



# Zia's Essential Connection

## A New Year and a Brand New Beginning!



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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YL Sponsor #1040

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A NEW DAY, NEW YEAR, NEW BEGINNING and THE GIFT OF RENEWAL is ever present with the beginning of each new year. A time where we often choose to make changes enhancing our well-being. Change is not always easy but once you accomplish your goals, you feel great about yourself. Some of the top resolutions people would like to change are:

Fitness & Health  
Weight  
Quitting smoking  
Get out of Debt

It is my belief that our health is most important! If we do not have our health, then all the other things we may want to accomplish in life, may not be reachable. Young Living Essential Oils has a multitude of products that will support our bodies in maintaining our health and fitness. If you have not ordered for a while for whatever reason, visit Young Living's website at [www.youngliving.com](http://www.youngliving.com) and see all the wonderful exclusive products that will assist you in having a HEALTHY 2012!!!

## Exercises For Everyone

That Can Be Done In The Comfort Of Your Home!

- ♥ Walking
- ♥ Jumping Jacks
- ♥ Pushups
- ♥ Leg Lifts
- ♥ Crunches
- ♥ Jogging in Place
- ♥ Squats
- ♥ Dancing
- ♥ Step Exercises

For *seniors* and *older adults* who want to continue with independent healthy lives, the National Institute of Health suggest four different types of exercises:

- ♦ **Stretching exercises** - will help with movement.
- ♦ **Balance exercises** - Builds muscles and helps prevent falls.
- ♦ **Strength exercises** - Increases metabolism and builds muscles. This will help with weight and blood sugar.
- ♦ **Endurance exercises** - This increases heart rate and breathing. Start with 5 minutes a day. This includes walking, swimming or even raking leaves.

*The more you praise and celebrate your life, the more there is in life to celebrate.*

~Oprah Winfrey

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**Slique Tea**  
 Item: 4560  
 Whsl. \$19.75 Retail. \$25.99

Slique™ Tea is an exotic drink that has been formulated with ocotea, frankincense powder, and other natural ingredients to help support individual weight goals. This blend is rich in flavonoids, polyphenols, and antioxidants, which generally associated with helping maintain normal health body functions.



**Ocotea 5 ml**  
 Item: 3556  
 Whsl. \$34.75 Retail. \$45.72

Extracted from Ecuadorian tree, ocotea has the highest level of alpha humulene of any Young Living essential oil, which is a compound that helps aid the body's natural response to irritation and injury.\* Ocotea also has natural cleansing and purifying properties. This product is also known to lower insulin needs for diabetics and reduce blood sugar fluctuations.



**Essentialzymes-4 (120ct)**  
 Item: 4645  
 Whsl. \$49.75 Retail. \$65.46

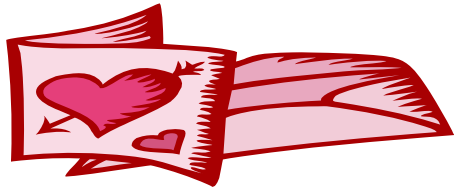
Essentialzymes-4™ is a multispectral enzyme complex that aids the digestion of fats, proteins, fiber, and carbohydrates. The dual time-release technology releases the animal-and plant- based enzymes at separate times within the digestive tract, allowing for optimal nutrient absorption.

*Feel Great and see the glass half full...and you can lead a longer, healthier life.*



*“Gratitude can produce positive emotions that have physical benefits.”*

*~Robert Emmons, Ph.D.*



To place an order call *Young Living Order Department* at:  
**1-800-371-2928** or visit  
[www.youngliving.com](http://www.youngliving.com)



*Something wonderful happens to you every single day, without fail...you just have to be aware of it!*



**Sensation Essential Oil Blend 5ml**  
 Item # 3420  
 Whsl. \$31.75 Retail \$41.78

Sensation™ is a wonderfully fragrant, powerfully romantic blend that is extremely uplifting and refreshing.♥♥♥♥♥

*“Everything in the universe is a pitcher brimming with wisdom and beauty.”*

*~Mevlana Rumi*

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