

# MAKE A CHANGE FOR THE BETTER

SLIM INTO A NEW YOU!





*Young Living's Slique® products were designed to empower you to manage your weight so you can have the vitality you need to live your best life. Whatever your motivation—taking control of your overall health, keeping up with kids, or just feeling a little more confident in your own skin—we want to be part of your game plan!*

If you're looking for a little more motivation to shed some weight, there is a myriad of reasons to do so, and you're not on your own. More than one-third of U.S. adults—78.6 million people—are obese. Obesity isn't just a cosmetic concern, either. It increases the risk of diabetes, heart disease, stroke, arthritis, and some cancers. But there's good news: Even modest weight loss can improve or prevent the health problems associated with obesity, such as cardiovascular and joint problems. It can also improve self-esteem and help your body absorb nutrients and sleep better.

**CHECK OUT ALL OF OUR SLIQUE PRODUCTS  
AND COLLECTIONS TO SEE WHAT  
THEY CAN DO FOR YOU!**

# EMPOWERING WEIGHT MANAGEMENT

We lose weight when we decrease our caloric intake and increase physical activity.

That's where Slique® comes in. As you incorporate Slique into your diet and exercise program, you'll be able to maximize your results. Plus, if you purchase any qualifying Slique kit once a month for 2 consecutive months and use the products faithfully and according to directions for 60 uninterrupted days, we promise that you'll see a change for the better!

The Slique program is focused on assisting you with your body transformation. For some that is weight loss, others are focused on increasing metabolism and mobility, while some are looking to increase lean muscle. Slique CitraSlim™, the newest addition to the Slique program, is formulated to help your body break down and burn stored fat, but we also have a meal replacement shake, snacks that satisfy, and more!



## KEYS TO AN EFFECTIVE TRANSFORMATION:

1. Identify where you are.  
Check in with your health care provider about your fitness level and what it means.
2. Find out where you should be/want to be.  
Your provider can help you determine a healthy, realistic goal.
3. Make better choices.  
Focus on three areas of empowerment: healthy eating, physical activity, and focused supplementation.
4. Track your progress along the way.

A great way to set and keep your program goals is to use SMART goals.

- **Specific:** Choose a specific goal, like exercising 30 minutes a day rather than the vague "exercise more."
- **Measurable:** Determine how you will measure your goal. Track how often you exercise, how many minutes per workout, or how many miles you run.
- **Accountable:** Develop a way to be held accountable. Share your goal with a friend or coworker and ask him or her to follow up, for example.
- **Realistic:** Make sure that your goal is attainable. Set goals you can keep, like exercising 30 minutes a day rather than 2 hours per day.
- **Timeframe:** Establish a specific time in which you plan to accomplish your goal. You can create benchmarks for daily, weekly, and monthly goals, adjusting along the way.

*<sup>†</sup>Slique Assist pictured.*



# FOCUS ON EATING THE RIGHT FOODS

Making good choices starts with what you put in your body. Fuel your body with the right kinds of food—specifically vegetables, fruits, whole grains, low-fat dairy products, and lean proteins. These foods contain the nutrients your body needs without too many calories. Focus on these key areas when selecting snacks or meals:

## EAT FOODS THAT SATIATE

Don't leave yourself hungry after eating! Make sure you're getting enough calories and protein for your body.



## SLIQUE® BARS

(5024): The delicious, high-in-fiber snack that helps you stay full longer! Ingredients include baru nuts, cacao nibs, goldenberries, and potato skin extract for satiation.



## CHOCOLATE-COATED SLIQUE BARS

(5297): These bars contain all the benefits of Slique Bars with the added goodness of decadent dark chocolate.

## EAT FOODS HIGH IN NUTRITION

Give your body the nutrients it craves, so it can do its best for you.



## SLIQUE SHAKE

(5552): Reduce your daily caloric intake by replacing one meal with this nutrient-rich shake.

## AVOID EMPTY CALORIES

Empty calories are those derived from food containing little to no nutrients, particularly from solid fats and/or added sugars. Think of cookies, doughnuts, soda, ice cream, hot dogs, etc. While a small amount of empty calories may be okay, most Americans consume far more than is healthy. In fact, the No. 1 source of calories in the American diet is desserts.

## SLIQUE GUM

(4579 for 8 ct., 4627 for 3 pk., and 4628 for 12 pk.): Ancient travelers throughout the Middle East chewed raw frankincense resin for its ability to help control cravings, and our gum offers the same benefits. Add a drop of Peppermint Vitality™ essential oil (5628) or Slique Essence for an extra flavor rush.





