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We are the new generation. We are informed. We are not doctors. We are a group of parents seeking the best natural, wellness support for our families and the planet. We are realizing the answers are not all as they have seemed, and we are returning to our roots. We are realizing we need to connect once again to the earth and nature's bounty.

Essences of Alchemy welcomes you. In this class we will learn about the most potent and fantastic concentration of the earth's bounty, essential oils and essential oil based products. We will return to our empowerment, and Young Living will be our vehicle for the community and connectedness to this magnificent re-evolution.

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There is a growing awareness that the products in our home, in our personal care products, in our food and beverages and supplements are not necessarily safe just because they show up on the market.

Modern parents must be discerning and navigate the market with a keen eye. Toxins abound and our little ones bear the greatest brunt to these exposures.

Did you know there are over 80,000 chemicals in use in the United States? Only 200 have been tested for safety, and only 5 have been banned by the FDA. Synthetic chemicals are all potentially dangerous, carcinogenic, & endocrine disruptors, and are linked to cancers and reproductive disorders. Unfortunately synthetics show up in many, if not most, other product lines. Some show up plainly on the labels, some more covertly under the term 'Fragrance' or 'Proprietary Scent' or any variation of the same. Therefore we must be diligent, and find a company we can trust.

Young Living is that company. The entire product line of over 600 products covers wellness support with individual essential oils and blends, home cleaning, personal care product lines, Pet essentials, KidScents, and whole food based essential oil enhanced supplements.

For over 20 years Young Living has led the movement, offering the best essential oils and essential oil based products on the planet.

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While there is a lot of buzz about essential oils, not all are created equal. Unfortunately many companies are lacking the full discernment or integrity of Young Living.

Experts abound in other cultures of our world, natural medicine and essential oils utilized in a much more mainstream fashion than we currently enjoy in USA.



Experts in Aromatherapy, Daniel Pénoel, M.D., Jean-Claude LaPraz, M.D., and the physicians at the First Aromatic Medicine Congress in Grasse, France, were asked by Vicki Opfer (one of our Young Living leaders!) about contraindications during pregnancy. She was assured by each of these experts that essential oils are safe for pregnant women and that essential oils could, in fact, offer many benefits.

There are 3 models worldwide for use of essential oils. The German model emphasizes inhalation and extreme dilution. The British model also emphasizes dilution but utilizes topical application through massage. The French model enjoys the benefit of inhalation and topical usage and also integrates ingestion of only the highest therapeutic grade essential oils.

There are many resources available to guide you and the Essences of Alchemy team will support you in your goals. Each person is assigned a sponsor who will personally empower you with guidance and help you get your footing, at the pace of your choosing.

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### **WHY YOUNG LIVING?**

Almost ALL essential oils say “100% pure” on the front of the label. But just like on the fruit juice you buy at the supermarket, this means very little. Sure, the juice is pure, but there is 60% water in that bottle along with 100% pure juice, right?

It is a similar concept with many oils. The companies who bottle them will often add fillers or synthetics to their oils in order to save money.

Young Living has a Seed to Seal guarantee. Young Living’s authentic essential oils capture the pure energy of the plant. This energy has proven therapeutic properties that can help move you to a life of wellness, purpose, and abundance.

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### **SEED TO SEAL® PROGRAM**

Young Living is committed to establishing and maintaining the ultimate, industry-leading standard in essential oil products. They offer an extensive line of essential oils and essential oil-infused, plant-based products that represent the best of nature—through the standards of their Seed to Seal program.

Young Living embraces a rigorous quality control standard to help ensure their products meet strict specifications. Seed to Seal is their set of standards that helps ensure that with every pure essential oil and Young Living product offers the benefits of their global resources, industry leadership, and over two decades of innovation. The result? A pristine final product that you know has been created with conscientious Sourcing, Science, and Standards—the three pillars of Seed to Seal.

As the leader of the essential oils movement, Young Living is paving the way for every other essential oil company to improve processes that protect the planet and ensure the highest quality standards.



