



SPECIAL REPORT 6

“Restore Your Core“

Replenishing Your Body's Resources And Enhance Your Life

Welcome to 27 Special Reports on the essential lifestyle and exclusive ways to increase vibrant wellness!

Congratulations, you are in the 3rd month of the 4-Month Fast Start: "Restore Your Core"!

To live the great life, building up depleted resources in your cells and body systems is key.

In this report, which continues from Special Report 5, NingXia Power, we show you the most effective strategies how to rebuild your inner reserves and resources after cleansing your body from toxins (Month 2). Superfoods combined with essential oils provide the basis for this project.

Restore your core!

As always, if you have questions and/or are looking for more information, please contact the person who introduced you to Young Living's products or go to <https://eotq.org/> and contact the person among the Aroma Experts who you like best.

You are destined to live a great life!

Aditya Nowotny and Team ENJOY

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I. Replenishing Your Bodies Inner Resources

In your 3rd month you start to build up your depleted resources. Substances such as minerals, vitamins, enzymes and trace elements are vital for a healthy body. Before you can build up your resources, an internal cleansing is necessary. If your intestines have not been cleansed, absorption of essential nutrients cannot take place or is only partly effectuated. Therefore please refer to Special Reports 2 and 3 "Inner Transformations" concerning inner cleansings, especially cleansing your intestines.

Even Hippocrates preferred to use two elementary methods to maintain good health:

1. aromatic fumigations
2. vital nutrition, which are often called *Superfoods* today. Hippocrates recommended spirulina blue algae and chlorella green algae. (blue-green algae are tailor-made for 2/3 of people, the third absorb the green algae better.)

Other important nutrient sources are barley grass, wheatgrass and rice bran. These can be taken fresh or as dried powder. Also, rice bran provides a fortifying meal. For rice bran, unrefined brown rice is cooked on a low flame for one hour to a porridge left overnight and eaten warmed up the next morning (don't refrigerate!).

Absorption rate (biological availability) is decisive for an optimal effect. Studies have shown that nutrients from supplements are often only absorbed between 20% to 50%. One study even showed that after 24 hours only 42% of the nutrients that were absorbed, were actually in the blood.

Essential oils are the only substance that are 100% absorbed by the human body. Coupled with nutritional supplements, essential oils provide a unique opportunity for greater absorption of essential elements. D. Gary Young spent years researching the optimal combination of essential oils and nutritional supplements. Results of this are high-quality supplements, some of which are presented in the second part of the newsletter. **The goal number in Young Living supplements is to reach an absorption rate of 80%** (bioavailability), before the supplement coupled with essential oils leaves the laboratory and becomes available for sale.

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1. Enzymes

Enzymes help break down food that otherwise ferments and strains the healthy body. Undigested food remains in the gastrointestinal tract, deprives us of energy and favors the excessive growth of yeasts, fungi, parasites, bacteria and microorganisms. Bad breath, body odor, skin rashes, lack of concentration and general malaise are also directly related to digestion deficits.

Enzyme categories

Metabolic enzymes

do their work in blood, tissues and organs. They convert food substances into healthy cells and help operate the organs. E.g., over 98 enzymes have been discovered that are responsible just for the metabolic functions in the arteries.

Digestive enzymes

are absolutely essential for human health. They dissect and digest the food. This releases important nutrients, vitamins and minerals. Your food itself contains some digestive enzymes; others are generated by your body. The older you get, the more enzymes you need as a supplement to complete digestion.

Your body's own digestive enzymes

include a wide range of enzymes that digest proteins, starches and fat, among them trypsin, chymotrypsin and pepsin. However, if your body is over acidic chymotrypsin, trypsin and other enzymes can not be effectively activated. Chymotrypsin and trypsin are enzymes that are particularly effective in breaking down proteins.

Enzymes for sugar, starch and carbohydrate digestion are alpha-galactosidase, sucrase, maltase, invertase, lactase, cellulase, amylase, glucoamylase, hemicellulase, phytase, malt diastase.

Lipase is an enzyme *for fat digestion*.

The *protein digestion* is carried out by protease 4.5, protease 6.0, protease 3.0, peptidase (the number refers to the pH at which the enzyme works optimally).

The only digestive enzyme that is not present in newborns is amylase. This enzyme can only be obtained via breast milk. Children who grow up with industrial baby food and cow's milk do not get this enzyme. This may be one reason why some children are born with allergies or develop allergies at a relatively early age.

Digestive enzymes from your food

additionally support your body's enzymes during digestion. These are roughly divided into proteases (for protein digestion), lipases (for fat digestion) and amylases (for starch digestion). There are many subcategories for these enzymes.

Typical animal enzymes for protein breakdown are pancreatic lipase and pancreatin.

Vegetable enzymes are available among other things from immature papayas and pineapples (papain and bromelain). Also brown bananas are very rich in enzymes. When bananas ripen the natural amylase transforms the starch in the banana into sugar and finally the amylase digests the banana until it turns brown.

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The Need For Enzymes

Enzymes are required for digestion and infiltration of vitamins, minerals and amino acids from food.

If food contains too few digestive enzymes your body must produce much more of its own digestive enzymes and limit the production of metabolic enzymes, but are also decisive for your health and normal metabolism. This limitation arises from the fact that both digestive and metabolic enzymes are produced from the same precursor enzymes. The production of these precursor enzymes is limited and a harmful sub-production of metabolic enzymes occurs when your body has to produce much more digestive enzymes (due to enzyme deficiency in your diet).

