



Your Guide to the 14-DAY RESET



14 - Day Reset Challenge

Hey there! I'm so excited for you to do the 14-Day Reset and experience the life-changing results that this challenge can create! This guide will contain everything you need to do this 14-Day Reset Challenge.

Make sure you are plugged into the [14-Day Reset Facebook group](#) for community, videos, tips, accountability, giveaways, and more! You'll be more successful and have more fun doing this challenge with friends!



The 14-Day Reset is made up of 5 things that you do daily:



1. Drinking NingXia Red - the superstar antioxidant drink!
2. Drinking 1/2 your body weight in ounces of water
3. Eating clean & eliminating inflammation-causing foods
4. Move your body at least 30 minutes - any way you want!
5. Intentionally reducing & managing your stress



How much NingXia Red?

You'll need 102 ounces for the 14 day challenge!

Day 1-3:

Drink 4 ounces in morning, afternoon, and evening for a total of 12 ounces a day.

Day 4-14:

Drink 2 ounces in morning, afternoon, and evening for a total of 6 ounces a day.

Stick with this plan and you can expect to see results.

CHECKOUT [THIS SHORT VIDEO](#) TO LEARN THE SCIENCE BEHIND NINGXIA RED.



14 - Day Reset MEAL PLAN

One of the main components of the 14-Day Reset is eating a clean diet. There are several options from which you may choose. We compiled many resources and recipes from various healthy meal plans for you. Check out the links below to get started.

Suggested 7-day meal plans found here:

Use [this meal plan](#) for both weeks of the challenge for a total of 14 days. Feel free to make substitutions for different recipes if you need to - just be aware of anything with added sugar, white flour, seed oils, or any processed foods. Dairy free alternatives are provided.



Find many more meal plan options here:

At [this link](#), you will find links to meal plans and recipes for Whole30, Keto, GAPS, Paleo, Whole Foods, and no processed sugar.



Another healthy plan idea:

Some people find Whole30 too restricting, so instead they eliminate wheat, dairy, alcohol, and sugar. They include quinoa and brown rice, as well as legumes.

They use natural sweeteners like honey and maple syrup sparingly. Use recipes that you like from the other various meal plans that follow these eliminations.

Two time Nobel Prize winner Dr. Linus Pauling said, "You can trace every sickness, every disease and every ailment to a mineral deficiency."



Let's talk about PROTEIN

Increasing protein intake is crucial for effective weight loss due to several reasons:

- protein promotes feelings of fullness and reduces unnecessary snacking, which supports calorie control.
- protein boosts energy and metabolism.
- protein helps preserve lean muscle mass during weight loss, maintaining a higher metabolic rate and improving body composition.
- protein enhances exercise performance and aids in muscle recovery.

Balancing protein with a well-rounded diet and physical activity is key.

10 grams

PROTEIN

- 1 cup of Greek yogurt
- 3 egg whites
- 1 cup of milk (dairy or plant-based)
- 1 small chicken breast (cooked)
- 1.5 oz ground beef
- 1 oz organic turkey deli meat
- 1/2 cup of cooked quinoa
- 1/2 cup of cooked lentils
- 1 small can of tuna (in water)
- 1/4 cup of almonds
- 1/3 cup of cottage cheese
- 1/2 cup of cooked black beans

30 grams

PROTEIN

- 4 oz of chicken breast (cooked)
- 2 packets of tuna (in water)
- 5 oz of salmon
- 1 cup of cottage cheese
- 6 oz of shrimp with 1/2 cup of cooked quinoa
- 5 large eggs
- 1 turkey burger with 1/2 cup of cooked chickpeas
- 2 scoops of protein powder mixed with water or milk

For a free, easy [calorie and macro calculator](#), scan this QR code





Intermittent Fasting

TRADITIONAL GUIDELINE

See [Intermittent Fasting 14-Day Reset FAQ Sheet](#) for more info.
Do not start drinking NingXia until after your eating window starts.

| Fasting Window | Potential Benefits |
|--|--|
| 10 hours (basic starting fast) | Allows body to get used to going longer periods without eating |
| 12-16 hours | Switches body between sugar burning and fat burning |
| Note: fasting windows longer than 18-20 hours should be done occasionally, not daily. | |
| 17+ hours | Autophagy kicks in; great for detoxing, improved energy, improved brain function/cognition, and balancing sex hormones |
| 24+ hours | Burst of stem cell production in digestive tract; mucosal lining has a chance at repair; great for post-antibiotic use, post-birth control repair, and tackling SIBO |
| 36+ hours | Releases stored sugar; liver repair; done occasionally |
| 48+ hours | Dopamine reset |
| 3 day water fast | Immune system reset |