If you would like to learn more about Young Living's Seed to Seal quality commitment, visit: [https://www.youngliving.com/en\\_US/discover/seed-to-seal](https://www.youngliving.com/en_US/discover/seed-to-seal)

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### **The Legend of Thieves**

Tonight we will talk about how to use the Thieves to ditch the toxins in your house. Are you wondering why we call this line of products Thieves? All of these products were made using the essential oil blend Thieves oil. Young Living's amazing Thieves essential oil blend was inspired by the legend of four fifteenth-century thieves in France who formulated an aromatic blend composed of cloves, rosemary, and other botanicals to keep them from getting ill while robbing graves. When captured, they were offered a lesser sentence in exchange for their secret recipe.

### **Thieves Household Cleaner**

Thieves household cleaner is an all-purpose cleaner formulated with 100% plant-and mineral-based ingredients. It gets out tough stains and problem areas in the home without harsh or abrasive cleaners. It is biodegradable and complies with EPA standards. It arrives as a concentrate and so is extremely cost effective and flexible with where you can use it, as you can dilute to varying concentrates.

Use it anywhere confidently and know you are using an effective, non-toxic cleaner on your floors and surfaces, and baby can crawl around everywhere and anywhere and it you have no need to worry!

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### **Thieves Dish Soap**

With naturally derived ingredients, Thieves® Dish Soap effectively cleans your dishes without chemicals, dyes, or synthetics. Young Living pure essential oils—Thieves, Jade Lemon, and Bergamot—work with other plant-based ingredients to leave your dishes sparkling clean.

### **Thieves Foaming Hand Soap**

Thieves® Foaming Hand Soap will cleanse, defend, and condition the skin with the therapeutic-grade essential oil blend Thieves, pure lemon and orange essential oils, aloe, Ginkgo biloba, and vitamin E. Dispensed as a rich foam, Thieves Foaming Hand Soap contains gentle ingredients so it can be used often without drying or stripping the skin.

The foaming hand soap is perfect for your bathrooms and kitchen. Personally, I love the foaming soaps because it is very economical and safe for my children who often use a little more soap than necessary to do the job. ;)

### **Thieves Laundry Soap**



With a plant-based formula, Thieves Laundry Soap gently and naturally washes your clothes, cleaning them without any chemical or synthetic residue. Natural enzymes and powerful essential oils add to the formula's strength to leave your clothes fresh and clean with a light citrus scent.

Thieves Laundry Soap can be used in all washers, including high-efficiency, and its highly concentrated formula (6X) will provide around 64 loads with just 32 fl. Oz (946 ml).

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### **What is Ningxia?**

The Ningxia Wolfberry is an incredible ancient superfood. *Lycium barbarum* L, is a small, red, medicinal berry that is known as *lycii fructus* or wolfberry in the West and *Gou qi zi* (Goji) throughout China. Wolfberry legends and records of Chinese medicine reach back 5,000 years. The Ningxia Wolfberry is still included in a number of Chinese herbal pharmacopoeias, and is prescribed for liver and kidney support, to support healthy blood sugar levels, and to support eye health.

This superfruit has one of the highest percentages of fiber of any whole food and contains zeaxanthin—a carotenoid important to maintaining healthy vision. It also contains polysaccharides, amino acids, and symbiotic vitamin mineral pairs that when present together promote optimum internal absorption. By using whole wolfberry puree—juice, peel, seeds, and fruit—Young Living is able to maintain more of the desired health-supporting benefits in every bottle of NingXia Red\*.

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### **More Vitamins and Minerals!**

Vitamins and Minerals often work in pairs, such that many minerals cannot be assimilated into the body without the presence of a specific vitamin. The Ningxia wolfberry contains many of these vitamin/mineral pairs. Some of the many functions that minerals perform in the body include electrolyte balance of our cells, nerve conduction for muscle contraction, bone and teeth formation, and enzyme activation. Minerals are so important that every process of the body depends on them.

You can start to see why this beverage would be amazing while preparing for pregnancy, as well as during, and after delivery!

