't crank them out quickly in a lab to make a buck, but waits on the plants to grow (no synthetics) and until the batch is perfect. They accept nothing less. This is called Young Living's Seed to Seal® process. And it is unmatched. Every step from planting to bottling is detailed and controlled.

I choose to use Young Living to support my health and wellness and to make sure I don't introduce any additives, synthetics, or other toxins into my body. Check out this website for more information on the Seed to Seal guarantee:

But Young Living is more expensive, right? You're right, often times it is and "you get what you pay for" has never been more true. I never hesitate to pay for the benefits my family and friends have received from these oils. Young Living is more expensive than other brands and oils you can find at stores or online because of its therapeutic grade. An ever-growing number of marketers have jumped on the essential oils bandwagon looking for an easy way to make a lot of money. Most of these oils are cheap imitations, purchased wholesale in large quantities, diluted with synthetic additives, and rebottled before being sold to you. You wouldn't call grape juice- wine, and you wouldn't call McDonalds- Whole Foods. Get it? That's not okay. I want the best for my family and friends and don't want to "save money" short-term only to spend more long-term because we used something that didn't do what it was supposed to or even harmed us. YL gives me that peace of mind that we all crave. It's the best.

I always say: You can chose to pay for your wellness NOW or pay for your sickness LATER. And the LATER part costs a whole lot more than wellness NOW! Both financially and emotionally and physically.

Some of the other companies may claim that their oils are organic. Unfortunately, the term "organic" is not regulated by the FDA in regards to essential oils. They do not certify or grade essential oils so any oil you see making those claims is simply using the word. They did not have to do anything to earn it.

There's a reason Young Living has been the world leader in essential oils for over 25 years!

Side note, how gorgeous is this picture?! It's from the Northern Lights Black Spruce Farm in northern British Columbia. The Northern Lights Farm's harsh climate is ideal for cultivating hardy, essential oil-rich trees. It smells like a magical forest of snow capped trees and magical elves. If you haven't tried it, update your Loyalty Rewards order STAT. You will loveeeee it.





# wellness roller

## Wellness Roller

Staying healthy while your children swap pencils, lip glosses, and snacks all day. You can imagine how yucky that gets! Or while your coworkers are sniffing and making all sorts of funky noises all day and then they touch the bathroom door and the copy machine and the cubical is just swarming with cooties. Yeah SO gross! All of the oils in this blend are great for purifying, cleansing, and overall immune support!

You can apply this roller blend to your kids' feet and spines every morning when getting dressed and then again after their baths at night. And do the same for yourself. If you've been around people who are feeling under the weather, you can use this more often throughout the day.

*For adults, take a 10ml roller bottle and add:*

15 drops Thieves

10 drops Lemon

10 drops Frankincense

8 drops Purification

8 drops Oregano

Fill the rest of roller with organic carrier oil (not sure what a carrier oil is? Reach out to me!)

*Kids Cooties Roller*

3 drops Thieves

2 drops Lemon

2 drops Frankincense

1 drop Purification

1 drop Oregano

Fill the rest of roller with carrier oil

*Here are some other immunity boosting oils I like, because it's always fun to switch things up:*

Exodus II

ImmuPower

Egyptian Gold

Cinnamon Bark

Clove

Tea Tree

***Something I cannot stress enough is this, in order for your oils to work, you have to be using them!!!***

Not just using them when you are not feeling well, but using them every single day. Think about it this way, you don't eat one salad and then reach your goal weight. You don't exercise one time and drop 20 pounds. You have to put the time and work into it. Supporting your body with oils is the same. Using them every single day is when you will see results.



### **Thieves Tea**

You can drink this 2-3 times a day when feeling yucky or been around people who are feeling yucky. When I travel, I always carry oils with me and I love to drink this after a flight because planes are seriously gross.

How do you make it? Great question, it's so super easy!

Add a spoonful of raw, local honey, a teaspoon of Bragg's Apple Cider Vinegar, 1-2 drops Thieves Vitality, (sometimes a drop of Lemon Vitality) to a mug of hot water. Stir and sip! What? Three drops of Thieves



went in your mug by mistake??? Relax you're fine! Add some more honey or Lemon oil or just split it up into two cups and add more hot water.

Not a tea drinker? Just give it a try, it's so delish. But if you are only a coffee person, I get it! My late hubby was a Finn and Finns love their coffee! You can also add a drop of Thieves to your cup of joe to add a little spice. A little extra immunity support never hurt anyone!



*Ears, nose and let me clear my throat*

**Ears, Nose and Throat, Oh My!**

For some people, the first sign that they're coming down with something is when their ears feel itchy and clogged. That's when it's time to step up your oil game.

