



LIVING WITH THIEVES

Presented by: Michelle Lau

- Learn why some chemicals are harmful
- The Dirty Dozen
- Why reducing toxic chemicals should start today
- Some simple strategies to begin
- How Thieves work
- Invite Thieves into your Home

THE TAKEAWAYS





According to the CDC,
more than 200 high-volume synthetic chemicals
can be found in the bodies of nearly all
Americans, including newborn infants



These chemicals are a

PROVEN RISK

to our health and environment



BUT IT'S SUCH A SMALL AMOUNT

- Consider the effects of **bioaccumulation**.
- The body breaks down many of the toxins we are exposed to, but not all.
- **Toxins cause extra stress on the liver** as it tries to process these unnatural substances,
- Often times we see reaction with skin. This can be symptomatic of bigger problems, an **overburdened liver** or the inability for the gut to process properly.

BIOACCUMULATION

- Bioaccumulation is also referred to as “body burden”.
- It is the **accumulated total of chemical toxins** in the human body
- Continuous exposure overloads our natural detoxification system and leads to a **build up in our bodies**





CHEMICAL TOXINS IN OUR HOME

- Our home are filled with chemical cleaners, our personal care products, our cosmetic and our pots and pans
- These can negatively impact our health and environment

HOW TOXIC IS YOUR CLEANING PRODUCTS?

- Contribute to indoor air pollution
- Poisonous if ingested
- Harmful if inhaled or touched
- In 2000, cleaning products were responsible for nearly 10% of all toxic exposures reported to U.S. Poison Control Centers, accounting for 206,636 calls.



DIRTY DOZEN

- 1. BHA and BHT:**
Endocrine Disruptor, Carcinogen, Bioaccumulation; **used mainly cosmetics as preservatives.**
- 2. Coal tar dyes:**
Carcinogen and heavy metal toxicity; **processed foods, lipstick, hair dyes.**
- 3. DEA-related ingredients:**
Carcinogen; **creamy or foaming products, such as moisturizers and shampoos.**
- 4. Dibutyl phthalate:**
Endocrine disrupter, reproductive toxicant; **used in nail care products.**
- 5. Formaldehyde-releasing preservatives:**
Carcinogen; **used in a variety of cosmetics as preservatives.**
- 6. Parabens**
Endocrine disrupters, may interfere with male reproduction; **used in cosmetics as preservatives**
- 7. Parfum/Fragrance:**
Carcinogen, Neurotoxicity, Allergies and sensitivities; **used in variety of cosmetics.**
- 8. PEG compounds:**
Can be contaminated with 1,4-dioxane which may be a Carcinogen; **cosmetic cream bases.**
- 9. Petrolatum:**
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- 10. Siloxanes:**
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- 11. Sodium laureth sulfate:**
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- 12. Triclosan:**
Endocrine Disruptor, Antibiotic resistance; **toothpaste, cleansers, antiperspirants.**

I've been using them for years, and ...

I'M FINE

DID YOU KNOW

Research shows that using cleaning products can cause asthma to develop in healthy people, such as commonly air fresheners, glass cleaners and furniture cleaning sprays.

DID YOU KNOW

Parabens, commonly used as preservatives in personal care products.

Studies suggest that parabens can **disrupt hormones, harm fertility and reproductive organs, affect birth outcomes, and increase the risk of cancer.**











Cleaning a home well means cleaning it with

SAFE INGREDIENT

WHAT CAN WE DO?





SIMPLE, SMALL CHANGES

- Become aware
- Focus on what you can control
- Know what ingredients to avoid
- Take Action!
- Replace items used most frequently
- Replace items used on those most susceptible



SIMPLE, SMALL CHANGES

- Wash your hands
- Use antibacterial-free soap and warm water
- Wet dust and wet mop your home
- Leave your shoes at the door
- Open windows and doors
- Use plant-base cleaners

Start A Toxic Free Lifestyle **TODAY**



HEALTHY HOMES

Reducing The Impact of Toxic Chemicals With The Thieves[®] Line



- Safer, more sustainable, natural alternative for your home.
- Effective and powerful cleaning
- Gentle on you, harsh on dirt and stains
- Natural defense and protection to your family and home
- Formulated with efficiency and safety as priority
- Young Living Seed to Seal standard
- Environmentally friendly and biodegradable.