How important are metabolic enzymes? Metabolism enzymes are involved in every process in your body. Your immune system, circulatory system, liver, kidneys, spleen, pancreas and even vision, breathing and thinking are dependent on these enzymes.

When your diet is supplemented with digestive enzymes naturally found in grains and raw or uncooked food, two powerful results are obtained:

1. Your body can extract the maximum nutritional value from the food.
2. Your body can restrict its own production of digestive enzymes and produce more metabolic enzymes, which are important for your daily metabolic functions, health and detoxification reactions.

What Are Your Early Signs Of Enzyme Deficiency?

Indigestion, gas, bloating, fatigue, headaches, nutrient deficiencies and skin rashes (which are discharges through your skin because they can no longer be completed through the gastrointestinal tract) may indicate, amongst other symptoms, an enzyme deficiency, but should be examined in a particular case by a doctor or naturopath. Many enzymes are not only defective but also inactive.

Gary Young tested 21 different enzyme products from 21 different companies at the *Young Life Research Clinic* in Springfield, Utah and did not find a single product that proved effectivity in the clinical setting.

Subjects were closely monitored and food intake checked. Blood and light stool were regularly measured and analyzed. The physicians found that the participants did not extract value from the diet because their enzymes were inactive.

Detoxzyme™ contains all the enzymes, your body needs - with Detoxzyme™ over three to six months, many people noticed a noticeable change.

Natural Enzymes In Plants

Many people suffer from wheat and grain allergies. One reason for this is the fact that cereals are not grown and cooked as needed.

Stone-ground whole wheat bread, that contains enzymes, vitamin E and other important nutrients is

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practically unavailable today. With today's modern technology, you are supplied with grain by combine harvester. Combine harvesters cut the grain, separate the grain from the spelt and deliver it on the same day to the wholesale market. In further processing, vitamin E as well as important components and vegetable oils are lost. Often the grain is even chemically bleached! This leaves only a tiny amount of the originally contained enzymes in the grain.

Natural Enzymes in Fruits

Each food has its own specific enzyme. In order for the enzymes in fruits and plants to reach their maximum value, they must develop on the stem or branch until optimal maturation or ripeness for germination is achieved. At this time, the enzyme content is highest and the enzyme inhibitors are deactivated and do not oppose the natural enzymes in the diet. Only when the seed has germinated, the enzymes are released from binding to enzyme inhibitors. That is why wheat sprouts, like all other sprouts, are so healthy.

The grains, too, must contain all their natural enzymes so that they can be completely digested by your body. Unfortunately, many fruits, vegetables and grains are harvested and transported in an immature way. Therefore, they do not contain a lot of enzymes.

What Causes Enzymes To Be Destroyed Or Being Inactive?

1. by chemical agriculture. If natural food grows in the artificial environment of chemical fertilizers, herbicides and pesticides, the enzyme balance suffers.
2. by heat. From a temperature of 118 Fahrenheit (47.7 ° C) many enzymes start to break up. At 129 Fahrenheit (53.8 ° C) they are completely destroyed.
3. by pasteurizing, sterilizing, freezing and microwaving. All of these modern food processing methods deactivate the enzymes.

2. Minerals, Trace Elements And Vitamins

One of the most important tasks of many minerals and trace elements is the stimulation or activation of enzymes. Their modes of action described below rely heavily on this enzyme activation.

MINERALS are the basic material from which life emerged, they are important components and agents in all life processes. Without minerals no new cells can be formed, you can not digest your food, nutrients are not transported into the cells, the information exchange is blocked, energy production and immune system come to a standstill. **A lack of minerals can lead to an infinite range of discomfort and illness.**

Calcium is important for building and maintaining bones, teeth, muscles and tendons. It contributes to the release of hormones and transmission of nerve impulses. Calcium supports heart function and blood clotting.

Magnesium is important for storing and releasing hormones as well as energy within the cells; for nervous and immune system; to build up bones, teeth and tendons. Magnesium mobilizes over 300 enzymes that are needed for many metabolic functions.

Potassium is important for the regulation of water balance and acid-base equilibrium; for

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absorption and transport of nutrients; for the release of hormones; the activation of enzymes for energy production; for nerve functions and muscles including the heart muscle.

Phosphor is part of your body's bones and provides building blocks for your genetic material. It is involved in energy production as well as in the acid-base equilibrium. Therefore it is important in the case of osteoporosis.

Iron is essential for building red blood cells; for oxygen transport and for energy production in all body cells. It is part of many enzymes, stimulates your immune system and is important for brain performance.

Copper is an enzyme activator and component of many enzymes. It supports your metabolism, protects against free radicals and has a positive effect on your entire cardiovascular process. Copper is needed for your absorption of iron as well as for building up connective tissue and nerve fibers. It also helps in regulating cholesterol levels.

Zinc is part of about 250 enzymes. It protects against free radicals, is decisive for cell division, cell growth and contributes significantly to the functioning of the immune system. Zinc is important for the nervous system, cardiovascular events and hormone production - an indispensable element in almost all regeneration processes.

Manganese is a component of important radical scavengers. It affects the entire energy metabolism and the brain function. Manganese promotes inner serenity, activates the liver and protects against environmental toxins.

