

# Monthly Drop

FROM OUR OILY HOME TO YOURS

MARCH 2022

GET TO KNOW: *allerzyme*

## SEIZE THE DAY

*blend*

6		2 DROPS LIME
6 DROPS PEPPERMINT	2 DROPS BERGAMOT	2
		
	2	

Allerzyme is a vegan-friendly enzyme complex that supports healthy digestion. It is infused with ginger vitality, peppermint vitality, and other oils that support proper digestion, waste elimination, and nutrient utilization. It was specifically formulated with those with gluten and dairy sensitivities in mind.

Allerzyme contains enzymes such as protease 3, 4.5 and 6, which are known to help digest protein; amylase, which digests starch, carbohydrates and sugars; and invertase, which assists in the breakdown of sugars. It also contains lipase, which helps digest fat; peptidase, which converts proteins into amino acids; phytase, which helps absorb nutrition from grains and seeds; and additional enzymes that target animal protein, dairy, beans, legumes, seeds, and soy.



These enzymes, combined with seven essential oils, make Allerzyme a necessary staple for healthy digestion and overall wellness.

## MARCH GIFTS WITH PURCHASE

Pursue your dreams with a little help from these inspiring Young Living products. Setting goals? Diffuse Motivation as you dream big. Looking for a bit of courage before an important conversation? Valor's got your back. Store your favorite oils for on-the-go inspiration in a Roller Bottle Set and say your morning affirmations as you diffuse Envision. Make it through the afternoon slump with a bit of En-R-Gee and apply a drop of Clarity to the inside of your wrists as you journal about your successes and learning points from the day. Plus, elevate your life by qualifying for our 100 PV tier and earn hassle-free shipping so you can focus on the important things.



*elevate your life*

WITH MARCH'S GIFTS WITH PURCHASE

### 400 PV

5 mL Valor  
Roller Set, 3 ct.  
5 mL Envision

**STS\* BONUS**  
5 mL Motivation  
5 mL Clarity  
15 mL En-R-Gee

### 300 PV

5 mL Valor  
Roller Set, 3 ct.  
5 mL Envision

**STS\* BONUS**  
5 mL Clarity  
15 mL En-R-Gee

### 250 PV

Roller Set, 3 ct.  
5 mL Envision

**STS\* BONUS**  
5 mL Clarity  
15 mL En-R-Gee

### 190 PV

5 mL Envision

**STS\* BONUS**  
5 mL Clarity  
15 mL En-R-Gee

### 100 PV

FREE SHIPPING ON ALL 100+ PV  
SHOP AND STS ORDERS

10% OFF ENROLLMENT COUPON

\*Subscribe to Save, formerly Essential Rewards.



With spring cleaning just around the corner, make sure to have your DIY recipes ready to go. Here's a DIY oven scrub to add to your collection.

You'll need:

- A spray bottle
- ½ cup baking soda
- ½ cup white vinegar
- ½ capful Thieves Household Cleaner
- ½ tablespoon Thieves Dish Soap
- 2 drops Thieves essential oil blend

Here's what you'll do:

1. Combine all liquid ingredients in the spray bottle (we'll use the baking soda in the next step.)
2. Making sure to avoid the heating elements in your oven, sprinkle baking soda liberally on the bottom of the oven, then spray with the liquid mixture.
3. Let mixture sit until it stops bubbling.
4. Scrub stubborn spots with a sponge.
5. Wipe off the rest of the cleaner.

Repeat as needed!



## GREEN TEAM'S ZERO-WASTE TIP

Ramp up your recycling efforts! We're offering local solutions and helpful information to make it simple for YL teams to keep their waste from piling up in landfills!

Did you know that March 18 is Global Recycling Day? If you haven't started recycling in your home, it's a great time to start. If you're already recycling like a pro, try amping your efforts by encouraging friends and neighbors to reduce, reuse, and recycle. Check out these tips on how you can lead your community in recycling:

### ONE-LESS SUGGESTION

Eliminate even more waste from your life by moving on to reusable napkins and keeping paper plates and plastic utensils out of your shopping cart. Paper napkins and paper plates aren't recyclable because they come in contact with food waste, grease, and possibly bodily fluids. Don't keep them in your home and you won't have to worry about the fact that they can't be recycled!

### TRY USING iRECYCLE!

This location-based app will help you find the closest place to drop your recyclables—especially helpful for things that you might not be able to toss directly into your bin. iRecycle is available for iPhone and Android.

### DON'T TOSS YOUR FOOD WASTE

Put it to work when you start composting! Your garden—or a community garden—will thank you for your nutrient-rich soil.

