



SIMPLY HEALTH

The desire to do and feel our best can be paralyzed by the overwhelming number of options and decisions to make. When we freeze, nothing changes. When we randomly make health decisions, despite good efforts, we don't see changes. We want to help mobilize you in a strategic way, so you reap the benefits of change and leave the cycle of failed health attempts.

We've combined 33 years of passion and experience in clean, healthy lifestyles with top-notch products to create this Simply Health booklet.

By following the simple steps and committing to spend around \$150 the first three months and \$120 the subsequent months, you will slowly and affordably overhaul your home, cabinets, lifestyle, and body into a safe all-natural haven that is well-balanced, healthy, and thriving.

If you want to know how to get \$1050 to help get your journey paid for, peak at page 15 before you start!

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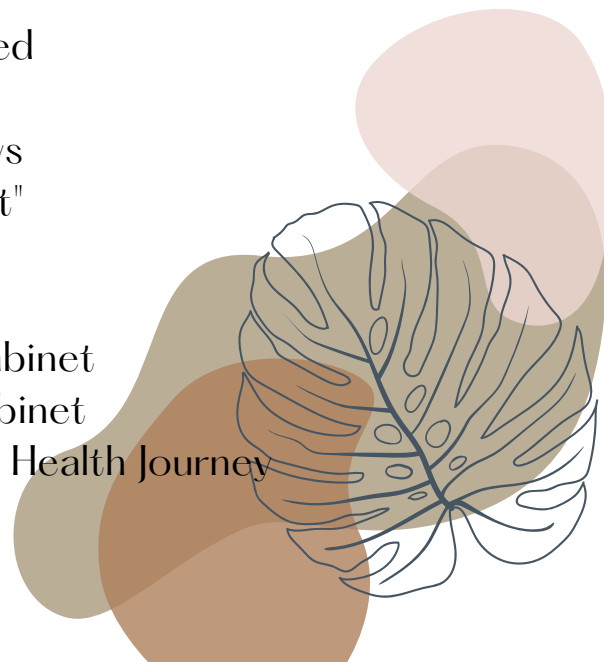
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GETTING READY

What you should know before you go

1. PUT YOUR PRODUCTS IN SIGHT

It's not that you're using them wrong! Or that they don't work. It's that they won't work if you're not using them. Hear me out. Products that sit on a shelf in a box aren't going to work because they don't get a chance to!

Put them on top of your dresser, on the bathroom vanity, or on the kitchen counter. Someplace that they are visible. Because when you're seeing them, you'll remember to use them.

2. STAY CONSISTENT

Tylenol and Ibuprofen have done us in. We've gotten fairly used to immediate responses when we take a pill. But this isn't a quick fix – you don't want that anyway because it never lasts. This is a lifestyle. And lifestyle means long term.

Health and wellness take time, and staying consistent for one month doesn't equate to health. Give it time. Stick around for 2–3 months consistently to see what changes for your body! It takes 180 days for all your cells to repair and turnover (create new cells as old ones die off), so you need to be patient as that process happens with all this extra support of lifestyle switches and rich supplements.

3. NO BAND-AID FIXES

Often times supplements are where you need to start. Oils are superb, and they offer so many benefits it's insane. But your body may also need the concentrated power of supplements in order to reset itself. Once reset, your body is way more likely to respond better to essential oils!

4. GET REAL

If you're jamming down pizza rolls and beer on the regular, cleaning with crazy harsh chemicals, and not caring for your body with things like sleep and exercise, you'll never out-supplement a bad lifestyle.

Are we here to help?! You bet! But expecting supplements to trump all the harm you do to your body will definitely lead to disappointment when it doesn't work that way. They are magical, but not miraculous.

GETTING READY

What you should know before you go

MAKE SURE YOU'RE ORDERING CORRECTLY

- To make sure you get the best value for your money, PLEASE be sure that you are buying your products as Loyalty Rewards orders or you will miss out on a lot of free money!

WHAT IS IT?

