

FALL & WINTER WELLNESS GUIDE



BOOST YOUR FALL & WINTER WELLNESS WITH YOUNG LIVING

Your wellness is especially important during the Fall and Winter seasons, when your body needs extra support to stay balanced. In this guide, we'll explore how essential oils and supplements from Young Living can enhance your seasonal wellness and support your overall health.

Key Young Living Products for Fall & Winter Wellness:



- **Essential Oils:**

- **Thieves®:** A powerful blend known for its cleansing properties and seasonal wellness support. Perfect for diffusing or applying topically. See below for Thieves tea recipe!
- **Immupower™:** A robust blend designed to fortify your body's natural defenses during the colder months. Apply to the back of your neck or chest.
- **R.C.™:** Supports respiratory health, especially during seasonal changes. Diffuse or apply directly.
- **Frankincense:** Promotes overall wellness and can be used in multiple ways—from diffusing to topical & internal application.

- **Supplements:**

- **NingXia Red®:** A nutrient-rich drink packed with antioxidants that support overall wellness.
- **Inner Defense™:** Fortifies the immune system with the power of Thieves and other essential oils.
- **Super C™:** A potent Vitamin C supplement for daily immune support.
- **Life 9®:** A high-potency probiotic that supports gut health, a key component of immunity.
- **Immugummies™:** Delicious immune support gummies designed for both kids and adults, providing essential vitamins and minerals alongside a powerful mushroom mycelium blend.

Nourish Your Body, Enhance Your Wellness

Nutrition:

Incorporate a diet rich in whole foods, fruits, and vegetables. Here are some top foods to boost your wellness during the colder months:

- **Garlic:** Known for its antimicrobial properties.
- **Ginger & Turmeric:** Powerful anti-inflammatory and wellness-boosting spices. Check out YL's Golden Turmeric supplement!
- **Green Tea:** Loaded with antioxidants that support overall health. Young Living's Slique Tea is a favorite!

Exercise:

Regular physical activity enhances circulation, which helps your body stay strong and healthy.

Stress Management:

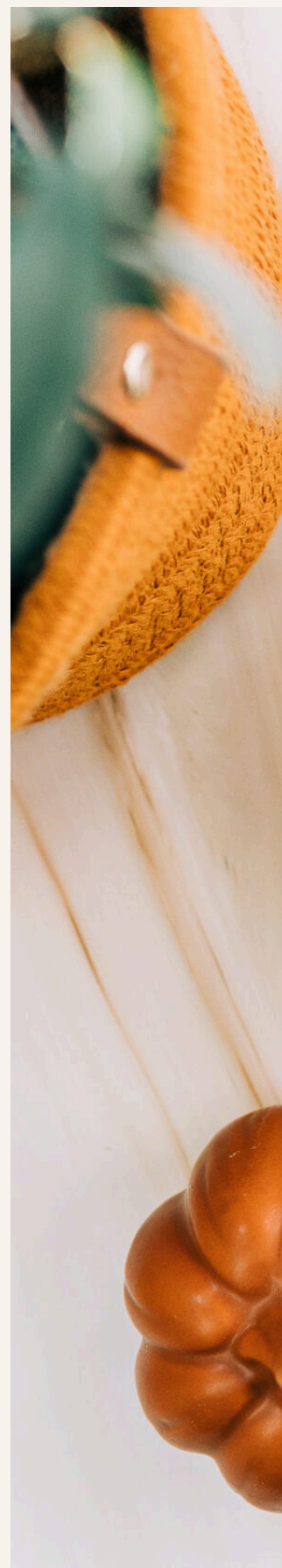
Chronic stress weakens the body's defenses. Incorporate stress-reducing activities like meditation, yoga, or deep breathing exercises. Use calming essential oils like Lavender or Stress Away™ to aid relaxation.

Sleep:

Quality sleep is essential for overall wellness. Deep Night Essence™ supports restful sleep with natural ingredients like lavender and lemon balm.

Hydration:

Water is vital for all bodily functions, especially during the dry winter months. Add a drop of Lemon Vitality™ to your water for an extra boost.



