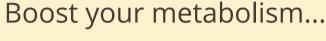
# 1 METABOLIC HEALTH



- Researchers found that our metabolism gradually declines roughly about 3% a year beginning around age 20.
- Metabolism is how your body uses and produces energy.
- MetaPWR is a blend designed to help boost metabolic function.
- MetaPWR blend is a blend of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon oils.
- Preclinical research suggests this blend may reduce the size of adipose fat cells when ingested.
- MetaPWR helps you manage sugar and carb cravings.
- Appetite suppressant.



MetaPWR Oil & softgels: Add 2-4 drops of MetaPWR oil to water and drink throughout the day OR take 1-3 softgels 2-3 times a day.

MetaPWR Advantage: Take 1 sachet
1-2 times a day. This contains 9 types
of collagen tripeptides, which clinical
research has shown to boost skin
appearance by promoting skin density,
increasing firmness, decreasing
wrinkles, and improving hydration.

MetaPWR Assist: MetaPWR Assist slows down the conversion of carbohydrates to glucose (blood sugar), reduces blood sugar spike. Do not take with TerraZyme. Wait 1 hour.

MetaPWR Gum & Beadlets: Chew a beadlet or the gum to curb hunger in between meals.





# 2 FAMILY HEALTH



- Healthy cells make healthy tissues, healthy tissues make healthy organs, healthy organs make a healthy YOU!
- Most health issues are because of nutritional deficiencies.
- Most people are not getting the quality or quantity materials and tools their body needs to function optimally.
- Your body knows how to heal and repair itself when the cells are clean, fed, and protected.



### Achieve Optimal Health...

Take the Lifelong Vitality Pack and PB Assist twice a day. Take 2 TerraZymes with each meal.

Deep Blue Rub: Massage on tense and sore muscles and joints for temporary relief.

#### **Essential Oils:**

- *On Guard:* Protection and immune boosting. Diffuse, apply topically on the bottom of feet and take 2-3 drops internally.
- Tangerine: Energizing and detoxifying. Add 2-3 drops to your drinking water daily.
- *Lavender:* For skin, sleep, and stress. Diffuse and apply topically.
- Frankincense: For cellular health.
   Apply topically and take 1 drop under the tongue daily.
- Balance: Grounding and calming.
   Diffuse and apply topically on forehead, ears, back of neck, and bottom of the big toes daily.

# 3 INFLAMMATION



## Relief, comfort and mobility...

- Inflammation causes pain and aging.
- Reduce inflammation at the root cause by cleaning, feeding, and protecting cells.
- In addition to having your nutritional needs met with the Lifelong Vitality Pack consider using the following products.
- Heal yourself from the inside out and outside in by consistently using these products daily.

1

Use the Deep Blue products: Take 1-2 Deep Blue Polyphenol capsules as needed. Massage Deep Blue stick and oil on sore muscles and joints for relief.

2

**Turmeric Dual Chamber Capsules:** great for muscles, joints, skin, upper respiratory tract, and digestive system. Take 1-2 capsules 1-2 times a day.

3

**Copaiba:** It contains BCP which studies show can be neuroprotective and have cardiovascular and immune benefits. BCP is a cannabinoid that affects CB2 receptors which supports the endocrine system, promotes wound healing, offers pain relief, and protection.

Take 2 Copaiba softgels 2-3 times a day. Massage Copaiba oil topically on the spine, sore muscles, and joints.



4

**AromaTouch:** Helps with relaxing muscles and increasing circulation. Massage on muscles and joints. Re-apply as often as needed.

# 4 SLEEP AND REST



#### Lack of sleep can ...

- cause everything in life to suffer
- slows recovery
- hormone imbalance
- increase stress and moodiness
- reduce your mental function and alertness
- cause irritations and impatience leading to relationship problems
- cause lack of self care
- reduce levels of motivation to achieve causing self-sabotage

## Improve Sleep...

**Journal before bed:** Brain dump by review your day & plan what you will do the next day.

Relax Body: Release tension in the body by massaging with AromaTouch, Copaiba, PastTense and intentionally releasing stress.

3 Supplements & Essential Oils: Feed cells and clean organs. This helps you sleep through the night. Take Lifelong Vitality Pack, TerraZyme, PB Assist, and Zendocrine.

#### **Essential Oils:**

Ground mind: Serenity, Cedarwood, Balance, Lavender Relax body: AromaTouch, PastTense, Copaiba Stay asleep: Juniper Berry

**Peptalk & visualization:** As you fall asleep, praise yourself for doing well and visualize the ideal life and outcomes.





# 5 DIGESTIVE HEALTH



- Some sources report that about 30% of emergency visits are because GI related issues.
- Gut issues affects mental clarity, energy levels, learning, weight, depression, hair, and skin issues.
- Healing the digestive system can help the body absorb nutrients better.
- Eat a cleaner diet consisting of nutrient rich and anti-inflammatory foods.



## Improve Digestion...

- Hydrate: Drink essential oil infused water.
  Use glass or stainless steel bottles. Clean the gut and reduce pickiness and food aversions. Add 2-3 drops of *DigestZen*, *Lemon*, *or Ginger* to water.
- Pood enzymes: Repair gut tissues and assist in nutrient absorption. *TerraZyme* has 10 different types of food enzymes. Take 2 capsules with every meal.
- 3 Supplements & Probiotics: Feed cells and clean organs. Take Lifelong Vitality Pack, TerraZyme, PB Assist, Turmeric Dual Chamber capsules.
  - Relax & Reduce Stress: Reduce overthinking and worrying. Get better sleep. Take Adaptiv capsules. Apply Balance and Adaptiv oils on forehead, back of neck, and bottom of big toes.