Chrome stimulates the enzymes of fat and carbohydrate metabolism. It is important for glucose tolerance, especially in old age and in diabetes. Chromium improves endurance and general energy level. It has a positive influence on the nervous and cardiovascular system

Selenium is a component of many enzymes and neutralizes free radicals, promotes detoxification of heavy metals and is important in case of heart attack and cancer prevention. Selenium ensures elasticity of the tissue and significantly promotes cell metabolism, the immune system and many liver functions.

Molybdenum is a component of many enzymes, supports the immune system and is significantly involved in the utilization of iron as well as in the fat and carbohydrate metabolism.

VITAMINS are important for maintaining your health and performance. As so-called coenzymes, these organic compounds regulate life-sustaining biological processes in the human organism. The body can produce only a few vitamins in small quantities, so they need to be supplied primarily through your diet.

Provitamin A (beta carotene) has a positive influence on eyesight (night blindness), cell growth and bone formation, as well as the protection and renewal of your skin (sun protection). It is important for breathing, hearing and mucous membranes. A proper intake of beta-carotene protects against free radical damage (cataracts) and can also prevent cancer and heart disease.

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Vitamin B1 (thiamine) has an influence on the carbohydrate metabolism, is important for optimal functioning of the thyroid gland, for the heart, nerves and muscles. It can improve mental performance.

Vitamin B2 (riboflavin) is responsible for the utilization of fats, proteins and carbohydrates. It is necessary for energy production, regeneration of glutathione and can help in prevention of cancer. Vitamin B2 is important for the eyes and nervous system, growth as well as red blood cell assembly and disassembly.

Vitamin B3 (niacin) is important for the heart, nerves, metabolism and a healthy skin. It promotes memory and concentration, and can be helpful with migraine and disorders in the gastrointestinal tract.

Vitamin B5 (pantothenic acid) promotes healthy cell growth, which is important in wound healing and can improve the immune response. Important for the utilization of fats, carbohydrates and proteins, as well as for hormone production. Vitamin B5 is good for hair, skin and mucous membranes.

Vitamin B6 (pyridoxine) protects the heart and blood vessels. Also it can prevent cell mutation. Vitamin B6 requires folic acid, Vitamin B12 and magnesium for absorption.

Vitamin B12 (cobalamin) is very important for the formation of red blood cells and for adequate immune and nervous function. Together with B6 it can prevent heart disease. Vegetarians often have a vitamin B12 deficiency.

Vitamin C (ascorbic acid) can protect against infections, acts as a radical scavenger and can protect against cancer. It strengthens the connective tissue, promotes efficiency, wound healing, stress reduction and alleviates allergies. Vitamin C is important for iron metabolism.

Vitamin D is important for calcium intake and supports healthy liver and kidney function.

Vitamin D3 stimulates calcium intake and has various anti-cancer effects, especially in breast and colon cancer.

Vitamin E protects the heart and blood. It counteracts the oxidative damage caused by free radicals.

Vitamin H (biotin) converts fats and amino acids into energy. Vitamin H supports hair health. At the same time it fights the overgrowth of yeasts and fungi.

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3. Algae / Rice Bran / MSM

Spirulina (*Spirulina platensis*) is a source of chlorophyll, a magnesium-rich pigment that improves energy and metabolism. Spirulina is used as a tonic, cleanser and detoxifier. It supports the immune system, liver, kidneys, intestinal flora, blood and cardiovascular system.

Barley grass (*Hordeum vulgare L.*) contains many minerals, vitamins and antioxidants. The chlorophyll improves the oxygen uptake in the cells and has a germicidal effect. Barley grass juice contains iron, magnesium, potassium and calcium as well as rare trace elements such as germanium and molybdenum.

Rice Bran (*Oryza Sativa*) contains tocotrienol, tocopherol, squalene, ferulic acid, IP6 (inositol hexaphosphate) and gamma-norzanol. The latter is an alcoholic triterpene that inhibits cholesterol oxidation even more than vitamin E. Rice bran is considered one of the best sources of squalene. Squalene is an antimutagenic and anticancer substance that is also found in olive and shark liver oil. Ferulic acid, also found in rice bran, acts as an antioxidant, hypotensive polyphenol that lowers blood pressure.

MSM (*Methylsulfonmethane*) It is a special organic sulfur that is important for healthy hair, skin and general wellbeing. It provides an exceptionally good source of sulfur, ensuring mobile cell walls and good cartilage building.

In “The Miracle of MSM, The Natural Solution for Pain“, the bestseller of UCLA Neuropsychiatrist. med. Dr. Ph. Ronald Lawrence and Dr. med. Stanley Jacob, you find an extensive review of MSM.

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II. Targeted Special Recipes With.....

1. a) Ningxia Wolfberry

The Ningxia wolfberry, *Lycium barbarum L*, is one of the so-called "superfoods" superfruit. It grows in a small region in northern China near the Yellow River: the autonomous Ningxia Hui region. The Yellow River (Huang He) is rising in the Himalayas and flows through the Ningxia Province. This river has a uniquely mineral rich, very fertile silt water like no other in the world. As a consequence, that valley floor is the most sediment rich in the world. According to the Chinese census, the number of over 100-year-olds living in the province of Ningxia exceed the national average by more than 400 percent. The locals eat a handful of wolfberries every day.



