

WELCOME TO

Ditching & Switching

made easy!



What's In Your Environment?

DO YOU EVEN KNOW?

Our homes, our place of comfort and safety....ahhhh....but wait, what if it not as safe as you thought? What if there is actually unsafe things in your home, that you were unaware of? Things you were told are safe...but actually are toxic.

I am here to help you discover those hidden items and provide safe alternatives for you and your family.

In 2000 I was diagnosed with IBS and when doctors told me there was basically nothing they could do about it, I was determined to find something that would help me. That was the start of my journey into using natural healthy options for supporting my health and ultimately my family's health as well.

Bring on the Oils

2018 MY DAUGHTERS INTRODUCED ME TO OILS!

At first I thought, oh they smell nice. I didn't know much about them. Over time though I discovered, and I am still discovering, just how much there is to pure, unadulterated therapeutic grade essential oils....Young Living Essential Oils.



Time to Ditch & Switch~One Room or Item at a Time!

Exposure to a chemical, essential oil or toxin takes just 26 seconds to be absorbed through the skin and be found in measurable amounts within the human body!

A study done by the National Institute of Occupational Safety and Health on 2, 983 common ingredients found in products at home showed....

884 toxic ingredients

314 of these cause biological mutations

218 of these are known to cause reproductive problems

778 of them are known to be toxic to the human body

146 are known to cause cancerous tumors

If this surprises you, and you are ready to make a change for the better....



It's Time to Take it
One Item & One
Room
at a Time!

__ Laundry Room

- Laundry Detergent
- Bleach
- Fabric Softener
- Dryer Sheets
- Stain Remover
- -----

__ Kitchen

- Dish/Dishwashing Detergent
- Countertop Cleaner
- Sink Cleaner
- Hand Soap
- Stove Cleaner
- Oven Cleaner
- Fruit/Veggie wash
- -----

__ Bathroom

- Shampoo
- Toothpaste
- Conditioner
- Mouthwash
- Facewash
- Dental Floss
- Soap
- Hair/Beard Oil
- Body wash
- Bath Bombs
- Shave Cream
- -----

__ Cleaning Closet

- Dusting Spray
- Floor Polish/Cleaner
- Carpet Cleaner
- Air Freshener
- Toilet Cleaner
- Disinfecting Wipes
- Mirror/Window Cleaner
- -----

__ Children

- Diaper Cream
- Kids Soap/Body Wash
- Baby Wipes
- Kids Conditioner
- Body Lotion
- Kids Toothpaste
- Kids Shampoo
- Probiotic
- Vitamins
- -----

__ Beauty Care

- Facewash/Cleanser
- Deodorant
- Toner
- Eye Cream
- Moisturizer
- -----
- Body Lotion
- -----
- Lip Balm
- -----

Supplemental

- Daily Vitamins
- Probiotic
- Allergies
- Hormonal Support
- Prostate Health
- Multigreens
- Enzymes
- Digestive Support
- Immunity Boosters
- -----
- -----
- -----

Miscellaneous

- Sunscreen
- Bug Repellent
- Cough Drops
- Chest Rub
- Pet health
- Hand Sanitizer
- Muscles/Massage Oils
- Pain Cream
- Energy Booster
- Water Flavorers with electrolytes
- Breath Mints
- Diffusers
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Young Living Alternatives Product List

Product	YL Alternative(s)
Laundry Room	
Laundry Detergent	Thieves Laundry Soap
Stain Remover	Thieves Dish Soap
Sanitizer	Thieves Spray
Linen Spray	Seedlings Linen SPray
Cleaning Closet	
All Purpose Cleaner	Thieves All Purpose Cleaner
Window Cleaner	Thieves All Purpose Cleaner
Dusting Spray	Thieves All Purpose Cleaner
Floor Cleaner	Thieves All Purpose Cleaner
Floor Polish	Thieves All Purpose Cleaner +Olive Oil+Essential Oils
Air Freshener	Thieves Spray + Purification Essential Oil
Disinfecting Wipes	Seedlings Wipes + Thieves Household cleaner
Kitchen	
Dish Soap	Thieves Dish Soap
Sink Cleaner	Thieves Kitchen and Bath Scrub
Glass Top STove Cleaner	Thieves All Purpose staight
Stove/Oven Cleaner	Thieves All Purpose staight
Countertop Cleaner	Thieves All Purpose Cleaner
Hand Soap	Thieves Foaming Hand Soap
Hand soap	Luscious Lemon Foaming Hand soap
Floor Cleaner	Thieves All Purpose Cleaner
Veggie cleaner	Thieves Fruit & Veggie Soak
Veggie cleaner	Thieves Fruit & Veggie Spray
Children	
Diaper Cream	Seedlings Diaper Rash Cream
Baby Lotion	Seedlings Baby Lotion
Baby Oil	Seedlings Baby Oil
BAby Wash	Seedlings Baby Wash&Shamppo
BAby SHampoo	Seedlings Baby Wash&SHampoo
Sleep Support	Kidscent Dreamease Essential Oil/RO
Focus Support	Kidscent Geneyus Essential Oil/RO
Owie Support	Kidscent Kidcare Essential Oil/RO
Breathe Support	Kidscents Refresh Essential Oil/RO
Tummy Support	Kidscent T-Gize/RO

