

Share Scents News

Essential Oils for Every Day and Every Body

Seed to Seal

When you make the decision to improve your wellness, it's very important that you are using products that enhance your health and don't compromise the good you are working so hard to accomplish.

Young Living is very different in that they monitor the process in their plant-based products from seed all the way to seal. The company abides by very strict guidelines to fulfill this seed to seal promise to us. This seed to seal promise is very important because it ensures the top-notch quality and effectiveness of every product.

By YL owning their own farms or requiring their sister/partner farms to abide by their strict guidelines of...

- ✓ starting with the best seeds
- ✓ using no harmful chemicals
- ✓ hand weeding
- ✓ harvesting at peak times
- ✓ distilling on site
- ✓ and testing minimally three times before sending products off to us

...they are giving us products of the highest quality, making them more effective when we use them.



Joyce Peraaho ~ Young Living Member #752224 ~ www.ShareScents.com

Your Wellness Journey

Wellness – how do you define it for yourself? Is it your mind and emotions, your physical form or your spiritual state? It actually is all three, since those are the parts that make up YOU!

Wellness confidence is the fact that you know that the decisions and choices you make each day are serving your full body. Are you happy about where YOU are today; have you thought about where you'll be in five years – what will your health be like then? It bears repeating that the choices you make today, determine your health and wellness of the future.

It is a job to manage all of this! But you know that when you decide your choices up front, they are easier to carry out when a challenge comes along, and you must make a quick decision. The choices that you determined to make for yourselves are easier when made in advance. Your confidence is a strong force to you every day.

This newsletter will assist you and give you some directions to improve upon what you already have going on in your lifestyle. Five years comes and goes very fast, don't we know!

Let's go further, *Joyce*

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Make Your Plan

If you are going to commit to your health for three months, I recommend you purchase wholesale and commit to joining Loyalty Rewards and here is why. I want to help you SAVE MONEY and RECEIVE FREE PRODUCTS.

Month 1- Cleanse Your Home

In order to make an EASY transition to a healthier lifestyle, you want to replace items in your home that are exposing you to toxins EVERY SINGLE DAY.

You cannot live a 100% toxin-free life. You are exposed to air pollution, contaminated groundwater, and even harmful chemicals in stores and office buildings, but YOU should control the products you purchase and bring into your home. One of the easiest things we can do is ditch and switch the products that we use every single day that are negatively impacting our health.

Most generic personal care and home care products are filled with harmful chemicals that cause a lot of damage to your body. These products contain ingredients that are carcinogens, asthma instigators, endocrine disruptors, and poisons. Sounds devastating, doesn't it? Well, over time it most certainly is!

Let's get all those things OUT of your home and bring in the GOOD products that contain SAFE ingredients that allow you to live ABOVE the wellness line. The Young Living Thieves® line is the perfect way to ditch the YUCK and switch to the GOOD.

Month ONE LR Order – I recommend one of two options

OPTION 1:

Thieves® Loyalty Bundle will save you money compared to if you purchased those items separately. This collection is only available as part of the LR program. It includes:

- Thieves® Household Cleaner, plus an amber glass spray
- Thieves® Foaming Hand Soap
- Thieves® Laundry Soap
- Thieves® Fruit & Veggie Soak
- Thieves® Dish Soap
- Thieves® Kitchen & Bath Scrub
- Thieves® essential oil blend, 15 ml
- Lemon essential oil, 15 ml

OPTION 2:

Put together a custom Loyalty Rewards order with household favorites. Here's a sample custom LR order:

- Thieves Laundry Soap
- Thieves AromaBright Toothpaste, 4 oz
- Thieves Household Cleaner, 14.4 oz
- Thieves Mouthwash, 8 oz.
- Thieves Foaming Hand Soap, 8 oz.
- Thieves Waterless Hand Purifier, 1 oz.
- Thieves Spray, 1 oz.
- Thieves Dish Soap
- Thieves Fruit & Veggie Spray

Both of these orders qualify you to receive the FREE promotional item offered that month for spending 100 PV. If you haven't seen them yet, ASK ME!

Month 2 – Cleanse Your Body

In order to cleanse the body and get rid of all the junk you have exposed yourself to over the years, treat yourself to a cleansing system. Young Living has a lot of great options for this, but let's take a closer look at one simple system, the Cleansing Trio.

The Cleansing Trio Kit contains three products you need to cleanse your system, eliminate waste, and support normal liver function. Augmented with herbs that are rich in vitamins, minerals and essential oils, the Cleansing Trio promotes energy and a sense of well-being. This kit includes Comfortone, Essentialzyme, and ICP.

Young Living's Cleansing Trio is designed to be used as a short-term cleansing system. You can use this system for four to eight weeks and then you should discontinue the use of ComforTone.