I have a friend who uses a 10ml roller with 5 drops Purification + 5 drops Lavender + Coconut Oil and she applies it behind her ears and down the sides of her neck a few times throughout the day. Never put oils directly in your ears!

I have other friends who prefer Melrose and Tea Tree. I think each person is different and you should experiment to find what works best for you.

And another friend who sucks on a Thieves Lozenge.

With your nose being smack dab in the middle of your face, it's kind of hard to hide when you are feeling a bit under the weather. You might have the annoying drippy runny faucet nose that has you reaching for a tissue every couple of seconds which leads to dry irritated red skin under your nose and has your nose looking like Rudolph. Not cool. What can you do for that? A drop of Lavender on the bridge of the nose is great for the drippiness or that red flakey irritated skin from blowing your nose too much, Lavender is great for that too and then to really seal the deal, apply a little Rose Ointment over the Lavender for additional comfort and to sooth the skin.

Rose Ointment is a must have for this time of year!!! I like it on rosy red chapped cheeks and on flaky dry lips. It basically works overnight. It's a deeply nourishing blend of rose essential oil with tea tree and rosewood.





Winter. Blah. I remember being cool with a couple snow days and then back to being totally ready for the beach. The whole dark out when you wake and dark out by 4:30pm, yeah that gets old real fast. So when you start to feel your mood fall as fast as the thermometer, put on some good music and grab your oils and whip up some happiness! Here are some suggestions for oils to use in a happy roller! Be creative and try things out, see what works for you and roll with it....get it?!

Joy

Orange

Peppermint

White Angelica

Bergamot

Lemon

Stress Away

### ***Respiratory Support***

I don't know about you but I really enjoy breathing. So when people around you start to have to gasp for air and or start making seal-like barking sounds, break out your Bark Roller and apply on the chest and under the nose for relief. RC/Raven and Lemon are invigorating and pleasant to breathe deeply in!

RC is powerful blend of Spruce, Cypress, and three types of Eucalyptus oils (E. globulus, E. radiata, and E. citriodora). I recommend you stock up on this ahead of time, because it's not always available or is limited in supplies.

Raven is RC's power house big brother! It's a blend of Ravintsara, Peppermint, Eucalyptus Radiata, and other essential oils. Raven creates a cooling sensation when applied topically to the chest and throat. Literally obsessed.

### ***Bark Roller***

8 drops RC/Raven

8 drops Lemon

Fill 5 ml bottle with carrier oil and add a roller fitment.

Apply across chest, bottom of the feet, bridge of your nose.

### ***Additional oils to help support the respiratory system:***

Peace & Calming

Raven

Eucalyptus

Peppermint

Thieves

Ravintsara

Breathe Again Roller (so easy and one of my favorites that I carry in my purse all the time)

One of the things I love about the Breathe Again Roll-On is that the purpose of it is right there in the name. Breathe Again is a blend of four types of Eucalyptus (E. Staigeriana, E. Globulus, E. Radiata, and E. Blue), Laurus Nobilis, Peppermint, Copaiba, Myrtle, Manuka, Rose Hip Seed oil, and fractionated coconut oil. These all work together in an easy-to-use roll-on that can be applied on your chest and neck to help support healthy respiratory function.

If you want a little extra oomph getting through those workouts at the gym, the Breathe Again Roll-On is perfect. Plus, you can just throw it in a backpack or gym bag or pocket and use it before and after team practice or workouts.

Maybe someone in your family struggles with the changing of the seasons and everything that fills the air during those times. Breathe Again can help them breathe a little easier and not be bogged down by the shifting seasons. Support for healthy respiratory function is something we can all use!

And the newest powerhouse from Young Living for respiratory comfort is **Thieves Chest Rub**! It has hands-free application and you feel the relief instantly! Even better, is that it is registered with the FDA as an over the counter drug, but it's all natural.





### **Bath Salts**

Most of us know about the importance of iron and calcium for our bodies, but what about magnesium? It is the second most abundant element in human cells and the fourth most important positively charged ion in the body. It helps the body regulate over 325 enzymes! Epsom salt is rich in both magnesium and sulfate. When you soak in a bath with oils and Epsom salts it will help detoxify the body of all the unwanted guests!

Making your own oil infused bath salts is easy and you can customize them depending on what your needs are. When starting out with oils, it's always best to start low and slow. If you are new to oils, use 1

drop each, you can always add more if you feel the need. You know your body, listen to what it's telling you! It's always good to dilute with a carrier oil until you know how your body will respond.