***Stop eating 4-5 hours before bedtime.** Source: Fast Like A Girl / Dr. Mindy Peltz

Intermittent Fasting

FOR FEMALE HORMONES GUIDELINE

Day 1 is the first day of bleeding in a cycle. If in menopause, use the moon cycle with the full moon being your "Day 1". Start with an 8 hr window of eating. It is very important to feed female hormones when fasting vs the traditional intermittent fasting. See Intermittent Fasting 14-Day Reset FAQ Sheet for more info.

| Fasting Window | Potential Benefits |
|-------------------|--|
| Days 1-10 | Power Phase/Keto Biotic: Increase protein intake to 75 gms, more than 60% of food coming from good fats, moderate carbs @ 50 gms. |
| Days 11-15 | Ovulation/Hormone Fasting: 100-150 gms carbs to feed progesterone, at least 50 gms protein, and healthy fats as desired. |
| Days 16-19 | Power Phase/Keto Biotic: Repeat as Days 1-10. |
| Days 20-to menses | Nurture Phase/Hormone Fasting: Repeat as Days 11-15 Lean into whole food nutrition, allow yourself to step off the fasting wagon the week before your period to feed your hormones properly! |

***Stop eating 4-5 hours before bedtime.** Source: Fast Like A Girl / Dr. Mindy Peltz

Top Processed

FOODS TO AVOID


14

DAY RESET

Making better choices and cultivating a healthier lifestyle involves opting for whole, unprocessed foods to provide your body with essential nutrients that promote health, wellness, and longevity.

Do your best, it's not all or nothing, but avoiding processed foods that contain excess sugars, additives, preservatives, pesticides, herbicides, fungicides, GMOs, nitrates, artificial flavors, colors, and smells will reduce your risk of negative health outcomes, including cancer.

Enjoy fresh fruits and veggies. Soak your legumes, nuts, and seeds before you eat, sprout them if you can. Make homemade sauces and dressings with herbs from your pantry. Eat whole grains that aid in digestion and assimilation. Animal proteins should be grass-fed and humanely treated. Delight in unrefined and cold-pressed nutrient rich oils. Eat in moderation if organic & GMO free. You are allowed natural sugars like honey, maple syrup, erythritol, stevia/rebaudioside, xylitol, and yacon.

| Fruits | Beverages | Artificial Sugar Substitutes | 30+ Processed Sugars Names |
|--|--|---|--|
| <ul style="list-style-type: none"> → NO canned, boxed, bagged prepacked, and/or sugar added fruits | <ul style="list-style-type: none"> → All alcohol | <ul style="list-style-type: none"> → Acesulfame potassium: Sweet One, Sunett → Advantame → Aspartame: NutraSweet, Equal → Neotame: Newtame → Purified stevia: Truvia, PureVia, SweetLeaf, Sun Crystals, Steviva → Saccharin: Sweet'N Low, Sweet/Sugar Twin → Sucralose: Splenda | <ul style="list-style-type: none"> → Barley malt → Beet sugar & syrup → Brown rice syrup → Brown sugar → Cane sugar/syrup/juice → Caramel & syrup → Confectioner sugar → Corn sugar & syrup → Dextrin → Dextrose → Evaporated cane → Fructose → Fruit juice & syrup → Glucose & syrup → High-fructose corn syrup (HFCS) → Invert sugar → Malt syrup <i>any kind</i> → Maltodextrin → Muscovado sugar → Palm sugar → Panela sugar → Saccharose → Sorbitol → Sorghum syrup → Sucanat → Sucrose → Sugar raw/powdered → Syrup → Tapioca syrup → Treacle → Turbinado sugar |
| Vegetables | Refined Foods & Carbohydrates | Hydrogenated & (PHO) Partially Hydrogenated Oils | <p>In addition, please scan this Hidden Toxic Chemical Cheat Sheet.</p>  |
| <ul style="list-style-type: none"> → Corn → Soy (<i>only organic & fermented</i>) | <ul style="list-style-type: none"> → Coffee drinks → Juice → Milks → Protein powder → Smoothies → Soda → Sport drinks → Waters → Bagels → Bread → Breadsticks → Brownies → Cake → Candy → Cereal/Granola → Chips → Chocolate → Cookies → Couscous → Crackers → Croissants → Cupcakes → Muffins → Oats - flavored → Pasta → Pastries → Pita → Pizza → Popcorns → Rolls → Tortillas → Tortilla chips | <ul style="list-style-type: none"> → Canola (rapeseed) → Corn → Cottonseed → Crisco/shortening → Grapeseed → High-stearate/oleic acid → Margarine/butter spread → Palm → Peanut → Rice Bran → Soybean → Safflower → Sunflower → Vegetable | |
| Nut/Butter | | Fast or Fried Food | |
| <ul style="list-style-type: none"> → Peanuts/butter (<i>only organic unsweetened</i>) | | <ul style="list-style-type: none"> → Processed Meats → Deli, Bacon, Sausage | |
| Sauces & Dressings | | | |
| <ul style="list-style-type: none"> → Added sugar; ketchup, BBQ sauce, honey mustard, coffee creamer, etc. → Bottled salad dressings → Soy sauce (<i>use coconut aminos</i>) | | | |
| Dairy | | | |
| <ul style="list-style-type: none"> → Condensed milk → Flavored yogurts → Milk → Processed cheeses | | | |

