

NingXia Greens Class



NingXia Greens Introduction

Green smoothies are very popular these days. One reason is that they are fast and easy to take on the go. There are many “greens” powders on the market and Young Living introduced the powerful NingXia Greens powder this year. But what makes it different and why would you want to use this product? During this class we’ll learn all about it and how to add it to your health routine.

Do you ever feel overwhelmed when it comes to preparing nourishing food for your family? Do you feel like you can’t get all the nutrients your body needs in a given day without a multi-hour commitment to your kitchen? Do you end each day feeling like you could have done better? Are you tired? Do you hit a mid-day slump? Are you sick too often? Do you know you’re missing nutrients, but have no idea how to get them in your diet? Are you avoiding another supplement in pill form? Do you need an “easy” button to all those questions? If so—YOU ARE IN THE RIGHT PLACE!

Let’s dive in!

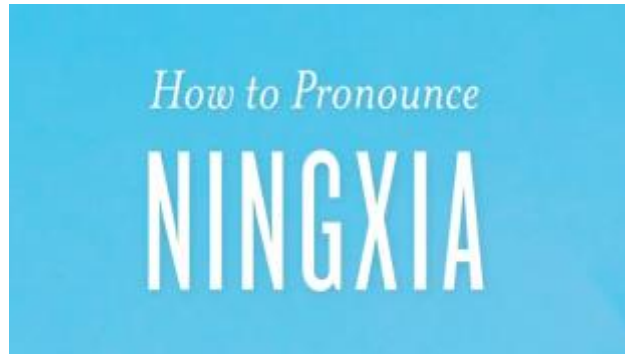
I want to say a special thank you to Young Living Diamond Sarah Harnisch, who wrote this class and provided it to me to share with you at no charge.

Sarah is a heavy **Young Living** oils user, a news anchor by trade, author, public speaker, mother to 5 amazing kids and wife to a geeky software developer, homeschooling mom, and a cancer survivor.

Here are a few things to remember as we go through our class:

- I am not a doctor. I am not here to diagnose, treat, or cure any of your illnesses. The content covered is for informational purposes only and not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

•Please do not ask for medical advice or make claims that essential oils have cured some medical problem for you. We are not permitted by law to allow those to appear in this classroom.



How to Pronounce NingXia

I've heard NingXia pronounced many ways. So... what is the correct way to say it? Do you say Nin-jah (like the turtles), or Ning...what? Red drink? Or Ning-shah?

Let's find out in 17 seconds, what is the right way to say it!

<https://www.youtube.com/watch?v=tEa3xsINYUE>

Did you know NingXia is the name of the province in China where we grow the berries that are in our NingXia line of products? The soil is free of contamination and fed by waters from the glaciers above the fields.



Are you getting enough greens?

We're committing this class to the topic of NingXia Greens.

This class is fun, fast, and easy to digest! NingXia Greens has got to be one of my favorite products from Young Living, because it's simple, takes moments to make, tastes good, and fills a huge nutritional need that I've been fumbling to find... because what parent gets the daily CDC recommendation of 2 cups of fruit and 3 cups of vegetables into every member of their family every day?

A study on www.Pubmed.com shows 1 in 10 Americans get enough greens. That means 90 percent of us are at a nutritional deficiency and malnourished.

Malnourished means: no energy, lots of colds, emotional breakdowns, brain fog, and a jacked-up gut that craves sugar and caffeine to function.

You gotta watch this 52 second video and then come back here!!!!

<https://www.youtube.com/watch?v=zgyYFS50OKw>



The need for Greens

It's time to take a hard look at your daily diet: not just the good days when you do well, but from sunup to sundown for many consecutive days. What does your regular meal plan look like? How many processed foods and fast foods are in your diet to save you time? How many meals do you skip thinking it's healthy? What does breakfast, lunch and dinner look like, if you're truly honest? How much time are you spending daily preparing **one ingredient** fruits and vegetables? Let's look at a processed diet and whole foods side by side. The difference of a diet change is life changing.

Nature Versus Processed Foods

- The majority of our food is highly processed (grocery store or fast food restaurants)
- Many natural nutrients are removed and then added at the end of processing in synthetic form
- But our body speaks "natural" and not "synthetic"
- It's time to go back to nature and take advantage of it's treasures



Nature or Processed Foods

Young Living Crown Diamond and Medical Doctor Oli Wenker breaks it down for us medically.