## PRACTICE PORTION CONTROL, AND AVOID OVERSIZED PORTIONS

A 2004 study of 329 overweight people found that 38 percent of those who practiced portion control for 2 years lost 5 percent or more of body weight, compared with 33 percent of participants who did not. (They gained 5 percent or more of body weight.)

Here are a few tips to help gauge appropriate portion sizes:

- Measure or weigh your food to get a better idea of how much you are consuming.
- Eat off of smaller plates. One cup of food on a small plate looks like more than the same cup of food on a large plate.
- Divide your plate. Half of your plate should be fruits and vegetables, and the other half should be equal parts lean protein and starch.
- Eat mindfully. Pay attention to what you are consuming, eat more slowly, and don't watch TV while you are eating.
- Portion out small amounts to eat and drink. Only go back for more if you are still hungry. Pay attention to feelings of hunger, and stop eating when you are satisfied, not full.





THREE OUNCES OF LEAN MEAT IS EQUIVALENT  
IN SIZE TO A DECK OF CARDS.

## DRINK PLENTY OF WATER

Our bodies need water to stay balanced and hydrated, and when it comes to managing calories, hydration is key. Drinking water can even help you cut out high-calorie beverages and help you feel full. Since Americans get more calories from sugary drinks than any other beverage choice, this can be a huge way to change your caloric intake!

Make your daily water intake more interesting by flavoring your water!



## SLIQUE ESSENCE

(4586): Combines powerful oils with stevia extract and great citrus flavor and helps satisfy your sweet tooth.

- Add 2–4 drops to 4–6 ounces of water, Slique Tea, or another beverage.

## SLIQUE TEA

(4560): Formulated with Ocotea, Frankincense powder, and other natural ingredients.

- Add essential oils such as Lemon or Slique Essence, or steep Organic Dried Wolfberries (6360) with the tea to lend a berry flavor.



# PHYSICAL ACTIVITY

Get moving! Whatever your fitness level, there is a physical activity you can do. Find something that's your pace and make some measurable goals. Regardless of whether or not you want to lose weight, there are so many benefits to exercising!

- Strong scientific evidence shows that physical activity can help you maintain your weight over time.
- Being physically active can also play a major role in preventing heart disease and stroke.
- Activity reduces the risk of developing type 2 diabetes and can help control blood glucose levels if you already have diabetes.
- Exercise reduces cancer risk.
- Physical activity strengthens bones and muscles to slow bone density loss, help with arthritis, and build strong, healthy muscles.
- Exercise can increase your chances of living longer.
- Activity improves your overall mood and helps to relieve stress by releasing endorphins.

The exact amount of physical activity needed to lose or maintain weight can vary greatly from person to person, so talk to your health care provider about what's right for you. The Centers for Disease Control and Prevention recommends getting a minimum of 150 minutes of moderate-intensity aerobic exercise every week and muscle-strengthening activities that work all major muscle groups 2 days per week.

AEROBIC EXERCISE ACTIVITIES		MUSCLE-STRENGTHENING ACTIVITIES
<p>These activities should get you breathing harder and your heart beating faster. One minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity. Get at least 10 minutes at a time.</p>		<p>These activities should work all the major muscle groups of your body: legs, hips, back, chest, abdomen, shoulders, and arms. To gain health benefits, muscle-strengthening activities need to be done to the point that it's hard for you to do another repetition without help.</p>
Moderate Intensity	Vigorous Intensity	
<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Biking slower than 10 mph</li> <li>• Water aerobics</li> <li>• Playing doubles tennis</li> <li>• Pushing a lawn mower</li> <li>• Gardening</li> <li>• Ballroom dancing</li> </ul>	<ul style="list-style-type: none"> <li>• Jogging or running</li> <li>• Biking faster than 10 mph</li> <li>• Swimming laps</li> <li>• Playing singles tennis</li> <li>• Jumping rope</li> <li>• Playing basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Lifting weights</li> <li>• Using resistance bands</li> <li>• Doing push-ups, sit-ups, etc.</li> <li>• Practicing yoga</li> </ul>

# FOCUSED SUPPLEMENTATION

Young Living has taken the guesswork out of supplementation by creating Slique® collections that bring together the right products to help you achieve your goals.

## SLIQUE MAINTAIN

(Item No. 20053) With a simple, effective approach, Slique® Maintain partners two of the most popular Slique products, Slique CitraSlim and Slique Essence, to help you maintain a healthy body weight and support dietary habits.\*

Slique Maintain includes:

- (1) Slique CitraSlim
- (1) Slique Essence, 15-ml

## SLIQUE ASSIST

(Item No. 20027) For a little help slimming into the new you, Slique® Assist includes the Slique Maintain collection, plus delicious Slique Tea and Slique Gum.

