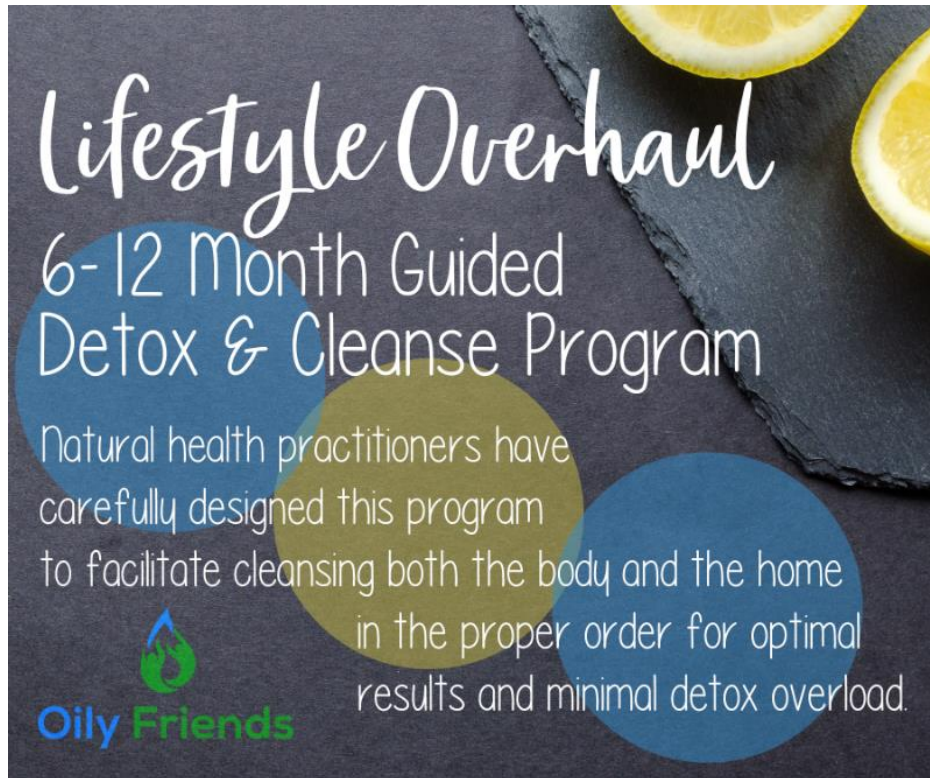


# Lifestyle Overhaul Guided Detox & Cleanse Program



Oily Friends



After years of professional experience with thousands of clients and with a wide variety of nutritional products, this Lifestyle Overhaul was designed to give anyone a new start.

This program is beneficial for those who already feel great to stay feeling great as well as those who desperately need a complete overhaul.

The Lifestyle Overhaul is carefully designed in a specific order to help minimize any detox discomfort and to first carefully prep the body to accept high-quality, bioavailable nutrition. It includes detoxing and cleansing not just the body physically but the home (and the products in it that poison the body) as well as the emotions.

There are six guided months of cleansing and detoxing with options to choose from for months 7-12.

Each month has an essential package (as seen in the first circle) as well as an optional add-on package that would benefit that stage's cleansing/detox even more.

The third circle indicates the total cost of both circles and what freebies you'll get with both circles!

Freebies?! Yes, because Young Living has monthly freebies for qualifying orders as well as an incredible monthly loyalty program! Essential Rewards is Young Living's monthly subscription program that gives you 10-25% back on every month's order. You customize your order and change it however you want and can even change your monthly processing date. Then you can save up your points or spend them right away to get whatever you choose.

**Essential Rewards**  
FRIENDS TELL FRIENDS ABOUT GREAT DEALS!

**With ER you can:**

- Earn FREE product
- Get reduced shipping rates
- Exclusive promotions and kits
- Cancel at any time *(just redeem your points first!)*
- Change the products, the date it processes, and payment each month
- Receive gifts at 3, 6, 9 and 12 months + exclusive Loyalty oil blend each year!

months 1-3  
**10%**

months 4-24  
**20%**

months 25+  
**25%**

LIVING INDEPENDENT MEMBER

There are still more freebies! For every three months in the first year that you are placing Essential Rewards orders, you'll get another freebie! After 12 months, you'll get an intoxicating aroma blend that is exclusive to Essential Rewards loyalty members only, called Loyalty. This oil blend is incredible to wear as a natural perfume/cologne and to diffuse as well.