Let's compare nature with processed foods. The majority of our food is highly processed. Many of the nutrients have been removed and then added at the end of the processing in synthetic form. But our body speaks "natural" and not "synthetic." It's time to go back to nature and take advantage of its treasures.

So let's take a look at the importance of natural super foods.

As we live in a century of high-quantity and low-quality food with low nutrient density, our bodies suffer.

And as it is so difficult to nourish the body with sufficient nutrients the time for powerful plant-based supplementation has come. It has long been known that the human body can immensely benefit from super plants. To better understand these connections, let's have a closer look at the scientific field of epigenetics.



Epigenetics

Epigenetics is the manipulation of genes through environmental factors, food, exercise, sleep, body weight and more.

Epigenetic changes can be inherited over several generations. Epigenetic changes can be good and promote health, or bad and promote chronic disease.

Lifestyle and body weight, both connected to healthy nutrient-dense food, play a major role in epigenetics.



Meal swapping

If the foods you eat are not providing what you need, you're going to face health challenges. Getting the right nutrients in the right amounts is essential to your health. If you don't feel great, nothing else matters and day-to-day tasks become more difficult.

If you're dragging through your day because of poor nutrition, inadequate supplementation, meal skipping, and a gut that's out of balance-- you're not going to be productive. You're not going to get to all the things on your to-do list that need to be done. You will not be yourself.

Nutrition gaps weaken your immune response, affect your gut health, memory, clarity of thinking, energy, and even your emotional health.



The Seed to Seal Promise

Young Living Founder D. Gary Young never settled for inferior products. He always insisted on the best ingredients in our products. It's a process Young Living uses called Seed to Seal; and it protects everything we do, from our essential oils to our cleaning products to clean makeup to our supplements.

There is absolutely no cutting corners. No compromising. The name Young Living is synonymous with products you can trust.

Seed to Seal means no spraying of pesticides and herbicides, good clean farmland, non-GMO seeds, and some of the purest ingredients you can find, traced all the way back to their source. Our products will safely and sustainably support your health: PERIOD.

Here's a 3 minute video you can watch to learn more about the NingXia Red Seed to Seal story:

<https://www.youtube.com/watch?v=xxSWyTJwzRA&t=15s>



The NingXia Farm & Distillery

One of the benefits of using Young Living products is that you can visit the farms where everything is grown! The transparency of this company cannot be beat. If you wanted to hop on a plane tomorrow and go see this farm for yourself—you can! But to save you a little airfare, let's take you there right now... in this room. This is the farm in the NingXia River Valley, the only certified organic “green” valley in China. It is where our berries and our greens are grown.

Let's take a look at the farm an distillery in this one minute video:

<https://www.youtube.com/watch?v=mPRV3YPE9rM>



Going Green

You've seen the farm. You know how to say NingXia. You're ready for some energy and a quick, simple solution to getting greens in your diet.

It is time to introduce the superhero of this class: NingXia Greens!

<https://www.youtube.com/watch?v=zgyYFS500Kw>



What are NingXia Greens?

In 4 words: superfoods in a scoop. One spoon of this powerful greens formula packs 60 fermented, nutrient rich-vegetables, fruits, herbs, algae, and mushrooms.



What types of fruits and veggies?

Apples, bananas, lemons, alfalfa, kale, parsley, broccoli, carrots, daikon radish, cabbage, celery, cucumbers, onions, burdock, spinach, pear, oranges, mung bean sprouts, green pea sprouts, bamboo grass, green peas, garlic, dandelions, clovers, plantains,

Japanese cedar, seaweed, chlorella, ginger—and so many other things you'd likely not get daily in your regular diet. At least, not without a chef and a nutritionist. Let Young Living be your personal chef and nutritionist!



Fermenting

Those fruits and vegetables aren't just powerhouses in and of themselves—they've also been fermented for you. That means the digestion process has already been started. It's easier to break down for those with gut issues. It's like taking an enzyme with your meal—it makes it simpler for the body to assimilate the vitamins and minerals each plant contains.