Why Choose Thieves?





THIEVES DOES NOT CONTAIN

- Sodium Laurel Sulfate (SLS)
- Parabens
- Triclosan
- Phthalates
- Phosphate
- Dyes
- Synthetic ingredients
- Fluoride
- Preservatives
- Perfumes
- Formaldehyde

THIEVES ESSENTIAL OIL BLEND



Cinnamon
Bark

Eucalyptus
Radiata

Clove

Rosemary

Lemon

Did You Know?

Thieves is exclusive to Young Living and was one of the first essential oil blends created when we started in 1994.

THIEVES[®] HOUSEHOLD PRODUCTS



THIEVES

HOUSEHOLD CLEANER

- Naturally derived, plant-based ingredients
- Exceptional cleaning power with **natural enzymes** and **powerful essential oil**
- **Multipurpose, versatile and cost effective**
- Pleasant spicy scent





A CLEANER FOR EVERY NEED

Thieves Household Cleaner can replace almost every commercial cleaner in your home.

THIEVES HOUSEHOLD CLEANER

29

470ml bottles of cleaner at
medium degreasing
concentration





DIY

All-purpose Cleaner

1 capful of Thieves Household Cleaner

+

2-3 cups of water



DIY

Gentle scrub cleaner

2 teaspoons baking powder

+

1-2 teaspoons Household Cleaner

Used to remove stubborn stains after mixing



DIY

Drain cleaning

- Pour 1 capful of Household Cleaner outlet of basin and let it stand for 30 minutes
- Pour in hot water
Add ½ cup of baking powder + ½ cup of vinegar
- Let it stand for 30 minutes
Wash away with hot water



DIY

Carpet Cleaner

(Dry)

1 capful of Household Cleaner

1 cup of baking powder

Sprinkle on the carpet and vacuum clean after 15 minutes

(Wet)

1 capful of Household Cleaner

6 glasses of water

Spray onto carpet



ALL YOU NEED IN A BOTTLE

All-purpose cleaner:

1 capful Thieves Household Cleaner to 1 quart distilled water in a spray bottle

Light degreasing:

1 capful Thieves Household Cleaner to 3 cups of distilled water

Medium degreasing:

1 capful Thieves Household Cleaner to 2 cups distilled water

Heavy degreasing:

1 capful Thieves Household Cleaner to 1 cup distilled water

Window and glass cleaner:

1 capful Thieves Household Cleaner to 5 quarts distilled water or 1/4 teaspoon to a quart of distilled water for spray bottles



ALL YOU NEED IN A BOTTLE

Hand cleaner: 1 capful Thieves Household Cleaner to 1/2 cup distilled water

Dishwasher: 1 capful Thieves Household Cleaner

Floors: 1 capful Thieves Household Cleaner to 6 cups distilled water

Walls: 1 capful Thieves Household Cleaner to 2 cups distilled water

Fabrics: 1 capful Thieves Household Cleaner to 2 cups distilled water

Carpet: 1 capful Thieves Household Cleaner to 6+ cups distilled water

THIEVES LAUNDRY SOAP

- High Efficiency washer safe
- **6 x ultra concentrated, 64 loads**
- Gentle and cleans clothes without chemical or synthetic residue
- Naturally derived, plant-based ingredients
- Formulated with **natural enzymes** and powerful essential oil





HOW TO USE

Standard Load :

- ½ cap for conventional washer
- ¼ cap for HE washer

Pre-treatment :

- Pour onto stained fabric, gentle rub and soak.