- Loyalty Rewards is an auto-ship program (do not panic, it is beneficial to your budget) that delivers your orders for you monthly. Each month you will add the entire shopping list written out for you to your Loyalty Rewards cart. Then it will ship to you on whatever day you pick.

HOW IS IT A BETTER VALUE?

- You get cash back on each order! For 3 months you'll get 10% cash back on your entire order. Every month after that you will get 20% cash back. The cash back accumulates in points that spend like dollars on the Young Living site. 1 point = \$1
- Each month Young Living sends extra gifts with Loyalty Orders. They can be gifts like bottles of oil, a supplement, or \$10 rewards points – so many things.
- It's a better value because as you accumulate points you are adding money to your health budget for more! I think of it like adding money into an HSA in my Young Living account. For every supplement I buy, I'm getting money back to invest more into my health.

HOW MUCH WILL I GET BACK? =

- We've calculated how much you'll get back during the course of working through this booklet and you'll walk away with over
- Simply choose "Add To Loyalty Rewards" when viewing an item and add it to your order for that month.

\$220 in free cash!

THE FINE PRINT

- There are no strings attached. No buy in fee. No contract. No buy out fee.
- You can cancel at anytime on the Loyalty Rewards Tab in your online account.
- To get points, you have to spend 50pv or more, but orders can be any size big or small. If you drop below 50pv you'll just stay at earning 10% back.

Month 1

STARTER BUNDLE

The Easy Button Starting Place

Shopping List

☐ Premium Oil Starter Bundle

To-do List

☐ Diffuse every day

☐ Set up my next order

☐ Watch the Intro Video



First Monday of every
month 8:30 pm EST

- Valor: bravery, self esteem, balancing
- Lemon: cleansing, detoxifying, brightening
- Lavender: sleep, skin, calming, first aid
- Peppermint: energy, head tension, gut health
- Thieves: immune system, cleansing, purifier
- Stress Away: calming, eases tension
- Citrus Fresh: refreshing, mood support
- Raven: respiratory support, energizing
- Peace&Calming: peaceful, grounding
- Frankincense: skin, emotions, immune system
- Digize: gut health
- Panaway: eases muscle tension

Welcome to your simplified health journey. I know how overwhelming it is to be pulled by what feels to be a million different ways to approach health. So I have simplified the journey for you. Let's make it doable.

Your first step was as easy as ordering a bundle of oils. Inside you have every oil you need to cover you from head to toe. If you never ordered another oil – which is totally crazy – you would have something on hand for any need that arises. Apply the oils to your skin and let them start working.



\$10 in points for this order

Month 1

STARTER BUNDLE

Moving out Dis-ease

Your goal this month is to start balancing your body and purifying the air in your home. We are beginning the work of moving things out that are causing dis-ease in your body. Using oils daily starts that process. This is as easy as rubbing a drop onto your skin or running your new diffuser.

APPLYING OILS

Using oils is simple, and when in doubt just point and apply. If it's stomach trouble, put a drop on your stomach. Headache? Apply to your neck or scalp. Keep it simple and don't over-complicate it as you get used to reaching for oils. Mix them in with a little coconut or almond oil and apply directly to the skin.

One woman diffused Thieves for 30 days, and her daughter's eczema disappeared. You can't even imagine the possibilities that can happen when you put 4 little drops of oil in water and hit the power button everyday. Scan this for 30 days of diffuser blend ideas!



Check a box for every day you diffuse something this month!

ORGAN SPECIFIC OILS

RESPIRATORY OILS

- Raven, Peppermint

HORMONE OILS

- Lavender, Frankincense, Citrus Fresh

IMMUNE SYSTEM OILS

- Thieves, Peppermint, Lemon, Frankincense

MOOD & EMOTION OILS

- Valor, Peace & Calming, Citrus Fresh

DIGESTIVE OILS

- Peppermint, Digize, Lemon

FIRST AID OILS

- Lavender, Frankincense, Digize

CALMING OILS

- Stress Away, Lavender, Peace & Calming

ACHES & PAINS OILS

- Peppermint, Panaway, Frankincense

SLEEP OILS

- Lavender, Frankincense, Peace & Calming

30 DAYS OF DIFFUSING

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Month 2

A Healthy Home

Converting Your Cleaners

Toxic overload occurs when toxins and unusable byproducts reach your body's limit, and it can no longer remove them.

