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Zia Essential Oils, P.M.

This newsletter is being sent to select Young Living Members within the Zia Essential Oil organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and not solicitation. Previous newsletters and other information is available on my website. If you would like a free information packet or if I can be of service to you, please let me hear from you.

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“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.”

Humboldt

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Zia's Essential Connection

“THE 7 BENEFITS OF EXERCISE”

The 7 benefits of exercise.

The first benefit is exercise can improve your mood. Activity stimulates the brain and makes you happier and more relaxed.

#2 Exercise fights chronic disease. Activity can help prevent or manage issues such as blood pressure. Essential Oils that may help blood pressure are: Lavender, Marjoram, Ylang Ylang and Cypress. Young Living blends...Aroma Life and Peace and Calming.

#3 Exercise helps manage your weight. Essential Oils that may enhance weight management are Peppermint, Clove, and Grapefruit. These essential

oils help stimulate blood flow and activity in the emotional part of your brain.

#4 Exercise boost your energy level. Delivers oxygen and nutrients to your tissues.

#5 Exercise helps sleep. Sleeping well can help our moods, it can help us concentrate more during the day and also have better productivity. Peace and Calming is a great oil blend to use if your still having a hard time sleeping.



#6 Exercise can put a spark back into your sex life. Physical activity with both men and women can help enhance arousal.

#7 Exercise can be fun! You can exercise by yourself or with your family by going on walks, hiking or even joining a dance class.

Muscles can get sore after exercise and even normal activity.

When exercising or even doing our normal daily activities such as mowing the lawn, cleaning the house or even washing the car our bodies get sore and tired.



It usually only takes 24 to 48 hours after a workout before people start experiencing pain somewhere in their body. Sometimes our muscle pain can be caused from ailments such as fibromyalgia or even arthritis. Young Living Essential Oils have been proven to help and even eliminate these pains.





“Every drop is one step closer to comfort!”

*To place a order call
Young Living Order
Department*

1-800-371-2928

or visit

www.youngliving.com

Favorites for Sore Muscles, Sleep and much, much more!!!



PanAway

15 ml
Item # 3390
Whsl \$69.75
Retail \$91.78

Reduces pain & inflammation, increases circulation, and accelerates healing. Relieves swelling and discomfort from arthritis, sprains, muscle spasms and cramps, bumps, and bruises. 3

“One morning I woke up and could hardly turn my neck, it was so bad that I thought I was going to have to go to the chiropractor right away. But then I thought of my oils and tried PanAway and wow what a difference and fast.” D.W.



5ml
Item# 3391
Whsl \$29.75
Retail \$39.14



Ortho Ease 8 fl oz

Item # 3033
Whsl \$32.75
Retail \$43.09

Anti-inflammatory & pain-killing complex of vegetable and essential oils. Works well for strained, swollen, or torn muscles & ligaments. 3

“My sister, her best friend, and my daughter all have restless leg syndrome. The first time they tried Ortho Ease to get relief from ache, it worked! No more pain in less than a minute. They are thrilled.” N.D.



Ortho Sport 8 fl oz.

Item # 3032
Whsl \$33.75
Retail \$44.41

Anti-inflammatory and pain-killing complex of vegetable and essential oils. Great for strained, swollen, or torn muscles and ligaments. Higher phenol content than Ortho Ease & produces a warming sensation. 3

“If it’s sports related and is muscle soreness I rub in some ortho sport and that seems to do the trick.”M.L.

Resources:

1. www.mayoclinic.com/health/exercise/HQ01676
2. www.oil-testimonies.com
3. Essential Oils Desk Reference.

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Peace & Calming 15ml

Item #3393
Whsl \$32.75
Retail \$43.09

Promotes relaxation & deep sense of peace & emotional well being, helping to dampen tensions and uplift spirits. Reduces depression, anxiety, stress and insomnia. 3

“We started using Peace and Calming blend to help create the right atmosphere for sleep in our house. We find it so helpful in getting our little one wound down after an exciting day.” H.S.



Lavender 15ml

Item #3575
Whsl \$20.75
Retail \$27.30

Lavender is calming, relaxing and balancing, both physically and emotionally. It can be used as a antiseptic, antifungal, anti-inflammatory & reduces blood fat/cholesterol.3

“I used lavender on my sunburn and it took the pain RIGHT away. I am new to the oils so I was very surprised and exited. I diluted it in a bit of grape seed oil.” H.N.



Aroma Life 15ml

Item #3306
Whsl \$39.75
Retail \$52.30

Improves cardiovascular, lymphatic, and circulatory systems. Lowers high blood pressure and reduces stress.3

“I have gotten some varicose veins showing since being pregnant. I started to apply Aroma Life once a day and they are starting to disappear.” M.S.