Healthy Eating Made Simple

NON-PROCESSED WHOLE FOODS LIST

Making better choices and cultivating a healthier lifestyle involves opting for whole, unprocessed foods to provide your body with essential nutrients that promote health, wellness, and longevity.

Do your best, it's not all or nothing, but avoiding processed foods that contain excess sugars, additives, preservatives, pesticides, herbicides, fungicides, GMOs, nitrates, artificial flavors, colors, and smells will reduce your risk of negative health outcomes, including cancer.

Enjoy fresh fruits and veggies. With your legumes, nuts, and seeds soak before you eat, sprout if you can. Make homemade sauces and dressings with herbs from your pantry. Eat whole grains that aid in digestion and assimilation. Animal proteins should be grass-fed and humanely treated. Delight in unrefined and cold-pressed nutrient rich oils. **ENJOY.... Eat to Live, Not Live to Eat!**

| | | | |
|---|--|---|---|
| <div><div><div>Fruits</div><div>Apples Apricots Avocados Bananas Berries (all) Cacao (chocolate) Cherries Grapefruit/Lemon/Lime Grapes Kiwi Mango Melons Nectarines Oranges/Tangerines Papaya Peaches Pears Persimmons Pineapples Plums Pomegranates Prunes Watermelon</div><div>Unrefined Cold Pressed Oils</div><div>Almond Avocado Butter Coconut Flaxseed Ghee Hempseed Olive Sesame Walnut</div></div><div><div>14</div><div>DAY RESET</div></div></div> | <div><div><div>Vegetables</div><div>Artichokes Arugula Asparagus Beets Broccoli Brussel sprouts Cabbage Carrots Cauliflower Cucumbers Egg plant Fennel Garlic Ginger Green beans Kale Leeks Mushrooms Okra Onions Peas Peppers (all) Potatoes Pumpkin Radishes Romaine lettuce Spinach Squash (all) Sweet potato/yam Swiss chard Tomatoes Watercress</div><div>Sauces & Dressings</div><div>Coconut aminos Homemade recipe</div></div></div> | <div><div><div>Legumes</div><div>Adzuki Black Black-eyed pea Cannellini Garbanzo Great northern Kidney/red Lentils Mung Navy Peas Pinto</div><div>Whole Grains</div><div>Barley Brown rice Couscous Einkorn Farro Millet Oats Rye Sorghum Spelt Wheat berries</div><div>Milk Products</div><div>Almond milk Coconut milk/water Hemp milk Rice milk Animal milk, yogurt, Kefir & cheese (raw is best, then non- pasteurized, then organic)</div></div></div> | <div><div><div>Animal Proteins</div><div>Beef Bison Chicken Eggs Fish Game meats Lamb Pork/bacon (free of sugar & nitrites) Turkey</div><div>Nuts</div><div>Almonds Brazil Cashews Hazelnuts Macadamia Peanuts Pecans Pistachios Walnuts</div><div>Seeds</div><div>Amaranth Buckwheat Chia Flax Hemp Pumpkin Poppy Sesame Sunflower Quinoa</div><div>Sugars</div><div>Agave nectar Coconut sugar Dates Fruit (fresh/frozen) Honey Maple syrup Molasses Monk Erythritol Stevia (SweetLeaf) /rebaudioside Xylitol Yacon</div></div></div> |
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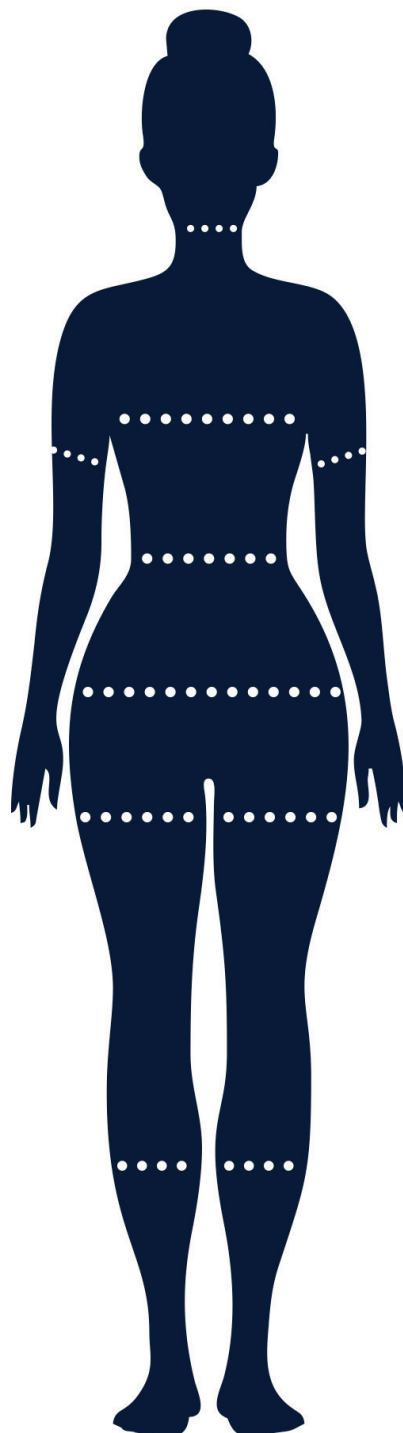


