



MY HEALTHY DAY – YOUNG LIVING WEIGHTLOSS CHALLENGE

THE DETAILS:

CASEY AND I ARE SO EXCITED TO BE WALKING THROUGH THE NEW YEAR WITH THIS AWESOME TEAM! WE WERE TALKING AND REALIZED THAT THIS COMMUNITY HAS ENCOURAGED US IN SO MANY WAYS IN OUR HEALTH AND WHY NOT CONTINUE THAT INTO ANOTHER AREA AND START THIS WEIGHT LOSS CHALLENGE TOGETHER. MOST OF YOU ARE ALREADY KNOWLEDGEABLE ABOUT THE OIL SIDE OF YOUNG LIVING, BUT WE WANT TO GET EVERYONE IN THE KNOW ABOUT THE SUPPLEMENT SIDE. WHILE OILS CAN BE USED FOR CERTAIN SITUATIONS OR DAILY FOR BALANCING YOUR BODY, THE SUPPLEMENTS ARE ANOTHER INTEGRAL PART OF EXPERIENCING GREAT RESULTS IN FINDING TRUE HEALTH. EVERYTHING THAT YOUNG LIVING MAKES ARE MADE WITH WHOLE FOODS SO YOU NEVER HAVE TO WORRY ABOUT SYNTHETICS INGREDIENTS, PESTICIDES, GMOS, OR TOXINS BEING IN THEM. SO HERE ARE THE DETAILS...WILL BE STARTING OUR GROUP CHALLENGE AND ACCOUNTABILITY ON JAN. 5 2015. WE WANT TO ENCOURAGE EVERYONE TO BE CONSISTENT WITH WHAT YOU ARE DOING TO REALLY START TO SEE CHANGES IN YOUR HEALTH. I'M EXCITED ABOUT THIS BECAUSE IT'S GOING TO BE A GREAT WAY TO ACCOMPLISH THOSE NEW YEAR'S RESOLUTIONS! EVERYTHING THAT WE SUGGEST IS OPTIONAL! YOU CAN CUSTOMIZE YOUR OWN PROGRAM. FOR THE BEST RESULTS, WE ARE ENCOURAGING EVERYONE TO CUT SUGARS, CARBS, AND PROCESSED FOODS. WE WILL BE POSTING WHOLE FOOD OR PALEO RECIPES FOR YOU TO TRY. THESE WILL BE SUPER QUICK AND EASY FOR ALL OF US MAMAS!! WE WILL ALSO BE PUSHING FOR CARDIO EXERCISE OF 45 MINUTES A DAY AT LEAST 3 DAYS A WEEK!!

FOR ALL ER MEMBERS, BE SURE TO ADD YOUR PRODUCTS TO YOUR DECEMBER ORDER SO THAT YOU WILL ALREADY HAVE WHAT YOU NEED IN TIME FOR JANUARY! WE WILL HAVE A SEPARATE FACEBOOK GROUP TO TALK ABOUT WHAT TO DO DAILY, TIPS FOR SNACKING, RECIPES, AND ENCOURAGEMENT! WE CAN.NOT.WAIT!!!!

FOR THOSE PARTICIPATING IN THE CHALLENGE, YOU WILL BE ENTERED IN A DRAWING FOR THE ARIA DIFFUSER!! IF YOUR ORDER REACHES 300PV FOR THE MONTH'S TOTAL YOU WILL BE ENTERED IN A SECOND TIME INTO THE DRAWING!! CASEY HAS THIS DIFFUSER AND HAS LOVED IT!

THE SUPPLEMENTS:

TO PARTICIPATE IN OUR TEAM'S CHALLENGE HERE IS WHAT YOU WILL NEED:

2 CONTAINERS OF BALANCE COMPLETE MEAL REPLACEMENT SHAKE \$49.75 X 2

1 CONTAINER OF SLIQUE SLIM CAPS \$45

30-60 PACKETS OF NINGXIA RED (OR 60-120 OUNCES IN BOTTLES) \$84.50 - \$164

SLIQUE ESSENCE ESSENTIAL OIL (OPTIONAL) \$26

GRAPEFRUIT ESSENTIAL OIL (OPTIONAL) \$16.75

WATER - HALF OF YOUR BODY WEIGHT IN OUNCES DAILY

TOTAL FOR ONE PERSON WITH 30 PACKETS OF NINGXIA **\$229**

TOTAL FOR ONE PERSON WITH 60 PACKETS OF NINGXIA **\$313.50**

THE INFO:

BALANCE COMPLETE IS A WHOLE FOOD REPLACEMENT SHAKE. WE WILL BE REPLACING ONE MEAL PER DAY WITH THIS.

SLIQUE SLIM CAPS IS A NUTRITIONAL SUPPLEMENT THAT HELPS MANAGE YOUR APPETITE.

NINGXIA RED IS FULL OF ANTIOXIDANTS AND ADDS A GREAT ENERGY BOOST. YOU CAN DRINK EITHER 2 OUNCES OR 4 OUNCES PER DAY. I HAVE CONSISTENTLY BEEN TAKING 4 OUNCES AND IT HAS HELPED TO CURB MY SUGAR CRAVINGS.

SLIQUE ESSENCE ESSENTIAL OIL CAN BE ADDED TO YOUR WATER TO HELP MANAGE YOUR APPETITE AND PROMOTE WATER INTAKE.

GRAPEFRUIT ESSENTIAL OIL CAN ALSO BE ADDED TO YOUR WATER TO HELP MANAGE YOUR APPETITE AND PROMOTE WATER INTAKE.

MY HEALTHY ROUTINE:

AM

2 - 4 OZ NINGXIA RED
SLIQUE SLIM CAPS
WHOLE FOOD BREAKFAST
HALF OF YOUR WATER INTAKE BEFORE NOON WITH ADDED OILS

NOON

BALANCE COMPLETE SHAKE (CAN BE TAKEN AT ANY MEAL)
HALF OF YOUR WATER INTAKE BEFORE BED WITH ADDED OILS

PM

WHOLE FOOD LUNCH.
45 MINIUTE WALK/RUN/CARDIO EXERCISE (3 TIMES PER WEEK)

WE WILL BE POSTING ABOUT EXERCISING ACCOUNTABILITY ON MON/WED/FRI