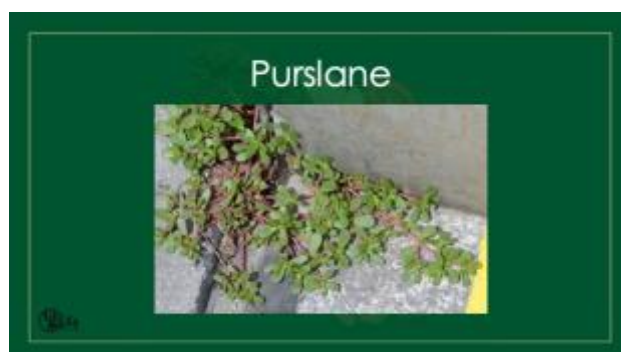
Young Living ferments 50 botanicals in cedar barrels where microorganisms live.

The fermenting process means NingXia Greens contain micronutrients derived from botanicals and microorganisms that would be difficult to obtain from a typical diet. Fermenting also converts the greens into a prebiotic superfood.



Mushrooms

There are 5 mushrooms in NingXia Greens! Mushrooms are best known for providing energy for the body! Reishi mushrooms have been nicknamed the mushroom of immortality. Its main benefit is restful sleep and lowering blood sugar levels. Turkey Tail mushrooms have multiple colors and actually look like the feathers of a turkey tail. They boost immune function by stimulating cytokine production and increasing natural killer cells in the body. It's also great to prevent fluid retention. Enokitake mushrooms are great for boosting your mood and fighting dangerous free radicals. Maitake are called the dancing mushrooms. Their main claim to fame is supporting healthy blood pressure. And Shitake mushrooms, the most famous of all, provide great cardiovascular support. They're loaded with B vitamins and in ancient Chinese culture, were taken to support a long life.



Purslane

There are three other ingredients in NingXia Greens that are too important to leave out of this class: purslane, secale cereale, and essential oils.

Let's start with purslane.

This plant usually grows in your yard, specifically in the cracks of your sidewalk. It's small green leaves and stems are loaded with omega-3 fatty acids (in fact, it's the only vegetable on the earth with omegas).

So if you don't like fish, this is another good way to get omegas in your diet from a real food source. It's got large amounts of dietary fiber, tons of Vitamin A, B-complex for energy and Vitamin C.

It contains minerals: iron, manganese, calcium, potassium, copper, and magnesium. It also has carotenoids for your eyes. It helps you shed excessive weight, supports healthy teeth and strong bones, is great for your blood and your respiratory system, and helps with the healthy growth and development of children (omega 3's have a significant impact on children's brain development.)

? Did you know it is valuable addition to your wellness walk?



Secale Cereale Flower Pollen Extract

This is a weird ingredient that we never talk about. It's also known as rye flower pollen extract — but don't worry, if you have a gluten allergy, this will not affect it.

NingXia Greens is 100 percent gluten free. This extract comes from the pollen, not the rye itself. And it's loaded with full-spectrum nutrients like amino acids, phytosterols, fatty acids, carotenoids, flavonoids, vitamins, minerals and enzymes to help you assimilate the entire supplement.

Secale cereale is clinically shown to detoxify the body and decrease oxidized glutathione, which has been linked to a number of diseases. It reduces cell damage, helps the liver and gallbladder break down fats, makes DNA, and assists enzymes in functioning properly so you can digest your food. It is also clinically shown to detoxify the body.

This single ingredient also makes all the other ingredients in NingXia Greens more potent. It's like a tune up for your whole body. It's a one-scoop solution to health and wellness. You can actually feel it working for you as you start taking. The natural energy alone is worth it!



Oils in NingXia Greens

Another neat thing about NingXia Greens (over other green drinks) is that it's infused with tiny, microscopic molecules of essential oils.

Those oils act as a delivery system for the supplement, helping to assimilate it into the body. One study showed before putting essential oils into the Multigreens formula, there was 42 percent blood absorption in 24 hours. After adding oils to the formula, blood absorption increased to 64 percent in 30 minutes and 86 percent in 1 hour. Cells were now receiving nutrients they had previously not been able to assimilate.

The tiny molecules of the essential oil carry the larger molecules of the supplements to every cell in the body.