Body Measurement

TRACKER FOR WOMEN

BEFORE

| | |
|-------------|--|
| DATE | |
| NECK | |
| CHEST | |
| LEFT ARM | |
| RIGHT ARM | |
| WAIST | |
| HIPS | |
| LEFT THIGH | |
| RIGHT THIGH | |
| LEFT CALF | |
| RIGHT CALF | |
| WEIGHT | |



AFTER

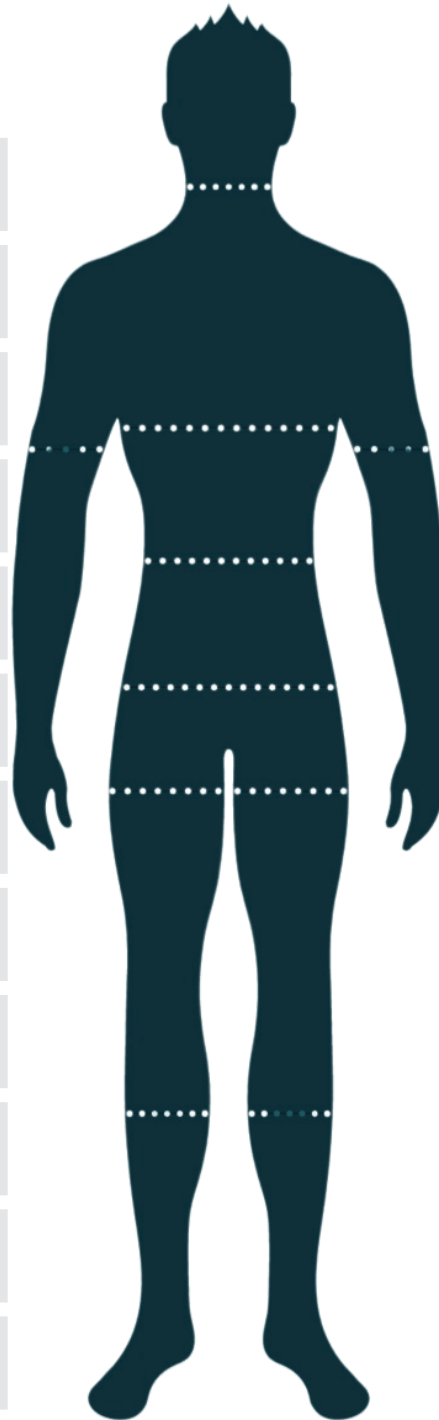
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|-------------|--|
| DATE | |
| NECK | |
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| WAIST | |
| HIPS | |
| LEFT THIGH | |
| RIGHT THIGH | |
| LEFT CALF | |
| RIGHT CALF | |
| WEIGHT | |