This results in bio-accumulation, which is the accumulation over time of harsh chemicals in your body. If your body cannot clean out all the toxins you're trying to flush, your body systems will get backed up and won't be able to even discard normal everyday buildup causing inflammation and making you feel sicker and sicker.

Not only does toxic overload affect, slow down, and impair your body, it can wreak havoc on your hormones (toxins are also endocrine disruptors – closely resembling your body's own hormones, thus giving it false information). Toxic overload has also been associated with lower IQ, obesity, type 2 diabetes, birth defects, infertility, endometriosis, ADHD, low sperm count, autism and more.

That's a lot to take in, right? No worries, I've made it simple. There is no need to memorize a hundred ingredients to stay away from. Your only job is to get rid of what you've been using, and place your order! Easy and doable.

Shopping List

- ☐ Thieves Home Loyalty Bundle

To-do List

- ☐ Throw out old cleaners
- ☐ Find other sources of Harsh Chemicals in my home
- ☐ Get rid of all candles



\$10 in points for this order

Month 2

A Healthy Home

DIY Your Cleaning Cabinet



CLEANER CONCENTRATE DIY

What you need:

- Thieves Household Cleaner
- 16 oz glass spray bottle
- Water

Put 1 capful of Thieves Household Cleaner in your spray bottle, and fill the rest with water.

Clean all the things with confidence!

DISH SOAP DIY

What you need:

- Thieves Dish Soap
- Water
- Soap Dispenser

Pour half the bottle in a soap dispenser and fill the rest with water.

*Optional: add a TBSP of liquid unscented castile soap

LAUNDRY SOAP DIY

What you need:

- 3 – 32oz pump bottles
- Thieves Household cleaner
- Thieves Laundry Soap
- Water

Split your bottle of laundry soap equally between the three pump bottles, add 1–2 capfuls of Thieves Household Cleaner, and fill the rest of the bottle with water. Mix gently.

Use 6–8 pumps of detergent per load of laundry.

CONGRATULATIONS & SURPRISE

Two Months is a Lot to Celebrate

On average it takes about two months to form a new habit, and that is worth celebrating! You are re-engineering your mind and body to be pro-active towards health and wellness.

Drinking lemon water first thing in the morning, putting peppermint on your temples at the start of a headache, using safe cleaners all over your home... it's adding up!

Guess what! You are getting a special gift to say "good job" for all of that! Young Living is sending you a free Desert Mist Diffuser! When you ordered two consecutive loyalty orders, they took notice and want to reward your habits!

This diffuser has so much more than just a lovely look. There are 11 different color options to choose from, including a soft, yellow flickering candlelight glow! It has 3 different run time options: continuous and 2 intermittent settings that can run up to 10 hours.



Enjoy what you so deserve!
So proud of you! You should
be very proud of yourself,
too!

Month 3

RE-NOURISHING

Nutrient Rich Ningxia Red

This month you're going to be getting an incredible amount out of your order. Not only is Ningxia Red a whole food puree made out of the super-food wolfberry, it is also loaded with vitamins, minerals, electrolytes, antioxidants, and nutrients that re-supply your cells with exactly what they need to work better.

Over time, toxins, inflammation, stress, illness, and aging deplete our body of nutrient stores. Imagine everything I listed as a withdrawal from a bank account. If you don't intentionally add more back in, you'll go broke quickly! Same with our nutrient stores. If we don't build their savings back up, and then ensure to maintain, we'll be in a health negative that's hard to get out of. So drink up! Take 2 ounces a day as a shot, mix it with sparkling water, add it to smoothies... however you fancy, get this powerful renourishing drink in!

