

the BRILLIANT BRAIN

Whether you're 25 or 65, **your brain is running the show** - and you can shape how it performs. Get ready for some simple, practical advice on how to love your brilliant brain!

Neurons **YOUR BRAIN'S MESSENGERS** (You have about 86 billion!)

Neurotransmitters **CHEMICAL TEXTS YOUR BRAIN SENDS** (Like serotonin for mood, dopamine for motivation, etc.)

Neuroplasticity **YOUR BRAIN'S SUPERPOWER** (It can change, grow, and heal at ANY age!)

INFLAMMATION CAN LEAD TO

brain fog, low energy, anxiety, and depression.

What causes this inflammation? Two common culprits are **sugar and stress.**

NOURISH YOUR BRAIN

Ningxia Red . MindWise . Mineral Essence .

Brain boosting foods: eggs, berries, salmon, walnuts, healthy fats (olive oil, grass-fed butter, avocados), minerals.

CALM YOUR BRAIN

Super B . Unwind . Peace & Calming . Frankincense .

Your brain can't function at it's best when it's constantly in "fight or flight" mode.

Support emotional balance with B vitamins, Magnesium (Unwind), and with essential oils like Peace & Calming, Frankincense, and Stress Away.

FOCUS YOUR BRAIN

Ningxia Nitro . Clarity . Brain Power . Peppermint . GeneYus .

Your focus is under constant attack. When it has what it needs - physically and mentally - clarity & productivity come more easily. Take Ningxia Nitro for clean energy and sharp mental performance. Perfect for work, studying, or a playing sports. Apply Clarity, Brain Power, Peppermint, or GeneYus essential oil to the back of the neck when you need to focus. **Diffuse Peppermint to help boost memory and attentiveness at work, school or home.**

*Learn more with the
Life Steps App*



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REST YOUR BRAIN

RutaVaLa . Cedarwood . KidScents SleepyIze .

Your brain does its most important work while you sleep. It cleans out toxins, stores memories, balances hormones, and resets your emotions. Without good rest, everything else we do to love on our brains won't be enough.

The goal here isn't more sleep, it's **BETTER sleep**. These oils help the body wind down naturally.

LASTING BRAIN HEALTH

Ningxia Red . LiverTone . Whole Body Cleanse .

Your brain can remain sharp and vibrant with proper care as you age! While aging brings changes, **common issues like memory lapses and cognitive decline are often linked to lifestyle rather than age**. The brain is susceptible to oxidative stress and inflammation, affecting memory and emotional stability. **And what helps prevent oxidative stress? Antioxidants. Ningxia Red!**

PROTECT YOUR BRAIN HEALTH BY...

Challenging & Detoxifying Your Brain

- **Stay mentally active** by learning, reading, and engaging in conversations.
- **Reduce toxin exposure** by choosing safer household products, eating whole foods, and moving your body daily.
- Use liver castor oil packs regularly, possibly with essential oils. **Supporting your liver helps detox the body (including the brain)!**

Level up your detox plan with the Daily Detox Duo, which includes LiverTone and Whole Body Cleanse, supporting liver health and digestion for improved brain clarity. Caring for your brain now benefits your future self, promoting vibrant aging!



start with
**THE BRILLIANT
BRAIN BUNDLE**

*Ningxia Red . Ningxia Nitro .
Mindwise . Super B . Unwind .*



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Optional Sleep Add-Ons: SleepyIze and Cedarwood
Optional Focus Add-Ons: GeneYus Roll-On or Clarity