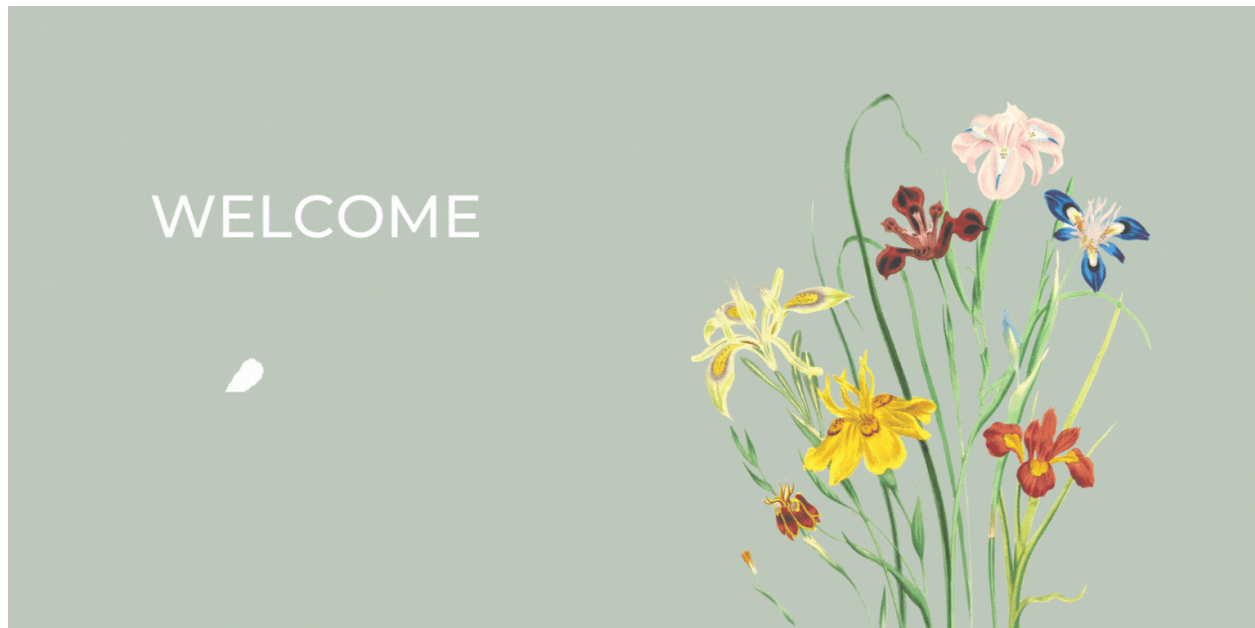


April SGC Email Content

WEEK ONE: Exhausted?? Let's talk about it.



See ya later March and hello April!

I cannot wait to get into this month's topic with you.

We're going to dive deep into four ways to boost energy levels--*naturally!*

LIFE DOESN'T HAVE TO BE A CONTINUOUS CYCLE OF TIRED
all day, every day

If you've been dragging lately, it could be that you're not getting enough vitamin B12. Along with the other B vitamins, B12 is known for its ability to keep you alert and feeling energized. Vitamin B12 keeps your nerves and red blood cells healthy. It is responsible for the smooth functioning of several critical body processes. A deficiency in Vitamin B12 is usually reported with symptoms of fatigue.

Deficiency in the complex of B Vitamins can result in fatigue, neuropathy, irregular heartbeat, edema (swelling), confusion, short term memory loss, difficulty concentrating, dizziness, skin disorders, hair loss, sore throat, anemia, cataracts, reproductive problems, gastrointestinal issues, depression, headache, shortness of breath, and an array of neurological problems.

YIKES!!!!

Why is the B vitamin so amazing? Take a look at all the ways the B Vitamin supports our bodies: boosts energy level, reduces depression, helps metabolize protein, good for brain health, good for the digestive system, promotes healthy skin hair and nails, helps with cholesterol, helps maintain healthy blood pressure, and helps prevent strokes.

I have two more sneaky benefits of B vitamins you may not have heard of before...

1) Are you prone to canker sores? There's research that this could be a deficiency of Vitamin B.

2) Do mosquitoes LOVE you? Mosquitoes don't like vitamin B in our blood.



My favorite B vitamin: SUPER B... Serious game-changer here!!

Super B is a comprehensive vitamin complex containing all eight essential, energy-boosting B vitamins (B1, B2, B3, B5, B6, B7, B9, and B12). It features Organ-FA, a natural folate source derived from lemon peels, and methylcobalamin, a more bioavailable source of B12. Combined with Nutmeg essential oil and bioavailable chelated minerals such as magnesium, manganese, selenium, and zinc, Super B assists in maintaining healthy energy levels and supports mood and cardiovascular and cognitive function.