In 1993, Gary Young, in his worldwide quest for the secrets of longevity, health, and strength, was joined by Weber State University's botanical professor Cyrus McKell and Chinese scientist Dr. Ing. Songqiao Chao.



Dr. Chao told Gary Young about a simple, delicious-tasting berry that had been consumed in China for thousands of years for its health benefits. Dr. Chao gave the first western researcher the information that if the wolfberry were consumed daily, healthy lifetimes of more than one hundred years could result. Gary Young then traveled to the Ningxia Autonomous Province, located on the Inner Mongolian plate, to learn more about this tiny, red fruit. In 1996, Gary Young became the first importer to import wolfberry into the US in commercial quantities.

There are only 10 Chinese *Lycium* species in China. Of these, there are 7 species, 3 varieties and 35 cultivars in northern China. The *Lycium barbarum L* is valued mostly for its medicinal qualities. The rest is considered inferior or second choice. Only 3 species of lycium berry are described in the *World Economic Plants*, the highest authority on herbs and plants that are traded worldwide: *Lycium barbarum L. (syn: Lycium halimifolium or Lycium vulgare)*, *Lycium Chinese Miller* and *the Lycium ferocissimum Miers*.

The Chinese medical tradition started over 5,000 years ago, at a time when the Egyptians were building the pyramids and 2,200 years before Hippocrates became the father of modern medicine. Already in the oldest Chinese writings, three health tonics are mentioned: **Ginseng, Ling Tzi** and **Wolfberries**. While the ginseng root was too expensive and too heavy for daily use and the Ling Tzi ("Reishi" mushroom in Japanese) was hard to find, wolfberries were widely available and ideal for daily consumption.

In the prestigious medical book "*Shen Nung Ben Tsao*", wolfberries are credited with the ability to "renew vital essences" as well as strengthen and restore vital organs by providing a diet that leads

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to longevity. The beneficial effects of wolfberry on the eyes, liver and kidneys as well as the strengthening of qi (chi - life energy) are often mentioned. It also contributes in nourishing the yin and strengthening muscles and bones.

The *Lycium barbarum* L and the *Lycium chinese* Miller have been used as food staples in northern China, where people are known for their longevity for millennia. *Lycium barbarum* L has been described in a variety of Chinese herbal pharmacopoeias and is still recommended for people with liver (yin) and kidney problems (yin), diabetes and eye problems.

Modern research confirms the legendary reputation of the wolfberry. Research has also shown that the wolfberry has a supportive and protective effect on your healthy pancreas. This is due to the high proportion of polysaccharides, which accounts for 30% of the total weight of the *Lycium barbarum*.

Likewise, the wolfberry is credited with the properties of stabilizing healthy blood sugar, supporting healthy cholesterol levels, balancing healthy blood pressure, and boosting your immune system.



Other studies have shown that the substances found in wolfberries have strong hepatoprotective effects. Studies at the University of Beijing, China, also showed that NingXia wolfberries strengthen your body's healthy immune response.

The wolfberry **contains all 8 essential amino acids** (= your body cannot produce them by itself) in an amount that is almost unique in the plant world. This makes them especially interesting for vegetarians and vegans. More and more athletes are starting to incorporate this berry into their nutritional

program.

Amino acids serve as the basic building blocks for all your body cells, including muscles, skin, hair, nails and your blood. In addition, the enzymatic agents in your organism, as well as the messengers and hormones for body-internal communication and antibodies to the immune system, are assembled from amino acids.

Research showed that the consumption of *Lycium barbarum* due to the **protein content of 15%** supports the formation of white blood cells and the ability to phagocytosis (uptake and destruction of pathogens by so-called phagocytes).

The sugar whitening molecule and the fiber of the wolfberry support the growth of the friendly intestinal bacteria (lactobacilli) while reducing the harmful bacteria. The **L-arginine** content in *Lycium barbarum* is almost 1% by weight. This amino acid is attributed to numerous biological effects. Starting with lowering blood pressure, stimulating growth hormone and cardiovascular strengthening up to a positive influence on diabetes and strengthening the immune system.

Nutrient analysis shows that the *Lycium barbarum* L is a fruit-packed vitamin bomb. It consists of 15% protein and contains over **21 essential minerals, 18 amino acids** and considerable amounts of chromium. The content of thiamine (vitamin B1), niacin (vitamin B3) and vitamin C is exceptionally high.

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Main nutrients of the wolfberry, compared with other foods

	Cal	Mg	K	Protein	Fibers	B1	B3	C
Recommended daily value in %	11	33	46			1800	293	247
Ningxia Wolfberry, dried	110	130	1600	16	21,0	27,0	88	148
Figs, dried	162	68	680	3	10	0,09	0,6	1
Oranges, raw	40	10	181	1	2	0,09	0,0	53
Walnuts, raw, english	98	158	441	15	7	0,34	1,1	1
Whole eggs, raw	53	12	134	13	0	0,07	0,1	0
Natural yoghurt, less fat	183	17	234	5	0	0,04	4,6	1
Barley, raw	29	79	280	10	16	0,19	0,8	0

[All data per 100 g. Source: U.S. Department of Agriculture, Agricultural Research Service. 2004. USDA National Nutrient database for Standard Reference, Release 17, Nutrient Data Laboratory.]