Body Measurement

TRACKER FOR MEN

BEFORE

| | |
|-------------|--|
| DATE | |
| NECK | |
| CHEST | |
| LEFT ARM | |
| RIGHT ARM | |
| WAIST | |
| HIPS | |
| LEFT THIGH | |
| RIGHT THIGH | |
| LEFT CALF | |
| RIGHT CALF | |
| WEIGHT | |



AFTER

| | |
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| DATE | |
| NECK | |
| CHEST | |
| LEFT ARM | |
| RIGHT ARM | |
| WAIST | |
| HIPS | |
| LEFT THIGH | |
| RIGHT THIGH | |
| LEFT CALF | |
| RIGHT CALF | |
| WEIGHT | |

Daily Checklist

14 DAY RESET CHALLENGE

As you complete an item, check it off to keep yourself on track!

01 DAYS 1-3: DRINK 4 OZ 3X A DAY. A TOTAL OF 12 OZ OF NINGXIA RED A DAY. DAYS 4-14: DRINK 2 OZ 3X A DAY. A TOTAL OF 6 OZ OF NINGXIA RED A DAY.

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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02 DRINK ONE NINGXIA NITRO A DAY.

★ Optional - NingXia Nitro comes in the NingXia Red Starter Bundle!

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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03 DRINK GOOD, CLEAN WATER. AT LEAST HALF YOUR BODY WEIGHT IN OUNCES. (100 POUNDS = DRINK 50 OUNCES OF WATER DAILY)

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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04 EXERCISE 30 MINUTES A DAY. ★ Bonus round! Exercise twice a day and reach your goal faster!

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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05 EAT ACCORDING TO YOUR MEAL PLAN (TRY NOT TO EAT AFTER 7PM).

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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06 STAY ACCOUNTABLE - CHECK IN EACH DAY BY COMMENTING ON THE DAILY LIVE VIDEO IN THE 14 DAY RESET GROUP

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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TAKE A PICTURE OR VIDEO

| DAY 1 | DAY 15 |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

TAKE MEASUREMENTS

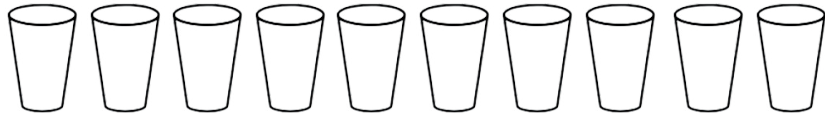
| DAY 1 | DAY 15 |
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Water Accountability Sheet

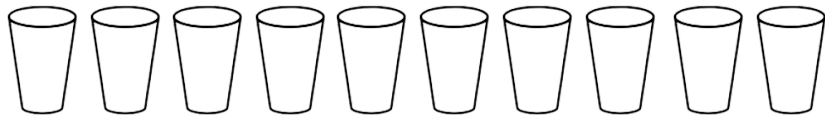
LET'S DRINK WATER TOGETHER

GOAL: DRINK 1/2 YOUR BODY WEIGHT IN OUNCES OF WATER PER DAY.
I WILL DRINK _____ OUNCES A DAY.