Did you know when supplements and oils are combined, the bioavailability (how much your body actually absorbs) skyrockets up to 60-80%?? Supplements you buy in the stores are 15-30%. This is why I choose YL supplements. I'm not wasting my money on supplements that I just pee right out. ;)

tip:

Take with food - Try two capsules with lunch or a big hearty breakfast, if that's your thing. If you are generally more fatigued, listen to your body - we are not all the same!

Thank you for your inbox! We're just getting started with energy and I cannot wait to share my favorite tip next week!

WEEK TWO: My favorite way to increase energy.

OH HEY



Hello!!

As I mentioned last week, I'm so excited to share my absolute favorite way to increase energy....especially at that 2:30 pm midday slump!

Two words: Ningxia Red

You may have heard me talk about this red juice with the funny name before but have you really taken the time to take a look at the benefits of this super juice? It's unlike ANY juice on the market. I like to call it "Ninja Juice" because of the Ninja powers I feel after drinking it. Kidding...kind of.

To fully understand its amazingness we have to talk about the Ningxia Wolfberry. It's basically a vitamin capsule in the form of a fruit. Over 15 percent protein by weight, the wolfberry contains over 21 essential minerals, 18 amino acids, and substantial amounts of

chromium. Levels of vitamins such as thiamin (vitamin B1), niacin (vitamin B3), and vitamin C are extraordinarily high.



Ningxia Wolfberry Nutrient Summary

67 times the thiamin (vitamin B1) of brown rice
2 times the niacin (vitamin B3) of baker's yeast
3 times the vitamin C of raw oranges
5 times the calcium of raw cauliflower
2 times the beta carotene of raw spinach

Highest Known Source in Vitamins B1 and B3

The Ningxia wolfberry is the richest known whole food source of natural vitamin B1 or thiamin. Thiamin is essential for proper energy production, carbohydrate metabolism, and thyroid function. Thiamin deficiencies can result in impaired carbohydrate burning and a decline in the energy hormone thyrotropin. The wolfberry also has 100 times the niacin (vitamin B3) as oat bran. -*"Ningxia Wolfberry the Ultimate Superfood"*

I've only scratched the surface of the benefits of Ningxia Red. It's truly so much more than increased energy. To dig a little deeper into Ningxia Red, [click the picture below:](#)

All About Ningxia Red!

CLICK HERE FOR
MORE INFO ON
ningxia red



Stay well!

WEEK THREE: Can stress cause extreme fatigue?

KEEPING IT



[contact_first_name], does this sound too familiar?

- You wake up and are unable to function without a significant amount of caffeine.
- You finally feel a boost of energy during the early part of the day.

- Then your energy levels crash around 2 p.m., rise around 6 p.m., and fall again around 9 p.m.

Can stress cause extreme fatigue? Yes, it absolutely can. Energy levels can be affected by stress and chronic stress can affect your body's ability to recuperate from physical, mental or emotional stress. I don't know about you but when I think about everything that is happening in the world, it stresses me out! So what is that stress doing to our body? It can have a lot of side effects but let's talk specifically about how stress can affect the adrenal glands.

Adrenal fatigue is a condition in which the body and adrenal glands can't keep up with the tremendous amount of daily stress many people experience. Adrenal fatigue can mimic some precursors to other common illnesses and diseases so it is often difficult to diagnose.

Many wellness doctors believe that an episode of acute stress or prolonged (especially for over a year), ongoing stress can cause adrenal glands to become overloaded and ineffective, then improperly release cortisol.

If you're asking, "How can I help my adrenal glands?"
The first step is to talk to your doctor.

- *Take steps to reduce stress on your body and your mind*
- *Eliminate toxins*
- *Replenishing your body with healthy foods, supplements*

Speaking of supplements, did you know Young Living has a supplement called **Cortistop**, designed to address the way women's bodies react to the cortisol produced when under stress?? [Check it out here!](#)

GAMECHANGER: cortistop



See you next week in your inbox!

WEEK FOUR: Sleep?? You mean people actually can sleep at night?

I NEED



[contact_first_name],

Think about all the factors that can interfere with a good night's sleep — from work, stress, and family responsibilities to unexpected challenges, such as illnesses. It's no wonder that quality sleep is hard to come by. And I don't know about you, but when I don't have a great night of sleep, *EVERYTHING* is harder. People, tasks, people, HA!

While you might not be able to control the factors that interfere with your sleep, you can adopt habits that encourage better sleep. Here are six simple tips that are super helpful!

1. STICK TO A SLEEP SCHEDULE

- Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to achieve this goal.
- Go to bed and get up at the same time every day. Try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour. Being consistent reinforces your body's sleep-wake cycle.
- If you don't fall asleep within about 20 minutes, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed.

2. PAY ATTENTION TO WHAT YOU EAT OR DRINK

- Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Your discomfort might keep you up.
- Nicotine, caffeine, and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep. And even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.

3. CREATE A RESTFUL ENVIRONMENT

- Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Exposure to light might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.
- Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.
- Start your diffuser and add oils that support sleep. Some faves?

Lavender, oh hey calming plant power.

Cedarwood supports the body in naturally producing melatonin.