Slique Assist includes:

- (1) Slique Tea
- (3) Slique Gum, 8 ct.
- (1) Slique Essence, 15-ml
- (1) Slique CitraSlim

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a physician before starting any weight-management or exercise program.*

*Consult with your health care provider prior to beginning any weight-management program, if you are taking medications, or if you have any health concerns.*

*\*Slique Complete pictured here.*



## SLIQUE ADVANCED FULL 15 DAY SUPPLY

(Item No. 20028): Put your weight-management goals on the fast track with Slique Advanced! Including the fat-burning benefits of Slique CitraSlim, this kit will help you experience increased energy throughout your weight-loss journey.

Slique Advanced includes:

- (1) Slique Tea
- (1) Slique CitraSlim
- (1) Slique Shake
- (3) Slique Gum, 8 ct.
- (1) Slique Essence, 15-ml
- (2) Slique Bars, 6 pk.

## SLIQUE COMPLETE FULL 30 DAY SUPPLY

(Item No. 20026) The ultimate collection for healthy weight management and optimal nutritional support, Slique Complete is the best way to meet your weight-loss goals when combined with a healthy diet and increased exercise! This pack adds the benefits of the Slique Shake meal replacement with the fat-burning benefits of Slique CitraSlim.

Slique Complete includes:

- (2) Slique Shake
- (2) Slique Tea
- (2) Slique CitraSlim
- (5) Slique Gum, 8 ct.
- (1) Slique Essence, 15-ml
- (4) Slique Bars, 6 pk.

### THE SLIQUE IN 60 PLEDGE

If you purchase any qualifying Slique kit once a month for 2 consecutive months and use the products faithfully and according to directions for 60 uninterrupted days, we promise that you'll see a change for the better! If you're unsatisfied at the end of the trial period, we'll give you a product credit equal to the amount of your purchase. You've got nothing to lose but inches and pounds! For more information on this program, go to [YoungLiving.com/Slique](http://YoungLiving.com/Slique).

We also sell Slique® products individually, so you can supplement your supply and customize your plan according to your unique needs.

## SLIQUE ESSENCE

(4586): Our citramint beverage enhancer that can be added to your water to help stave off cravings.

## SLIQUE TEA

(4560): Replace your morning coffee with our Ocotea oolong cacao slimming spice tea for a boost.

## SLIQUE CITRASLIM

(3056): Includes a proprietary citrus extract blend, which some studies suggest may help support the body in burning excess fat when used in conjunction with a healthy weight-management plan.\*





## SLIQUE SHAKE

(5552): A complete plant-based meal replacement. Add 1 Slique Shake packet to 8 ounces of water or milk of your choice. Shake, stir, or blend until smooth. Slique Shake is great as a meal replacement or as a post-workout protein boost. Includes 15 single-serve packets.

## SLIQUE BARS

(5024): Take these tropical berry crunch-flavored bars in your gym bag for a high-fiber snack before and after exercise.

## CHOCOLATE-COATED SLIQUE BARS

(5297): The classic Slique Bar with a drizzle of chocolate that is the perfect defense against sugary cravings. Includes six 1.23 oz. (35 g) bars.

## SLIQUE GUM

(4579 for 8 ct., 4627 for 3 pk., and 4628 for 12 pk.): Chew Slique Gum between meals to help curb cravings.

*\*Slique Advanced pictured here.*



## COMPLEMENTARY PRODUCTS

Use these other Young Living products in addition to the Slique collections for more help reaching your targeted goals.

HEALTHY EATING		
Product	Item No.	Description
<b>NingXia Zyng™</b>	3071	Low calorie, hydrating energy*
<b>Gary's True Grit™ Chocolate-Coated Wolfberry Crisp Bars</b>	5758	Combination of complex carbohydrates, fiber, and protein with a chocolate drizzle
<b>Gary's True Grit Einkorn Granola</b>	5751	Contains complex carbohydrates and is high in fiber
<b>NingXia Red®</b>	3042	Whole-body nutrient infusion*
<b>Balance Complete™</b>	3292	Full meal-replacement shake

PHYSICAL ACTIVITY		
<b>NingXia Nitro™</b>	3064	Energy and cognitive support*
<b>OmegaGize<sup>3®</sup></b>	3097	Supports normal brain, heart, eye, and joint health*
<b>AgilEase™</b>	5764	Supports joint health*
<b>BLM™</b>	3234	Supports joints and tissue health*
<b>Deep Relief™ Roll-On</b>	3534	Offers a refreshing, cooling sensation
<b>Ortho Ease® Massage Oil</b>	3033	Massage oil with a cooling sensation
<b>Ortho Sport® Massage Oil</b>	3032	Refreshing massage oil
<b>PanAway® Essential Oil Blend</b>	3391	Soothing and stimulating scent