### *Detox Bath*

1 cup Epsom salt, Thieves, Lemon, Purification (I use 8-20 total drops of essential oils in any combo that feels right)

### *Sleepy-time Salts*

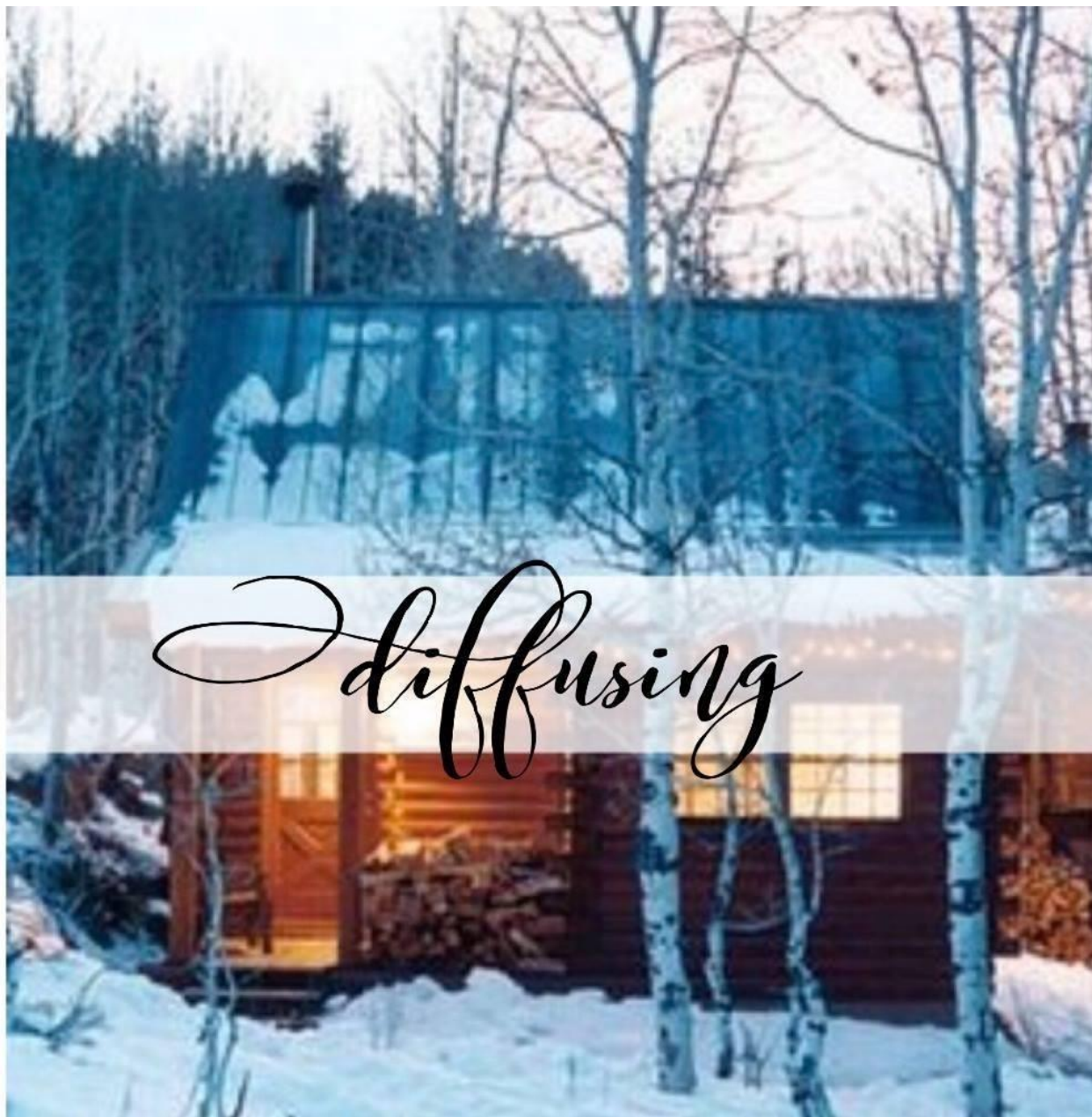
1 cup Epsom salt and add in any of your favorite sleepy time oils (Lavender, Peace & Calming, Frankincense, Stress Away, Valor, Northern Lights Black Spruce, etc)

### *Soothing Salts*

1 cup Epsom salt, Panaway, Peppermint, Copaiba (any combo, 8 drops total)

\*Pro tip: when you have an empty oil bottle, pop off the dropper insert (reducer), turn it upside down in some Epsom salt and let it sit for a couple hours. The Epsom salt will draw the oil out of the bottle and you will have some amazing bath salts. Then save the bottle, boil it in hot water to get the label off and mix up a blend, pop a roller fitment on and you have a new roller bottle. Reduce, Reuse and Recycle! You're welcome. *Be sure to label your bottle so you remember what is in this new blend! SO IMPORTANT.*

Don't have a bathtub? not a bath person? Fill up a bucket or whatever and soak your feet with the same mixtures. Our feet are the largest pores on our body, it's a great way to help detox anything nasty in your body! And our feet are connected to every part of our bodies.