NINGXIA RED BENEFITS

Combats brain fog +

Supports immune function & liver function +

18 amino acids (support healthy cell +
structure)

LOADED with antioxidants +

21 trace minerals (your body CRAVES these)+

Lots of B-vitamins (the energy vitamin!)+

Great for eye health & blood sugar+

Zinc AND the transport molecule needed+

to get it into your system

Shopping List

- ☐ Ningxia Red Loyalty Rewards Bundle

To-do List

- ☐ Make cleaner eating choices 80% of the time
- ☐ Learn more about Nutrition



\$21 in points for this order



Month 4

COLON CLEANSE

Start the Healing

You should know that your body should be eliminating old waste, used up hormones, and toxins out of your colon. Regular pooping means you should be going at least once a day! If you're not going once a day – and even if you already are regular – it is a good idea to scrub out the colon before doing any other kind of cleansing. If you combine flush from a cleanse to stuck waste materials, you will cause a backlog in your body. You can overburden your colon and feel worse or increase symptoms. If you want to do this right, start in the colon.

CLEANSING TRIO

- ComforTone provides a combination of Cascara sagrada, psyllium seed, and ginger and tarragon essential oils that may support digestive health and wellness. Take 1 capsule 3 times daily.
- Essentialzyme stimulates overall enzyme activity; it supports and balances digestive health to combat the modern diet. Enzymes are responsible for metabolism, detoxification, nutrient absorption, cellular repair, and hormone production. Take 1 capsule before your largest meal of the day.
- ICP is a gentle intestinal cleanse that uses an advanced mix of fibers and essential oils to improve nutrient absorption, decrease the buildup of wastes, and help maintain a healthy heart. Use as directed 3 times daily.



Shopping List

☐ Cleansing Trio

☐ Smooth Move Tea

To-do List

☐ Make sure to drink 80 ounces of water daily

☐ Go for a 10 minute walk each day

\$20 in points for this order

Month 5

LIVER CLEANSE

Opening Detox Pathways

Your liver is located on the right side of your body at the bottom of your rib cage. It is a huge player in your overall health and has over 500 different jobs! Just like we empty and clean the canister of our vacuum so our machine can continue to clean our home, we need to cleanse the liver so it can continue to clean the gunk out of our body and be able to complete those 500 different jobs.

Your liver metabolizes fats, proteins and carbohydrates, cleans out old red blood cells, removes toxins from the blood, converts thyroid hormone into a useful form, and stores vitamins and energy for your body to use when needed. The liver also regulates the balance of sex hormones, thyroid hormones, cortisol and other adrenal hormones. It transforms or removes any excess from the body. If the liver cannot do this properly, there is the risk of emotional imbalances, hormone upset, blood sugar dysregulation, and much more.

To cleanse:

- Apply 2–3 drops of Juva Cleanse topically over the liver daily
- 1 drop of lemon in 8oz of lukewarm water first thing every morning
- 3 Multigreens twice a day/or a serving of Ningxia greens twice a day if gluten sensitive.



Shopping List

- ☐ Juva Cleanse
- ☐ Multigreens

To-do List

- ☐ Castor Oil soaks 3x a week

\$34 in points for this order

Month 6

GUT HEALTH RESET

"All Disease Begins in the Gut"

Your gut is a key player to every other one of your body systems functioning properly. You read that correctly. If your gut is not optimally functioning – absorbing nutrients, breaking down food, eliminating waste – the rest of your body will not be able to function well.

Keeping it healthy isn't as complex as it needs to be. First, start eating clean. No, I didn't say diet. I said eat clean. Shoot for whole foods. Learn to cook from scratch at home. Think simple. Consider a month of Whole-30 eating to remove any potential inflammatory causing foods from your diet to let your gut rest.