Frankincense, ummmm the science behind this one will blow your mind. Can you say sesquiterpene? Specifically alpha pinene? What does all that even mean?? WELL.. it can do something very special, that not many molecules can do.. cross the blood-brain barrier! That means it can enter brain cells and help promote the healing and health of neurons. Causing relaxation of the nervous system, focus, concentration, and brain health. ***Isn't that cool?!***

4.

LIMIT LONG NAPS

- I mean chasing kids around and keeping them alive doesn't usually lend much time for naps, but in case you have the opportunity... long daytime naps can interfere with nighttime sleep. If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day.
- If you work nights, however, you might need to nap late in the day before work to help make up your sleep debt.

5.

GET UP AND MOVE

- Regular physical activity can promote better sleep. Avoid being active too close to bedtime, however.
- Spending time outside every day might be helpful, too.

6.

MANAGE YOUR WORRIES

- Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow. I know this is easier said than done but is what you aren't doing working now?
- Stress management might help. Start with the basics, such as getting organized, setting priorities, and delegating tasks. Meditation also can ease anxiety.

Nearly everyone has an occasional sleepless night — but if you often have trouble sleeping, identifying and treating any underlying causes can help you get the better sleep you deserve.

See you in your inbox next month as we start getting ready for summer!

BONUS NINGXIA RED EMAIL CAMPAIGN

DAY ONE: Here it is!!! Reasons 1-5 you requested!



Yay!!!! I am pumped to share with you my top 15 reasons why Ningxia Red is the BOMB! Be on the lookout for two more emails dropping the crazy goodness of WHY Ningxia Red is AMAZING!

WHY THIS POWERFUL "NINJA" JUICE?



- 1.** The NingXia wolfberry provides ample antioxidants to strengthen the immune system.
- 2.** Antioxidants in NR help fight free radical attacks that occur thousands of times a day in each cell of the human body.
- 3.** It has the highest S-ORAC rating for fighting the most abundant free radical that causes damage to our cells—the Super Oxide free radical.
- 4.** Eating NingXia wolfberries enhances Super Oxide Dismutase (SOD). SODs scavenge free radicals that damage the DNA of cells. This scavenging ultimately increases our ability to live longer and healthier.
- 5.** It strengthens the brain neurotransmitters against free radical activity, possibly slowing age-related memory loss.

See you tomorrow with reasons 6-10!!!

DAY TWO: Reasons 6-10 coming in hot!!!! These are amazing!

REASONS 6-10

ningxia red



Let's jump right in, Reasons 6-10!

6. The NingXia wolfberry is powerful in helping the liver function properly by boosting glutathione levels. Glutathione is the most important antioxidant and detoxification enzyme in the liver. It helps promote healthy eyes and vision. This wolfberry is high in antioxidant carotenoids including beta-carotene and zeaxanthin. Beta-carotene is good for the retina and zeaxanthin is needed for good eye sight. This wolfberry has the highest amount or zeaxanthin and other carotenoids of any food known.

7. The main constituent in the NingXia wolfberry is lyceum barbarum polysaccharide (LBP), according to studies in China. LBP helps to rebuild white blood cell counts. Phagocytes and the activity of natural killer cells are increased and can bind to cancer cells.

8. The NingXia wolfberry enhances T-cell function.

9. In many cases, eating the berry lowers or stabilizes blood sugars.

10. It has a B vitamin complex essential to the body.

How amazing are these???? See you tomorrow with reasons 11-15!

DAY THREE:Finishing up with Reasons 11-15 on why Ningxia Red is phenomenal!

REASONS 11-15

ningxia red



Today I am finishing up on my Top 15 reasons why Ningxia Red is so phenomenal! Here we go:

- 11.** It shows anti-fungal anti-bacterial and anti-viral properties due to an amino acid called solavetivone.
- 12.** The NingXia wolfberry contains beta-sitosterol, a natural anti-inflammatory, thus reducing pain.
- 13.** It has amino acids like L-arginine, which is necessary for maintaining, building and repairing our cells.
- 14.** NR has a high acid-binding ability; it flushes out the acid that causes inflammation and stress. Getting rid of the acid slows down aging, illness, and disease.
- 15.** Studies show that eating these wolfberries will decrease the amount of oxidation to cholesterol (fat) which leads to a process that creates plaque in the arteries. Oxidized cholesterol creates "sticky foam cells" that build up on artery walls.

Information sources:

The NingXia Wolfberry: A Powerful Natural Ally against Disease and Aging by Dr. Hugo Rodier, MD. and Discovery of the Ultimate Superfood by Gary Young, ND, Ronald Lawrence, MD, and Marc Schreuder.

This information is for educational purposes only and is not meant to treat or cure any disease. NINGXIA RED

WOW, right?!? Ningxia Red is a powerhouse supplement! Ready to grab some if you aren't utilizing this amazing resource? Click the picture below and grab some. Hit reply if you have any questions!

CLICK HERE
TO ORDER



Thanks for your inbox!