



Welcome
SIMPLY :: healthy

presented by:
SIMPLY :: the wellness place

Our Goal:

Staying active, energetic and a healthy weight,
doing what we can to feel the best we can
for as long as we can.



Def'n: WELLNESS

| v. |

Actively working toward health & vitality
on all levels of our being:

Physical + Mental + Emotional + Spiritual

Maximizing energy, vibrancy, vigor.



And...

Without trying to be perfect...

Without giving up our deepest loves like coffee,
chocolate or wine.

Understanding we are all a work in progress.



*The main reason
we began our community...*

Was to have a place where we can be
real and non-judgmental and imperfect
AND still work on ourselves with intention & wisdom.

One of the benefits this age!



Ultimately...

“I have done everything in my power to
live a rich and full life!”



In this masterclass

We want to share some of the things we
have learned about how to take better
care of ourselves at this stage in life.



You are in the right place...



You are in the right place...

if you are a woman of a “certain age” who wants to learn more about how to take great care of yourself now with compassion and kindness.



Our promise to you...



1. Share with you ways to take better care of yourself - and you can start today.
2. Offer a way to take it further with our support.
3. Share with you a few products that have made a difference in our lives





Young Living



Denise





Natalie

Laura



If you are here live...

Be sure to stay to the end!

We have something special to give to you!



Disclaimer:

Our event is merely for educational purposes. Any claims made are based purely on personal experience of the author. Please always consult with your physician if you have questions about your own health.

All of the issues we experience can have a multitude of causes so please also seek medical advice.



Have you noticed...

- You're adding extra "volume" around your middle?
- Have trouble with brain fog?
- Feel tired when you wake up in the AM?
- Feel stiff in your joints?
- Have trouble sleeping?
- Can't fully de-stress, even on the weekend?
- Your digestion has shifted and it's not as happy as before?

We said that the rules
change when we reach a
certain age...



inflammation

symptoms of inflammation

- You're adding extra "volume" around your middle?
- Have trouble with brain fog?
- Feel tired when you wake up in the AM?
- Feel stiff in your joints?
- Have trouble sleeping?
- Can't fully de-stress, even on the weekend?
- Your digestion has shifted and it's not as happy as before?

SIMPLY :: clean

14-day Lifestyle Reboot



What is
inflammation?

What is inflammation?

1. **ACUTE:**

2. **CHRONIC or SYSTEMIC:**

What is inflammation?

1. **ACUTE:** helps heal trauma
2. **CHRONIC or SYSTEMIC:**

What is inflammation?

1. **ACUTE:** helps heal trauma
2. **CHRONIC or SYSTEMIC:** low-level inflammation that lingers in the body

Signs of chronic inflammation...

Brain fog

low energy

arthritis

stiff joints

depression

weight gain

digestion woes

+more

What can you do?

What can you do?

Here's where things get exciting! Because....



4 of the biggest sources of chronic inflammation are things we can change!

AND it is our experience that when we do just
BEGIN to change them, you start to feel the
difference FAST!



inflammation

toxins

diet

stress

sleep

toxins

diet

stress

sleep

Toxins

toxins

diet

stress

sleep

The EM: 1328

toxins

diet

stress

sleep

The EU: 1328

The US: 11

toxins

diet

stress

sleep

Hide ingredients under the terms
"fragrance" & "natural flavoring"

toxins

diet

stress

sleep

bioaccumulation

toxins

diet

stress

sleep

greenwashing

toxins

diet

stress

sleep

Most important products
to change out

toxins

diet

stress

sleep

1. Laundry room
2. Household cleaners
3. Air fresheners

toxins

diet

stress

sleep

Not only are Young Living's products free of harsh, toxic chemicals, they are infused with essential oils which means...

toxins

diet

stress

sleep

They are not only SAFER,
they are BENEFICIAL.

inflammation

toxins

diet

stress

sleep

A one-stop shop!



toxins

diet

stress

sleep

Diet

toxins

diet

stress

sleep

Inflammatory foods:

- Sugar
- Alcohol
- Processed foods
- Fried foods
- Red meat
- Processed meats

toxins

diet

stress

sleep

Anti-inflammatory foods:

- Tomatoes
- Fruits: strawberries, blueberries, oranges, cherries
- Nuts
- Olive oil
- Leafy greens
- Fatty fish
- And more!

inflammation

Ningxia Red



A recent, clinical, research study revealed Ningxia Red is shown to:

- significantly increase physical energy levels by 35%
- improve sleep patterns and increase time asleep when used consecutively for 60 days
- support healthy inflammation response.
- reduce daily stress by 23% and improve mental well being. (This effect was amplified in female participants.)
- promote healthy respiratory function



toxins

diet

stress

sleep

Stress

toxins

diet

stress

sleep

Stress actually accelerates aging
more than time itself.

toxins

diet

stress

sleep

- Suppresses the immune system,
- Creates imbalances in the nervous system,
- Contributes to many diseases

toxins

diet

stress

sleep

AND we get MORE sensitive to stress when
we reach that "certain age".