Then be intentional about supplementing your gut with supplements that work in several ways (add a daily drop of Digize oil to up the gut health power):

- Repair the cellular walls and their ability to function
- Restore your gut bacteria balance which controls mood, immune system, hormones, and more
- Help your body remove inflammation and toxins by breaking them up to move them out and by scavenging free-radicals.
- Increasing your enzymes helps ensure your body functions efficiently (see page 8: Essentialzyme)

Shopping List

- ☐ Sulfurzyme
- ☐ Detoxzyme
- ☐ Life 9 Probiotic

To-do List

- ☐ Watch Gut Health 101



\$36 in points for this order

Month 7

SLEEP

The Final Piece

Shopping List

- ☐ Sleepessence
- ☐ Immupro
- ☐ Cedarwood Oil

To-do List

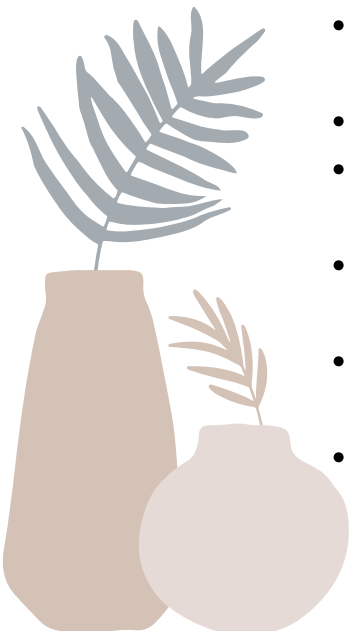
- ☐ Create a pre-bed routine



Sleep allows your body and mind to recharge. It helps keep you healthy and able to fight off disease and sickness. Its the period of the day during which your cells regenerate and restore. It supports your gut, which supports ALL THE THINGS (especially emotional well-being and your immune system). In short, sleep is crucial for your whole body health.

How can we cultivate and nourish sleep for ourselves and our families?

- Sticking to the same sleep schedule every day, even on weekends. I know this bites, but it's very beneficial in solidifying a circadian rhythm.
- Practicing a relaxing pre-bed routine to make it easier to fall asleep quickly. Stretching, meditation, deep-breathing, reading.
- Utilizing Blue-light glasses after 5pm.
- Disconnecting from electronic devices like mobile phones and laptops for a half-hour or more before bed.
- Carefully monitor your intake of caffeine and alcohol, and try to avoid consuming them in the hours before bed.
- Diffusing and applying sleep and relaxation oils. You already have lavender, stress away and peace and calming!
- Take a magnesium supplement before bed (look at Bio-Optimizers Magnesium Breakthrough on Amazon for a supplement that has all 7 types of Magnesium!)



\$21 in points for this order

Month 8

MAINTAINING

Staying Well & Balanced

Congratulations, you have made some serious strides in your wellness journey and I am totally celebrating with you! The best way to extend and maximize the efforts you have put in to these past months is to continue with a maintenance plan. We maintain our vehicles and our home, why not our body?

Ningxia Red is a whole food supplement that supports every system in the body and delivers nutrients to our cells. Think of it like a liquid vitamin that also doubles as a super-fruit drink since it's a whole food puree. So yes, throw away your grocery store vitamin. I'll be frank with you, it sucks, and you're wasting your money.

Essentialzymes-4 are a dual time released digestive enzyme to help keep the body breaking down and moving out the food you do eat while extracting every nutrient so you can eat less and be more effective with the food you do choose.

Mineral Essence is a liquid mineral supplement that is easy for the body to assimilate, making you feel amazing.



Minerals are critical to enzyme function, hormones, building bones, healthy hair, nails, skin, calm moods, focus, sleep and managing stress. It is estimated that well over half the population is deficient in minerals, and we need minerals for hundreds of daily functions in the body.

Shopping List

- ☐ Ningxia Red
- ☐ Essentialzymes-4
- ☐ Mineral Essence

To-do List

- ☐ Re-evaluate your health habits; continue or tweak

\$34 in points for this order

CABINET CONVERSION

Your Medicine Cabinet

Growing up, I only ever had pills, bandaids, vaseline, itch stick, and rubbing alcohol as answers to any minor cuts, bruises, burns or usual kiddo “oopsie” moments. Now, I’m floored with the myriad of all–natural options out there to deal with the most minor issues to even more serious concerns. I cannot wait to introduce you to all the tools for your revamped medicine cabinet!