Not all organic matter should hit your compost bin. Fruits and veggies? Absolutely. Meat and dairy? Not so much.

Use coffee grounds to enrich your soil. Reach out to a local cafe after a busy day for any they were planning to toss.

Be part of the solution on Global Recycling Day and join YL in putting the earth first.





## ST. PATRICK'S DAY GREEN SMOOTHIE

### St. Patrick's Day Green Smoothie

#### Ingredients

- 2 cups coconut milk
- 2 cups fresh spinach, tightly packed
- 2 bananas
- 1 cup sliced peaches
- ½ avocado
- 2 drops Peppermint essential oil

#### Directions

Combine all ingredients together in blender and blend until smooth. Use frozen fruit for a colder smoothie

## Shopping Guide

### 100 PV | THIEVES THE DAY

- #3265 Thieves Spray
- #3743 Thieves Household Cleaner
- #5350 Thieves Dish Soap
- #5762 Thieves Dishwasher Powder
- #26668 Thieves Whitening Toothpaste
- #30662 Thieves Kitchen & Bath Scrub

**PV TOTAL: 100.75 | \$100.75**

### 190 PV | POLLEN SURVIVAL

- 100 PV order, plus
- #3288 Allerzyme
- #3528 Breathe Again Roll-On
- #32636 SniffleEase Roll-On

**PV TOTAL: 199.50 | \$199.50**

### 250 PV | STRESS WAY LESS

- 190 order, plus
- #3275 CortiStop

**PV TOTAL: 258.00 | \$258.00**

### 300 PV | SWEET SLEEP

- 250 PV order, plus
- #5307 Sleepylze
- #4760 SleepEssence

**PV TOTAL: 302.50 | \$302.50**

### PERFECT FOR SPRING

## Scents

#### blossom

- 2 JASMINE
- 2 EUCALYPTUS GLOBULUS
- 1 PEPPERMINT

#### spring surprise

- 2 LIME
- 3 SANDALWOOD

#### sweet rain

- 3 VETIVER
- 2 LEMON

#### spring clean

- 3 ROSEMARY
- 3 LEMON
- 3 LAVENDER

#### spring day

- 2 BERGAMOT
- 3 ORANGE
- 1 YLANG YLANG

#### seasons come

- 3 LAVENDER
- 3 LEMON
- 3 PEPPERMINT

### BUDGET SAVING HACK

The Thieves Bundle has long been a customer favorite for getting started with Young Living, and now it is available for anyone to purchase any time! This bundle is an ideal way to replace harmful chemicals in your home with naturally derived products, and it saves you 25% when you grab the bundle!



# Spring Cleaning

Spring is around the corner and it's time to start thinking about Spring cleaning. Did you know your Thieves Household Cleaner has more than fifty uses?! Below you will find a 21 Day Cleaning Challenge to help inspire you to take the time to do the cleaning that often goes overlooked. You'll also find a few outside the box ideas for using your Thieves Cleaner.

**DISHWASHER:** Out of Thieves Dishwashing Soap? Substitute 1 capful of Thieves Cleaner to the bottom of the dishwasher or in the soap compartment.

**JUICE/FOOD STAINS:** Soak for 30 minutes the plastic and or metal cutting blades in a solution of full strength Thieves Cleaner with 3 YL Detoxzyme capsules, then clean with a nylon scrub brush.

**LAUNDRY:** Mix 1 capful Thieves Cleaner in 1 cup water, add to water for the wash cycle, or add 1 capful of Thieves Cleaner to the soap bin at beginning of the wash.

**ARTIFICIAL PLANTS:** Cleaning silk plants — spray on Thieves Cleaner (regular dilution) to artificial plants and wipe clean.



21 Day Cleaning Challenge						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LIGHT CLEANING: 1 CAPFUL CLEANER : 3 CUPS WATER REGULAR CLEANING: 1 CAPFUL CLEANER : 2 CUPS WATER HEAVY CLEANING: 1 CAPFUL CLEANER : 1 CUP WATER						
		WINDOWS	MIRRORS	WALLS	BLINDS	BASEBOARDS
	DINING TABLE AND CHAIRS	DINING TABLE AND CHAIRS	VENTS, FANS, LIGHT SWITCHES	DOORS/ DOORKNOBS	KITCHEN CABINETS	OVEN/ STOVETOP
	KITCHEN SINK COUNTERS	INSIDE REGRIGERATOR AND FREEZER	BATHROOM TOILETS AND SINKS	TOYS	MICROWAVE	SHOWERS, TUBS, TILE, AND GROUT
	FLOOR AND FURNITURE STAINS	DOOR AND WINDOW TRACKS	POTS & PANS	MAKEUP BRUSHES		