Which can lead to weight gain that
is very hard to lose.

toxins diet **stress** sleep

Myths of relaxation:

- stopping work for the day
- sitting in front of the tv
- having a glass of wine
- sleeping.

toxins

diet

stress

sleep

STRESS turns **ON** the Stress
Response or the sympathetic
nervous system.

toxins

diet

stress

sleep

Need to turn on the Relaxation
Response or the parasympathetic
nervous system.

toxins

diet

stress

sleep

You need to actually stimulate this system.

The myths of relaxation just numb the
mind... don't actually relax you.

toxins

diet

stress

sleep

We all need to find what helps us truly relax:

breathing

yoga

vagus nerve stimulation

essential oils

just to name a few!

SIMPLY :: clean

14-day Lifestyle Reboot



toxins

diet

stress

sleep

Sleep

toxins

diet

stress

sleep

Sleep is often a struggle when
we reach a "certain age".

toxins

diet

stress

sleep

- hormones imbalances
- life stresses
- the accumulation of toxins in our bodies

toxins

diet

stress

sleep

It's not about MORE hours,
necessarily, but improved quality.

toxins

diet

stress

sleep

- Setting up a sleep schedule
- getting off technology earlier
- not eating before bed,
- making your bedroom a peaceful sanctuary, to name a few.

Quick Gum

Signs of chronic inflammation...

Brain fog

low energy

arthritis

stiff joints

depression

weight gain

digestion woes

+more

inflammation

toxins

diet

stress

sleep



Now what?

Our goal is to improve our health
no matter what our age!



Did you know ...

75% of your body is replaced every year?

*Our bodies are constantly working to
repair and replace themselves!*



Every day/ every moment is a new
opportunity to improve health.



AND still have our coffee, wine,
chocolate, ice cream if we want it...



without judgment

and we want to help you, too!



You are cordially invited...

SIMPLY :: clean

14-day Lifestyle Reboot



Before we go further...

ANYBODY can join our community with a simple purchase of one product from Young Living through our referral link.



Our focus:



inflammation

We help you prepare, share menu ideas, grocery shopping lists, tracking sheets and more.

PLUS:

You get access to a bevy of educational videos:

- creating a bedtime routine
- how to relax
- getting rid of toxins in your home
- intermittent fasting
- and more!

AND, you get results!

Literally *everyone* who has participated so far and completed at least 7 days has had improvement in their symptoms of inflammation.

SIMPLY :: clean

AND, you get results!



And more...



Karla Evans

after 2 weeks...



It went great!
I've lost 5
1/2 pounds,
more energy,
and my joints
feel so much
better! I will
definitely
keep doing
what I'm
doing!



And more...



After 2 weeks...



Less bloating which is a big issue of mine. I was having stomach cramps every day after I ate when we got home from our vacation, that went away! I gotta say I didn't follow it perfectly, but I did make better decisions and I hope to keep that up!

Abbey Harder



And more...



after 2 weeks



Feeling
good. Have
lost weight
and seeing
a change
in my
body!

Franz Luntz-Martin



We have shared enough with you for
you to go out on your own... BUT



BUT haven't you already?
Weren't you here for even more?

You have the power
to say, this is not
how your story is
going to end.



What will change in your life
if you take action today?



If you gained a powerful, supportive,
non-judgmental community?



What could happen in the
next year for you?



What do you want to be able to say
about your life one year from today
that you cannot say now??



Here's the thing...

Here's the thing...

Joining our community
is super easy...



All it takes...

Is a single purchase from our brand partner,
Young Living through one of our current
community members.



And then you get...

So many goodies & so much support!



Membership benefits:

- A personal, Wellness Concierge, to help you navigate your own wellness path.
- Access to S I M P L Y :: clean. our signature wellness program. Get results!
- Access to Oily U, our online, educational platform, full of dozens of wellness, educational modules.
- Membership to our online, wellness community for support and inspiration.
- and more!



And you can join us for:

SIMPLY :: clean

14-day Lifestyle Reboot



Your Next Step...

Go back to the person who invited you to this class
and let them know you are ready!

Your Next Step...

If you don't have someone who is a member of our community, use the referral link we give you.

We will connect you with a personal support person within 48 hours.



For new community members...

Order by tonight...

And we will give you \$25 back via paypal/venmo
of whatever works for you!



For new community members...

Order by Sunday...

And get FREE shipping - we will send
you \$10 to cover it.



What to order...

Honestly?

Whatever you want!

What to order...

To join us for SIMPLY :: clean, you need...



SIMPLY :: clean

Contact us for the code to save 10%!

Make a Shift™ Daily Wellness



Includes:

- 30, 2 oz packages
- 14 tubes of Nitro
(trust us - you'll love it!)

At over 50% off!

