



the oils you never knew you always loved

STEP #1: SUPPORT HEALTHY PH BALANCE - "A CLEAN FISHBOWL!"

- Alkalime:
- Lemon essential oil:
- Mineral Essence:
- Ningxia Red:
- Cortistop:

Specific suggestions:

- In the morning: Mineral essence in NingXia Red + Alkalime in your water + Lemon essential oil in your water
- Support stress through the day: Stress Away, Cortistop

STEP #2: SUPPORT YOUR GI TRACT - "ARM YOUR GUT WARRIORS"

- DiGize:
- Life 9 probiotic:
- Essentialzyme:
- Essentialzyme-4:
- Detoxyme:

Specific suggestions:

- Between lunch and dinner: Essentialzyme
- Before meals: Essentialzyme-4 or MightyZyme (kids)
- Throughout day: 1-4 drops of any of the following essential oils in capsule: DiGize or Peppermint
- After dinner: Detoxyme
- Before bed: Life 9 Probiotic

ACTION STEP: Research the YL enzyme products/roles in your reference tools!

STEP #3: SUPER-POWER YOUR ENVIRONMENT WITH FREQUENT "THIEVES TOUCHPOINTS":

Equip your home, car, purse, and office with the Thieves line:

- Wipes
- Foaming Hand Soap
- Mouthwash
- Hand Purifier
- Spray Household Cleaner
- Toothpaste
- Bar Soap
- Floss
- Lozenges and/or cough drops
- Mints

Specific suggestions:

- Start consciously incorporating Thieves products into your daily life.

Action Step: Put the Thieves ER Kit in an upcoming ER order!

STEP #4: KEEP YOUR IMMUNE RESPONSE STRONG:

Golden Touch Kit:

- Thieves:
- DiGize:
- JuvaFlex:
- EndoFlex:
- Melrose:
- R.C.:
- Raven:

Specific suggestions:

- Use the Golden Touch Kit daily as a "full-body tune-up" - Thieves, DiGize, JuvaFlex, RC, Raven, Endoflex, Melrose

Action Step: Put the Golden Touch Kit in an upcoming ER order!

STEP #5: SUPPLEMENTS

Put these supplements into your ER cart to have them on hand.

ImmuPro:

Inner Defense:

Super C Chewables:

Specific suggestions:

- ImmuPro at night (melatonin supports sleep), especially during times of stress.
- Super C Chewables in morning - great source of Vitamin C
- Inner Defense - take whenever around sick people, in crowded spaces, traveling, run down, etc.

Action Step: Put these supplements in your ER order!

BONUS: DIFFUSE WITH A PURPOSE - IMPROVE THE AIR YOU BREATHE:

Choose oils to support everyone in the home!

Immupower * Exodus II * The Gift * RC * Dorado Azul * Eucalyptus * Raven * Ravintsara *
Melrose * Myrtle * Christmas Spirit * Citrus Fresh * Egyptian Gold

Specific suggestions:

- Start diffusing with purpose!

Action Step: Put 2-3 of these oils/blends by your diffuser today!