## Diffusing

It's no surprise that I am totally obsessed with our diffusers. I've got one going right now, and just ordered another one last week. Guys you're going to fall in love with your diffuser!

A diffuser has a well for water that you add a few drops of essential oil to. I recommend starting with 2-3 drops of your desired essential oil. The water molecules and essential oil molecules are then diffused into the air in the room, cleaning and purifying the air. They act like a humidifier by adding moisture into the air. *(Note: Ultrasonic diffusers do not heat the water and oil, so the chemistry of the oil is not altered.)* Diffusing is a great way to add some humidity to dry winter air in our homes.



In our brains, there is a part called the Limbic System, which is referred to as "the emotional brain." Within the limbic system is something called the amygdala, which is where we PROCESS and store our emotions. Of our five senses, SMELL is the only one that by-passes the thought process of the brain and activates the limbic system where our amygdala lives! And what all-natural substances have great smells? Essential oils, of course! We can diffuse or breathe in oils to process our emotions in a healthy way. Get those diffusers going! Fill the room with positive, happy, relaxing scents and so much more!

Let's talk chemistry for a minute, because after a minute I might get lost: one of the main constituents of many essential oils is phenols, which clean and repair the damaged receptor sites on our cells (receptor sites help our cells to know what to do, which keeps our bodies functioning properly). Negative or fear-based emotions damage the receptor sites on your cells.

Just like chemical toxins (processed foods, GMOs, smoking, multiple beauty products) block those receptor sites, so do our fear-based emotions. And when the receptor sites are blocked, our cells don't get the information they need. And that is how disease can take hold in the body.

Another constituent is sesquiterpenes, which bring oxygen to the brain - therefore helping the emotion-processing center breathe and DO WORK.

YL diffusers have a 1 year warranty, and they are made with a special plastic that is able to withstand YL oils, awesome! Other diffusers can't handle them, and the oils will break down the plastic and then you'll breathe in toxins. Gross! So yeah that diffuser you got from that mainstream store or the one you ordered off that website where you get free next day shipping, probably want to just put that away! You may be diffusing toxic chemicals to breathe in. Yep, YL even cares about the materials in your diffuser.

*Here are some combinations you can try in your diffuser:*

Immunity Booster: 2 drops Thieves, 2 drops Lemon, 1 drop Purification

Respiratory Comfort: 2 drops RC/Raven, 2 drops Lemon, 1 drop Purification

Blues Buster: 2 drops Orange, 2 drops Frankincense, 1 drop Joy

Uplifting and Refresh: 2 drops Peppermint, 2 drops Joy and 2 drops Lemon

Winter Joy: 3 drops Christmas Spirit, 3 drops Northern Lights Black Spruce

Peace and Joy: 2 drops Joy, 2 drops Lavender

Check out my blog entitled [Christiama's Diffuser Blends](#) for more ideas!

You don't have a diffuser? Let's change that STAT! Reach out to me and I'll show you how to get the very best deal!



### **Rest and Refresh**

Sleep is so vital to every organ of the body. When the body is at rest, that is when it repairs body systems and generates new cells. When this interrupted or the proper amount of sleep is inconsistent, the body begins to breakdown. How many times have you been clumsier or had a short temper after a night of too little sleep?

*Snooze Roller*

10 drops Lavender

10 drops Stress Away

8 drops Frankincense

Top with carrier oil in a 10-ml roller bottle.

Apply behind your ears, brain stem, wrists, temples, spine, bottom of feet.

*Some other oils I love for snoozing are:*

**Peace & Calming:** A favorite for sleep, relaxation, and that two hours before bedtime when you want to rip your hair out. Perfect while sitting in traffic, in the office to deal with annoying co-workers, basically anytime you need some Peace + Calming! Is your dog not a fan of thunderstorms or fireworks? This will calm them right down.

**Dreamcatcher** is the oil made for sweet kiddos who wake up scared and frantic in the middle of the night. A swipe over the forehead, on the feet, or in the diffuser has helped many a babes not be so terrified in the night. Another winner for dispelling negative emotions and vibes is **White Angelica**.

