

# Restore Your Core

FOUR SIMPLE STEPS TO EXTRAORDINARY HEALTH



## RESTORE YOUR CORE

Young Living's Core Essentials Complete™ nutritional program is about understanding the nutritional foundations of optimal health, developing healthy daily habits, and supercharging the whole process with the power of nature's living energy, pure, therapeutic-grade essential oils. Combining these principles and products virtually guarantees extraordinary results.

### THE ROOT OF THE PROBLEM

Forty-two years ago, Dr. Myron Brin showed that even slight nutrient deficiencies cause problems, such as slow brain function, insomnia, irritability, and nightmares. Today, we know that essential nutrient deficiency is a key contributor in the massive inflammation epidemic that lies at the root of all our major health problems. When essential nutrients run low, inflammation goes unchecked, damaging cells, tissues, and eventually whole organs and systems. This condition is called chronic systemic inflammation. Research links all of the top killers, even rapid aging, to this condition.

### FOUR STEPS TO CONTROL INFLAMMATION

It seems simple: Control inflammation, and you slow aging and improve health dramatically. There are dozens of anti-inflammatory drugs on the market, but they can cause numerous undesirable side effects. However, Young Living offers natural, holistic solutions with only one side effect—extraordinary long-term health. The body needs optimal amounts of these essential nutrients to control inflammation.

### MACRONUTRIENTS

- pure water
- essential amino acids from protein
- essential sugars
- essential fatty acids
- fiber (soluble and insoluble)

### MICRONUTRIENTS

- essential vitamins
- minerals
- antioxidants
- essential enzymes

## HERE IS A SIMPLE FOUR-STEP APPROACH TO START CONTROLLING INFLAMMATION TODAY

1. Identify and eliminate or dramatically limit anti-nutrients.
2. Get enough essential nutrients.
3. Assimilate the essential nutrients.
4. Give it time.

### **STEP ONE** *Identify + Eliminate or Dramatically Limit Anti-Nutrients.*

Anti-nutrients include junk food, stress, toxins, medications, etc. A recent *Los Angeles Times* survey found that junk-food calories comprised 30 percent of the average person's diet, and people consume 1,000 percent more sugar than our ancestors did. And all that anti-nutrient poison requires extra essential nutrient antidotes to counteract the damage.

### **STEP TWO** *Get Enough Essential Nutrients.*

To keep up with today's extraordinary demands, we must flood our systems with all the key essential nutrients. To accomplish this, Young Living packaged foundational essential oil nutrients together with other essential nutrients to create the Core Essentials Complete nutritional program. This program includes NingXia Red,<sup>®</sup> Longevity,<sup>™</sup> True Source,<sup>™</sup> Omega Blue,<sup>™</sup> Life 5,<sup>™</sup> and Balance Complete<sup>™</sup>. Taking these products together will create tremendous life-giving synergy.



### **NINGXIA RED**

NingXia Red is no ordinary "juice"—it's an infusion. It's infused with therapeutic-grade essential oils and is an infusion preparation, meaning it delivers all the fresh, whole Ningxia wolfberry parts. This one-of-a-kind preparation supplies an incredible depth and breadth of critical antioxidants like superoxide dismutase (SOD), rare protein-polysaccharides, and many other key micronutrients.



### **LONGEVITY**

Longevity is your daily, essential oil ultra-antioxidant and embodies Young Living's unique and powerful place in the universe. It's an age-defying antioxidant supplement of awesome proportions and specializes in fat-soluble antioxidants. Studies on compounds in Longevity confirm they protect the body's most fragile tissues and prevent abnormal cell growth.\* Remember: Stop oxidation, stop inflammation, and stop the damaging cycle before it starts.