The Foundation of Fall & Winter Wellness

Did you know that nearly 70% of your immune system is housed in your gut? A healthy gut is essential for overall wellness, particularly during the fall and winter. When your gut flora is balanced, your body can better defend itself against seasonal challenges, regulate inflammation, and support overall health.

Key Products for Gut Health:

- **Life 9®:** A high-potency probiotic that provides nine strains of beneficial bacteria to support healthy digestion and overall wellness. Take 1 capsule every night before bed for optimal gut health.
- **MightyPro™ (for Kids):** A delicious prebiotic and probiotic supplement that supports digestive and overall health in kids. Simply tear open a packet and mix it with water or take it directly by mouth.



Daily Wellness Routine for Fall & Winter

Morning Routine: Kickstart your wellness routine first thing in the morning

- **NingXia Red®:** Take a shot to flood your body with antioxidants.
- **Thieves® Oil:** Diffuse or apply topically for a protective start to your day.



Midday Support: Keep your body in check during busy hours

- **Inner Defense™:** Take with lunch for continuous immune support.
- **Hydration:** Stay hydrated with water infused with Lemon Vitality™.



Evening Wind Down: Prepare your body for rest and recovery

- **Super C™:** Take with dinner to boost your vitamin C intake.
- **Life 9®:** End the day with a probiotic to support gut health.
- **Lavender or Thieves® Tea:** Sip a calming tea before bed.



Thieves® Tea

Warm up with a comforting cup of Thieves® Tea to enhance your wellness during the chilly fall and winter seasons.

- **Ingredients:**

- 1 drop Thieves® Vitality™ essential oil
- 1 drop Lemon Vitality™ essential oil
- 1-2 teaspoons of honey (to taste)
- 1 cup of warm water or herbal tea (like chamomile or peppermint)
- Optional: A splash of apple cider vinegar for extra support

- **Instructions:**

- Heat your water or brew a cup of herbal tea.
- Add honey and stir until dissolved.
- Add 1 drop of Thieves® Vitality™ and 1 drop of Lemon Vitality™ essential oils.
- Stir well and sip slowly to enjoy the warming, wellness-boosting benefits.





Fall & Winter Wellness Roller Recipes

Seasonal Wellness Roller

10 drops Thieves®, 5 drops Frankincense, 5 drops Lemon, 5 drops Oregano, Carrier oil
Combine in a 10ml roller bottle. Roll on the bottoms of your feet daily for seasonal support.

Breathe Easy Roller

10 drops R.C.™, 5 drops Peppermint, 5 drops Eucalyptus Radiata, Carrier oil
Apply to the chest, neck, and back to support respiratory wellness.

Cozy Comfort Roller

8 drops Lavender, 8 drops Lemon, 8 drops Peppermint, 4 drops Copaiba, Carrier oil
Use on temples, behind the ears, or on wrists for comfort and calm.

Winter Warmth Roller

10 drops Immupower™, 5 drops Clove, 5 drops Cinnamon Bark, 3 drops Rosemary, Carrier oil
Roll onto your chest, spine, or feet for added warmth and wellness during colder months.

Stress Relief Roller

8 drops Stress Away™, 8 drops Orange, 6 drops Cedarwood, 4 drops Valor®, Carrier oil
Apply to pulse points or inhale deeply to ease stress and maintain emotional wellness.

Kids' Fall & Winter Wellness:

Protecting Your Little Ones During Fall & Winter

As the seasons change, kids are especially vulnerable to the common challenges that come with colder weather, from school germs to fluctuating temperatures. Supporting their wellness with natural and safe products can help them stay healthy and active all season long.

- **MightyPro™:**

- **Description:** This tasty, easy-to-use prebiotic and probiotic supplement is specifically designed to support your child's digestive and immune health. MightyPro™ combines over 8 billion active, live cultures from a wide range of probiotic strains with prebiotics that nourish the good bacteria in their gut. A balanced gut flora is crucial for overall wellness, especially during the school year when kids are exposed to a variety of germs.
- **How to Use:** Simply tear open a packet and mix it with water, juice, or yogurt, or take it directly by mouth. This sugar-free formula is perfect for daily use, and kids love the delicious wolfberry-flavored taste.