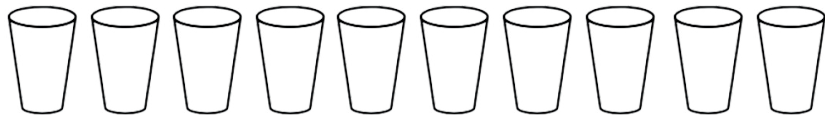
MONDAY



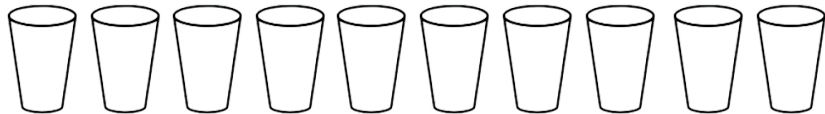
TUESDAY



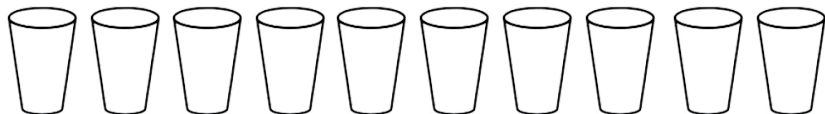
WEDNESDAY



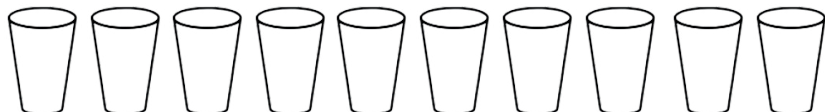
THURSDAY



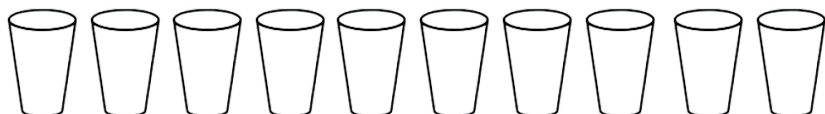
FRIDAY



SATURDAY



SUNDAY



Remember to use this sheet every day to help you track your progress
and stay accountable to your hydration goals. Good luck!

Daily WORKOUTS

An important part of the 14-Day Reset is moving your body for at least 30 minutes every day! This can look however you want - walking, running, yoga, pilates, cycling, swimming, weight training, etc. Check the Facebook group for lots of workout suggestions. Choose a workout plan and scan the QR code to gain access:

- [7-day weight training workout plan.](#)



- [Trainings and workouts](#) from our trainer, Anna Reimers.



- [Grow with Jo on YouTube.](#) Many people love her workouts.



- A 30 day free trial for [peloton](#) which has great in home workouts, not just for the bike.



- A great [YouTube workout](#) option.



Studies have shown that **150 minutes of exercise or more each week increased life expectancy by about 7 years** over those who didn't do regular moderate exercise. This benefit was seen regardless of weight, age, sex and health conditions.



Daily Journal PROMPTS



Reducing stress is key to this whole process...



Use these journal prompts each day of the challenge to help you overcome and process any emotions that might be holding you back.

Day 1: Reflect on the moments when you have overeaten or cheated on your diet. What triggered you to overeat? How can you develop healthier coping strategies to deal with those emotions without turning to food? i.e. go for a walk, take 10 deep breaths, use a calming essential oil like Stress Away, etc.

Day 2: What are your most common food cravings, and what emotions or situations trigger them? What are some healthier alternatives or rewards you can give yourself? i.e. frozen grapes, drink a glass of water with lemon, raisins or dates, etc.

Day 3: Reflect on any fears or concerns you have about losing weight or changing your lifestyle. What is holding you back? How can you reframe your mindset to embrace the possibility of positive transformation?

Day 4: Write down any negative thoughts or beliefs you have about your body. How do these thoughts impact your motivation and self-esteem? Re-write those thoughts into a positive statement. Say these positive out loud daily. i.e. I hate my arms = I love my arms as they are becoming stronger.

Day 5: Reflect on any past traumas or difficult experiences that may be affecting your relationship with food and weight loss. What would a healthier coping mechanism or strategy be for managing emotions when those come up? i.e. listen to a positive self love meditation on YouTube.

Day 6: Reflect on situations where your perfectionism has hindered your weight loss progress. How can you adopt a more flexible and balanced approach? How can you set realistic goals and celebrate small wins along the way?

Day 7: Identify common stressors in your life and how they impact your eating habits or motivations to engage in healthy behaviors. How can you prioritize self-care and emotional well-being in your weight loss journey?

Remember, journaling is a personal and reflective practice. Take your time with each prompt, and allow yourself to delve deep into your thoughts and emotions. It can be helpful to revisit your responses over time to track your progress and identify patterns. Journal your way through these prompts during the 14-Day Reset as a way to help you explore your own mindset and reduce stress.

NINGXIA RED



NingXia NITRO

WHY SHOULD YOU DRINK NINGXIA RED?

It's packed with **powerful antioxidants** and super foods that provide long-lasting energy support without caffeine, revitalize body systems for full-body protection, and make the body an **unfriendly environment for free radicals and oxidative stress**. NingXia Red also supports **normal cellular digestive function** and promotes **normal eye health**. It's the perfect pre and post workout drink.

It's loaded with **amino acids, trace minerals** and **essential fatty acids** while still having a **low glycemic index**. There are no added sugars! Only essential sugars (polysaccharides) from the whole fruit; leaves, stems, peel and fruit. NingXia Red is infused with orange, lemon, yuzu and tangerine essential oils containing **high levels of d'limonene**.