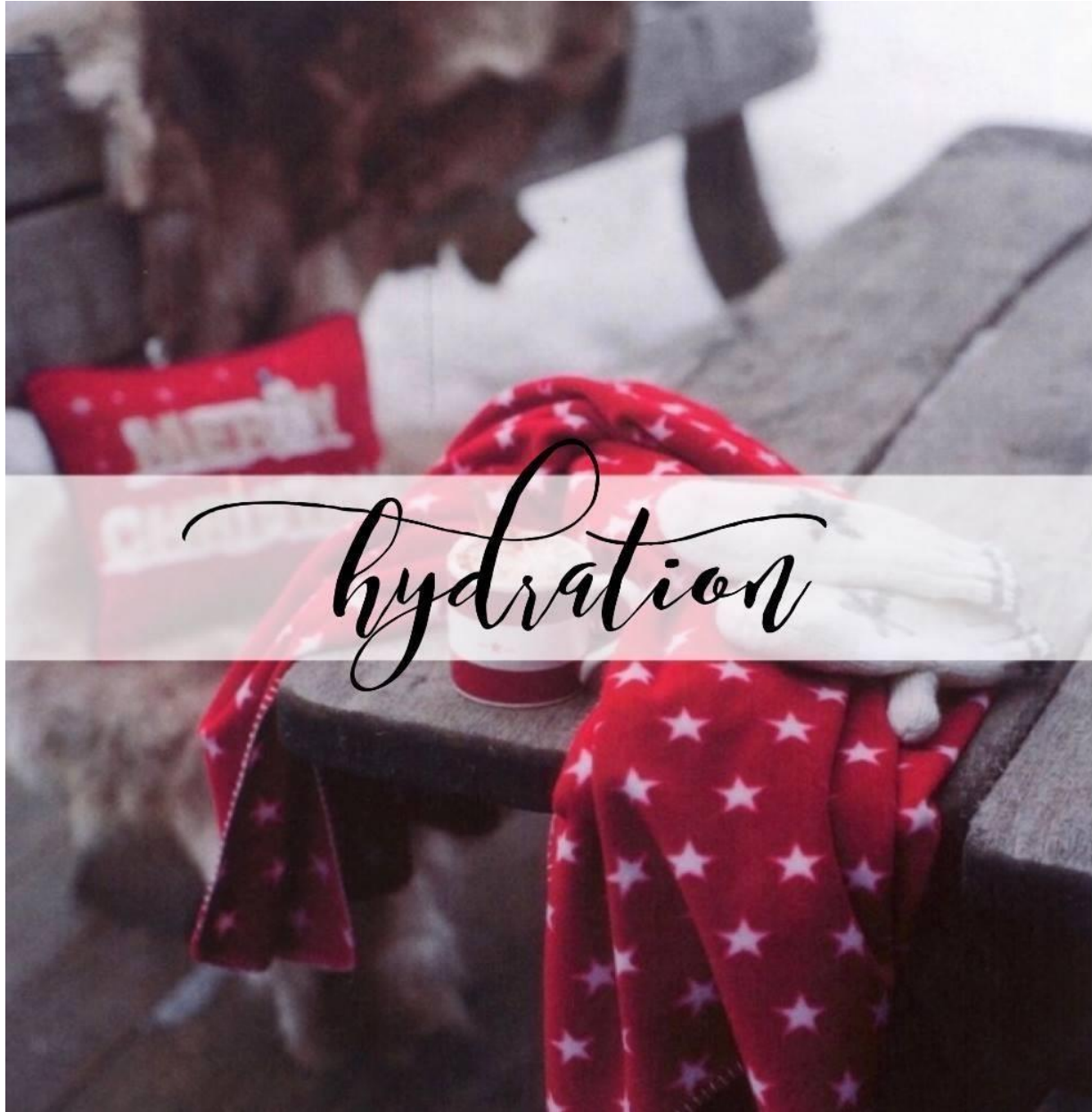
**Cedarwood** is lights OUT! It's one of my all-time favorites at night. It encourages the release of serotonin, which is converted into melatonin in the brain, which helps us all fall asleep and STAY asleep. Seriously add it to the snooze roller, see ya tomorrow! You can also add it to your shampoo and mascara to support healthy hair growth!

**Valor** ohhhh sweet Valor, is there anything you aren't good for?! But Valor and Northern Lights Black Spruce together, well--I can assure you, you will sleep like a bear in the winter!

**Tranquil and Rutavala Rollers**, are secret sleep weapons. They come as a pre-made roller. Tranquil contains, Lavender, Cedarwood and Roman Chamomile. It's legit lights out, especially when you can't turn off your brain! Rutavala is Rue, Valerian, Vetiver and Lavender. You'll never want to be without these two powerful blends.

When we are GOING, GOING, GOING, all day long, it becomes so difficult to shut down our minds to get a good night's sleep. But a proper night's rest is imperative to waking up with energy and performing our best the next day. Essential Oils can support a restful night of deep sleep and allow us to wake up feeling energized and refreshed and not in a hazy, hungover funk, like most OTC sleep aids.





## Hydrating

I will be the first person to admit that most people don't drink nearly enough water. Do you buy fancy new water bottles in hopes it will entice you to drink more? Because, clearly, drinking out of a cute cup is way more fun!