Month TWO ER Order

- ✓ **Cleansing Trio Kit** Item #3115
- ✓ **Sulfurzyme Capsules** Item #3243
or **Powder** Item #3241

Enzymes:

Enzymes are proteins that control the speed of chemical reactions in your body. They help CHOMP everything up.

Essentialzyme™ is a bi-layer, peppermint-coated caplet that combines pure essential oils, herbs, and plant-derived enzymes formulated to improve digestive health, enzyme activity and pancreatic function, while reducing pancreatic stress.

Without enzymes, you wouldn't be able to breathe, swallow, drink, eat, or digest your food. Therefore, it is important to make sure you are getting the proper enzymes to break down food and improve digestion in the cleansing process.

ICP™:

A healthy digestive system is important for the proper functioning of all other systems because it absorbs nutrients that are used throughout the body. A healthy digestive system means healthy emotions and a healthy immune system, along with a lot of other things. Are you getting the picture of how important your digestive tract is? Using this supplement is going to help get rid of all the YUCK sitting in your colon.

ICP contains ingredients such as psyllium, oat bran, and flax and fennel seeds to form a combination of soluble and insoluble fibers. Enhanced with a special blend of essential oils, the fibers work to decrease the buildup of wastes, improve nutrient absorption, and help maintain a healthy heart. ICP provides two grams of dietary fiber, one gram of soluble fiber, and one gram of insoluble fiber per serving. And we all have heard how important fiber is in a healthy diet, right?

These statements have not been evaluated by the FDA. This information is for educational purposes and not intended to diagnose, treat, cure or prevent any disease.

ComforTone®:

When you think of ComforTone, think comfort. There is nothing more comforting than knowing this supplement is going to aid in the elimination of waste products and gases in the colon. Yes, let's just say it: we are talking poop! We need to keep the (digestive) track clean and moving. I always say, "Three trains in – chew-chew, three trains out – toot-toot!"

The comforting thing to know about this product is that it is COMFORTABLE to use, if you know what I mean. It is not harsh! But it is effective. My personal recommendation is to start out slowly until you know how your body is going to respond.

ComforTone capsules contain an effective combination of herbs and essential oils that support the health of the digestive system by eliminating residues from the colon and enhancing its natural ability to function optimally. It does this by supporting normal peristalsis which is what helps move everything through your bowels. It also promotes liver, gallbladder and stomach health.

Month 3 – Bring in the Good

Long story short, if you want healthy eyes, a strong immune system and a ton of energy, feed your body with a juice that packs a ton of punch: NingXia Red®. EVERY. SINGLE. DAY. It is the simplest way to start bringing the GOOD to your body.

Not only does it taste great, but it contains one powerful ingredient, NingXia Wolfberry puree. Wolfberries score very high on the ORAC (Oxygen Radical Absorbance Capacity) scale. This scale measures the ability of a food or any other substance to quench free radicals in a test tube. Free radicals are not good and we want them OUT of our body. NingXia Red helps provide an unfriendly place for free radicals, which is a GREAT thing for our health.

The Wolfberry superfruit contains zeaxanthin, a carotenoid important to maintaining healthy vision. It also contains polysaccharides, amino acids, and symbiotic vitamin mineral pairs that, when presented together, promote optimum internal absorption.

Month THREE ER Order

For your ER order, you have many different options.

You can purchase the NingXia Red® Loyalty Rewards order and save 15%. It includes:

- ✓ NingXia Red, 750 ml, 4 pk.
- ✓ NingXia ed Singles, 2 oz., 30 pk.

Or you can purchase your NingXia Red in a set of bottles or a box of 2oz packets. The bottles are great to distribute smaller quantities at a time, whereas the 2oz packets are convenient for an on-the-go lifestyle.



NingXia Red for Breakfast - Smoothie

A smoothie is a great way to start your morning. It's fast meal, and it tastes good! Here are two ways to make sure your breakfast smoothie is complete.

1. Add an ounce or two of NingXia Red.
2. Add two scoops of Young Living's Protein Complete powder to make it a complete meal with 25 g of protein!

Banana-Berry Protein Smoothie

- 1/2 banana
- 1/2 cup of frozen berries
- 1/2 cup spinach
- 1 scoop Vanilla Spice Protein Complete
- 2 oz. NingXia Red
- 3 oz. Orange Juice

NingXia Red Shots – Take it quickly

PRO TIP: Add a drop of your favorite oils from the Vitality line. I highly recommend Thieves Vitality, Copaiba Vitality, Orange Vitality and Frankincense Vitality!

Try these infused shots:

IMMUNITY: 1 oz. NingXia Red + 1 drop Thieves Vitality, 1 drop Copaiba Vitality

ENERGY: 1 oz. NingXia Red + 1 drop Peppermint Vitality, 1 drop Orange Vitality

WEIGHTLESS: 1 oz. NingXia Red + 1 drop Grapefruit Vitality

More recipes can be found in the “Wellness” unit in the [Share Scents Classroom](#)

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