



THE **slique**<sup>TM</sup>  
EXPERIENCE

**Weight management in an energetic, joyful  
and emotionally balanced way**



YOUNG **LIVING**<sup>TM</sup>  
ESSENTIAL OILS



# THE **slique**<sup>TM</sup> EXPERIENCE

- **Was developed by Gary Young in 30 years of research work**
- **Makes us loose weight while being joyful and emotionally balanced**
- **Contains only natural ingredients – this treatment is a high quality cleanser and energizer**
- **Has no yoyo-effect, long-lasting weight loss from 33 to 110 pounds within 3 month can be achieved**





# THE slique™ EXPERIENCE



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## **Daily schedule for -The slique EXPERIENCE-**

### **Morning:**

USA: Ingest 2-3 drops of Slique Essence pure or diluted with water.

Europe: Inhalation of Slique Essence

### **Breakfast:**

- drink Balance Complete or Powermeal shake with water rice or almond milk (high protein)
- drink 2 oz. (60 ml) of NingXia Red

### **Forenoon (9-11AM):**

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Take a lights snack: fruits, vegetables, nuts etc.

### **Lunch:**

- drink a cup of slique Tea 15-30 min prior to the meal
- take 2 caps of Detoxzyme with the meal
- take a light, balanced meal which is rich in carbohydrates

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**Afternoon (2.30-4.30 PM):**

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## Balance Complete

Balance Complete™ is a super-food-based meal replacement, a powerful nutritive energizer and a cleanser.

Balance Complete offers the benefits of:

- Ningxia wolfberry powder,
- brown rice bran,
- barley grass,
- extra virgin coconut oil,
- aloe vera,
- cinnamon powder and
- YL premium whey protein blend,

Balance Complete is high in fiber, high in protein, and contains the good fats, enzymes, vitamins, and minerals needed for a nutritionally dynamic meal. It also features Young Living's proprietary V-Fiber™ blend, which supplies an amazing 11 grams of fiber per serving, absorbs toxins, and satisfies the appetite while balancing the body's essential requirements.



## Balance Complete

Add two scoops of Balance Complete to 8-10 ounces of cold water or the milk of your choice. (e.g.: soy, rice or goat milk). Shake, stir or blend until smooth. For added flavor, add fruit or essential oils.

For weight management programs, you may replace up to two daily meals with Balance Complete - to maintain health and ideal weight, replace one meal (e.g.: the least nutritious one) with Balance Complete.



**Balance Complete** contains  
(1 serving = 2 scoops = 1.76 oz. = 50g):

Vitamin A, B6, C, D, E, Thiamin, Riboflavin (each 28% of daily requirement), Niacin (30%), Vitamin B12 (35%), Folate (33%), Biotin (29%), Calcium 41%, Iron 2%, Pantothenic Acid (24%), Phosphorus (26%), Iodine (28%), Magnesium (37%), Zinc (28%), Selenium (31%), Chromium (29%), Molybdenum (18%);

V-Fiber blend consists of:

larch polysaccharides, ningxia wolfberry (*lycium barbarum*), brown rice bran, guar gum, konjac (*amorphophallus konjac*), xanthan gum, chicory root fiber extract (FOS) and sodium alginate

Enzyme Complex consists of:

lactase, lipase, bromelain, papain and amylase.





## Power Meal

This delicious, satisfying, rice-based meal replacement, was developed by Gary Young and Steven Seagal to meet the needs of professional athletes, martial artists and health conscious people. Power Meal is rich in calcium, antioxidants and amino acids, and delivers an impressive 20 grams of protein per serving plus a complete vitamin, mineral and enzyme profile

How to use:

Add 2 level scoops to 8 oz. of cold water. May be mixed with rice, almond, or other milk. Shake, stir, or blend until smooth. Add fruit or essential oils to enhance flavor.

**Caution:** If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use.



## **Power Meal contains:**

(1 Portion = 2 Scoops = 1,83 oz. = 52g)

Vitamin A (35% of daily requirement), B6, B12 (33%),  
C (48%), D, E (33%) Thiamin (117%), Riboflavin (30%),  
Niacin (58%), Folic Acid (35%), Biotin (33%), Calcium (38%),  
Iron (9%), Panthothenic Acid 33%, Phosphorus (26%),  
Magnesium (37%), Zinc (32%), Selenium (31%), Copper (34%),  
Manganese (154%), Chromium (28%), Choline (37%);  
dietary fiber (28%), Protein (41%)



## **NingXia Red®**

-Goji Berry Juice-

This powerful and nutrient antioxidant drink is rich in vitamins and minerals.

It enhances normal cellular function, caloric metabolism and agility and is the perfect choice for stepping up to a whole new level of health and long lasting energy.