Courage support	Kidscent Kidpower Essential Oil/RO
Body Lotion	Kidscents Lotion
Bath/Shower gel	Kidscents Bath Gel
Kids Shampoo	Kidscents Shampoo
Enzyme support	Mighty Zyme-Chewables
MultiVitamin	MightyVites Chewables
Probiotic for kids	Mighty Pro pickie packs
Bathroom	
Toothpaste	Thieves Aromabright Toothpaste
Whitening Toothpaste	Thieves Whitening Toothpaste
Mouthwash	Thieves Fresh Essence plus Mouthwash
Hand Soap	Thieves Foaming Hand Soap
Foaming Hand soap	Luscious Lemon Foaming Hand soap
Bar soap	Charcoal Bar Soap
Bar Soap	Lemon Sandalwood
Hand Cream	Tropical Tango Hand Cream
Shampoo-Moisturizing	Copiaba Vanilla Moisturizing Shampoo
Conditioner -Moisturizing	Copiaba Vanilla Moisturizing Conditioner
Shampoo-Clarifying	Lavender mInt Clarifying Shampoo
Conditioner -Volumizing	Lavender Volume Conditioner
Hair Oil	Mirah Lustrous Hair Oil
Shave Oil-for her	Mirah Shave Oil for her
Shaving cream for him	Shutran Shave Cream
Hair Hydrator	Royal Hawaiian Sandalwood Hydrosol
BATH/Shower Gel	Morning Start Bath & Shower Gel
Deororant	Meadow Mist Deororant
Deororant	Valor Deodorant
Deororant	Citraguard Deororant
Body Lotion	Lavender Hand & Body Lotion
Hand Lotion	Luscious Lemon Hand Lotion
Bath Bombs	Lavender Calming Bath Bombs
Bath Bombs	Sweet Maple Bath Bombs
Shower Steamers	Easy Breeze Awakening Shower Steamers
Body Butter	Coconut Lime Body Butter
Moisturizing Body Spray	Clariderm Spray
Dental floss	Thieves Dental Floss
Nutrition	
Cereal Flakes	Einkorn Flake Cereal
Wheat Flour	Einkorn Flour
Pancake Mix	Einkorn Pancake & Waffle mix
Waffle mix	Einkorn Pancake & Waffle mix
Spaghetti	Einkorn SPaghetti
Raisins	Ningxia Organic Dried Wolfberries
Pop	Ningxia Zing
Juice/Juicepacks	Ningxia Singles
Meal Replacement	Power Meal-Vanilla-vegan
Energy Drink	Ningxia Nitro
granola	Einkorn Granola
water flavouring	YL Vitality Drops
Energy Boost Drink	Ningxia Red
Nut/Sees Snack pack	Einkorn Crunch Variety Pack
Energy Stick Packs	Inner Boost and Balance Stick Packs
Protien Powder	Pure Protein Complete-Vanilla Spice
Protien Powder	Pure Protein Complete _ Chocolate
Electrolyte Support Drink	YL Vitality Drop + Electrolytes

Beauty Care	
Facewash/Cleanser	Art Gentle Cleanser
Toner	Art Refreshing Toner
Moisturizer	Art Light Moisturizer
Skin Serum	Art Renewal Serum(Love)
Lip Balm	Cinnamint Lip Balm
Lip Balm	Grapefruit LipBalm
Lip Balm	Lavender Lip Balm
Facial Scrub	Satin Facial Scrub Mini
Face Mask	Charcoal Mask
Oily Skin Cleanser	Balance Cleanser
Oily Skin Toner	Balance Dual Phase Toner
Oily Skin Moisturizer	Balance Mattifying Moisturizer
Cleanser	Bloom Brightening Cleanser
Toner	Bloom Brightening Essence
Moisturizer	Bloom Brightening Lotion
Moisturizer	Bloom Brightening Cream
Firming Cream	Sandalwood Boswellia Firming Cream
Supplements	
Joint Comfort Support	AlgilEase
PH Balance Suport	Alkalime
Gentla Laxative	ComfortCleanse
Digestive Enzymes	Essentialzymes -4
digestive Enzymes-Kids	Kidscents MightyZyme-Chewable
Probiotic	Life 9
Probiotic for kids	MightyPro
Multi Vitamin	Master Formula
Multi Green Support	Multigreens
Multi Green Support	Ningxia Greens
Healthy Oils support	OLive Essentials
Men Health	Prostate Health
MSM for joint health	Sulfuzyme
B supplement	Super B
C supplement	Super C
Chewable Vit C	Chewable Super c
D supplement	Super D-Disolvable in mouth
dietary Fibre for digestion	ICP
immune support	Immugummies
Minerals	Mineral Essence
AMino Acids	AminoWise
Brain support	MIndwise
Probiotic Fibre	Daily Prebiotic Fibre power
Miscellaneous	
Sunscreen	Mineral Sunscreen Lotion SPF 50
Pain Cream	Cool Azul Pain Relief Cream
Cold Relief	Thieves Chest Rub
Ointments for dry skin	Rose Ointment
Hormone Support	Progessence Phyto Plus(PPP)
Mints	THieves Mints
Hand Sanitizer	Thieves Hand Sanitizer
Massage Oil	V-6 Complex
Muscle Tension Massage Oil	Ortho Ease Massage Oil
Bug Repellant	Outdoor Blend

Start Today!

START WITH AN ITEM YOU ARE READY TO REPLACE TO KEEP THINGS SIMPLE.

This is the simplest way to ditch and switch out items. As you are near finished a product, add it to your cart for your next month's order. Over time you will get to all the items in your home replaced with natural healthy options, without feeling overwhelmed. The big key is adding to list when you are close to being out of a product so it arrives before you require it.

If you are new to Young Living
Member # 15798207

If someone else introduced you, connect with them to get started!



ANY QUESTIONS, LET'S
CHAT!

welloiledlifewithtammy@gmail.com

TAMMYHAWKSWORTH.CA