

# Radiant Health News

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**Dee Oldham, B.S. RA**

Energy Kinesiology  
& Massage Therapy  
(703) 243-3253

WEBSITE

[www.heart-touch.com](http://www.heart-touch.com)

(click on aromatherapy)

EMAIL

[deoldham@verizon.net](mailto:deoldham@verizon.net)

**NEW**  
Essential  
Beauty Serums™

See back page



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## Restore Your Core with Young Living's™ Daily Nutritional Regimen

It's no secret that the standard American diet (SAD) is out of control. We eat largely overprocessed foods that provide very little nutrition and tons of calories. At the same time, our demand for essential nutrients has never been greater: We work more, take prescription medications, eat tons of junk food and refined sugar. The result is we are sick, fat and tired and the rest of the world is not far behind. All current research points to the same conclusion: **Nutritive deficiency lies at the root of all our major chronic and degenerative health problems.**

To catch up and keep up with today's extraordinary demands, we must **flood** our systems with **all** the key essential nutrients **every** day.

Young Living Essential Oils, a pioneer in functional foods, has a plan to accomplish exactly that. Called the Core Essentials program, it begins with four simple steps and four key products to rebuild your health with powerful nutrients.

### Step One Identify + eliminate or dramatically limit anti-nutrients

**Anti-nutrients** include junk food, stress, toxins, medications, etc. A recent Los Angeles Times survey found that junk food calories comprise 30% of the average person's diet and people consume 1000% more sugar than our ancestors did. Further, we are exposed to more toxicity in one day than our grandparents were exposed to in an entire lifetime. **All that anti-nutrient poison requires extra essential nutrient antidotes to counteract the damage.**

### Step Two

#### Get enough essential nutrients Learn about Core Nutrition

The Core Essentials Nutritional Regimen supplies a full spectrum of essential nutrients to nourish and repair our bodies every day.

As always, Young Living formulates each component of the program from the finest whole foods, then super-charges them with the key nutrients in therapeutic-grade essential oils.

This is your chance to have the tremendous, life-giving energy that a healthy body offers, so start today with the **"Core Four."**

- 1 **Ningxia Red™**
- 2 **Longevity™**
- 3 **Omega Blue™**
- 4 **Balance Complete™**

### Step Three

#### Assimilate Essential Nutrients

The Core Essentials program prepares your body, specifically your bowel, to assimilate and maximize essential nutrients. Whole food products like Ningxia Red and Balance Complete are easily digested. As well, Essentialzyme™ enzyme complex aids the body in breaking down and assimilating nutrients.

### Step Four

#### Give it Time

Commit to following the program for at least 60 days, although 90 days would be better. Don't be surprised if you begin to see positive changes quickly — these are not ordinary nutritional products. All Young Living essential oils and oil-enhanced products provide living plant energy, which makes a difference most people notice right away.

*Regimen details on pages 2 and 3*

# Young Living's Core Essentials Daily Nutritional Regimen



## The Core Four daily regimen

1

### Ningxia Red

Drink 1-3 ounces daily.

2

### Longevity

Take one capsule daily.

3

### Omega Blue

Take one capsule 3 times daily.

4

### Balance Complete

Replace your least nutritious meal with Balance Complete. For better weight management, replace two meals.

*Note: This is just a starting place.  
More intense and targeted*

## Ningxia Red Antioxidant Infusion for Heart, Eyes & Circulatory System

No ordinary juice, **Ningxia Red** is the most potent antioxidant infusion on the planet. Its antioxidant score surpasses that of other juices by over 350+ points on the S-ORAC scale.

### What's so great about antioxidants?

Antioxidants are like the clean up crew. You need a lot of them each day to take out the free radical garbage that results from metabolic activity, exposure to pollution, poor diets, etc. Without antioxidants, free radicals cause accelerated aging, inflammation and disease.