## Slique Essece

Slique Essence combines grapefruit, tangerine, lemon, spearmint, and ocotea with stevia extract in a unique blend that supports healthy weight management goals.

These ingredients work together to help control hunger, especially when used in conjunction with Slique Tea or the Slique Kit.

The pleasant citrus combination of grapefruit, tangerine, and lemon essential oils adds a flavorful and uplifting element to any day with the added support of spearmint that may help with digestion. Ocotea essential oil adds an irresistible, cinnamon-like aroma to help control hunger, while stevia adds an all-natural sweetener that provides a pleasant taste with no added calories.



## Slique Essece

In **Europe** for direct inhalation only. Apply one drop on your left palm and activate it clockwise.

Stevia extract in this formula may impede diffuser performance.

### **Application in the US:**

When used as dietary supplement add 2-4 drops to 4-6 oz. of your favorite beverage, Slique Tea, or water. Use as needed throughout the day whenever hungry.

For topical use dilute 1 drop with 1 drop of V-6 or olive oil; then apply to desired areas (fat deposits) as needed. Avoid direct sunlight or UV rays for up to 12 hours after applying product.

Keep in a cool place out of direct sunlight.

Shake well before use.

Consists of: Grapefruit EO (Citrus paradisi), Tangerine EO (Citrus reticulata), Spearmint EO (Mentha spicata), Lemon EO (Citrus limon), Ocotea EO (Ocotea quixos) and Stevia (Rebaudioside A)

## Slique Slim Caps

Slique™ Slim Caps combine essential oils, dietary fibers, and other key ingredients into a weight-management supplement that may induce feelings of satiation, increase metabolic activity, and decrease excessive eating and over indulgence. Slique Slim Caps are available in the US only.

How to use:

Take 1 packet (3 caps) 45 minutes before your 2 largest meals of the day with 8–12 oz. (250-300 ml) of cold water.



YL USA



## Slique Slim Caps

### **Citral Caps** consist of:

SLS Free Gelatin (Bovine/Porcine), Fractionated Coconut Oil, Lemongrass EO (Cymbopogon flexuosus), Pomegranate Seed Oil (70% Punicic Acid), Silicon Dioxide, Balsam Fir EO (Abies balsamea), Lemon Myrtle EO (Backhousia citriodora),

### **Konjac Caps** consist of:

Gelatin Capsule, Konjac Powder, Microcrystalline Cellulose, Ocotea Fines, Fucoxanthin 10%, Crosscarmelose sodium, Magnesium Stearate, Silicon Dioxide



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## Slique Tea

This exotic drink has been formulated with natural ingredients to help support individual weight goals.

It is rich in flavonoids, a dietary compound generally associated with helping maintain normal body functions, and polyphenols, which support weight-management in a natural and healthy way.

Slique Tea is enhanced with 100% pure therapeutic grade Arabian frankincense powder, exclusively sourced from Young Living's distillery in Salalah, Oman.



## Slique Tea



### Ingredients:

Jade oolong tea, inulin, ocotea leaf, Ecuadorian cacao powder, vanilla essential oil, frankincense powder, natural stevia extract.

### How to use:

Bring 8 ounces of water to a rolling boil, let cool for 3½ minutes. Place one pouch in a cup, mug, or filter and add water. Steep for at least 3 minutes. Add your favorite EO as desired.

Use daily before and after workouts, with meals, or any time you need a natural boost. Oolong contains naturally occurring caffeine and tea antioxidants.

### Caution:

If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Not recommended for children.





## Detoxzyme® Capsules

Detoxzyme® combines powerful enzymes that complete digestion, help detoxify, and promote cleansing. Its ingredients support normal function of the digestive system, which is essential for building and maintaining health. Detoxzyme® caps relief symptoms such as fullness, pressure, bloating, gas, pain or minor cramping that may occur after eating.

Take 2 capsules three times daily between meals or as needed.  
(For slique treatment 2 caps at lunch and dinner time)

### Ingredients:

Amylase, Invertase, Protease, Glucoamylase, Bromelain, Phytase, Lipase, Cellulase, Lactase, Alpha-galactosidase, seeds of cumin, anis and fennel

## Essentialzymes-4 Caps

This multi spectrum enzyme complex was developed to support digestion of dietary fats, proteins, fiber, and carbohydrates commonly found in industrially processed food.

The release of plant and animal based enzymes at different times ensures an optimal nutrient absorption.

Take 2 caps (1 pack) twice a day with largest meals.

### **Caution:**

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.



