



# NOTES

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Why Ningxia:

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What is the 14 Day Reset:

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**REMEMBER... NINGXIA RED CLINICAL STUDIES HAVE SHOWN:**

- To significantly reduce stress by 23% and improve mental well-being
- To increase physical energy levels by 35% and reduce physical limitations by 36%
- To improve sleep patterns and increase time asleep on average of 21 minutes a day
- To support healthy inflammation response and promote healthy respiratory function

People I know who might benefit from the 14 Day Reset

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I'm starting my reset:

- Right Away!     With the next group     As soon as I get my Ningxia!

*"Perfection is the enemy of progress"* -WINSTON CHURCHILL  
(so start now!)