



Summer
2023

WELLNESS
Tips

Summer is a great time to focus on setting daily wellness habits that we can continue when the colder months arrive! Here are some simple things we do everyday to help us feel energized, focused and on track of self-care of our overall health.

Daily NingXia Red: If there was only one habit that you could start or continue during the summer, a daily dose of 2 oz. NingXia Red would be it! This delicious supplement is a powerhouse of antioxidants and nutrients that we want for everyone in the family. To hear why we include this powerhouse drink in our daily routine **[view video here.](#)** You can also read more about Ningxia in the **[Ningxia ebook here.](#)**



Our favorite way to drink our Ningxia Red is 2 oz. over ice add sparkling mineral water and a drop or two of Orange Vitatliy™ essential oil. Mmm so good and refreshing too!

[Order YOUR Ningxia Red Here](#)

Wellness roller:

Roll this blend over the lymph nodes, on the feet or along the spine morning and evening year-round, then use it more frequently as needed! To make a wellness roller you will need the following:

To a 10mL roller bottle add:
25 drops each Thieves, Pine, Lemon
20 drops each Geranium, Frankincense
Fill with carrier of choice.



[Order Wellness Blend Oils Here](#)

Rooted in Wellness 

Stay Hydrated

- Staying properly hydrated is one of the simplest and most effective ways you can ward off the physical stress of travel.
 - Proper hydration aids digestion, reduces bloating and helps keep your immune system healthy and ready to ward off any unfamiliar or unfriendly bugs.
 - While traveling, aim to drink more water than you usually would each day. A general rule of thumb is to multiply your bodyweight (in pounds) by 0.67—so if you weigh 120 pounds, you would aim for 80 ounces of water per day.
 - It's a good idea to travel with a large reusable water bottle or, if you're somewhere tap water is not an option, look for quality bottled water whenever you have the chance. You can also invest in a filtered water bottle that filters tap water on the go. Remember, proper hydration will help manage or ward off the other physical side effects of travel!
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Boost Gut Health with a daily probiotic

Probiotic supplements are helpful when traveling for a couple key reasons: they boost your immunity (your gut is your immune system's first line of defense!) and keep your digestive system healthy and happy—which is helpful when detouring from your usual eating habits and exposing your digestive system to new foods and microbes. Young Living's Life 9 probiotic is an excellent choice.

Pack Healthy Snacks

Travel days tend to mean limited food options and processed snacks. Plan to keep your digestive (and immune) system happy by preparing travel-friendly healthy snacks in advance. Think: high protein (curbs hunger and holds you over between meals) and fiber (keeps your digestion and elimination regular).

Some Of Our Favorite Healthy Travel Snacks Are:

- Raw fruit like apples, pears, oranges and grapefruit
- Raw veggies like sliced cucumber, carrot sticks, bell pepper, cauliflower, broccoli, etc.
- Trail mix (create your own with your favorite combination of walnuts, almonds, Brazil nuts, dried fruit, pumpkin seeds, etc.)
- Homemade energy balls (recipe below), great for road trips.
- Whole Food Bars like RXBAR, LÄRABAR or Epic

BLUEBERRY & LEMON ENERGY BALLS

Ingredients:

8 oz dried blueberries
2-3 drops lemon essential oil
1 cup old fashioned oats
¼ cup slivered almonds
¼ cup flax seed
2 tsp honey



Instructions:

In a food processor or blender combine all of the ingredients and blend to create a paste. The paste should be able to be rolled into tablespoon size balls. If it is not forming a thick enough paste, add more honey.

These are great for when you're on the go!

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Set Yourself Up for Good Sleep

We've shared before how essential sleep is to overall physical and mental health. Proper sleep will help keep your immunity and digestion healthy, while lack of sleep will contribute to their distress. Travel is not known for being very kind to our sleep patterns—from jet lag to busy schedules to unfamiliar sounds, lights and distractions, there are many ways sleep can be disturbed while traveling.

- Melatonin Supplements can help overcome jet lag. Because we trust Young Living sourcing, we like to use Young Livings Sleep Essence, because it contains many sleep-supporting essential oils as well as melatonin, that helps us fall asleep and sleep well!
- Traveling with an eye mask, ear plugs and/or sound machine can help if you're a light sleeper. For long haul flights or bus/train/car rides, packing a good quality travel pillow can help you catch some much needed zzzs. Add a drop or two of Lavender or Peace and Calming essential oil to your pillow for that ahhhhh addition to your pillow.
- Be Mindful Of Caffeine And Alcohol Consumption if you're having trouble sleeping while traveling—both are significant sleep disruptors.

Carry a natural hand sanitizer - Keeping your hands clean (especially before eating) is even more important when traveling, so grab a natural hand sanitizer that have natural antibacterial and antiviral properties. Thieves Hand Sanitizer, is what we choose to carry with us. It does not contain the icky stuff that comes in conventional hand sanitizers.

Diffusing 24/7

If we are awake, our diffuser is on! Diffusing is such an incredible health habit. Not only will your home or office (or car!!) smell amazing, you get the health benefits of breathing in the oils. And in fact, our diffusers are running when we sleep too!

Start the morning with Raven + Lemon to get everyone going and support the airways.

Set the stage for peaceful midday rest with Lavender, Grapefruit + Vanilla.

Bring the 'afternoon pick-me-up' vibes of a cup of coffee with Peppermint + Tangerine + Stress Away.

End your day with Thieves + Cedarwood to boost immunity and promote restful sleep.



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