Let's talk facts for a second. Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work correctly. Water is needed for good health. There are so many benefits to drinking the proper amount of water each day, we know this but yet it's hard to do. Do you get bored with water? The solution to that is Vitality oils.

Vitality oils are the ones with the pretty white labels. These white Vitality labels are the EXACT same oil as the standard line, just labeled to follow the FDA marketing rules for internal consumption. When adding Vitality oils to your water, you want to make sure you are using a GLASS or stainless bottle. Add one drop into your water to spruce it up and keep your body happy.

Vitalty oils that are delicious in water: Lemon, Orange, Lime, Tangerine, Peppermint, Jade Lemon, Citrus Fresh, Grapefruit. Lemon is top of my list! because my liver and kidneys love it.

### **Ningxia Red**

If you know me, you know I am obsessed with Ningxia Red and all Ningxia products! A boost of healthy energy for all! I drink 2oz a day each And kids absolutely love it! There is really no comparison to the benefits of Ningxia Red!!

Here is why it's AWESOME:

NingXia Red is a whole food nutrient that contains powerful antioxidant fighting properties. Antioxidants help to fight off free radicals which can break down your system.

NingXia Red is formulated from exotic fruits such as the NingXia Wolfberry and is infused with essential oils. This wonderful supplement supports normal cellular function, eye health and prevents deterrents due to oxidative stress. Fortify, Energize and Revitalize are the key words that come to mind with Ningxia!

What is a Wolfberry? I'm glad you asked! Wolfberries (aka goji berries) are CRAZY high in antioxidants and so so so good for you. In fact - they have an ORAC value of 25,300! (In comparison, blueberries have score of 2,400.)

Mic drop.

The top ten reasons for drinking Ningxia Red daily:

1. Support healthy memory
2. Support healthy energy and stamina
3. Supports healthy sexual function (think circulation)
4. Maintains healthy cholesterol and healthy blood sugar levels
5. Maintains healthy skin appearance
6. Supports healthy digestion
7. Promotes healthy bowel regularity
8. Support immune system
9. Support healthy sleep
10. Support optimal vision

Check out this [clinical study](#) done on the benefits of drinking NingXia Red.



### Healthy Cleaning

Hands down, my favorite Thieves product is Thieves Household Cleaner. It lasts FOREVER (seriously) and is so versatile and really cleans. Let's be honest, what is most of our hold up on dumping the toxic junk



under our sink? We think that “green” cleaners don’t work! Friends, let me tell you -- this stuff cleans everything. Literally every surface!

Thieves Household Cleaner is a natural and healthy powerhouse product that can replace countless cleansers with questionable ingredients you may currently have in your house. This is a green, ecologically friendly, plant-based cleaner containing Thieves essential oil blend plus additional therapeutic-grade lemon oil for extra cleaning power. This is an all purpose cleaner! It’s made with 100% plant- and mineral-based ingredients, including:

- Vegetable-based surfactants like alkyl polyglucoside that are compliant with Green Seal and EPA Design for Environment (DfE) standards
- Biodegradable cutting agents like sodium methyl 2-sulfolaurate and disodium 2-sulfolaurate from renewable sources (both ingredients rated 0 on a 10 point scale on the Environmental Working Group’s health hazard score – which is the best score possible)
- Therapeutic-grade Thieves and Lemon essential oils (the highest quality and purity essential oils) for natural cleaning

Facts: A bottle of Thieves Cleaner will last months and months (not joking!). I’ve had the same one for 7 months now! It’s SO convenient when my spray bottle is running low, that I can just get my bottle out and just add a capful and fill my spray bottle with water for a quick and easy refill!

You CAN save time and money by buying ONE cleaning product. You won’t have to make trips to multiple stores or order from multiple online sources. Thieves Household Cleaner is an all-in-one cleaning product that will replace most of your household cleaners. And it is FANTASTIC.

Thieves Household Cleaner is a concentrate. For most all-purpose cleaning, I use 1 cap of Thieves Cleaner to a 16oz spray bottle of water. It lasts me months. And I don't have to worry when children are around because it's safe.



Thieves is the spotlight oil in all of the Young Living Products and it is really the best! Give us all the Thieves!

There is a whole spectrum of Thieves products from Young Living. From toothpaste, to hand sanitizer, to an amazing all-purpose cleaner, it's easily one of the most popular oils for this reason.