PHYSICAL ACTIVITY (CONTINUED)		
<b>Cool Azul™ Essential Oil Blend</b>	5399	Cool and aromatic experience
<b>Cool Azul Sports Gel</b>	5436	Hydrating, cooling gel
<b>Cool Azul Pain Relief Cream</b>	5759	Alleviates pain deep in the muscles and joints with natural menthol and methyl salicylate
<b>Stress Away™ Essential Oil Blend</b>	4630	Sets a relaxing tone when diffused, inhaled, or applied topically

SUPPLEMENTATION		
<b>Master Formula™</b>	5292	Full-body nutritive support*
<b>PowerGize™</b>	4748	Helps boost stamina and performance*
<b>Life 9™</b>	18299	Probiotic that promotes healthy digestion, supports gut health, and helps maintain normal intestinal function for overall support of a healthy immune system*
<b>Essentialzyme™</b>	3272	Improves and balances digestive health
<b>Essentialzymes-4™</b>	4645	Aids in the digestion of dietary fats, proteins, fiber, and carbohydrates*
<b>Pure Protein Complete™ Chocolate Deluxe</b>	3298	Protein and full spectrum amino acids
<b>Pure Protein Complete™ Vanilla Spice</b>	3301	Protein and full spectrum amino acids
<b>Super B™</b>	3240	A blend of eight essential B vitamins that are crucial for supporting health*

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TIME	SUGGESTED SLIQUE REGIMEN	MAINTAIN	ASSIST	ADVANCED	COMPLETE
Morning	Slique Shake meal-replacement shake with a minimum of 2 drops of Slique Essence			●	●
	A minimum of 2 drops of Slique Essence in Slique Tea, water, or low-calorie beverage	●	●	●	●
	Healthful snack (Slique Bar, fruit, vegetables, nuts, etc.)	●	●	●	●
Afternoon	Slique CitraSlim with breakfast	●	●	●	●
	Slique CitraSlim with lunch	●	●	●	●
	Light, well-balanced lunch	●	●	●	●
	A minimum of 2 drops of Slique Essence in Slique Tea, water, or low-calorie beverage	●	●	●	●
Evening	Healthful snack (Slique Bar, fruit, vegetables, nuts, etc.)	●	●	●	●
	Light, well-balanced dinner	●	●	●	●
	A minimum of 2 drops of Slique Essence in Slique Tea, water, or low-calorie beverage	●	●	●	●
Daily	1 Slique Gum tablet before or after meals or as desired		●	●	●
	Plenty of water with 2 drops of Slique Essence throughout the day	●	●	●	●

## TIPS FOR MEAL PLANNING:

For those targeting weight loss, be sure to watch your caloric intake in your meals and snacks. It is important to have balance in your intake. Remember that raw vegetables are your friend.

For those with a target of lean muscle, you want to have higher protein selections, lower carbohydrates, and higher fiber content.

For those trying to increase metabolism, your breakfast and snack choices are key to keeping your systems moving.

*Consult with your health care provider prior to beginning any weight-management program, if you are taking medications, or if you have any health concerns.*

## MAKE CHANGES

# FOR YOU— AND YOUR FAMILY

These changes aren't just an investment in your health and your future—they can also be an investment in your family's future health. Set some goals for your family's health, like physical activities three times a week riding bikes, shooting some hoops, or whatever you all enjoy doing together. Teach them about nutrition and healthful food choices by cooking together twice a week and eating meals together as often as possible. Aim for decreasing sugar intake by 30 percent by preparing filling snacks and replacing dessert with a bowl of fruit.

Whatever your goals, focus on the good: good foods, good habits, and good choices. Be a good example! If your family sees you making good, empowered choices, they will want to as well.

### GETTING KIDS ACTIVE

Turn physical activity into a game and make it something you do together! Spend time together outside by hiking, biking, or playing at the park. Find age-appropriate ways to track these activities and set goals, then provide simple rewards.

Get kids involved with sports programs such as soccer, baseball, football, track, or tennis. Organized sports are a great way to get involved and make friends, learn about teamwork, and enjoy moving! Help kids find an activity they are excited about by building on an interest they already have.



Visit [YoungLiving.com/Slique](http://YoungLiving.com/Slique) to learn more.



We take the stewardship of our planet seriously.  
Our state-of-the-art production process brings  
you the purest oils on Earth.

*We call it*  
**SEED<sup>TO</sup>SEAL<sup>®</sup>**

*It's not a slogan—it's our calling.*

