
{POST 1}

Title

{POST 2}

Disclaimer

{POST 3}

Welcome to the Essences of Alchemy class on NingXia Red. There is a lot to learn ~ so kick back, relax, and crack open a bottle of NingXia if you have it! If not, learn why you might just want to jump on board with the most amazing health food beverage! With a longstanding history, the benefits of NingXia cannot be overstated...

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*.

{POST 4}

Where does the NingXia Wolfberry come from?

For centuries, residents of the NingXia district of northern China have enjoyed the astonishing health and longevity supporting benefits of the wolfberry that grows there.* However, due to the NingXia region's physical and political isolation, knowledge of this potent superfruit remained relatively hidden from Western culture—until recently. The NingXia Wolfberry grows in Northern China at the base of the Yellow River. For most of their long history, the people of the west elbow plateau of the Yellow River where the NingXia wolfberry grows have been relatively isolated from the rest of civilization by deserts, mountains, and the enormous landmass of central China, which shielded them from outside influences and cultures. This geographic isolation in addition to China's political isolation, has contributed to the late discovery of this Chinese superfood by the West. The location where the NingXia wolfberry crop is grown is a large, contributing factor to the rich mineral profile of the NingXia wolfberry. The Yellow River flood plain, derives its water from the foothills of the Bayan Har Mountains. As this water flows down through mountain gorges and valleys, it becomes charged with minerals. By the time it reaches the NingXia



province of Northern China, it is mineral-rich silt water. It is this mineral rich growing environment that contributes to such an amazing nutritional profile.

{POST 5}

What makes the NingXia Wolfberry so amazing?

In the mid-1980's biochemists at the NingXia Institute of Nutrition analyzed the NingXia Wolfberry, and found that it had an incredible nutritional profile. It contains 15.6% protein (dry weight), and contains at least 21 essential minerals, as well as significant levels of vitamins such as thiamin (B1), niacin (B3) and vitamin C. In fact, the NingXia wolfberry is one of the richest known whole-food sources of natural vitamin B1 or thiamin, which is essential for proper energy production, carbohydrate metabolism, and thyroid function. In 1993, as Young Living Founder, President, and CEO D. Gary Young was traveling the world seeking the natural secrets of life, energy, and vitality, he was introduced to Chinese scientist Dr. Songqiao Chao. Dr. Chao told Gary about a delicious berry that had been prized for thousands of years in China for its powerful health supporting benefits.* He further explained that the people who regularly ingested this berry led remarkably long and healthy lives. NingXia wolfberries are powerful antioxidants and provide an array of nutrients and protein as one of nature's most nutritious fruits. Long-term use of wolfberries (*Lycium barbarum*) may contribute to agility, longevity, and vitality.

{POST 6}

Why do we need nutritional support?

Every process in our body depends on healthy levels of vitamins and minerals to function properly. In our culture, especially the western world, most food is grown in soil that is nutrient deficient. When we depend solely on food for vitamins and minerals, we become depleted of the nutrients that we need. This information probably comes as no surprise to you, as there is a large percentage of the population who already takes a multivitamin and/or other nutritional supplements in order to achieve better health and wellness. The NingXia Wolfberry is grown in a unique nutrient dense soil. This provides an amazing nutritional profile in the fruit!

{POST 7}

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.



{POST 8}

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.

{POST 9}

Did you get your fiber today?

The NingXia Wolfberry is over 21% fiber by weight. It has more fiber than oat bran and double the fiber of buckwheat. In fact, the NingXia Wolfberry has one of the highest percentages of any whole food on the planet! The NingXia Wolfberry is also rich in soluble fiber, which is highly efficient in removing triglycerides and cholesterol from the blood and lowering the risk of heart disease. The only mechanism by which cholesterol can be flushed from the body is through bile acids. However, if there is insufficient fiber, cholesterol is not sufficiently excreted, forcing the remainder to be recirculated in the gallbladder. You definitely want to make sure you are getting sufficient fiber in your diet!

{POST 10}

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.

{POST 11}

Why are antioxidants so important?

Imagine an apple slice that you left on the kitchen counter and forgot about. When you find it a few hours later, it will have turned brown. This is the result of a natural process called oxidation. It happens to all cells in nature, including the ones in your body. Each of the 3 trillion cells of the human body has a cellular membrane that is susceptible to oxidative damage. Oxidative damage can happen as a result of normal functions within the body, but this is mostly repaired by the antioxidants we consume from healthy food sources. However, in today's world we are bombarded with external attacks on our cells from our



environment; things like air and water pollution. And once we have free radicals roaming our bodies, they set off a chain reaction that creates more free radicals. All this cellular chaos is causing a tremendous increase of disease in our modern society. This is exactly why we see a rise in cancer and cardiovascular diseases, as well as auto immune diseases.