CLINICAL STUDIES HAVE SHOWN:

- To significantly reduce stress by 23% and improve mental well-being
- To significantly increase physical energy levels by 35%
- To support healthy respiratory function
- To reduce physical limitations by 36%
- To improve sleep patterns and increase sleep
- To support healthy inflammation response

NINGXIA RED TESTIMONIES

I have two boys on the autism spectrum and they're extremely picky eaters. But they love their Special Red Ninja juice. The nutrients they get from NingXia is huge for us. - Noah W

I know NingXia Red is what gives me my boost to play 18 holes of golf and win for the last 8 years! I'm 82 years old! - Wade M

I have used NingXia Red for all four of my pregnancies, suggested by my midwife. I love that it's FOOD and made from fruits and plants. - Jodie R

WHO CAN DRINK NINGXIA RED?

A daily shot of 2-4 oz helps support overall wellness for your entire family! From children to adults, it's one of the easiest supplements to incorporate into your daily diet.

OTHER NINGXIA PRODUCTS

Young Living created over 40 wolfberry products, including an amino acid workout recovery: Aminowise, NingXia Greens, Wolfberry Eye Cream, probiotics and more!

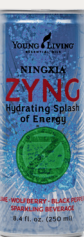


PREMIUM STARTER BUNDLE



NR LOYALTY REWARDS

Use the code **SHAREYL** to take an extra 10% off your first order of 50PV or more.



NINGXIA ZYNG

This sparkling energy drink, includes whole fruit NingXia puree, pear, & blackberry juice, white tea extract, vitamins, lime, and black pepper essential oils. It has 35 mg of naturally occurring caffeine and only 35 calories per can!



FUN FACT!

To get the same antioxidant benefits of drinking just 1 ounce of NingXia Red you'd have to eat the equivalency of over 299 lbs of fruits and veggies:

| | |
|--------------------------|-----------------------|
| 2 pounds of blueberries | 35 pounds of broccoli |
| 4 pounds of strawberries | 55 pounds of apples |
| 4 pounds of carrots | 55 pounds of almonds |
| 11 pounds of spinach | 55 pounds of tomatoes |
| 23 pounds of onions | 55 pounds of oranges |

NINGXIA RED - THE WOLFBERRY SUPERFRUIT

"LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD"

Healthy bodies fight stronger. Supplementation is intended to bridge the nutritional gap, so we can maintain a healthy lifestyle!

5 REASONS WE NEED TO SUPPLEMENT OUR NUTRITION

- 90% of people lack the recommended amount of nutrients. Dr. Linus Pauling said, "You can trace every sickness, every disease and every ailment to a mineral deficiency." Minerals are the key to preventing disease and increasing health, but are severely lacking in our modern diets due to pesticides robbing the soil of essential nutrients and minerals.
- Nutrient absorption declines with age, because the body does not have the same ability to break down and absorb nutrients. Statistically, those who are older are on more medications which can deplete essential nutrients. Supplements can help restore this imbalance.
- Environmental issues like harmful pesticides and herbicides used to farm our food, chemicals found in our water supply, and pollution drastically increases our need for extra vitamins and minerals. These chemicals create free radicals that attack our digestive and immune system.
- Exercise uses up the energy and nutrients that have been stored in your body. It is vital to replenish and promote recovery after a workout.
- Natural Healthcare providers are encouraging people to supplement for their health instead of expensive disease treatment.

WHAT ARE FREE RADICALS?

When you cut open an apple, it turns brown from the oxygen. This is exactly what happens to our cells during oxidation. Oxidation is a chemical process which involves harmful free radicals in the body.

COMMON CAUSES OF FREE RADICALS INCLUDE:

- Smoking tobacco or drinking alcohol
- Exposure to toxic chemicals
- Poor diet, high levels of fried foods
- Daily stress and lack of quality sleep

WHY ANTIOXIDANTS?

Antioxidants are compounds which prevent oxidation in the body or in foods. Consuming high levels of antioxidants daily will protect your cells from oxidation and may significantly increase your health! Zeaxanthin is an antioxidant that helps protect your eyes from harmful ultraviolet rays in sunlight or blue light rays from electronics. Studies show that diets rich in this antioxidant are great for keeping your eyes healthy. Zeaxanthin is found in foods like raw egg yolk or red peppers, but is found in much larger amounts in the Ningxia Wolfberry!



HISTORY OF NINGXIA RED

Young Living Founder D. Gary Young was traveling the world over 20 years ago seeking the secrets of longevity, energy, and vitality.

