



# RADIANT HEALTH NEWS

Vol. 2 No. 5

Welcome a new year  
of Radiant Health

## Slim Down Now - the Young Living Way

The number one resolution for the new year? LOSE WEIGHT! If you're one of millions who can't squeeze into your favorite jeans and are ready to do something about it, here are some smart, healthy easy ways to get healthy from Paul Tidwell, fitness coach and Gary Young's former personal trainer.

You've already read volumes about different food plans, ratios, zones, etc. and know what foods make for a healthy diet. What you may not know is how many Young Living products will help you drop those pounds and feel great at the same time. Let's start with the Young Living formula: Cleanse and Nourish.

### Give Your Digestive System a Fresh Start

First things first: Cleanse the digestive system. When it's in good working order, the foods you eat are digested more completely and you gain the maximum nutritional value. Conversely, if your digestive system isn't processing food efficiently, much of the money you spend on healthy food and supplements is being wasted.

As important, cleansing encourages the elimination of toxins from tissues and organs and speeds its removal from the body.

For many, cleansing is a regular health ritual and part of their strategy to maintain good health. Those new to cleansing are often surprised by how great they feel. As the body detoxifies, they feel more energy and vitality. That energy boost can make it easier to stick to a healthy food plan and to avoid caffeine and sugar. As an added bonus, many find they've dropped a few pounds.

Young Living's solution: The **Cleansing Trio**, a gentle, easy to use cleansing system. Part one of the Cleansing Trio is **ComforTone**, an herbal complex that

supports better colon function, relieves constipation and dispels toxins. Part two is **ICP**, a fiber beverage to speed transit time of waste material through the system. Part three is **Essentialzyme**, an enzyme formula that ensures complete digestion.

### Nourish Early and Often with Only the Best

Paul passed on the following information from his study of nutrition and his years of experience as a personal trainer and wellness coach.

### Eat Five Small Meals, Three Hours Apart

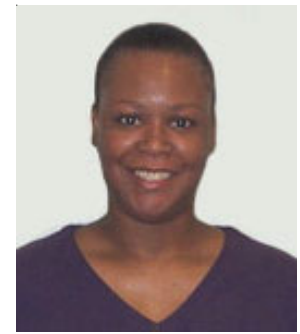
If you only make one change to your food intake, this is the one to make. "There is nothing you can do that will be more powerful to increase your metabolic rate and reset your set point," recommended Paul. Eating five small meals is like adding fresh logs periodically to your metabolic "fire" which keeps it burning efficiently.

This rule applies especially to breakfast. Yes, Mom was right - breakfast is the most important meal of the day. If you don't get your metabolism going in the morning by eating breakfast after 10+ hours of fasting, you have lost a lot of calorie-burning opportunity and encouraged a sluggish metabolism.

Here are some recommendations for small meals to get you started (adjust the calorie content of your meals based on your weight loss goals).

**Power Meal™** smoothie - Blend with a banana, fruit, Berry Young Juice, water, ice cubes. Power Meal is loaded with balanced nutrients plus MSM, an enzyme formula and several fat burning nutrients!

Try **Whey Fit™** in your Power Meal smoothie for more protein, to boost stamina, help increase muscle size, strength and tone. Keep a canister at your desk.



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# RADIANT HEALTH NEWS

## NEW RECIPE Wolfberry Crisp™ bars

These new bars are really delicious and perfect for a mini-meal! Ensures a balanced ratio of carbs/proteins and fats. Keep a few in your desk, glove compartment, purse.

## Fill in Nutritional Gaps with Supplements

No one's diet is perfect, and as a result, many of us are missing important micronutrients. Paul emphatically recommends **Master Formula His/Her** after comparing to dozens of other brands.

### Mineral Essence™

Lacking energy? Paul takes **Mineral Essence** mid-afternoon before his workout to boost energy, stamina and metabolism. Mineral Essence supplies the electrolytes our cells need to function and communicate properly with the brain. The most palatable way to take Mineral Essence is in Berry Young Juice™.

### Essential Omegas™

Our bodies need essential fatty acids for many reasons: They diffuse oxygen in our blood stream, lower cortisol levels and help with hemoglobin production. We must get these good fats from food and Essential Omegas are a great source.

### VitaGreen™

This high-energy chlorophyll formula invigorates and revitalizes. Especially useful while cleansing, as it helps to purify the blood. Also strengthens the thyroid gland.

### SuperCal™

Women on weight loss diets should consume extra calcium. A Rutgers University study found overweight postmenopausal women who lost weight absorbed less calcium from food and supplements than women not on a diet. Women over 50 are supposed to consume 1200-1500 mg of calcium daily, but this study suggests that 1800 milligrams is a better goal for dieters. Remember - the body can only absorb 500 mg calcium at a time, so take throughout the day.<sup>1</sup>



## Success Story

*I used **Ultra Young Plus** with **Power Meal** and exercise. I also shifted my protein intake to earlier in the day. Lost 12 pounds in 6 months. Went from 27.6% body fat to 21.6% body fat in those 6 months, too. For maintenance now I have stopped using the Ultra Young Plus but still use and LOVE my Power Meal. I also supplement with Body Balance and Whey Fit.*  
Marita

<sup>1</sup>Wellness Letter, University of California Berkeley, Vol. 20, Issue 12. 9/2004.

Product Name	Code # Size	Preferred Customer/ Wholesale Prices
Cleansing Trio - ComforTone, ICP & Essentialzyme	#3115	\$79.00 \$72.00
Power Meal meal replacement	#6300 16 svgs	\$53.00 \$48.00
Wolfberry Crisp Bars New & Improved!	#6315 6 bars	\$18.00 \$16.00
Master Formula Hers Master Formula His nutritional supplement	#3216 #3218 120 caps	\$31.00 \$28.00
Mineral Essence nutritional supplement	#3222 3.6 fl oz	\$21.00 \$19.00
Essential Omegas nutritional supplement	#3238 4 fl oz	\$24.00 \$21.00
VitaGreen nutritional supplement	#3248 120 caps	\$47.00 \$42.00
SuperCal nutritional supplement	#3244 120 caps	\$28.00 \$25.00

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When signing up or ordering, please  
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**717235**

## Radiant Health News

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