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## Essentialzymes-4 Caps

### SUPPLEMENT FACTS

#### **Immediate Release Caps** contain:

Amylase, Cellulase, Peptidase, Invertase, Protease, Glucoamylase, Bromelain, Phytase, Lipase, Cellulase, Lactase, Alpha-galactosidase, Anis, Ginger, Tarragon, and Fennel

#### **Delayed release Caps** contain:

Bee Pollen Powder, Pancreatin, Lipase, Ginger root, Fennel seed, Tarragon leaf, Anise fruit and Lemongrass leaves



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**Bonus:**

# **13 steps to long-lasting weight loss**



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# # 1 **The mental image of your Body**

**Imagine yourself after reaching your ideal weight,  
visualize yourself every morning and evening.**

Feel light like a feather, feel how energetic you are now that you have reached  
your weight-loss goal.

Feel how happy you are to be so light and energetic  
See yourself, your body from all sides – see what it looks like now that you have reached  
your ideal weight.

## # 2 Analyze your food's ingredients

**What does your food consist of, what ingredients does it have?**

Do you eat industrially processed food, convenience food, crisps, sweets, food which is rich in trans fats (e.g.: French fries), ?

Do you drink soft drinks, energy drinks, coffee?

**It's time to leave those things behind!**

**Eat high quality proteins and fats in the morning** (e.g.: Shakes, Omega-3 fatty acids), to prepare your brain for school, work or university.

**After midday you should basically eat carbohydrates and fibers,** to boost your energy level and make sure you have enough energy for the rest of the day.

## # 3 Find out why you are eating

***Food intake is not a mere biochemical base for our physical existence, but is often influenced by emotional, social and habitual factors.***

**Overweight people show the same changes in secretion of dopamine (the “happiness-hormone” ) as people who are addicted to heroin or cocaine – there is such thing as food addiction**

Further reasons for food consumption are boredom, depression and loneliness. Many people eat in order to console themselves or compensate their shortcoming.

Increasing portion sizes (“Supersize me”), certain colors and presentation are the industries ways of influence to make the customer consume more than he actually needs.

Dole bananas have been genetically manipulated to have the vibrant yellow color also known as Pantone 13-0752. This color sells more bananas than other color.

According to a consumer survey, US consumers subconsciously think of HEINZ tomato ketchup as the freshest food they consume (fresher than fruit and vegetable), because of its specific red color.



# # 4 Recognize your addiction to sugar

**Generation Pepsi consumes more sugar than any other generation in the history of man.** Energy and wellness drinks adopt a special position. Appearing to be different to Coca Cola and Pepsi they contain far more sugar than these common drinks.

One can of “Rockstar” energy drink contains as much sugar as 6 donuts.

One bottle of “Sobe Green Tea” wellness drink contains as much sugar as 4 pieces of strawberry cake.

After a few weeks of drinking “Coca Cola” (17 fl. oz. /day) healthy young man show increased risk of diabetes, inflammation and obesity.

Even fruit juices contain much more sugar than consumers are aware of.

1 glass of orange juice contains 5 oranges and equals 5 sugar cubes.

Further hidden sources of sugar are:

onions – highest natural percentage of sugar;

potatoes – increase blood sugar lvl by 39,8%

whole-wheat bread – increases blood sugar lvl by 20,4% (more than white sugar)

HEINZ tomato ketchup - consists of 30% sugar.

If you want to give some benefit to your body better to eat vegetables three times a week than to eat whole-wheat bread.

## # 5 The risk of sugar substitutes

diet drinks, yogurts and other “zero” products increase our body weight without having any calories. The problem is, that they do not have aroma either. Thereby they make us even more hungry.

**Following we see a ranking of the most harming** (due to their chemical composition) **and the less useful** (because without aroma) **sugar replacements:**

- 1.) aspartame (nutrasweet, aminosweet etc.)**
- 2. saccharine**
- 3. acesulfam**
- 4. sucralose**

Sugar substitutes cause kidney failure, die off of neurons and many other problems

## # 6 Slow down fat accumulation

**-The number one when it comes to the reduction of fat accumulation is pomegranate oil**

**- Algae such as Spirulina and Chlorella take second place**

**-Fucoxanthin and citral which are contained in lemongrass and lemon myrtle slow down fat accumulation. Therefore it is strongly recommended to diffuse or ingest these Essential Oils**

**-Natural fruit oligosaccharides which are found in chicory, asparagus, artichokes and radish are also known for the reduction of fat accumulation.**

(These vegetables contain healthy bitter compounds)

CAUTION: artificial fruit oligosaccharides and inulin are added more and more to probiotic products, yogurts and dietary beverages. *Contrary to their natural forms they DO NOT slow down fat accumulation but nourish bacteria which are harmful to the human body.*



# # 7 Reduce your appetite biochemically

1.) **Caffeine and theobromine (contained in oolong tea and in cacao, to be found in dark chocolate!) reduce appetite on a biochemical base.**

CAUTION!: Avoid synthetic caffeine

2.) **Avoid stress to keep the body's cortisol lvl low.** *Cortisol causes appetite;*  
High levels of cortisol may result in Morbus Cushing

3.) **Copaiba Essential Oil and copaiba balm act calming and prevent stress.**

Different species of frankincense may also be used for stress reduction.

