

# #YLWellnessProgram

## FREE Wellness Program for You

- Support each system of your body!
- Make incremental, healthy lifestyle changes.
- Increase your body awareness... a crucial skill for taking care of your body on a daily basis!
- Discover your next steps for more in-depth support!

Quarter	Diet Elimination	Month	Body System	Environment
1	Trans Fats	January	Respiratory System	toxic fragrances
		February	Blood & Lymph Systems	personal care-body
		March	Digestive System (liver)	laundry & dishes
2	Artificial (flavors, colors, preservatives...)	April	Elimination System (bowel, kidney)	cleaning
		May	Integumentary (skin) system	personal care-face
		June	Reproductive System	feminine hygiene...
3	Refined Sugars	July	Musculo-skeletal System	gym bag
		August	Cardiovascular System	yard & garage
		September	Nervous System	caffeine
4	Refined Grains	October	Immune System	purifier, spray
		November	Endocrine System	holiday - cooking, travel
		December	Cellular (Antioxidant)	modifying recipes

Follow daily on **Facebook**: Minke Wellness

Find all the videos on **YouTube** at Minke Wellness.

Go to the Playlists and start with Month 1. (The 1<sup>st</sup> videos provide the basic foundation of the program.)

For our Young Living team, we have a dedicated Facebook group that follows this wellness program. We do FB Live videos weekly so you can ask questions. Let us know and we can get you added into the group!

If you have questions or aren't sure how to get started, we're happy to help!

**[FreedomOilers.com/page/Mother-Earth-News](http://FreedomOilers.com/page/Mother-Earth-News)**

**Peter & Amy Minke #118924 ~ 979-492-9492 ~ [Freedom.Oilers.YLEO@gmail.com](mailto:Freedom.Oilers.YLEO@gmail.com)**



# Young Living Essential Oils

## Supports Your Healthy Lifestyle

### The 3-Part Wellness Strategy

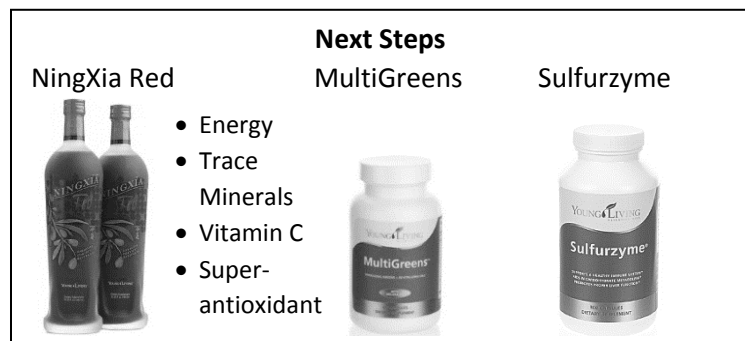
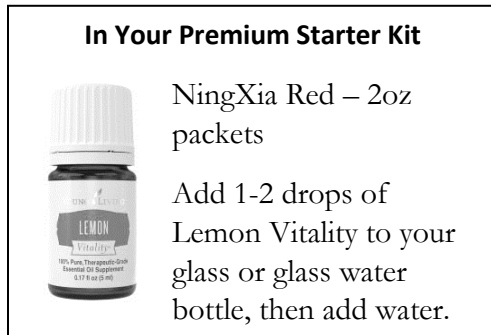
#### 1) Stop the Poison.

Our modern lives can be full of toxins! But, we have control over what we put ON and IN our bodies. Young Living has great options for personal care and household cleaning products. **Ditch & Switch!** Plus, use your diffuser to help your home smell good, de-funkify your air, AND support your body!



#### 2) Flood the Body with Nutrients.

We can also help our bodies be strong to weather toxicity when we encounter it, and to cleanse from past and present exposures. Young Living has amazing supplements to support every system of your body! Here's a great overall nutritional support program.



#### 3) Manage Stress!

Stress ages the body and accumulates to wreak havoc on just about every system of the body. Essential oils are some of THE BEST stress management tools! Combine them with deep breathing and you've got a POWERFUL intervention!

