

# REISA'S FAVORITES

## A Short Guide to Some of My Top Products



### Hi friend!

Thanks for reading my short story on the Share Scents blog. In this guide, I have short little snippets about my favorites individually. Be sure to click the link on each heading to head to the Young Living website where you can learn more and purchase for yourself.

Integrating these exceptional Young Living products into your daily routine promises a holistic approach to health and well-being, targeting different aspects of your body's needs. Whether it's soothing respiratory discomfort, promoting digestive ease, or strengthening your immune system, these products embody the essence of Young Living's commitment to natural and effective wellness solutions.

## Thieves® Chest Rub



I love that I have something to grab in the middle of the night and know it's free of petroleum, parabens, phthalates, mineral oil, synthetic perfumes or dyes, artificial colors, preservatives, and toxic ingredients. We tend to keep one on the oil shelf and one in our happy breathing basket.

My husband and I are grateful for the natural things God has provided us with on this earth to aid in our health as well as modern medicine. For our son, a little cough signals a visit to the breathing basket, extra rest, and extra monitoring to make sure we're staying

ahead of it. In our case, we have a basket including a nebulizer, an O2 monitor, Thieves Chest Rub, and a rescue inhaler (just in case).

Aside from his first flare as a newborn, we've been able to monitor and care for his needs at home (grateful for modern medicine and all those who care for people in ICU beds). He still has a tendency for even a small cough to be worse for him than others, and I've been using the Thieves Chest Rub on him since he was old enough for his body to handle the ingredients. Now, whenever he notices trouble in his respiratory system, he will ask for it.



Left: Our breathing basket.



Right: My son asks when he knows his body wants Thieves Chest Rub.

## DiGize™

Have you ever attended a dinner party with your friends and eat a little more than you planned? Or perhaps your body doesn't love certain food items and you caved again and ate one of them (please tell me it's not just me that does this occasionally).

This liquid gold in a bottle was a hard one for me to consistently use (I'll be honest — its herbaceous and spicy smell is not my favorite), but now I usually have some in my purse or on my nightstand for easy access. I simply rub some on the abdomen when I need a little digestive support. It's become a staple here.



Lately, I've noticed my husband reaching for it when he feels he needs support and I had to find myself a new bottle for my side of the bed. My husband will admit that he isn't always the healthiest of eaters, and he LOVES food. Food however, doesn't always love him. There you have it — it's been given a stamp of approval by my main man. I hope you can find some support with this oil as well!

## Super C Tablets™



You know that feeling when your circle of friends and family is sniffing? Or maybe you just wake up some days feeling off? Super C is a wonderful supplement to add some high quality Vitamin C in your diet either as a daily immune boost or when you are feeling the need for extra support. I have learned when my body is asking for more support, but generally use it daily. This definitely came along on a recent trip to aid in the stress my body was under being outside of "normal" home life.

Our bodies don't manufacture vitamin C, therefore, consuming an antioxidant daily such as Super C™ would be a "super" option. I think it's fair to note that I prefer to have a little something in my stomach when I take this supplement.

**My kids run to our supplement drawer asking for the Super C™ Chewable. Check that one out [here!](#)**