While in China, Gary learned that Wolfberries originated in NingXia, China. Although there are 17 different species of Wolfberries, the NingXia Wolfberry is the most nutritionally dense and the most researched and tested. Chinese biochemists at the NingXia Institute of Nutrition had analyzed the wolfberry and found it to be one of the most nutrient-dense antioxidant foods along with having a daily dose of minerals needed for a healthy body!

Wolfberries (Lycium Barbarum) date back to the first pharmacopoeia printed book written in 475 BC from the Ming Dynasty.

Gary learned that people in this area led remarkably long and healthy lives (many lived over 100 years old!) He became convinced that this superfruit needed to be made available to the world, and brought the NingXia Wolfberry to Young Living.

Young Living is the ONLY company in the world with the proprietary blend of NingXia Red. By adding essential oils, this formula is easily absorbed by your body, and simple for everyone in your home to benefit from and enjoy!

NINGXIA breakdown

| | | | |
|---|--|----------|--|
|  | 2 - 25oz BOTTLES | \$82.00 | \$1.64 PER OZ |
| | 4 - 25oz BOTTLES | \$147.00 | \$1.47 PER OZ |
|  | 30 - 2oz PACKETS | \$97.75 | \$1.63 PER OZ |
| | 60 - 2oz PACKETS | \$190.25 | \$1.59 PER OZ |
| | 90 - 2oz PACKETS | \$283.25 | \$1.57 PER OZ |
|  | LOYALTY REWARDS BUNDLE 4 - 25oz BOTTLES 30 - 2oz PACKETS | \$210.00 | \$1.31 PER OZ |
| | NINGXIA STARTER BUNDLE 2 - 25oz BOTTLES 30 - 2oz PACKETS | \$145.00 | \$1.91 PER OZ <small>ONCE YOU SUBTRACT THE COST OF THE NITRO!</small> |
|  | DAILY WELLNESS KIT 30 - 2oz PACKETS | \$112.00 | \$1.91 PER OZ <small>ONCE YOU SUBTRACT THE COST OF ORANGE & LIME VITALITY OILS & NITRO!</small> |

Share your TESTIMONY

Sharing your powerful testimony from the 14-Day Reset can impact so many lives. We know that *weight and inflammation are a leading cause* to so many diseases such as heart disease, cancer, type 2 diabetes, autoimmune disorders, neurodegenerative diseases, and more. The reset is a simple system that you can share to help transform the health of your loved ones.

You have the opportunity to share your story of success with others to positively impact their lives. You also have a coupon code, SHAREYL, that gives them 10% off their first order. Scan this QR code to watch a video that illustrates sharing.



You have a custom share link on your Young Living account to send to your loved ones. Scan this QR code to learn how to find your link.



ORDER



= \$150

As a Brand Partner (BP), enroll 2 friends with a NingXia Red Starter Bundle and earn \$150 cash (\$75 for each friend.)

As a BP, you earn 50% of the PV in cash for a new enrollment order vs. as a customer, you earn 25% of the PV in credit on your account. These are both great opportunities to be rewarded for helping your friends.

Share your STORY

Take time and journal through your journey with this reset.

- What was your primary problem you wanted to fix coming into the 14-Day Reset?
- How did you feel about these problems and how did they impact your life and relationships?
- What was missing that was the key to your success? (ie. community, accountability, NingXia Red)
- How is your family life/relationships different now after doing the 14-Day Reset?
- What results have you seen doing the 14-Day Reset? (ie. Weight loss, inflammation down, more energy or better sleep)

Once you have filled this out, you can use these answers to curate a transformational testimony to share with others in person or on social media. Our goal is not to come across salesy, but to transform people's lives by sharing our journey. When they resonate with our story and decide they want to see a change in their health, we get to be a part of that process.

Let me know when you finish this journal page, I would love to help you with this.

What's NEXT?

Congratulations! You made it! Hopefully, you created some new habits and this Reset has revived your health journey.

You may be wondering what to do next, so here are some suggestions:

- Join us for the next 14-Day Reset, we begin a new round the 2nd Monday of each month. Many people are finding success by doing multiple rounds, until they reach their health goals.
- In between the rounds, many people are continuing to drink 4 - 6 ounces of NingXia Red a day for the amazing health benefits.
- Also, in between the rounds, it is recommended to continue drinking water, eating healthy, and exercising.
- The more rounds you do, the faster you will reach your goals.
- Remember to share your testimony in our Facebook group, so that you are entered to win some NingXia Red.

Tell a friend & see you in the next round!