Here are a few of our favorite products from the Thieves line up:

- *Thieves Foaming Hand Soap*: Thieves foaming hand soap will cleanse and defend your skin thanks to the essential oil blend. With pure orange and lemon essential oils, ginkgo biloba and vitamin E, it contains gentle ingredients so it can be used often without drying your skin. (HACK: after your Thieves Foaming Hand Soap container is empty, order the giant refill bottle instead of new pump bottles and refill the ones you already have. [#alwaysinmybathroom](#))
- *Thieves Waterless Hand Sanitizer*: Thieves waterless Hand Sanitizer is an all-natural hand purifier designed to cleanse and refresh your hands. It can be used by children & adults alike to keep hands clean and promote goody hygiene, without the use of water. [#alwaysinmypurse](#)
- *Thieves Spray*: Thieves Spray is ideal for use whenever you have to touch something: door handles, toilet seats, shopping carts. It's powerful enough to protect us from dust, mold, and nasty little micro-organisms. It is ideal for traveling or keeping in your purse or backpack. Spray on your throat to soothe and numb the uncomfortableness. And it's my bathroom freshening spray too! [#alwaysinmypurse](#)
- *Thieves Aromabright Toothpaste*: Thieves Toothpaste is made with pure, all-natural ingredients, including the essential oil blend. It's safe and effective formula provides an awesome support for healthy gums, strong teeth and a great smile. And if you want extra whitening, try the new Thieves Whitening Toothpaste. [#alwaysinmybathroom](#)
- *Thieves Mouthwash*: Thieves Mouthwash contains the formulation of essential oils that provides fresh breath. The unique liposome technology binds the essential oils to the mucous membrane inside the mouth for longer-lasting effects on teeth and gums. [#alwaysinmybathroom](#)
- *Thieves Dish Soap*: With naturally derived ingredients, Thieves® Dish Soap effectively cleans your dishes without chemicals, dyes, or synthetics. Young Living pure essential oils—Thieves®, Jade Lemon™, and Bergamot—work with other plant-based ingredients to leave your dishes sparkling clean. [#alwaysinmykitchen](#)
- *Thieves Laundry Soap*: With a plant-based formula, Thieves Laundry Soap gently and naturally washes your clothes, leaving them truly clean without any chemical or synthetic residue. Natural enzymes and powerful essential oils add to the formula's strength to leave your clothes fresh and clean with a light citrus scent. Thieves Laundry Soap can be used in all washers, including high-efficiency, and its highly concentrated formula (6X) will provide around 64 loads with just 32 fl. Oz (946 ml). [#alwaysinmylaundry](#)
- *Thieves Automatic Dishwasher Powder*: Give even your dirtiest dishes a spotless clean with just a tablespoon of this ultra-concentrated stuff. A plant-based formula infused with Thieves, Lemongrass, and Orange essential oils, this advanced cleaning formula works hard, smells great, and does it all without synthetic surfactants, artificial fragrances, dyes, or phosphates. This stuff not only tackles even stuck-on food with natural enzymes, but its clean-rinse formulation also dries without water spots, so you'll never have to polish your clean glasses again. Stuck on grime? Soak overnight with this powder and let the enzymes breakdown the food and save some elbow grease! [#alwaysinmykitchen](#)
- Check out my blog [Cleaning with Thieves](#) for my best cleaning tips!





## Supplements

I started incorporating just a few into my routine. I can really FEEL a difference in my body. I'm going to do a quick overview of a few that are AMAZING for keeping our bodies happy and healthy!

- **Inner Defense:** A great supplement to take when you feel like you may be coming down with something, or when you're stressed. This supplement was especially designed to support the body's immune system during times of stress featuring the well-known Thieves blend! There are things in your environment that stress and tax the body that we aren't even aware of! We are constantly bombarded with germs, bacteria, polluted water/air, and how many of us actually



can say our diet and sleep habits are up to snuff? Believe it or not, these things have a profound impact on our physical AND emotional health. Many of these things, we have no control of.....so this supplement is a true gift! Anytime we can use something natural to create an unfriendly environment for the bad things to thrive, we're supporting our immune system. It contains: Thieves Essential Oil Blend (Clove, Lemon, Cinnamon Bark, Eucalyptus, Rosemary) Oregano Lemongrass Thyme.