THIEVES DISH SOAP

- Naturally derived, plant-based ingredients
- Effectively cleans dishes
- Leaves dishes sparkling clean without chemical or synthetic residue





THIEVES

FRUIT & VEGGIES SOAK

- Formulated with the cleansing power of three exclusive essential oil blends—**DiGize, Thieves, and Purification**
- Great for conventional and organically grown produce
- Highly-concentrated

- Add 1-2 capful to water
Soak for 1-2 minutes, rinse with water



THIEVES FRUIT AND VEGGIE SPRAY

- Small, convenient size for on the go use
- Cleans fruits and vegetables with the help of naturally-derived ingredients
- Formulated with Lime essential oil and Thieves essential oil blend
- **Does not affect taste**

- Ideal for quickly cleaning small quantities of produce at home
- Spray several times on fruits and vegetables, rub for 30 seconds, rinse with water



ORAL CARE WITH THIEVES

- Supports healthy-looking gums and teeth
- Long lasting fresh breath
- No fluoride
- No dyes
- No synthetic perfumes
- No SLS



THIEVES

AROMABRIGHT TOOTHPASTE

- Safe and effective formula
- Does not contain fluoride, dyes, synthetic ingredients.
- Supports healthy-brighter looking gums and teeth.
- Provides a refreshing minty taste with naturally derived ingredients.
- Long lasting fresh breath



THIEVES

DENTAL FLOSS - SINGLE

- Made with **strong fibers**
- Resist fraying and **easily glide between teeth** for those hard-to-reach places.
- Saturated twice, provides **two layers of essential oils**, offering double the protection



THIEVES FRESH ESSENCE PLUS MOUTHWASH

- Rinse for extra clean mouth and fresh breath.
- Uses a **patented, time-released technology** for lasting freshness.
- Does not contain alcohol, synthetic dyes and artificial flavors
- Rinse mouth with one tablespoon or capful of Fresh Essence Plus™ Mouthwash for 30 - 60 seconds or as needed.

Do you know what is

OIL PULLING

- ✓ Mouthwash with coconut oil
- ✓ Effectively reduce plaque
- ✓ Improve gum health





PERSONAL CARE WITH THIEVES

- Great alternative to commercial personal care products
- **Moisturizing and gentle**
- Infused with Thieves essential oil blend
- Cleanses and purifies skin



THIEVES

FOAMING HAND SOAP

- Cleanse, defend and condition your skin
- Gentle and non-irritating, effective alternative to chemical soaps.
- Vitamin E, Aloe Vera and *Ginkgo biloba*: moisturize and provide a balanced pH to support the skin's natural moisture complex
- Dermatologist tested

Tip

Thieves Foaming Hand Soap makes a great jewelry cleaner. Gently scrub for a few seconds and rinse in a bowl of warm water.



THIEVES CLEANSING BAR SOAP

- Purify, cleanse and promote soft, healthy skin.
- Ultra cleansing properties with moisturizing benefit
- Rub liberally over body during a bath or shower.



THIEVES

WATERLESS HAND PURIFIER

- Clean and purify hands.
- Contains aloe vera that keeps hand hydrated and moisturized.
- Fresh minty scent
- Great for on the go immediate cleaning

THIEVES SPRAY

- Portable carry on cleaning spray
- Ideal for purifying small surfaces - **doorknobs, handles, toilet seats, and more.**
- Great for any surface that needs a quick shot of clean.
- **Perfect for traveling** or keep in your purse or backpack.
- Spray the insides of shoes to for fresher smell.

Note!

Not for use on infants or on sensitive areas of the body.



It's not about spending

MORE

It's about spending

BETTER



START THE JOURNEY

- It's easy! Try a new product each month.
- Spend your money on plant based products that support your family's health!
- Within a quick 12 months, you will significantly reduce the impact of toxic chemicals in your home.



BIG CHANGES

Means Small Steps Everyday

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#YoungLivingThieves
#LivingWithThieves
#NoMoreDirtyDozen





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