Vitamins and minerals:

- 67 times more vitamin B1 than brown rice
- 2 times more vitamin B3 than baker's yeast
- 3 times more vitamin C than raw oranges
- 5 times more calcium than in raw cauliflower
- 2 times more beta-carotene than in raw spinach



Usage: consume 5 g daily (raw, soaked or puréed in shake).

Ingredients: Provitamin A (beta carotene), Vitamin B1, B2, B3, B5, C, Calcium, Magnesium, Potassium, Phosphorus, Iron, Copper, Zinc, Manganese, Chromium, Selenium, Molybdenum, etc.; L-arginine, L-glutamine.

1. b) NingXia Red®



NingXia Red® is a natural, tasty, nutrient enriched wolfberry juice drink. The fresh Ningxia wolfberries (*Lycium barbarum*) give energy, strengthen and revitalize the entire body. Furthermore, five important fruit juices are included: blueberry, pomegranate, cherry, plum and aronia berry juice. These are known for their excellent antioxidants as well as balancing and fiber-rich properties.

Daily Use: drink 60 ml daily.

Ingredients: Ningxia wolfberry purée (*Lycium barbarum* l.) from the whole fruit, juice of blueberry, plum, aronia, sweet cherry and pomegranate, grape seed extract and “Seed-To-Seal”

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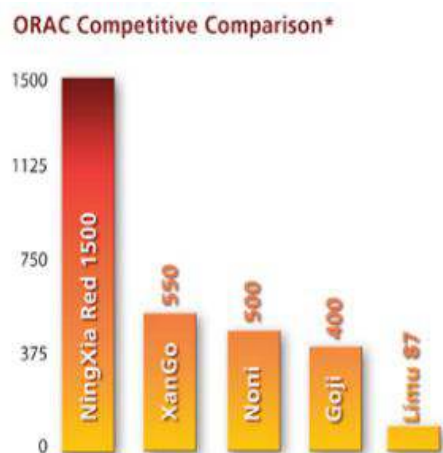


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quality essential oils of: Orange peel oil, Yuzu rind oil, Lemon peel oil and Tangerine rind oil, vanilla extract, natural stevia (Reb A). The sugar content is 11 Brix.

The unique ingredients in the various fruit juices have high antioxidant activity and can bind **free radicals**. Free radicals mostly come from outside the body system, as smoke, toxins, air pollution and stress. Radicals can destroy body cells, their proteins and DNA by altering their chemical structure. Uncontrolled free radicals attack the DNA, the blueprint which is used to create new cells. If the DNA is damaged, the DNA copies itself into newly formed cells and every new cell is corrupted from the beginning - mutation occurs. In this way, free radicals can cause aging and illness.



S-ORAC Competitive Comparison*



The **Oxygen Radical Absorptive Capacity (ORAC)** is a value that describes the ability of food or nutritional supplements in numbers.

The capacity to absorb superoxide is the **S-ORAC value (Superoxide-Oxygen Radical Absorption Capacity)** that is indicated. Superoxides are considered to be the most destructive among free radicals.

Independent studies show that NingXia Red® provides more **ORAC** and **S-ORAC** protection than all other plant and fruit juices tested.

2. MultiGreens™

MultiGreens™ are a nutritious chlorophyll complex that improves overall vitality, supports your healthy nervous and circulatory system. It also stimulates energy metabolism. Multigreens support your body in occasional stress situations as well as healthy thyroid function, healthy hormone system and a natural transition into the menopause. Various plants promote healthy glucose metabolism and the elimination of heavy metals from the body.



Clinical experiments show that 42% of this formula without essential oils was taken up in the blood within 24 hours. Upon addition of essential oils, uptake increased to 64% within 30 minutes and to 86% within 60 minutes. Therefore, the different plant powders are combined with selected essential oils.

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Recommended Use: take 3 capsules three times daily.

Ingredients: bee pollen, barley grass (*Hordeum vulgare L.*), spirulina (*Spirulina platensis*), choline bitartrate, taiga root (*Eleutherococcus senticosus*), alfalfa (*Medicago sativa*), finger tang (*Laminaria digitata*), L-arginine, L-cystine, L-tyrosine, silica .

“Seed-To-Seal“ quality essential oils of: Rosemary (*Rosmarinus officinalis CT cineole*) leaf, Lemon (*Citrus limon*) rind, Lemongrass (*Cymbogopon flexuosus*) leaf, Melissa (*Melissa officinalis*) leaf/flower. Contains 120 capsules.

Allergy-Alert: The product contains bee pollen.

3. Life 9™

Probiotics such as Life 9 strengthen your healthy intestinal flora and increase the number of healthy intestinal bacteria. Not all probiotics reach the intestine alive: along the way, they are often rendered dysfunctional by the stomach acid and other digestive processes. There are a few that reach the colon fully and functionally, and these are Lactobacillus acidophilus, Bifidobacterium lactis, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Streptococcus thermophilus, Bifidobacterium breve, Bifidobacterium bifidum, and Bifidobacterium longum, all found together in Young Livings Life 9 find.

Years of intensive research is the result of Life 9™.

It is a proprietary combination of nine beneficial bacterial strains in one capsule that dissolves later in your body. Life 9 contains 17 billion active, reproductive crops per serving at the time of manufacture.

