

Your health
IS IN
Your hands

Taking simple steps to boost your wellness can be your family's best defense in making sure you feel healthy all year long. You can keep your immune system thriving by making sure that your healthy habits don't create an additional toxic load. Be sure to choose wellness products that put you first—that means steering clear of harsh chemicals and toxins and getting an extra boost from the potent power of plants.

Make your health and wellness a priority by following these easy tips!

GET BACK TO BASICS

Regular hand washing makes spreading germs hard. It's just as important to keep hard surfaces clean. Make sure you're putting wellness first at home and on the go by simply washing up!



1. WASH HANDS WITH SOAP FOR AT LEAST 20 SECONDS.

If you're keeping track, that's the "Happy Birthday" song from beginning to end twice. Be sure to lather and scrub the back of your hands, between fingers, and under your nails. Also, dry your hands thoroughly.



2. COUGH OR SNEEZE INTO YOUR ELBOWS

and avoid touching your face, mouth, eyes, or nose. If you must touch your face, make certain your hands are clean.



3. SPRAY DOWN HARD SURFACES AND FREQUENTLY TOUCHED OBJECTS

like shopping cart handles, doorknobs, remotes, tables, and counters.

REMEMBER: PREVENTIVE MEASURES ARE YOUR FIRST LINE OF DEFENSE TO STAYING WELL!

TAKE IT EASY

Sometimes, despite your best efforts, you may still get sick. When you catch a bug, be intentional about taking care of yourself.



1. DIFFUSE THIEVES® AND R.C.™

throughout the day. These oils help provide comfort when you're not feeling your best. You can also dilute and apply them to the bottoms of your feet before bed or in the morning.



2. KEEP HYDRATED!

Make sure to drink plenty of water and fluids to help replace fluids, loosen mucous, and aid in clearing congestion.



3. REST AND RECOVER.

Proper rest can help support your immune system's ability to fight infection so you can get feeling better sooner. When possible, stay home. Unless seeking medical care, avoid contact with others and going to work, school, or other public areas.

LIMIT THE IMPACT OF FEELING DOWN WITH THESE FAVORITES.

EVERYDAY WELLNESS

Daily wellness routines and supplements are like insurance for our bodies. Fueling up with nutrients and vitamins allows us to be proactive in our overall health and well-being.



1. KEEP MOVING!

Regular exercise and physical activity can help increase white blood cells, which help enhance overall immune function.



2. EAT HEALTHY FOODS AND SUPPLEMENT YOUR DIET.

A balanced, nutrient-rich diet goes a long way in ensuring that your body has the antioxidants, nutrients, and vitamins it needs to be well.



3. REGULATE YOUR SLEEP CYCLE.

Consistent, quality sleep is critical when it comes to feeling your best.

A NATURAL DAILY ROUTINE FILLED WITH PRODUCTS YOU CAN TRUST EMPOWERS YOU TO LIVE THE LIFE YOU CHOOSE.

STOCK UP ON FAVORITE YL WELLNESS PRODUCTS!



IT'S IN YOUR (healthy) HANDS