In your all–natural cabinet you should find:

- Essential Oils (your premium starter bundle is literally a first aid kit!)
- Supplements
- Activated charcoal
- Homeopathic remedies
- Elderberry syrup
- Apple Cider Vinegar
- Calendula Ointment
- Honey
- Witch Hazel



Shopping List

- ☐ Thieves Chest Rub
- ☐ Inner Defense Capsules
- ☐ Oregano Oil

To-do List

- ☐ Ask how to use Oregano

Inner Defense: Uses potent essential oils including Oregano, Thyme, and Thieves to reinforce systemic defenses, promote healthy respiratory function, and offer immune support.

Thieves Chest Rub: Soothes sniffles, coughs, and congestion with a powerful blend of essential oils and natural ingredients. Plus, the super easy to use bottle doesn't even require you to get your hands messy!

Oregano: A powerful and versatile antioxidant essential oil – immune and digestive support, sweet relief for tired muscles – just a few things this incredible oil can do!

Click through and read this
Holistic First Aid Kit powerpoint to
dive in a little deeper



\$24 in points for this order

CABINET CONVERSION

Personal Care Cabinet

The skin is our largest organ and everything we put on soaks into our bodies. All of the toxins in personal care products we're absorbing are causing a myriad of health issues – they can damage our cellular DNA, disrupt our endocrine system, or accumulate as toxic buildup in our bodies. They can clog our pores, increase weight and ultimately cause chronic illness.

This shopping list is loaded with clean, health supporting personal care options. And I'll even mention that we have full skin care options – they are all amazing!

- Art Skin Care System – ART stands for Age Refining Technology. It's great for everyone but may be especially helpful for aging skin. Super gentle for sensitive skin.
- Bloom Brightening Collection – Helps even out skin tone, age spots, sun damage and overall dullness.
- Balance Collection – Your go-to if you have oily, acne-prone skin. Teenagers love this one!

Shopping List

- ☐ Charcoal Bar Soap
- ☐ Thieves Whitening Toothpaste
- ☐ Thieves Mouthwash
- ☐ Morning Start Bath & Shower Gel
- ☐ Lushious Lemon Foaming Hand Soap
- ☐ Lavender Hand & Body Lotion
- ☐ Lavender Lip Balm

To-do List

- ☐ Get rid of personal care products that are harmful



\$21 in points for this order

GET MORE, SPEND LESS

Cash Flow Your Health Journey

An option you'll never find at a doctor's office is the option to get all your supplements and oils, that you're already ordering, for free. Using a referral style system, you can have every month of orders paid for. Simply by sharing this book with other people and helping them get started. Dave Ramsey would approve.

When you love a new restaurant, or read a great new book you don't hesitate to tell people about it. Sharing about the new products you are loving, and that are changing your life, is no different.

And in this case, sharing will get you **\$1,050** to spend on your health!

By inviting just two people a month to clean up their life and home utilizing Simply Health will cover the cost of your own clean conversion. It really is that simple. It doesn't have to become a business for you. You don't have to start hosting parties, just help a couple friends and get paid.

Shopping List

☐

Business Essentials Kit

To-do List

☐

Let your enroller know to help you collect payments

☐

Set up direct deposit

☐

Find 2 friends each month

☐

Find my referral link

HOW IT WORKS:

- Each month help 2 friends buy the same Premium Starter Bundle that you did. That puts \$150 back into your pocket.
- Rinse and repeat! Just 2 friends each month will cover the entire cost of everything in this booklet. Plus every month you'll continue to get paid for the people who have ordered in the past. It adds up fast!
- In 7 months get \$1,050 or MORE for helping 2 new people each month



NOTES

NOTES

ADDITIONAL RESOURCES

LIFESTEPS APP



A quick to use app that teaching you about products, has recorded classes to watch, and offers plenty to help you to make smart health decisions

THE OILY UNDERGROUND



A channel filled with simple to understand videos about specific body systems, how they work, and how to keep them healthy and thriving.

DROPS TO RIPPLES



Community hub to connect with like-minded individuals and tap into mass mounts of education on a variety of topics.