Life 9 is made up of special capsules with a delay effect - one “**dual-sorbent desiccant**” - and a special bottle made of glass which allows the Life 9 to stay fresh and effective. **Each bottle of glass contains 30 capsules - every night before going to bed you take a capsule.**

Lactobacillus acidophilus
Bifidobacterium lactis
Lactobacillus plantarum
Lactobacillus rhamnosus
Lactobacillus salivarius
Streptococcus thermophilus
Bifidobacterium breve
Bifidobacterium bifidum
Bifidobacterium longum

Recommended Use: Take 1 capsule every evening after eating or as you need.

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4. MegaCal™



MegaCal™ is an excellent source of calcium and magnesium. The decisive amounts of zinc, manganese, copper and vitamin C can also be found in it. This prevents interaction or mutual extinction of minerals. Calcium and magnesium are not only important for your bones and teeth, but also for proper blood, heart function, as well as muscles and nerves to work properly.

Recommended Use: One hour after meals (or taking your medication) or at bedtime dissolve 1 teaspoon (5 g) in 240 ml of water or juice.

Ingredients: Filler: xylitol, calcium lactate, magnesium sulfate, magnesium carbonate, magnesium citrate, fractionated coconut oil (*Cocos nucifera*), calcium glycerophosphate, calcium ascorbate, zinc gluconate, manganese sulfate, copper gluconate, “Seed-To-Seal“ quality essential oil of: Lemon (*Citrus limon*) rind.

Contains 90 portions. **Attention:** MegaCal™ is not suitable for dogs.

5. SuperCal™

If you prefer to take your minerals in capsule form, rather than as a drink from powder (MegaCal), SuperCal is your ideal solution. It combines the important minerals calcium, magnesium, potassium and zinc with “Seed-To-Seal“ quality essential oils of Marjoram, Wintergreen, Lemongrass and Myrtle.

Recommended Use: Take 1 capsule before the meal or as you need.

Ingredients: Calcium citrate, magnesium citrate, capsule shell: gelatin, potassium citrate, zinc citrate, sodium borate, stearic acid, “Seed-To-Seal“ quality essential oils of Marjoram, Wintergreen, Lemongrass and Myrtle.

6. OmegaGize™

Studies have found that omega-3 fatty acids (**DHA** and **EPA**) from fish oil support your healthy cardiovascular system, joints, eyes, brain health and more. **OmegaGize³™** combines omega-3 fatty acids, vitamin D3 and ubiquinone-10 (coenzyme Q10). It contains the highest quality of molecularly distilled and certified pure fish oil delivering 300 mg per serving of the particularly decisive and usable **Omega-3 DHA**. It is enhanced by an essential oil blend of Spearmint, Clove and German Chamomile. Spearmint promotes healthy digestion, while Clove has a strong antioxidant effect. In the blend these oils support normal brain function, heart, eyes and overall health.



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Recommended Use: For daily use take two capsules in the morning and two in the evening. You can take up to eight liquid capsules daily. Taking your capsules regularly produces the best results. Contains 120 softgel capsules.

Ingredients: fish oil, rice bran oil, CoQ10 kaneka, vitamin D (Cholecalciferol), various carotenoids, “Seed-To-Seal“ quality *essential oils of:* Clove (*Syzygium aromaticum*) flower bud, Spearmint (*Mentha Spicata*) leaf, German Chamomile (*Marticaria recutita*) flower. Other Ingredients: gelatin (cichlid), silica, demineralized water.

7. Enzymes

7. a) Detoxzyme™



Detoxzyme™ combines effective enzymes with “Seed-To-Seal“ quality essential oils of Cumin, Anise and Fennel, which help to complete the digestion and cleanse your healthy body. The plant enzyme complex digests starch, sugar, proteins and fat. This ensures optimal absorption of nutrients from food and supplements.

Recommended Use: Take 2-3 capsules three times daily between meals.

Ingredients: vegetable cellulose, amylase, rice bran, caraway seeds, invertase, protease, glycoamylase, bromelain, phytase, lipase, cellulase, alpha-galactosidase, lactase, filler: silica.

“Seed-To-Seal“ quality *essential oils of:* Cumin (*Cuminum cyminum*) seed oil, Anise (*Pimpinella anisum*) seed oil, Fennel (*Foeniculum vulgare*) seed oil. Contains 180 capsules.

7. b) Essentialzyme

Essentialzyme supports your general enzyme activity by releasing different enzymes at different times in the natural digestive process. This is achieved by a double-layered capsule, whose dark layer enzymes are released faster than the lighter ones.

The dark layer contains: betaine HCl, bromelain, thyme leaf, carrot, alfalfa sprout, alfalfa leaf and caraway seed powder, papain, “Seed-To-Seal“ quality essential oils of Anise, Fennel, Peppermint, Tarragon, Clove.

The lighter layer is released late and contains pancreatic lipase, pancreatin and trypsin. These are important enzymes for fat, protein and carbohydrate digestion.

Recommended use: Take 1 capsule one hour before your largest meal.

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7. c) Essentialzyme-4

Essentialzyme-4 is specifically formulated to aid healthy digestion in processed food and fast food. The enzymes and essential oils are designed to digest and purify fats, proteins, fiber and carbohydrates.

Recommended Use: Take two capsules (one lighter each and one darker) twice a day with your largest meals (4 capsules daily).

