

# 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.



## Boost your metabolism...

1

**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.

2

**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.

3

**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.

4

**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.

1

### Supplements, probiotics, & Enzymes:

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

2

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

3

### 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

- 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.



### Relief, comfort and mobility...

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...

1

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

2

**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*.

4

**Essential Oils:**

*Ground mind:* Serenity, Cedarwood, Balance, Lavender

*Relax body:* AromaTouch, PastTense, Copaiba

*Stay asleep:* Juniper Berry

5

**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...

1

**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.

2

**Food 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*.

4

**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.