And check out Young Living's YL Go or Go Plus for getting free shipping on your monthly orders! [https://www.youngliving.com/en\\_US/ylgo](https://www.youngliving.com/en_US/ylgo)

## TO START:

When you become a member with your Oily Friend's sponsor ID number or link, choose your Premium Starter Kit. Then you will click Customize Your Kit to add the first month's add-ons as shown on Month 1. This will ensure that you start getting the extra freebies and points back right away!

Customize these monthly orders however you'd like; this is just meant to be a starting point. Make it work for YOU!

# Month 1: Detox Your Health Cabinet

Premium Starter Kit  
\$160

Opt.  
Add-ons for  
Essential Rewards  
\$54

Total: \$211  
plus tax and shipping  
Freebies:  
100 PV Monthly Promo  
15 ER Points



Detox your health cabinet with natural options! The Premium Starter Kit from Young Living contains eleven therapeutic essential oils that are the most-commonly used essential oils. These oils have been combined in an incredible kit with huge savings!

## PREMIUM STARTER KIT

..... COST BREAKDOWN .....

LAVENDER \$15.79	COPAIBA \$28.95
FRANKINCENSE \$40.13	DIGIZE \$18.42
PANAWAY \$47.70	THIEVES \$19.41
RAVEN \$15.70	DIFFUSER \$83.88
CITRUS FRESH \$9.87	STRESS AWAY \$9.92
LEMON \$8.22	THIEVES CLEANER \$2.20
PEPPERMINT \$13.49	MEMBERSHIP \$45.00



**TOTAL: ~~\$358.00~~ \$160!**

With this kit, and especially with the optional add-ons, we'll be able to help you address everyday health concerns quickly! We will help you learn the basics of these oils and how/when to use them. (Check out our New Member File in our group for some videos and articles on the starter kit oils too!)

The optional add-ons are:

**Inner Defense** for reinforces systemic defenses, creates unfriendly terrain for yeast/fungus, promotes healthy respiratory and immune function:

[https://www.youngliving.com/en\\_US/products/inner-defense](https://www.youngliving.com/en_US/products/inner-defense)

**Cedarwood** to go with lavender for sleep/calming as well as many other great uses!

[https://www.youngliving.com/en\\_US/products/inner-defense](https://www.youngliving.com/en_US/products/inner-defense)

**Oregano Vitality** to ingest as needed for immune protection:

[https://www.youngliving.com/en\\_US/products/oregano-vitality-5ml](https://www.youngliving.com/en_US/products/oregano-vitality-5ml)

Month 2:  
Cleanse the Body

Cleansing Trio &  
Life 9  
\$119.75

Opt.  
Add-ons for  
Essential Rewards  
\$187

Total: \$307  
plus tax and shipping  
Freebies  
All current monthly freebies  
30 ER Points

Oily Friends

Month 2 is VERY important! We need to CLEANSE the body well before we should be putting a bunch of things into it! This will greatly help reduce the possible detox side effects and discomforts!

Cleansing Trio™ Kit contains the products you need to begin improving your health through cleansing your system and eliminating waste by specifically supporting normal liver function. Augmented with herbs that are rich in vitamins, minerals, enzymes, amino acids, fiber, and essential oils, the Cleansing Trio will give you new energy and an improved sense of well-being.

(See the File in Oily Friends for more detailed instructions on how to adjust and determine dosages of each supplement in the Cleansing Trio for the most effective cleanse.)

Life 9 has been added because healthy gut flora facilitates better cleansing and replenishing the intestinal system with healthy flora.

To take this cleanse to another level, add in the NingXia Red Essential Rewards kit (the most cost-effective way to get NingXia Red!) for a drink supplement that is high in antioxidants and essential oils. This will greatly help minimize detox discomfort even more and support liver function more as well. This liquid supplement is a powerhouse of nutrients and will also help replenish energy which can otherwise be low when cleansing.

Month 3:  
Detox the Home

Theives Essential  
Reward Kit  
\$118.50

Opt. Add-Ons  
\$94.50

Total: \$213  
plus tax and shipping  
Freebies:  
190 PV Monthly Promo  
Peppermint Vitality Oil  
21 ER Points

Oily Friends

Detox your home! Now that we've cleansed our body, we don't want to be putting toxins from everyday products right back into our bodies.