Because Ningxia Red is made from super-antioxidant whole foods and infused with therapeutic-grade essential oils, it protects our bodies from free radical damage, especially of the eyes, heart and circulatory system.

### How to get the most from Ningxia Red

Drink your 1-3 ounces first thing in the morning on an empty stomach. Dilute with water, as desired. Sip slowly and hold it in your mouth for 30 seconds+ to maximize sublingual absorption.

## Longevity Essential Oil Antioxidants for Brain, Skin & Cells

**Longevity** is as essential as a multi-vitamin, and should be taken daily to prevent the damaging effects of aging, diet and the environment. Studies of compounds in Longevity suggest they protect the body's most fragile tissues such as the brain, skin and cell membranes and prevent abnormal cell growth.

**Thyme** oil protects healthy DHA levels, a nutrient that supports brain function and cardiovascular health. The **Clove** oil in Longevity is nature's strongest antioxidant and the richest source of eugenol. The **Orange** oil in Longevity is 90% d-limonene, which prevents abnormal cell growth and promotes healthy liver function. **Frankincense** essential oil has also been added for the very best antioxidant support.

Now, Longevity is even more effective because of the new *Precision Delivery softgels*. These softgels remain intact until delivered into the small intestine, where the full strength of Longevity essential oil blend can be released.

# Young Living's Core Essentials Daily Nutritional Regimen

## Targeted Nutrition



### Omega Blue

Healthy Fats for Heart, Brain, Circulatory, Eye & Joint Function

**Omega Blue** contains a clinically proven dose of omega-3 fatty acid nutrients, the healthy fat we need every day to reduce systemic inflammation and support cardiovascular, joint, eye and brain health. Omega-3 fatty acids have been shown to help children who cannot focus while at school.

Made from pure, unconcentrated fish oil, one of the best sources of omega-3 fats, Omega Blue is free from mercury and other toxins. To preserve the freshness of this fragile oil, Omega Enhance was added, a proprietary blend of **Blue (German) Chamomile, Myrrh, Lemongrass** and **Clove** essential oils.

The natural antioxidants of clove and myrrh strengthen and stabilize the fish oil, while the lemongrass and blue chamomile support normal cholesterol levels and a healthy inflammatory response.

YL's *Precision Delivery softgel* coating **triples** omega-3 absorption by releasing these nutrients directly in the intestines.



### Balance Complete

Daily Superfood + Nutritive Cleanse

**Balance Complete** truly describes this new superfood meal replacement drink. It is the core of a nutritionally dynamic meal; high in protein, vitamins, minerals and fiber plus "good" fats and a specialized enzyme pack. Balance Complete is also a nutritive cleanser and the hub of the **5-Day Nutritive Cleanse**. (see page 4)

The ingredient in Balance Complete that will make the biggest difference for most people is Young Living's proprietary V-Fiber™ blend. V-Fiber is ideal for **cleansing, weight loss and maintenance** because each serving provides 11 of the 30+ grams of fiber we need daily. It satisfies the appetite, balances blood sugar, absorbs toxins, and improves elimination. To further aid digestion of the fiber in Balance Complete, also take **Essentialzyme**.

For health maintenance, replace your least nutritious meal of the day with Balance Complete. For weight management, replace two meals daily with Balance Complete.



### Pure Protein Complete

Meal Replacement + Energy Boost

If you're dieting, getting into shape, maintaining your weight or building lean muscle mass, **Pure Protein Complete** is perfect for you. This high-protein, low carb, low calorie, low fat formula makes a delicious shake to replace a meal or for a post-workout boost.

Unlike many top-selling protein drinks, Pure Protein Complete has no artificial sweeteners or inexpensive, low-nutrient fats. It is made with an ultra-clean whey protein from New Zealand, which is certified grass-fed, hormone-, antibiotic-, and chemical-free. Each shake has a full range of ultra-bioactive, non-denatured amino acids, complementary vitamins, minerals and enzymes and a low glycemic index.