What oils are in NingXia Greens? The exact same oils that were made in our proprietary MultiGreens blend: Rosemary, Lemon, Lemongrass and Melissa: four powerful digestion oils. ! Why does that excite you?



Do I still need Multigreens?

Yeasss! The same way you'd eat multiple fruits and vegetables in a salad in a day to get all the colors of the rainbow, you can get benefits from using these two products side by side. One is in a capsule, and one is in a powder, ready to mixed into any drink.

Multigreens is nicknamed "salad in a bottle." It's great for focused liver and glandular health. It supports healthy iron levels. It contains a few ingredients not in NingXia Greens, like alfalfa sprouts, barley grass, bee pollen, and Pacific kelp.

Bee pollen eases symptoms of menopause, reduces stress, and speeds up healing. Chlorophyll is good for acne treatment, weight loss, controlling body odor, relieving constipation and gas.

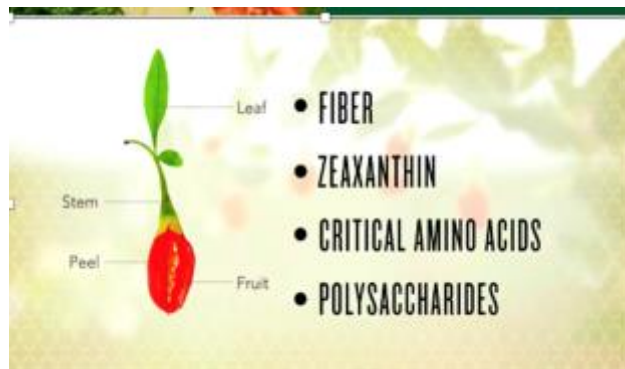
MultiGreens is very high in amino acids and chlorophyll.

NingXia Greens contains different fruits and vegetables, herbs, and mushrooms. It contains plant-based Omega 3's, prebiotics and enzymes, as well as fermented foods. When you use these two products side by side, they only enhance each other.



NingXia Green Sprouted Leaves

Not only does NingXia Greens contain our powerhouse antioxidant NingXia Red berry drink, it also contains the leaves of the NingXia plant—literally the "NingXia Greens." The newly sprouted leaves of the NingXia plant are just as powerful as the berry itself, and now, you get to enjoy both for the first time.



Sprouted Wolfberry Leaves

Workers in the fields of the Ningxia region regularly check the Ningxia berry plants for new leaves sprouting out from the stem. The freshly sprouted leaves are then harvested individually (very labor intensive). Fresh leaves are much more palatable compared to the bitter older leaves.

The history of not just consuming the berries, but also the young leaves from this super plant goes back thousands of years.

Freshly sprouted wolfberry leaves are rich in

Vitamin ,B, C, and E

Proteins and minerals, including trace minerals

Beta-carotin(zeaxanthin)

Flavonoids (powerful antioxidants)

Essential fatty acids

In China, the young leaves of this ancient plant have been used for many centuries for making health-supporting teas and also to cook together with other spices and vegetables like ginger.

Now you can also benefit from the greens of this super plant!



Label Reading

Let's do a little label reading 101: how to spot poorly made green juice.

Looking at these two top brands readily available in grocery stores, you're getting 63 grams of carbs instead of 3. That's a lot of sweetener! 53 grams of it are sugar. The first couple of ingredients are straight fruit juice to soften the flavor, which blows up the sugar content. It does not matter if you're getting it from juice or refined sugar—the brain codes it as a sweetener, and you have to deal with the after-effects—including possible Candida or yeast overgrowth, sugar addiction, and weight gain.

Also on these labels: “natural” synthetic flavors. There are guar gums that can cause gut damage. And only 5-10 different types of unfermented fruits and veggies instead of 50 fermented veggies that are easy to digest and bioavailable. There is soy in one of these—which can cause hormone imbalances.?



Loyalty Rewards

Oh— and jar #1 of these other drinks costs \$3.19 for 15 ounces, and jar 2 is \$3.99 for 15 ounces—one serving size. If you order NingXia Greens on our monthly program called Loyalty Rewards, you get a wholesale discount of 24 percent, plus 10 percent back in points to use on other Young Living products, like toothpaste or Thieves Cleaner.

The cost with the discount is \$1.53 a serving, less than half the green juice at the grocery store for triple the goodness in the bottle.

