



YOUNG LIVING ESSENTIALS

Brain Fog Be Gone

For Focus & Clarity



Introduction

Brain fog can leave you feeling scattered, forgetful, and less like yourself. Whether it's stress, poor sleep, or everyday toxins weighing you down, you don't have to accept the haze as "normal."

The truth is: your brilliant brain just needs the right support.

With Young Living's pure essential oils and supplements, you can fuel your mind, lift your energy, and restore clarity — naturally.

Here are my top Young Living essentials to help you say goodbye to brain fog and hello to focus and vitality.

1. Daily Energy & Clarity

When your energy is steady, your brain power follows.

- **NingXia Red®** – This antioxidant-rich drink supports cellular energy, helps fight oxidative stress, and keeps you feeling vibrant throughout the day. A daily ounce or two is one of the simplest ways to beat fatigue and mental sluggishness.
- **Super B™** – A comprehensive B-vitamin formula that supports energy production, positive mood, and a clear, focused mind. Perfect for stressful seasons or daily foundational support.

2. Focus & Cognitive Support

Feed your brain the nutrients and oils it craves for sharp thinking.

- **Rosemary Essential Oil** – Known for supporting memory and concentration. Diffuse while studying, working, or anytime you want to feel mentally “switched on.”
- **MindWise™** – A powerhouse supplement with CoQ10, vitamin D3, and more to support brain and heart health. Helps maintain normal cognitive function as we age.
- **Green Omega 3™ Softgels** – Plant-based omegas from algae, flaxseed, and clove oil provide EPA and DHA, essential for brain function and focus.

3. Stress & Emotional Balance

Stress is one of the biggest culprits behind brain fog. Calm your system to free up your mental clarity.

- **Stress Away™** – A gentle blend with vanilla and lime that helps your body release tension and find calm. Diffuse, roll on, or wear as a natural “perfume for peace.”
- **Lavender Essential Oil** – Supports relaxation, reduces anxious feelings, and creates a sense of balance. Use in a diffuser or add a drop to your pillow at night.
- **CortiStop®** – Formulated to help the body maintain healthy cortisol levels during times of stress. Great for long-term stress support.

4. Restorative Sleep

Sleep is your brain's nightly reset button. Without it, fog builds up fast.

- **Deep Night Essence™** – A supplement that supports natural sleep cycles and deeper rest. Helps you wake up refreshed and ready to focus.
- **Cedarwood Essential Oil** – Diffuse at bedtime to promote relaxation and deeper sleep. Many people love it paired with Lavender or Stress Away.

5. Toxin-Free Living

Your environment matters.
Reducing toxins can lighten the
load on your body and brain.

- **Thieves® Household Products** –
Ditch the synthetic cleaners and
switch to these plant-based
household products. One
bottle of the household cleaner
makes dozens of safe, effective
cleaners for your home.
- **Feather the Owl™ Diffuser (or
your favorite diffuser)** –
Diffusing oils not only freshens
your space but also supports
focus, mood, and relaxation
depending on the blend you
choose.

Clearing brain fog isn't about
doing everything — it's about
making small, intentional choices
that give your brain the support it
deserves.

Young Living's oils and
supplements are simple, safe, and
effective tools to help you:

- ✦ Boost your focus
- ✦ Calm stress
- ✦ Sleep better
- ✦ Live toxin-free

Your brilliant brain is waiting to
shine again.

👉 **Ready to experience the difference?**

Use the QR code or link below to explore these products and start your journey to focus and clarity today.

100pv in your cart will unlock a 24% discount for 12 months!

If you haven't had a YL account before,
at checkout use the code:

SHAREYL

for an additional 10% off

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