Thieves Household Cleaner



Other supplements for SIMPLY :: clean



GOLDEN TURMERIC
extra anti-inflammatory support



SLEEP ESSENCE
If you struggle with sleep, whether it's falling asleep, staying asleep or waking feeling well-rested



AGILEASE
If you have joint discomfort from use or other reasons



CORTISTOP
If you are caught in a stress cycle

depending on your needs



SIMPLY :: clean

Contact us for the code to save 10%!

Make a Shift™ Happy, Healthy Home

Includes:

- Thieves Household Cleaner
- Thieves Dishsoap
- Thieves Laundry Soap
- Thieves Bath Scrub
- 15ml Thieves Essential Oil
- 15ml Lemon Essential Oil

At over 50% off!



Want to save 10%?

Contact us for your 10% off discount code!



SIMPLY :: clean

14-day Lifestyle Reboot

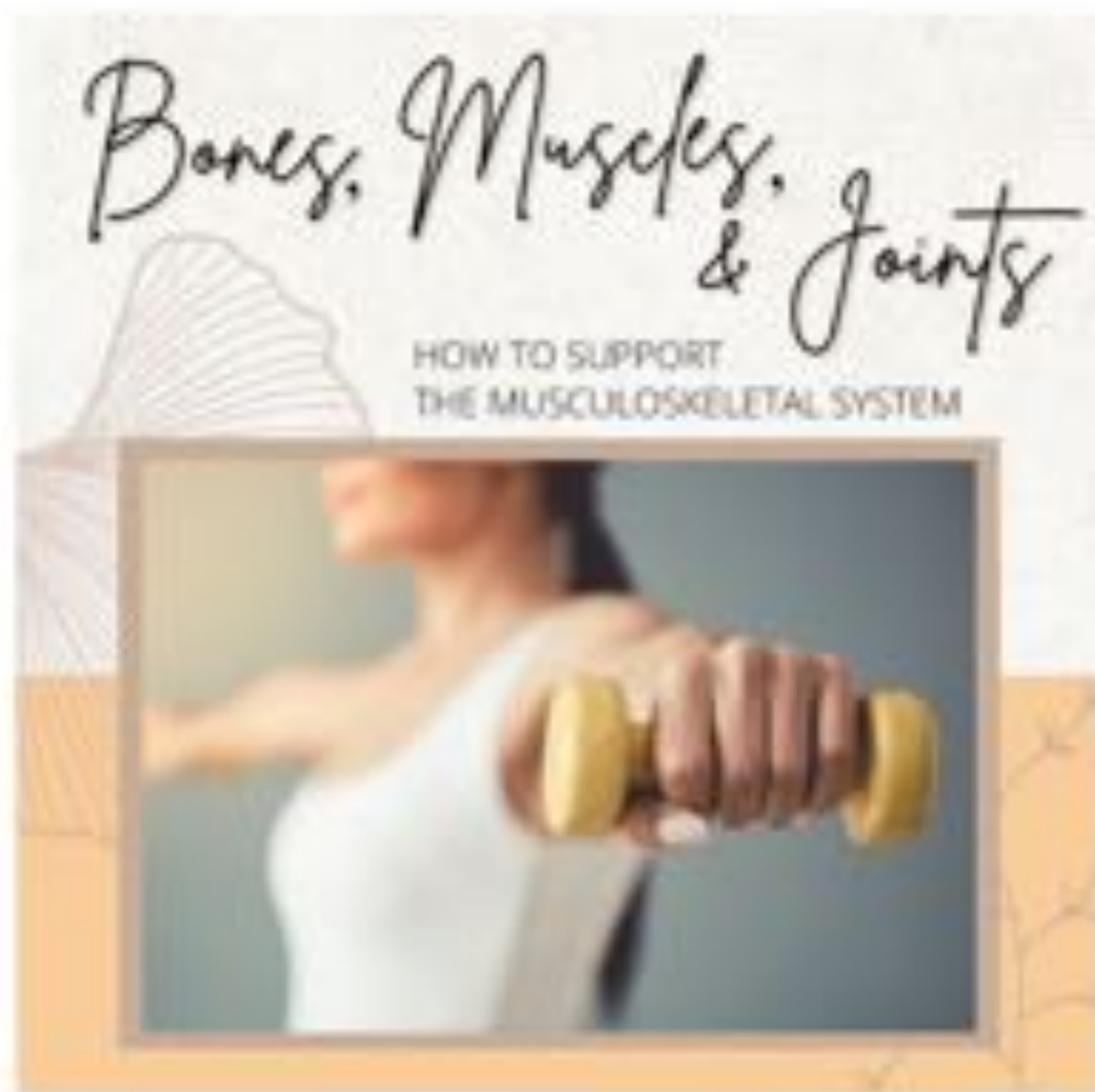
SimplyTWP.com/clean



Use the link we share with you
for ease in ordering.



And for those of you
here with us in
person, we have a
very special gift for
you!



Come join us!
We cannot wait to welcome you!



Questions?