- **ImmuPro:** This is a blend of some of the most potent immune supporting ingredients all wrapped into one strawberry chewable. One tablet has the ability to fight the effects of oxidative stress on the body. Oxidative stress is when the body has too many free radicals. Free radicals are unavoidable and in excess can cause damage to the body. Pollution, cigarette smoke, herbicides, and even our own immune systems produce free radicals. The key to keeping things balanced is an antioxidant. Antioxidants are able to neutralize the free radicals. ImmuPro delivers the antioxidants in the form of wolfberries. If you haven't already heard, wolfberries are off-the-charts-incredible for anyone wanting antioxidants. It also contains a teeny bit of melatonin to support healthy sleep! We all know good sleep is needed to restore and prepare the body for the next day. It also contains calcium, selenium, zinc, and and copper to support the immune system. This stuff is legit!
- **Super B:** This supplement makes me feel GOOD. My energy is higher, I feel lighter and happier. Reasons why taking a B vitamin rocks: Vitamin B12 is a water-soluble vitamin that keeps your nerves and red blood cells healthy. It is responsible for the smooth functioning of several critical body processes. TIP: Take with food -- breakfast is a great time. If you are generally more fatigued, then you might want to up your dose. Listen to your body - we are not all the same!
- **Super C Chewable:** Well who doesn't love a chewable supplement?! If I am traveling, or feeling a bit off, I take 2 a day. Super C not only contains 2,166% of the recommended dietary intake of vitamin C per serving, but it is also fortified with rutin, citrus bioflavonoids, and minerals to balance electrolytes and enhance the effectiveness and absorption of vitamin C. The essential oils that are added may also increase bioflavonoid activity. Vitamin C is one of the most important vitamins required by our bodies. The ingredients in Super C play a role in normal immune and circulatory functions, help to strengthen connective tissues, and promote overall health, vitality, and longevity.\* Because our bodies cannot manufacture vitamin C, we can benefit by consuming this powerful antioxidant daily.

## SUPPLEMENTS FOR KIDS

- **Kidscents MightyVites:** These are the best vitamins for children on the market! There are no artificial dyes or chemicals like other brands we previously used. (Think Flinstones gummies that are loaded with RED DYE. Gross.) The kids Mightyvites are chewable tablets that contain super fruits, plants, and vegetables that deliver the full spectrum of vitamins, minerals, antioxidants, and phytonutrients for children's developing bodies. These vitamins feature an enhanced vitamin-mineral source and it comes in two natural flavors: orange cream and mixed berry. Mamas if you don't have these...get you some. Consult with your pediatrician before introducing them.

- **KidScents MightyZymes** are an all-natural, vegetarian product in the form of chewable tablets designed to help children combat the negative effects of enzyme depletion. MightyZyme chewables address each of the digestive needs of growing bodies and assist the normal digestion of all foods, including proteins, carbohydrates, and fats. I don't know about you but I like the sound of that! Why are these important you ask? In short, even the healthiest diet is useless without enzymes. Enzymes are substances that make life possible! They are needed for every chemical reaction that takes place in the human body. Vitamins, minerals, nor hormones can do any work without enzymes. This is why enzyme depletion is concerning, and why it needs to stop; starting with our own families. So...defend those sweet systems with a flood of healthy enzymes! These are for children 6–12 yrs old, consult with your pediatrician before introducing them.



**Loyalty Rewards (LR)** is an optional program that helps you **earn free products** and makes life easier with one-stop shopping! The best part about the program is that there are no strings attached. Really! It is very simple. You may sign up for the program at anytime in your oil journey! If you love your oils and products and are wanting to try other stuff outside the starter kit it only makes sense to order by adding products to your Loyalty Rewards order!

When you order through the Loyalty Rewards Subscription you will:

1. Transition your home to safer, more natural products while saving time and money in the process
2. Earn ER points = FREE store credit to use in the future

3. Earn FREE promotional YL products each month based on what you spend
4. Receive discounted shipping
5. Gain access to special ER kits that are exclusively offered only to ER customers
6. Flexibility to change your order each month as you desire.

This program will allow you to build your oil collection, use safer products without leaving your home to search for them, and start sharing the love of oils with your friends and family.

The only requirement is to place one 50 PV order per month. Each month you will earn a percentage of your PV value back in Loyalty Reward points.

As you stay in the program longer you will earn a higher percentage. 1 PV generally = \$1. Some exceptions apply. (diffusers, super rare oils).

*PRO-TIP:* In the beginning you will earn 10% back on your purchases. If you order 50 PV then you will have 5 points to spend already.

Perks of LR:

- Earn 10% back of your total purchase in store credit for months 1-3
- Earn 20% back months 4-24
- Earn 25% back months 25+

Loyalty Gifts!

- 3 months - Peppermint Vitality, 5ml
- 6 months - Thieves Vitality, 5ml
- 9 months - Melaleuca Alternifolia essential oil, 15ml or Breathe Again Roll-On
- 12 months - Exclusive Loyalty Blend
- ER Anniversary (after 1st year) – Exclusive blend created annually



Investing in my oils changed our lives. Sounds cliché right? I totally get it. How can a little bottle of oil change your life? Well, living a life of wellness vs a life of illness is the best investment I ever made.

I am forever grateful for the opportunity and will continue to share with others until they understand and see the change for themselves. If we've been friends for a while, well then you can see the changes in my life, big, massive changes. I'm SO much better off than I was 20 years ago in so many ways.

I'm so excited for you to get started and make the changes in your life and the lives of your family and friends! Thanks for joining me to learn more about winter wellness!



Ready to [shop](#)? Here's a great place to start.

Wishing you blessings and wellness from the bottom my my heart ! *Joyce Peraaho*



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