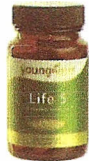
### **TRUE SOURCE**

Our bodies work best when we eat a broad range of nutrients, and the typical diet is dangerously deficient when it comes to vitamins, minerals, and antioxidants, especially those nutrients supplied by plant-based foods. Study after study shows that the synergistic combination of nutrients found in whole foods is far superior to vitamins isolated and prepared in a lab. What are we to do? We reach for a multivitamin made with whole fruits, vegetables, and super foods—vitamins sourced as Mother Nature intended. True Source uses nutrient-dense super fruits, vegetables, and other plants to deliver the full spectrum of bioactive vitamins, minerals, antioxidants, and phytonutrients in their whole synergistic glory.



### **OMEGA BLUE**

Research confirms that omega-3 fats (DHA and EPA) in fish oil reduce systemic inflammation and support cardiovascular, joint, eye, and brain health, and much more. Omega Blue provides a clinically proven dose of pure, unconcentrated fish oil plus the proprietary Omega Enhance<sup>™</sup> essential oil blend. This oil blend supports a healthy inflammatory response, supports normal cholesterol levels\*, and protects fragile omega-3 fats during encapsulation, while in the bottle, and during metabolism. It also ensures Omega Blue is ten times more stable than other fish oil. Plus, our Precision Delivery intestinal release technology can triple omega-3 absorption by releasing nutrients directly into the intestines.



### LIFE 5

The bowel is the source of core health and vitality. This is where the all-important transfer of nutrients to the bloodstream takes place. It's also the command center of the immune system and eliminator of waste products. If the bowel is not working properly, optimal health is impossible and the body is vulnerable to myriad conditions. For the bowel to work properly, a partnership with billions and billions of probiotics is necessary in every critical intestinal function and to prevent the proliferation of harmful bacteria. Young Living's Life 5 provides a daily boost of five of the most clinically proven and advanced probiotics, including three super strains that represent the most health-promoting and viable strains ever prepared in a supplement.



### BALANCE COMPLETE

This superfood-based meal replacement is a powerful energizer and nutritive cleanser. It's high in fiber, high in protein, and contains the good fats, enzymes, vitamins, and minerals needed for a nutritionally dynamic meal. The most exciting ingredient is Young Living's proprietary V-Fiber™ blend. This blend supplies an impressive eleven grams of fiber per serving with whole, nutrient-dense fibers and soluble fiber concentrates for optimal viscosity (thickness) and effect. An improved enzyme pack aids digestibility, and minimizes bloating. It's perfect for forming bulk, absorbing toxins, satisfying the appetite, balancing blood sugar, and much more.

### YOUNG LIVING'S CORE ESSENTIALS COMPLETE DAILY NUTRITIONAL REGIMEN

- + Drink 1–3 ounces of NingXia Red daily.
- + Take Core Supplements:
  - a.m. packet: Longevity (1), True Source (1), and Omega Blue (1)
  - noon packet: True Source (1) and Omega Blue (2)
  - p.m. packet: True Source (1) and Life 5 (1)
- + Replace your least nutritious meal with Balance Complete.  
(For better weight management, replace two meals.)

**NOTE** *This is just a starting place. More intense and targeted nutrients may be required for your particular situation.*

#### STEP THREE *Assimilate The Essential Nutrients.*

The Core Essentials Complete program prepares your body, specifically your bowel, to assimilate and maximize essential nutrients. Young Living's Life 5 probiotic assists the body in manufacturing important B vitamins and improving nutrient absorption while whole-food based products like NingXia Red, True Source, and Balance Complete are easily digested. Balance Complete also supplies a specialized enzyme pack. Using a wide variety of essential nutrients together enhances bioactivity. If further digestive assistance is required, add Young Living's Essentialzyme™ to your routine.

#### STEP FOUR *Give It Time.*

Commit to following the program for at least sixty days, although ninety days would be ideal. When the right raw materials are available, the body can do remarkable things, and then time will heal the wounds. Don't be surprised if you begin to see positive changes quickly—these are not ordinary nutritional products. All Young Living essential oils and oil-enhanced products provide pure, living plant energy, and most people notice this unique and exceptional difference right away.