YOUNG LIVING’S CORE ESSENTIALS COMPLETE DAILY NUTRITIONAL REGIMEN

+ Drink 30-60 ml of NingXia Red twice daily.
+ Take one Longevity softgel daily.
+ Take two OmegaGize³ capsules twice a day.
+ 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 programme prepares your body, specifically your bowel, to assimilate and maximise essential nutrients. Whole foods like NingXia Red are easily digested and assimilated by the body. Balance Complete also supplies a specialised enzyme pack. Using a wide variety of essential nutrients together enhances bioactivity. If further digestive assistance is required, add Young Living’s Detoxzyme™ to your routine.

STEP FOUR - GIVE IT TIME

Commit to following the programme 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.
Restore Your Core

Four Simple Steps, Four Key Products for Extraordinary Health
**Restore your core**

Young Living’s Core Essentials Complete™ nutritional programme is about understanding the nutritional foundations of optimal wellness, developing healthy daily habits, and supercharging the whole process with the power of nature’s living energy, pure 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 many of 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 ageing, to this condition.

**FOUR STEPS TO OPTIMUM WELLNESS**

It seems simple: optimise nutrition and wellness, and you slow aging and improve health dramatically. There are dozens of anti-inflammatory drugs on the market. 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 equip and nourish our bodily systems.
MACRONUTRIENTS
pure water
essential amino acids from protein
essential sugars
essential fatty acids
fibre (soluble and insoluble)

MICRONUTRIENTS
essential vitamins
minerals
antioxidants
essential enzymes

HERE IS A SIMPLE FOUR-STEP APPROACH TO OPTIMUM NUTRITIONAL HEALTH
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 or fast food choices, stress, alcohol and other environmental toxins that can have a negative impact upon our overall health each day. There has been an increase in the frequency with which Europeans consume food and beverages in fast-food outlets.

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 programme. This programme includes NingXia Red®, Longevity™, OmegaGize™, and Balance Complete™. Taking these products together will create tremendous life-giving synergy.
NINGXIA RED

NingXia Red is no ordinary “juice”! It is an infusion preparation with essential oils, which 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 a powerful antioxidant supplement of awesome proportions and specialises in fat-soluble antioxidants. Antioxidant compounds play a key role in ensuring the body functions as efficiently as possible, and supports immune function in response to environmental pressures and free radicals.

OMEGAGIZE³

OmegaGize combines the power of three core daily supplements; omega-3 fatty acids, vitamin D-3, and CoQ10 (ubiquinone). These supplements combine with our proprietary enhancement essential oil blend to create an omega-3, DHA rich fish oil supplement that may support general wellness. Used daily these ingredients work synergistically to maintain normal brain, heart, eye, and joint health.

BALANCE COMPLETE

This whole food-based meal replacement is a powerful energiser and nutritive cleanser. It’s high in fibre, 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 fibre per serving with whole, nutrient dense fibres and soluble fibre concentrates for optimal viscosity (thickness) and effect. An improved enzyme pack aids digestibility, and minimises bloating. It’s perfect for forming bulk, absorbing toxins, satisfying the appetite, balancing blood sugar, and much more.