{POST 12}

Ok, so maybe I need more antioxidants!

Protecting our cells from oxidative damage is crucial for slowing down the damage that occurs with aging and for keeping our bodies healthy. So where can we get more antioxidants to help combat the free radical damage occurring in our cells? The NingXia Wolfberry rates as the single highest antioxidant whole food in the world! Antioxidants are measured on a scale called ORAC (Oxygen Radical Absorption Capacity). Blueberries, a superfood commonly known for being high in antioxidants, scores at 32 on this scale. The NingXia Wolfberry scores 303! Consuming NingXia Wolfberry is a tremendous step in reversing the oxidative effect within your body.

{POST 13}

Clearly now you can see why you want NingXia in your daily life!

So how can you benefit from the NingXia Wolfberry? Whether you are young and healthy and want to stay that way, or if you are currently dealing with the deleterious effects of modern paced life, we want to make sure you know where to get the amazing NingXia Wolfberry. Young Living has included the NingXia Wolfberry into many delicious, easy to use, nutritional products. They have also included it in some amazing personal care products for your skin and hair. NingXia Red's formula, essential oil enhanced benefits, and amazing flavor make it an excellent lifestyle choice. Sharing the lasting health and wellness benefits of NingXia Red puts you on the path to being the best you can be and helping your friends and family experience the same!

{POST 14}

NingXia Red PhytoNutrient Superfood Beverage

NingXia Red is a powerful antioxidant drink that contains whole NingXia Wolfberry puree—a super blend of blueberry, aronia, cherry, pomegranate, and plum juices, natural stevia extract, grape seed extract, pure vanilla extract, and orange, yuzu, lemon, and tangerine essential oils. Its health benefits include support from head to toe, via a whole body nutrient infusion. Highlighting the supporting fruits found in NingXia Red is a patented grape seed extract that contain polyphenolic compounds that may help support a healthy cardiovascular system*. Additionally the blueberry, plum, aronia, cherry, and pomegranate juice contains naturally high levels of anthocyanins and polyphenols, which block oxygen-based free radicals from damaging body tissues. Maintaining a diet rich in these powerful antioxidants is a recommended way to help prevent against a myriad of health risks and maintain healthy bodily functions*.



The new NingXia Red, infused with the juices of these powerhouse fruits and pure, therapeutic-grade essential oils, has a Super Oxygen Radical Absorption Capacity (S-ORAC) score that is 50 percent higher than the original formula, making it one of the most antioxidant-rich beverages available. The synergy of whole NingXia Wolfberries and other nutrient-dense fruit juices and essential oils make NingXia Red the perfect choice for optimizing wellness and stepping up to a whole new level of health!

{POST 15}

NingXia Nitro

Ready to experience abundant energy? Want to increase your mental agility? Need an energy boost to fuel that afternoon meeting? Wishing for a health option instead of your coffee habit? NingXia Nitro combines 100% pure, therapeutic-grade essential oils with naturally powerful ingredients and NingXia Wolfberry to lift mental clarity and focus while also providing a surge of energy when needed.

{POST 16}

How do you Ning?

I love to add Citrus Fresh to my chilled NingXia, or sometimes I do Frankincense, Copaiba and Cinnamon Bark or Ocotea.

By combining the wolfberry with pure essential oils, Gary created the world's foremost functional beverage, NingXia Red®. Young Living is proud to offer you the only nutrient drink on the market that combines whole Chinese wolfberries and pure, therapeutic-grade essential oils into a single beverage that tastes as good as it is good for you: NingXia Red. A great way to get started with NingXia and Young Living is the NingXia Red Starter Kit. Once you purchase this kit you are in for 24% off all products in the catalogue. Perfect if you wish to improve your life and empower your health and wellness! If you are ready to get started simply reach out to the person who invited you to this class. If you don't know how you got here leave a comment below and I can help you find your way!

{POST 17}

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

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!

{POST 18}

We hope you learned a lot. Now let's all go fuel our tanks with this high octane juice just like Gary Young does! Bottoms up!

We hope you enjoyed the class!! If you wish to learn more reach out to us, and in the meantime, BE WELL!!