The yellow capsules contain: riboflavin, protease (3.0, 4.5, 6.0), amylase, cellulase, lipase, peptidase, phytase, bromelain, papain and “Seed-To-Seal“ quality essential oils of Anise, Ginger, Rosemary, Tarragon and Fennel.

The white capsules contain: bee pollen, pancreatin, lipase and “Seed-To-Seal“ quality essential oils of Ginger, Fennel, Tarragon, Anise and Lemongrass.

7. d) Sulfurzyme

SULFURZYME™ is a unique combination of MSM, Copaiba Essential Oil and NingXia Wolfberry which supports your healthy immune system and healthy body functions. MSM is a special organic sulfur that is decisive for your healthy skin, hair and liver. MSM has the ability to balance water pressure in your cells. The NingXia Wolfberry is the ideal combination as it has nutrients that support the uptake and metabolism of sulfur. Both together can help with joint relaxation and healthy mobility.

Recommended use: 2 capsules twice a day, one hour before or after eating.

Ingredients: MSM 87% (*methylsulfonylmethane*), NingXia wolfberry (*Lycium barbarum l.*), rice bran (*Oryza sativa*), “Seed-To-Seal“ quality essential oil of: Copaiba (*Copaifera reticulata*), magnesium stearate, silica, gelatin. Contains 120 capsules.

8. BLM™

BLM™ supports your healthy bones and joints. This formula combines effective, natural ingredients such as B. Type II collagen, MSM, glucosamine sulfate and manganese citrate with valuable “Seed-To-Seal“ quality essential oils of Clove, Wintergreen and Idaho Balsam Fir. These ingredients support your healthy ligaments, muscles, cartilage and cell function, as well as joint health and the transport of fluids.



Recommended Use: At a weight of <60 kg take one capsule three times a day, between 60 and 100 kg one capsule four times a day, > 100 kg one capsule five times a day. Always one hour after eating and / or at bedtime.

Ingredients: glucosamine sulfate, potassium, collagen type II, MSM (*methylsulfonylmethane*),

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manganese, silica (*silica*), “Seed-To-Seal” quality essential oils of Idaho Balsam Fir (*Abies balsamea*) leaf/branch, Wintergreen (*Gaultheria procumbens*) leaf, Clove (*Syzygium aromaticum*) flower bud. Contains 90 capsules.

9. Balance Complete™

BALANCE COMPLETE™ is a "superfood" based dietary supplement. At the same time, this nutritional supplement acts as a powerful energizing and nourishing cleansing system. It is rich in fibers and proteins and contains healthy fatty acids, enzymes, vitamins and minerals that are important for a nourishing, high-energy meal. Powerful is Young Living's patented V-Fiber blend. This blend delivers 11 grams of fiber per serving with whole nutrient-rich and water-soluble fiber concentrates for optimum viscosity and cleansing. An improved enzyme supplementation of your body supports digestion and minimizes flatulence.

Recommended Use: Mix 2 measuring cups with 230 ml water, rice, almond or coconut milk. For a delicious drink mix 1-2 cups of Balance Complete™ together with ½ cup of carrot juice, ½ cup of coconut milk and ¼ cup of water. Add a few ice cubes as desired.

Ingredients: whey protein, cellulose (13%), non-fat dry milk powder, Ningxia Wolfberry (*Lycium barbarum l.*), rice bran, release agents: fatty acids, vanilla flavorings, fructose, guar gum (5%), emulsifier: lecithin, sodium alginate, calcium (*tricalcium phosphate*), sweetener: xylitol, thickening agent : konjac, xanthan gum, magnesium oxide, barley grass (*Hordeum vulgare*) juice and powder, lactase, chicory root extract (FOS) (0.1%), natural citrus flavor, cinnamon bark (*Cinnamomum verum*), bromelain, lipase, papain, amylase, various carotenoids, Lo Han Guo extract, Aloe vera (*A. Barbardensis*) leaf, vitamins A, B1, B2, B5, B6, B12, C, D, E, niacin, zinc, chromium, folate, “Seed-To-Seal” quality essential Orange oil (*Citrus sinensis*), biotin, iodine, selenium, molybdenum. Contains 756 g of powder.

III. Essential oils to enhance general well-being

1. Inner Defense™ Capsules

Inner Defense™ is specifically designed to support your well-being. It contains powerful “Seed-To-Seal” quality essential oils such as Oregano, Thyme and “The Four Thieves Mixture“, which are rich in thymol, carvacrol and eugenol. These strengthen your healthy immune system. The fluid-filled softgels dissolve quickly for maximum effectiveness.

Recommended Use: 1 softgel capsule daily in the morning or 1 capsule of softgel 3-5 times a day.



Ingredients: “Seed-To-Seal” quality essential oils from: Oregano (*Oreganum minutiflorum / onites /*

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majorana / vulgare) leaf/stem, Thyme (*Thymus vulgaris*) leaf, Lemongrass (*Cymbogon flexuosus*) leaf, Thieves®: Clove (*Syzygium aromaticum*) bud, Cinnamon (*Cinnamomum verum*) bark, Rosemary (*Rosmarinus officinalis*) leaf, Eucalyptus Radiata leaf, Lemon (*Citrus limon*) peel, virgin coconut oil, gelatin, beeswax and lecithin. Contains 30 softgel capsules.