- **Immugummies™:**

- **Description:** These delicious gummies are an easy and fun way to give your kids the immune support they need during the fall and winter months. Immugummies™ are made with a blend of mushroom mycelium, which has been shown to support the body's natural immune responses, along with a range of essential vitamins and minerals. They are a convenient option for daily wellness and are sure to be a hit with even the pickiest eaters.
- **How to Use:** Give your child 1-2 gummies daily to help them stay well and active throughout the season. The easy-to-chew gummies are perfect for on-the-go use, whether they're heading to school, sports practice, or a weekend outing.



Kids' Fall & Winter Wellness: Protecting Your Little Ones During Fall & Winter

- **KidScents® Essential Oils:**

- **Sleepylze™:** Help your child wind down with this gentle, calming blend designed to support restful sleep. Diffuse in their room at bedtime or apply a few drops to their pillow.
- **SniffleEase™:** This refreshing blend is perfect for easing seasonal discomfort and supporting respiratory wellness. Apply to the chest, back, or bottoms of the feet, or diffuse during the day.

Pregnancy & Wellness:

Supporting Wellness During Pregnancy

NingXia Red®:

- **Description:** Packed with antioxidants and essential nutrients, NingXia Red® is an excellent addition to your daily routine during pregnancy. This nutrient-dense drink supports overall wellness, including energy levels, immune function, and healthy skin. The natural ingredients are gentle and safe for expectant mothers, making it a perfect way to support your body and your growing baby.
- **How to Use:** Enjoy 1-2 ounces daily, straight or mixed with water or juice, to give your body the nutritional support it needs.

Immugummies™:

- **Description:** These immune support gummies are not just for kids! They're also a great option for pregnant women looking for a convenient way to support their immune system during the colder months. With a blend of mushroom mycelium, vitamins, and minerals, Immugummies™ provide gentle yet effective support to help you stay well during this critical time.
- **How to Use:** Take 1-2 gummies daily as part of your wellness routine. They're easy to take and perfect for adding to your morning or evening routine.





Pregnancy & Wellness: Supporting Wellness During Pregnancy

Frankincense & Lavender Essential Oils:

- **Description:** Frankincense and Lavender are two of the safest and most versatile oils for use during pregnancy. Frankincense is known for its grounding properties and can support overall wellness, while Lavender promotes relaxation and restful sleep. These oils can be diffused, applied topically, or added to a warm bath for a soothing experience.
- **How to Use:**
 - **Frankincense:** Apply a drop or two to your wrists or temples, or diffuse for a calming atmosphere. It's also great for skincare, helping to maintain a healthy glow during pregnancy.
 - **Lavender:** Diffuse in your bedroom at night, add a few drops to your pillow, or mix with a carrier oil for a relaxing massage. Lavender can also be added to bathwater for a soothing soak.

Deep Night Essence™:

- **Description:** Pregnancy can sometimes make it challenging to get a good night's sleep, but Deep Night Essence™ is here to help. This supplement is formulated with natural ingredients like lavender essential oil and lemon balm to support your body's natural sleep cycle without causing drowsiness the next day. It's a gentle, nature-based option to help you relax and get the rest you need.
- **How to Use:** Take 2 capsules nightly to support a restful night's sleep. Always consult with your healthcare provider before starting any new supplement during pregnancy.

Your Fall & Winter Wellness Journey Begins Here

By incorporating these holistic approaches into your daily routine, you can naturally boost your wellness during the colder months and promote overall health. Stay consistent, listen to your body, and make your wellness a priority.



I'm here to help answer any questions you might have, so please don't hesitate to reach out. When you're ready to place your order, make sure you use my referral link as well as the discount code SHAREYL at checkout to save 10% off. Shoot me a message when you place your first order, and I will get you plugged into our community resources!