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### **What's an amino acid?**

We all know we need to eat protein. But just as important as the total protein content are the amino acids that are present, as amino acids are the building blocks of proteins. The Ningxia Wolfberry is 15.6% protein by dry weight. It contains as much protein as raw oats, one of the richest known sources of plant protein. The wolfberry is rich in the essential amino acid leucine, as well as in the semi-essential amino acid L-arginine. Protein is a vital building block of white blood cells and antibodies, which are some of the most prolifically producing (and important) cells in the body. Protein also helps maintain a healthy thymus



gland, which is vital for optimum cell-mediated immunity. Each amino acid plays a different, but vital role within the body.

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### **Phyto-what?**

The Ningxia wolfberry is more than just a whole food high in minerals and vitamins; it also contains many unique phytonutrients that have been shown to protect the liver, eyes, heart and cellular DNA from age-related degeneration and disease. These incredible nutrients have been shown to protect the skin, eyes, liver, and cardiovascular system. They also contribute to a healthy environment within the digestive system. Numerous studies have shown that they positively affect cell health throughout the immune system, strengthening the body to fight off illness of many kinds. Ultimately, the synergy of all these nutrients are likely responsible for the Ningxia Wolfberry's ability to support so many different functions of the body.

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### **KidScents® Oils**

Our KidScents® line is a collection infused with safe essential oils and are made with safe, mild formulas just for your little ones. From vitamins and toothpastes to bath products, these essential oil-infused products.

The KidScents Oils are six essential oil blends formulated to be safe and mild and designed to address the most common concerns of childhood. The six blends are available for individual purchase:

- GeneYus™ is an excellent blend to diffuse for young minds that are focusing and concentrating on projects.
- Apply Owie™ topically to improve the appearance of your child's skin.
- Diffuse Sleepylze™ at bedtime for a peaceful aromatic environment.
- SniffleEase™ is a rejuvenating and refreshing blend formulated just for kids
- TummyGize™ is a relaxing, quieting blend that can be applied to little tummies.

### **Cautions**

- Only to be applied by a trusted adult or under adult supervision.
- Keep out of reach of children.
- If you have a medical condition, consult a health professional prior to use.

### **Did You Know?**

- Good emotional and behavioral health is an integral part of healthy development and enhances a child's sense of well-being, supports rewarding social relationships with family and peers, and facilitates achievement of full academic potential. (SurgeonGeneral.gov)



- Early childhood experiences have lasting, measurable consequences later in life; therefore, fostering emotional well-being from the earliest stages of life helps build a foundation for overall health and well-being. (SurgeonGeneral.gov)
- This arsenal of proprietary blends has been formulated in the appropriate strength to meet the needs of children and is a safe, natural alternative to comparable products found on many store shelves.
- With the KidScents Oils, parents and caregivers can safely and effectively navigate children through childhood to become healthy and happy adults.

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**ALL KidScents products contain:**

- Natural Ingredients
- Therapeutic-grade essential oils
- No mineral oils
- No synthetic perfumes
- No artificial colorings
- No toxic ingredients

**KidScents® Lotion** contains safe, gentle ingredients to moisturize and soften sensitive skin. The premium blend of MSM, shea butter, aloe vera, and pure Cedarwood, Geranium, and other essential oils supports healthy-looking skin for children of all ages.

**KidScents® Bath Gel** is a safe, gentle soap that cleanses and protects sensitive skin. Formulated with MSM, aloe vera, antioxidants, and pure Lemon, Cedarwood, and other essential oils, this liquid soap is pH balanced for children's skin.

**KidScents MightyVites** chewable tablets are a tasty, effective way to provide children the full spectrum of vitamins, minerals, antioxidants, and phytonutrients necessary for healthy development.

**KidScents MightyZyme** is an all-natural, vegetarian chewable tablet designed to help children combat the negative effects of enzyme depletion and address each of the digestive needs of growing bodies.

**KidScents® Shampoo** contains no synthetic perfumes, colors, or toxic ingredients. The natural components in this shampoo—aloe, MSM, Chamomile, and Tangerine and Lemon essential oils—effectively and gently cleanse without causing irritation.