2. Longevity™ Capsules



Longevity™ capsules are a powerful blend of fat-soluble antioxidants.

This blend is recommended for daily use to protect body systems from the harmful effects of aging, nutrition and various environmental factors.

Enriched with “Seed-To-Seal“ quality essential oils of Thyme, Orange and Frankincense, Longevity™ protects the DHA levels (**DHA = polyunsaturated fatty acids**). DHA is a nutrient for brain function, cardiovascular system, a healthy cell and liver function and to support your immune system.

Longevity™ contains Clove oil, the strongest natural antioxidant for maximum support of your body cells and supports your body cells when they are in oxidative stress.

Recommended Use: 1 softgel capsule daily with your meal or if necessary.

Ingredients: “Seed-To-Seal“ quality essential oils from: Thyme (*Thymus vulgaris*) leaf, Orange (*Citrus sinensis*) rind, Clove (*Syzygium aromaticum*) flower bud, Frankincense (*Boswellia carterii*) gum/resin; virgin and fractionated coconut oil, gelatin, glycerin. Contains 30 softgel capsules.

3. Exodus II™-Oil Blend

The **Exodus II™** “Seed-To-Seal“ quality oil blend contains Cassia, Hyssop, Frankincense, Galbanum, Myrrh, Cinnamon Bark and Calamus - seven of the eighteen oils used in biblical times and mentioned in the Bible in both the Old and New Testaments.

Some researchers believe that Moses used these oils on their exodus from Egypt to protect the Israelite tribe from plagues - according to legend, there were no illnesses or deaths on the journey from Egypt to the Holy Land.

Exodus II™ is perfect for a soothing foot massage. However, since this oil blend contains many "hot" oils, it is recommended to mix 1 drop of Exodus II™ with 4 drops of fatty vegetable oil (such as V6 or olive oil)! Another option: 2 drops on a wet garment and put in a tumble dryer, or 4 to 8 drops on a cotton ball and place it by the air conditioner.

4. ImmuPower™-Oil Blend

ImmuPower™ contains “Seed-To-Seal“ quality essential oils of Oregano, Cistus (Rose of Sharon), Frankincense, Tansy, Cumin, Clove, Hyssop, Ravensara and Mountain Savory. The VitaFlex

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massage on the soles of the feet can strengthen your whole system. 7-8 drops in the ultrasonic diffuser create a protective atmosphere.

5. “The Four Thieves“ Blend

This “Seed-To-Seal“ quality blend of Clove, Cinnamon Bark, Lemon, Eukalyptus Radiata and Rosemary was used by a gang of four thieves in the 15th century who plied with this blend to steal plague victims. When they were captured these thieves gave away the recipe of herbs, spices and oils they used to protect themselves-they were punished for it more leniently.



This oil blend is excellent in the ultrasonic diffuser and possibly diluted with a thick oil under the soles of the feet.

6. Other “Seed-To-Seal“ quality essential oils to support your general well-being

Single “Seed-To-Seal“ Quality Oils:

Frankincense with Ravensara, Thyme, Oregano, Rosemary, Helichrysum, Chamomile, Idaho Tansy, Mountain Bean, Melissa, Lavender, Grapefruit, Lemon, Cinnamon, Clove, Cumin, Cistus, Tea Tree Oil, Myrrh, Myrtle, Rose, Vetiver, Lemongrass.

Oil Blends:

Frankincense with Thieves®, Abundance™, Acceptance™, Humility™, R.C.™ and 3 Wise Men™.

VI. Time to build your healthy, smiling cells!

Here's how you get genuine essential oils and oil-infused supplements most conveniently and at an attractive price...

You can refer to Young Living's essential oils and oil-infused supplements as a customer (retail customer) or become a Young Living member (wholesale customer or reseller) for free. As a Young Living member, you get the Starter Set Premium and all other products at wholesale price - 24% off the retail price, without having to sell the oils and other products.

If you want to order regularly, you should always enroll in the Essential Rewards program (Autoship, ALS). Similar to collecting airline miles, **in the first three months you will already receive 10%** of the PV of your product purchases, which you can spend in products after just two months. **After four months, you will already receive 20%** on each of your product purchases and **from 25 months in the "Essential Rewards" program, you will get 25%** on the PV of your product purchases - *a whole quarter of the shopping value!* Overall, the 49% margin compared to the retail price!

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In the Essential Rewards program, you can freely change the delivery date within the calendar month, as well as set the products for your monthly order - do not forget to delete the ordered products from the previous month from the order form.

In Essential Rewards you will receive reduced shipping costs and additional 5ml free oils on the 3rd, 6th, 9th, 12th month and then once a year (the "loyalty" oil blend) as well as a 5ml free oil each time your order 120 PV order value exceeds. With normal orders (100PV) you save 400, - to 500, - only by being in Essential Rewards.

Participation in the Essential Rewards program can be terminated at any time simply by calling the YL Customer Service or emailing customer customerservice@youngliving.com - do not forget to *redeem your points*.

If you have enrolled in Young Living through a member of Team ENJOY (see <https://eotq.org>), you are always welcome to attend regular oil trainings, oil webinars, and business trainings that show you the many application techniques as well to offer a deeper knowledge of the essential lifestyle.

Become a team member in the team of the person who sent you this special report, or choose the person you know the best way on <https://eotq.org>.

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