Did you know that what you put on your skin goes into your bloodstream in less than a minute? Toxins in everyday home and body care products stay in the layer underneath the skin where they will slowly poison the body. Everyday home and body care products contain things like:

- Synthetic fragrance ("fragrance," "Parfum")
- Phthalates
- Parabens ("methylparaben," "propylparaben," etc.)
- Synthetic preservatives
- Heavy metals (aluminum, nickel)
- Mineral oil or other petroleum-derivatives

And many other ingredients that have been linked to cancer, hormone disruption, asthma, dermatitis, and other health issues.

Young Living is a one-stop shop for everyday home and body care products that are free of toxins! The Thieves Essential Rewards kit is the best way to start replacing the products in your home with products that are not only toxin free but also have health benefits from the therapeutic essential oils in them!

Add on some Thieves laundry soap, bar soap, dish soap, and some YL shampoo & conditioner to really give your home a fresh, clean slate!

Month 4:  
Replenish the Body

Life 9 &  
Master Formula  
\$111.50

Opt.  
Add-ons for  
Essential Rewards  
\$139.75

Total: \$251  
plus tax and shipping  
Freebies:  
250 PV Monthly Promo  
50 ER Points

Oily Friends

Now that we're starting with a clean slate and we've rested our body from detoxing, it's time to start replenishing with some powerful nutrients! Young Living has many incredible nutritional products, but the ones chosen for this month were selected very carefully. These are the products that every body can benefit most from and can start seeing improved health from more quickly. These are all powerful but also very gentle and the least likely to cause any detox side effects.

Master Formula is a full spectrum, multivitamin complex, providing premium vitamins, minerals, and food-based nutrient to support general health and well-being. By utilizing a Synergistic Suspension Isolation process – SSI Technology – ingredients are delivered in three distinct delivery forms. Collectively, these ingredients provide a premium, synergistic complex to support your body.

#### Primary Benefits

- Naturally supports general health and well-being for the body
- Gut flora supporting prebiotics
- Ingredients help neutralize free radicals in the body
- Includes antioxidants, vitamins, minerals, and other food-based nutrient
- Pre-packaged sachets are convenient to take your vitamins on the go
- SSI Technology delivers ingredients in 3 forms chosen for their complementary properties

You should be out of Life 9 by now so it's time to reorder! This is one to be getting every month as a healthy gut flora is so essential for good health!



## For your add-ons:

- **Mineral Essence™** is a balanced, full-spectrum ionic mineral complex enhanced with essential oils. According to two-time Nobel Prize winner Linus Pauling PhD. "You can trace every sickness, every disease, and every ailment to a mineral deficiency." Ionic minerals are the most fully and quickly absorbed form of minerals available. It is by far the best source of magnesium, a nutrient that just about everyone desperately needs to be supplementing. This one liquid supplement has changed many people's lives! Two bottles per month are generally needed per person to fill the body's needs, especially at first.
- **Super C™** contains 2,166% of the recommended dietary intake of vitamin C per serving. It also is created with rutin, citrus bioflavonoids, and minerals which acts to balance electrolytes and promote the effectiveness and absorption of vitamin C.\*  
  
Vitamin C cannot be created by the body and is water soluble, therefore to get the greatest benefits as well as antioxidant benefits, it is best to take it on a daily basis.
- **Essentialzymes-4** is a multi-spectrum enzyme complex specially formulated to aid the critically needed digestion of dietary fats, proteins, fiber, and carbohydrates commonly found in the modern processed diet. Most people need the help of digestive enzymes to facilitate proper breakdown of food to help ensure proper gut health.

Month 5:  
Beauty Detox

Savvy Products  
\$202.75

ART  
Skin Care System  
\$113

Total: \$316  
plus tax and shipping  
Freebies:  
All the Monthly Promos  
62 ER Points

Oily Friends

We talked previously about how the things that go ONto our skin goes INto our bloodstream and can strongly impact our health that way.

Research found that the toxins in most makeup products are found in the urine of most women and teenage girls nowadays. Check out this article! Teens see big drop in chemical exposure when switching cosmetics: [https://www.eurekalert.org/pub\\_releases/2016-03/uoc--tgs030416.php](https://www.eurekalert.org/pub_releases/2016-03/uoc--tgs030416.php)

Young Living's Savvy mineral makeup is completely free of toxins that are normally found in makeup, including the things that "natural" companies' makeup contains that we don't want like bismuth and talc. It's makeup that allows our skin to breathe while still providing beautiful coverage. There are many options and colors to choose from and there is a return policy on the makeup (see Oily Friends' Savvy makeup file for more info).