Consider alternating Pure Protein Complete with Balance Complete to ensure you are getting a wide range of nutrients, especially fiber, in your diet.

See next page for 5-Day Nutritive Cleanse

## NEW Essential Beauty Serums



### Correct + Revitalize Troubled Skin

Skin care experts know that essential oils –unlike most cosmetic skincare products –actually stimulate cell renewal to repair and improve skin. Now, Young Living has formulated Essential Beauty Serums with the powerful properties of therapeutic-grade essential oils to help correct and repair troubled skin. Blended with a proprietary vegetable oil complex, Essential Beauty Serums nourish and protect the skin without over-drying or clogging pores.

#### Key Ingredients Dry Skin Serum

Moisturizes, nourishes dehydrated skin. Contains essential oils of sandalwood, blue cypress, cedarwood, myrrh, clove, lavender. Sandalwood hydrates and repairs DNA, helps reverse signs of sun damage. Lavender soothes stressed skin.

#### Oily Skin Serum

Controls surface oils, buildup and minimizes shine.

Contains essential oils of spearmint, nutmeg, pink pepper, orange, davana.

Gently removes debris from pores that contributes to excessive oil and corrects troubled skin without over-drying.

#### Acne-Prone Skin Serum

Soothes blemished skin and discourages future breakouts.

Contains essential oils of *Melaleuca alternifolia*, cedarwood, eucalyptus stageriana, manuka, red thyme.

Topically-applied *Melaleuca alternifolia* (shown to be as effective as benzyl peroxide in combating acne) with anti-inflammatory, antimicrobial properties.

#### Proprietary Vegetable Oil Complex

Contains rosehip seed oil to improve texture and restore skin's natural moisture balance; avocado oil to protect from sun damage; wolfberry seed oil to protect and moisturize.

For best results, use Essential Beauty Serums with Young Living's A•R•T skin care products.

## 5-Day Nutritive Cleanse Start Fresh - Cleanse - Lose Weight

Just five days from now, you'll feel better, look better and be on your way to better health.

Young Living's 5-Day Nutritive Cleanse Program is gentle, energizing and easy to do with just three products. After your initial cleanse, make the **Core Four** part of your permanent daily nutritional regimen.



#### Balance Complete

Replace three meals each day with a Balance Complete shake.

#### Digest + Cleanse

Take one capsule 30-60 minutes before each Balance Complete shake. Taking Essentialzyme is also suggested.

#### Ningxia Red

Drink 3 ounces Ningxia Red both morning and evening.

For more details on the 5-Day Cleanse, contact your Young Living distributor.

Radiant Health News  
Bonnie McDermid, Editor  
(612) 920-9205

RadiantHealthNews@mn.rr.com  
Teri Williams, Contributing Editor  
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Product Name	Code # Size	Prices Wholesale Pref Cust Customer	Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Ningxia Red antioxidant juice	#3003 1 liter	\$38.75 \$44.87 \$50.99	Pure Protein Complete meal replacement	#3291 15 svgs	\$36.50 \$42.26 \$48.03
Longevity antioxidant softgel	#3289 30 softgels	\$23.75 \$27.50 \$31.25	Essentialzyme enzyme complex	#3272 100 tabs	\$26.75 \$30.97 \$35.20
Omega Blue omega-3 fatty acids softgel	#3190 90 softgels	\$26.75 \$30.97 \$35.20	Digest + Cleanse essential oil blend	#3293 30 caps	\$19.75 \$22.87 \$25.99
Balance Complete meal replacement and cleanser	#3292 15 svgs	\$39.75 \$46.03 \$52.30	Essential Beauty Serums for Oily, Dry and Acne-Prone Skin	Oily #3781 Dry #3782 Acne#3783	\$19.75 \$22.87 \$25.99
5-Day Nutritive Cleanse Kit	#3296	\$94.75 \$109.71 \$124.67			

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