**KidScents® Tender Tush™** is a safe, gentle ointment that moisturizes and nourishes dry, chapped skin. Formulated with vegetable oils and pure Young Living Sandalwood, Blue Tansy, & other essential oils, Tender Tush is soothing & protective for delicate skin.

**KidScents® Slique™ Toothpaste** uses Thieves and Slique Essence essential oil blends to gently clean and protect teeth. This safe and effective blend promotes healthy teeth without the use of fluoride, dyes, synthetic colors, artificial flavors, or preservatives.



**Kidscents MightyPro** is a unique, synergistic blend of prebiotics and probiotics in a supplement specially formulated for children. Packaged in easy, one-dose packets that can be taken almost anywhere you go, this supplement features over 8 billion active, live cultures to support digestive and immune health.\*

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Membership with Young Living enters you in to 24% off all of the beautiful, non-toxic options available for home, body, pets, children, and wellness support. There are 3 Premium Starter Kit options to choose from:

### **PSK Thieves**

The Thieves Premium Starter Kit is a complete line of home and personal care products infused with the pleasant, spicy aroma of our proprietary Thieves® essential oil blend! This Starter Kit is ideal for those wishing to replace harmful chemicals in the home with powerful, natural alternatives.

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### **PSK NingXia**

An excellent choice to support your body systems during pregnancy and nursing, and truly throughout your life! You will feel the noticeable difference and love the taste.

Power your life with a delicious blend of nutrient-rich wolfberry puree, superfruit juices, and pure essential oils. Formulated to support wellness for every lifestyle, NingXia Red® is a unique, powerful drink that will help you make the most of every day. This Starter Kit includes favorite NingXia Red products, including our top-selling cognitive fitness booster, NingXia Nitro™!

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### **PSK with Diffuser**

Premium Starter Kit is your introduction to a new lifestyle free of harsh chemicals and toxins. Packed with Young Living favorites, this kit contains a selection of the only essential oils on earth backed by a Seed to Seal® quality commitment and everything you need to begin your journey.

This Premium Starter Kit with diffuser is explained in detail in our 101 class. If you would like an invitation to learn more about them individually just ask!

This kit has an over 300\$ value, but to get you started on the right foot Young Living offers a fantastic discount. You can message me, or the person who invited you, anytime with more questions if you need to. You can also ask right here on this thread!

To order your kit contact the person who invited you to class. Not sure how you got here? No problem! Message me and I'll help you figure that out.



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### ESSENTIAL REWARDS

I bet you're wondering how to grab these awesome products and support your whole body wellness goals? All of these products we learned about this evening can be bought by quick order or by joining the Essential Rewards program (ER). When you become more experienced with using the oils, you can easily recognize the HUGE benefits in ordering products through the Essential Rewards program (ER). It is an excellent opportunity to save and the best way to buy your Young Living products. Here's why:

- Easy monthly shipments
- Fast, Easy, Free shipments with a YL Go Subscription
- Discounted shipping
- Exclusive bonuses and reward points
- Exclusive loyalty gifts

For details: [https://www.youngliving.com/en\\_US/opportunity/essential-rewards](https://www.youngliving.com/en_US/opportunity/essential-rewards)

***A healthier you, a healthier budget and a healthier planet!*** It is easy to keep the Essential Rewards program going with transfer buying. Instead of purchasing products from the grocery or drugstore, buy from Young Living and get healthy, natural, non-toxic products *AND receive points for your purchase!* Young Living offers a myriad of products for home cleaning, personal/oral care, beauty, and specialty care products for your animals & kids. Check out the Thieves line for your home, natural protection and oral care; the ART® Skin Care System, bring out your natural and inherent beauty; and Animal Scents® and Kids Scents®, non-toxic products for your pets and kids. So you *can* go consciously healthy! You will be loving your body, your wallet, and the planet too!

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If you wish to learn more about the individual Premium Starter Kit options, ask the person who invited you. We go into further depth on each kit in 3 separate classes so you can take an online class or get some more details from the person who invited you!

Once you are a member within Essences of Alchemy, you will have access to our Members Only classes and you will be able to dive deeper into much, much more detail with an advanced understanding of the product lines and how incredibly they can support your family wellness goals.