But with mineral makeup, if you don't like the color exactly the way it is, you can mix it with other colors to get a color you find works better for you! It's very versatile!

Add on the A.R.T. skin care system for one of the best things you'll ever do for your facial skin! Young Living's ART® Skin Care System safely and effectively cleanses, tones, and moisturizes your face to bring out your natural and inherent beauty. The ART® Skin Care System includes: 1 Light Moisturizer (30ml), 1 Refreshing Toner (4 fl. Oz) 1 Gentle Cleanser (3.38 fl oz.)

Or maybe you don't wear makeup? Check out the next page for an alternate option for this month's detox!

Month 5 (alt):  
More Energy

MultiGreens,  
Super B, En-R-Gee,  
and NingXia Nitro  
\$126.50

Opt.  
Add-ons  
\$187

Total: \$314  
plus tax  
Freebies:  
All the Monthly Promos  
62 ER Points

Oily Friends

How about a way to naturally boost your energy without putting toxins into your body but instead by flooding it with nutrition!

- **Super B** is an incredible B-complex supplement that also contains minerals and essential oils that support adrenal gland health. These glands situated on top of our kidneys play a huge role in our level of energy! When we are stressed or drink caffeine, our body is told to put out more cortisol (stress hormone). This comes from our adrenals and over time, this weakens the adrenals which makes energy harder and harder to come by.
- **MultiGreens™** is a nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous, and circulatory systems. It's like a green juice in a capsule!
- **NingXia Nitro** is a natural energy shot that uses naturally-occurring caffeine from green tea along with B vitamins, iodine, antioxidants, and dietary essential oils to boost energy naturally.
- **En-R-Gee** essential oil blend offers an invigorating aromatic boost when you need it most. Diffuse or apply it topically during your morning routine or before any activity to enjoy the stimulating, spicy-pine fragrance of Rosemary, Juniper, Lemongrass, Nutmeg, Balsam Fir, Clove, and Black Pepper essential oils.

If you ran out of NingXia Red by now, you are likely noticing less energy since you had your last dosage. That's why 2-4 ounces of NingXia Red daily are part of a healthy regimen!

Month 6:  
Detox Emotions

Feelings Kit &  
Grounding Oil  
\$199.25

Opt  
Add-ons for  
Essential Rewards  
\$117.75

Total: \$317  
plus tax and shipping  
Freebies:  
All the monthly freebies  
Theives Vitality  
62 ER Points

Oily Friends

Research has found significant direct and indirect effects between physical and mental health. In those with chronic disease, recovery rates are higher in those with good mental health and positive emotions. Holding in negative emotions and difficult memories often causes physical health issues.

The brain is intimately connected to our endocrine system, which secretes hormones that can have a powerful influence on your emotional health. Thoughts and feelings as they are generated within the mind can influence the outpouring of hormones from the endocrine system, which in effect control much of what goes on within the body.

**The Feelings™ collection** features six essential oil blends that inspire feelings of emotional well-being when diffused. Use in the morning and evening to promote peaceful thoughts and spiritual harmony. These oils are meant to be used either together in the intended order for a complete feelings detox and restart, or individually as needed. Please see the Feelings Kit file in Oily Friends for more information on the oils in this kit and how to use them.

### Add-Ons

This month's add-ons are liver-supporting products, because the liver is often referred to as "the seat of anger." Liver imbalances can often manifest as anger, and anger can worsen liver health. Supporting liver health with JuvaTone, Juva Cleanse, and JuvaFlex used daily is a great way to help facilitate even better emotional clearing and health.



Personalize the second half of your year to continue detoxing your life with these suggestions or anything else you choose! Consider:

- Juva products for liver support/detox
- KidScents products for healthy kids' products like toothpaste without toxins, shampoo, bath gel, and oils from the KidScents line that are specifically designed for kids!
- Animal Scents products for healthier pets, including shampoo, ointment, dental dog treats, cat treats, and oil blends
- ParaFree for the most effective, natural critter cleanse ever!
- Seedlings baby products for the healthiest, most therapeutic and yet gentle baby products ever!
- Shutran products to detox the routine of the men in our lives
- Premium titanium cookware (This is especially important if you're still using Teflon pans!)

Continue with those nutritionals like NingXia, Life 9, Essentialzymes, Mineral Essence, and other things you've found to be helpful for everyday health support! Your health will thank you!