4.) **Food which is rich in omega-3 fatty acids** like Chia-seeds, crushed flaxseed (1/8 of Omega-3 fatty acids in comparison to Chia), walnuts and spinach **reduce appetite.**

## # 8 Remain motivated

To remain motivated while fighting overweight you should ask yourself some simple questions:  
**Do you want to die?**

You have a chance to die at the age of 50 if you do not change your eating habits. In his speech “Overweight vs. Cancer” Dr. Olivier Wenker points out, how much impact overweight has on the premature mortality rate.

**Specify your “Why” – e.g.: “I do not want to die!”**

The risk of cancer of the colon is 43% higher for overweight than for normal weight people.  
The risk of chest cancer is 42% higher for overweight than for normal weight people.

## # 9 Break habits

**Stop to reward yourself with food.  
Stop excuses and justifications.**

The body know what it needs – already a few weeks after this “reset” it will start telling you which food is beneficial and which is not.

**A great way to reset your system is to drink only water and spend one hour each day in the open air.**

Drinking vegetable juice or green smoothies is another opportunity for a reset – your natural senses revive and you start feeling what kind of food supports your system and what kind of food does not.



# # 10 Maximize retronasal aroma

**Ideal Essential Oils blends to experience a fulfilling retronasal aroma are:  
“Stress Away” and “Slique Essence”**

Longer chewing releases more flavoring agents from the food  
– the more you chew the less you eat  
smaller bites => more chewing => more retronasal aroma

- eat warm food (is has more flavor)
  - eat slowly
- sucking brings more retronasal taste than swallowing (smoothies!)
  - enjoy – don't gulp
  - avoid ice cream – little aroma, loads of sugar
  - avoid potatoes – they do not have aroma => salt addiction
- crisps: 3,5 oz have as many calories as 12 apples, but do not reach their nutritional value

**Common food industry makes food as sweet and salty as possible.  
This nubs other taste buds and results in binge eating.**

# # 11 replenish your stomach before the meal

- *physical vs. mental fullness: take a snack and/or drink a cup of oolong tea before meals*

- **eat an apple before the meal**

- **drink hot or cold water**

- **eat a hand full of wolfberries (goji berries) or drink 2,7 fl. oz. (80ml) of NingXia Red wolfberry juice**

- **eat Glucomannan** (carbohydrate chains, similar to starch) – to be found in Konjac plant from which konjac flour is extracted

Glucomannan is a dietary fiber which promotes intestinal health. Since it has the highest water retention capacity of all natural products. (50 times its own mass) konjac is used more and more in dietary products. Due to its hydroscopic properties it may obstruct the esophagus if ingested with too little water.

- **Use inulin: eat Artischocken, asparagus, radish or chicory salad prior to a meal.**

Inulin is a prebiotic, natural fiber extracted from chicory roots. It is found in many common types of grain, vegetables and fruits (such as those mentioned above). This soluble fiber may activate the intestinal flora.

**Caution:** Do not consume synthetic inulin which is contended in dietary shakes

## # 12 Meet like-minded people

**The importance of a Support Group should not be underestimated. To work with like-minded people on the project of your personal health does not only motivate you, it also provides support in difficult situations and a pool of knowledge—everyone has different has made different experiences and therefore has different knowledge.**

Those who think Weight Watchers ode Herbalife-groups are too intense or sect-like (although they have proved to help many people), should look for an online support group.

**Search online for a slique EXPERIENCE support group like the one Germany has on Facebook “Slique Kur Deutschland Support Group”**

<https://www.facebook.com/groups/347631368696036/>

**Join a support group if you are interested in exchanging experience with like-minded people who are also participating in the slique EXPERIENCE**

**Often these Groups are closed. You can join them by becoming a Facebook friend of one of the group members.**



# # 13 physical exercises reduce appetite

**According to studies of Dr. Oliver Wenker and many other scientists:** physical exercise does reduce appetite and thereby bodyweight, risk of cancer, lvl of body fat, risk of cardiovascular diseases, risk of depression and further mental disorders.

- **Schedule: We start with a daily one hour open air walk.**

- **After losing some weight and gaining some energy through the slique**

**EXPERIENCE:**

**We start with sports ( e.g.: favorite sport during youth) and slowly increase our capacity**

- **Important: do not force yourself!!! Only do what brings you joy.**

Do not worry enjoyment of exercise will come as soon as you lose some weight and gain some energy.

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