Also, after 4 consecutive months on Loyalty Rewards, you get 20 percent in points, and after 25 months, 25 percent in points. Loyalty Rewards is like Christmas every month, right at your front door. Loyalty Rewards is how I can get you the biggest discounts and free products.

Here's a link where you can order: <https://www.myyl.com/jperaaho?share=ningxia-greens#bwm/ningxia-greens>



Be The Label Detective

One of the things I love about Young Living is that it's taught me to be the Sherlock Holmes of label reading with all other products I choose to bring into my home. It's incredible... the amount of negative ingredients that can be hidden on a bad label.

When you look at the NingXia greens label, the first 50 ingredients are fermented fruits, vegetables, herbs, algae, mushrooms and seaweed. That's followed by the premium essential oil blend, then bromelain, and finally cellulose—which is part of a plant—to hold it all together. There is no poison on this label. No sugar, no artificial flavors, no preservatives, no yuck.



Recap

Let's recap the top reasons why NingXia Greens is better than any other green drink on the market. For that, we go to Young Living Corporate's Rita Merrill.

<https://www.youtube.com/watch?v=qOpg7bLFMes>



In a nutshell:

No natural sweeteners or filler fruit juices that add sugar.

No sugar alcohols. No added sugar. Only 3 grams of carbs per scoop.

5 types of energy-giving mushrooms

50 fermented foods

Ingredients that help you absorb what you are eating, including prebiotics

The Seed to Seal promise of how every ingredient is sourced

The antioxidants of the greens of the NingXia plant

Wolfberry leaf powder

Fermented superfood blend

The power of infused essential oils to deliver the nutrients to your cells

And... it tastes better than a barnyard!

This is one of the gentlest greens products on the market. If you mix it with anything—you can barely taste it. Let's talk about how to make this super drink!

For only \$1.53 cents a day. It's nutrition in a single scoop.

NingXia Greens: super food, super easy.



How Do You Use NingXia Greens?

The simplest way to use NingXia Greens is just to add a scoop to water. It has special ingredients to make it dissolve easily, and doesn't have a strong taste.

But it also pairs well with:

Almond or cashew milk

Our golden turmeric, infused with mango, for inflammation

NingXia Red

Vegan Powermeal, which gives 20 grams of protein from seeds—and tastes like vanilla

Aminowise, our lemonade-tasting amino acid supplement for muscle recovery

NingXia Zyng, the Young Living version of pop

Vitality Drops, which add electrolytes to your water

Or mix it in a smoothie with Inner Beauty Collagen and Vegan Powermeal for a super super meal! (My favorite way to use it)



The NingXia Greens Challenge

The learning doesn't just stop with this class! I'd like to challenge you to take the 21 day NingXia Greens Challenge! It's just you, yourself, and your green drink. Snag your NingXia Greens now, and while it's in the mail, get some of the supplies to make these incredible green juice mixers! This calendar is loaded with awesome recipes for you to try. Hang it on your fridge when you walk in the door, and get ready to feel AMAZING.

Take note of how you feel before you start, and then how you feel at the end. Let's see what a difference three weeks of greens does for your body! I am excited to see the change!



DIY NingXia Gummies Recipe

Ingredients

- 1 cup juice of your choice
- 1/2 cup NingXia Red

4 Tbsp grass-fed gelatin powder (use coupon code REALFOOD10 for 10% off your entire order!)

2 Tbsp raw honey

Instructions

1. Heat 1/2 cup of juice until bubbling.

2 In a glass jar, combine gelatin and heated juice, stir briskly to dissolve gelatin.

3. *In a medium bowl combine all of the ingredients and whisk until well combined. (Note: do not use honey in this recipe if you plan to share these gummies with anyone under the age of one year).*

4. Pour into molds.

5. Put molds into the refrigerator until set, at least one hour.

6. Store NingXia Gummies in a jar in the fridge. NingXia Gummies last about one week.



Wrap Up

Thank you for hanging out with me ... and learning a few tips to make you stronger, healthier, and happier.

YOU are worth fighting for!

It's time to go green!



- Information obtained here is meant for educational and informational purposes ONLY, and to motivate and empower you to make your own wellness journey based on your own research and partnership with your healthcare provider.
- The statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

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