

Zia's Essential Connection

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Young Living's Five Day Nutritive Cleanse



3 products
5 days
4 times/year
100% better

How Young Living's Five Day Cleanse Benefits Key Body Systems

Over the years, toxins from the environment, processed foods and foods with lots of chemical additives accumulate in our bodies. While our in-house detox systems work hard to rid us of toxins, they can't always keep up the pace.¹

Knowing this, Dr. Gary Young created the Five Day Cleanse for short-term cleansing, daily detoxification AND for weight management. He has removed every barrier so we can all start cleansing now and living healthier soon:

It's easy

three products, five days

It's gentle

no harsh cleansing agents, soothing oils

It tastes good

NingXia Red & Balance Complete are delicious

The Five Day Nutritive Cleanse includes:

NingXia Red juice, superantioxidant nutrient infusion to replenish and energize

Balance Complete, a daily superfood energizer and nutritive cleanse

Digest+Cleanse, essential oils to soothe and support healthy digestion

This newsletter will show the clear health benefits of the Five Day Nutritive Cleanse for key body systems.



YL's Five Day Cleanse Kit

STRONG IMMUNE SYSTEM

The immune system must be strong and able to combat infectious disease and counteract toxins. Following are important ways the Five Day Cleanse builds the immune system.

Nourishes essential friendly bacteria

About 40% of the immune system function is found in the intestinal tract, called *pirus patchet*.² While some cleanses negatively affect intestinal flora, the V-Fiber™ blend in **Balance Complete** contains a prebiotic fiber that nurtures beneficial microflora such as Lactobacillus and Bifido bacteria while decreasing pathogenic bacteria.³

Provides essential minerals

A diet high in minerals such as magnesium, potassium, selenium, zinc and folic acid plays a crucial role in optimizing immune response. **Balance Complete** feeds your body a rich array of minerals and vitamins. It also provides proteins and low-glycemic carbohydrates plus balanced fiber, amino acids and essential fats. These nutrients were meticulously formulated to work synergistically and for maximum bioavailability.

Offers essential antioxidant boost

One of the most powerful weapons your immune system needs to fight free radicals daily is antioxidants. Look no further than the nearest bottle of **NingXia Red** (pronounced ning-sha) nutrient infusion for the most delicious, highest antioxidant levels available. While cleansing, even more antioxidants are needed so you'll enjoy NingXia Red three times a day.

EFFICIENT DIGESTIVE SYSTEM

The Five Day Cleanse nourishes and stimulates the digestive system so it can extract the maximum nutrients from foods and efficiently transport waste from the body.⁴ Here's what the Cleanse will do for your digestive health.

EFFICIENT DIGESTIVE SYSTEM continued

Speeds and enhances toxin removal

The fiber in Balance Complete sweeps out the toxins released during your cleanse. But it's not just any fiber: V-Fiber is a cutting-edge blend of several types of fiber, found to be more effective than one type of fiber alone. V-Fiber produces more viscosity-thickness and better absorption-to absorb and remove toxins and excess fat from the digestive tract.⁴

Boosts healthy fiber intake

Each serving of Balance Complete provides 11 of the 30+ grams of fiber we need daily. How easy is that?

Relieves digestive discomfort

Digest+Cleanse, the third component in the Five Day Cleanse, helps your body adjust to the healthy fiber levels in Balance Complete. The peppermint and caraway essential oils in Digest+Cleanse soothe any digestive tract "back talk" while Lemon oil stimulates digestive secretions. Traditional cleansing agents ginger, fennel and anise complete the Digest+Cleanse oil blend: Their functions are to soothe digestion, stimulate digestive organs and improve elimination.

ROBUST CIRCULATORY SYSTEM

The Five Day Cleanse is definitely heart-smart! Taking Balance Complete and NingXia Red long-term is even smarter, as significant improvements in key indicators of circulatory health have been reported, as follows.

Helps maintain normal blood sugar levels

The same V-Fiber blend that optimizes the digestive function also helps the heart. Ingredients in V-Fiber have been shown to normalize blood sugar levels, as have constituents in NingXia Red. Unlike many other juice drinks, NingXia Red boasts a glycemic index of only eleven.³

Helps reduce cholesterol

Remarkable reductions in cholesterol and triglyceride levels were recorded after 90 days on NingXia Red (3 oz/day).⁵

Total cholesterol avg decrease -15.33%
 HDL cholesterol avg increase +9.33%
 LDL cholesterol avg decrease -19.66%
 Triglycerides avg decrease -24.66%

As you can see, Young Living's Five Day Cleanse is a powerful force for better health. Order today and join thousands of YL members with your own successful results.



NingXia Red singles-
 Now your Five Day
 Cleanse is portable.

*After your initial cleanse,
 replace your least
 nutritious meal of the day
 with Balance Complete.
 For weight management,
 replace two meals daily
 with Balance Complete.
 And enjoy your NingXia
 Red every single day!*

Resources

1. WomentoWomen.com
2. Essential Desk Reference. 2003.
3. "FiberAid," DKSH. Switzerland Ltd. [www.3.dksh.com/.../dksh/central/resource.nsf/imgref/4A3713434BD7170648256F55002E6111/\\$FILE/FiberAid.pdf](http://www.3.dksh.com/.../dksh/central/resource.nsf/imgref/4A3713434BD7170648256F55002E6111/$FILE/FiberAid.pdf).
4. Young Living Essential Oils. Five Day Nutritive Cleanse. 2006.
5. Oil Essentials Training Manual. Essential Wellness Training. 2006.

Look and feel better now.

Product Name	Code # Size	Wholesale Pref Cust Customer Prices
Five-Day Nutritive Cleanse Kit	#3296	\$94.75 \$109.71 \$124.67
Balance Complete	#3292 2.25 lb	\$39.75 \$46.03 \$52.30
Digest + Cleanse supplement	#3193 30 gels	\$19.75 \$22.87 \$25.99
NingXia Red juice	#3003 1 liter	\$39.75 \$46.03 \$52.30
single packs	#3168 30-1 oz	

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