



Are you ready to “go the natural route” but have no clue where to start?

This easy-to-follow guide will walk you through some basic steps to help you begin your journey.

You'll find out what products need to hit the road and which ones can stay. Plus, you'll get the 000 on essential oils and find out what to look for in personal care products, cleaning products, and supplements.

READY TO MAKE A CHANGE

Although beneficial at times, things that exist in today's world CAN expose us to toxins.

When these toxins start to accumulate in our bodies, you may start to experience symptoms of toxic overload such as *fatigue, insomnia, anxiety, depression, digestive issues, brain fog, skin issues, hormone disorders, and more.*



Before the development of scientific medicine, people had to rely on the earth and their own common sense. They simply experimented with the plants around them. Throughout the years, the same experimentation with plants has occurred and has led to the discovery of many powerful drugs that are still in use today.



READY TO MAKE A CHANGE

Slowly ditching the products and substances that present risks to your body and replacing them with products and substances that provide nourishment and work alongside your body's natural abilities can truly make a difference!



So why would we want to get back to nature and not *just* solely rely on what is available to us in the store and online?

Well, although beneficial at times, things that exist in today's world CAN expose us to toxins. They exist in everyday products like shampoo, soap, laundry detergent, lotions, makeup, air fresheners, etc. We can even be exposed to toxins in our food, building materials, cookware, cleaning products, shower curtains, furniture, carpet, and more.

When these toxins start to accumulate in our bodies, you may start to experience symptoms of toxic overload such as fatigue, insomnia, anxiety, depression, digestive issues, brain fog, skin issues, hormone disorders, and more.

Nobody wants that!



Slowly ditching the products and substances that present *risks* to your body and replacing them with products and substances that provide *nourishment* and work alongside your body's natural abilities can truly make a difference!

Pair that with gaining knowledge in the world of natural living - i.e., this class - and you'll start to feel even more empowered. I want to make sure you're connected to our community, so you have the support you need throughout this journey. We want you to have the best tools in your toolbox to rid yourself of confusion and helplessness and get you well on your way to living your best life.

Why choose Young Living?



**WHY CHOOSE
YOUNG LIVING?**

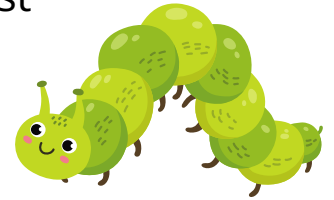
In order to combat the risk of toxic overload, Young Living has created over 600 + products to equip us with nearly everything we need to feel empowered on our journey to natural living.

Young Living is the **ONLY** company to back their items with a Seed to Seal quality commitment. You can rest assured you are filling your home with quality products!



It may come as a surprise to you that toxins exist in our everyday products like soaps, shampoos, air fresheners, cleaning supplies, makeup, and more. Sadly, many items within this industry are not highly regulated for safety and we, as the consumer, are led to believe they are safe for use. In order to combat the risk of toxic overload, Young Living has created over 600 + products to equip us with nearly everything we need to feel empowered on our journey to natural living.

Young Living is the ONLY company to back their items with a Seed to Seal quality commitment. You can rest assured you are filling your home with quality products that are sure to get you “back to nature.” Check out some of the strict guidelines they abide by to fulfill their promise in sending only the best products to your home.



- plant material that is grown on corporately owned farms or carefully vetted partner farms (that you CAN visit!)
- sustainable farming and sourcing practices, providing the purest oil
- great care taken to preserve and protect natural resources
- hand-weeded fields and ZERO use of pesticides
- oils that retain all their natural constituents and beneficial properties
- use of food-grade distillers with state-of-the-art design and distillation methods
- low pressure and low temperature distillation, without the use of solvents or synthetic chemicals
- rigorous testing on each batch by internal labs and third-party facilities
- oils that are carefully reviewed through every step of production in order to meet or exceed industry safety and
- purity standards (beyond organic!)



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The first step in this journey is to **DITCH** the junk. But how do you know what needs to go? Let's take a look at what ingredients present a risk to you and your family.

- **Formaldehyde** - This is a preservative that is often seen in lotions, cosmetics, and baby wipes. It's a known carcinogen and can cause skin and respiratory irritations.
- **Phthalates** - These are a group of chemicals found in personal care products and many plastics and vinyls. They can affect your endocrine system, reproductive health, and even potentially cause cancer.
- **VOCs** - Volatileorganic compounds (VOCs) are gases that are emitted into the air. They're found in some building materials, home and personal products, gasoline, and even things like glue and permanent markers. Breathing VOCs can cause eye, nose and throat irritation as well as difficulty breathing and nausea, even damage to the central nervous system and other organs. Some VOCs can even cause cancer.
- **Sodium Lauryl Sulfate(SLS) and Sodium Laureth Sulfate (SLES)** - These are surfactants commonly used as an emulsifying cleaning agent in household cleaning products (laundry detergents, spray cleaners, and dishwasher detergents). In other words they keep things mixed up and help them create lather. Oftentimes they are synthetically derived and have the potential to cause skin irritation.

- **Ethanolamines** (MEA, DEA, and TEA) - These are found in many household and personal care products and have been linked to organ system toxicity, bio accumulation, and even cancer.
- **Triclosan** - This is found in many antibacterial soaps, hand sanitisers, and detergents as well as some toothpastes, deodorants, cosmetics, plastics, and more. It can affect the thyroid and endocrine system and was recently banned by the FDA to be used in “antiseptic washes” but can still be found in some other products like toothpaste, cosmetics, and even clothing, kitchenware, furniture, and toys.
- **Fragrance** -The word “fragrance” can appear on a label and contain an enormous list of ingredients that a company is not required to disclose, as it is considered a ‘trade secret.’ That means a product could contain some awful ingredients and the consumer wouldn’t even know! These chemicals could be linked to cancer, reproductive and developmental toxicity, allergies and sensitivities.

Why take the risk?

These are just a FEW of the ingredients you may want to avoid when bringing products into your home. But my oh my! Doesn’t that sound exhausting to have to read label after label, wondering if what you’re using is safe? Don’t you worry. I’ve got the perfect solution for you...

Creating a Customised Wellness Box



Ditching the toxins in your home may seem overwhelming at first. So, to keep things manageable, start with one room and replace the items there.

Then move to another and so on.

This does not have to be an overnight process; do it at your own pace. And guess what?

You don't have to spend hours online or at the store reading labels!

Young Living makes it so simple to start replacing all the toxic junk you're tossing with Loyalty Rewards, a wellness box you get to customise every month.

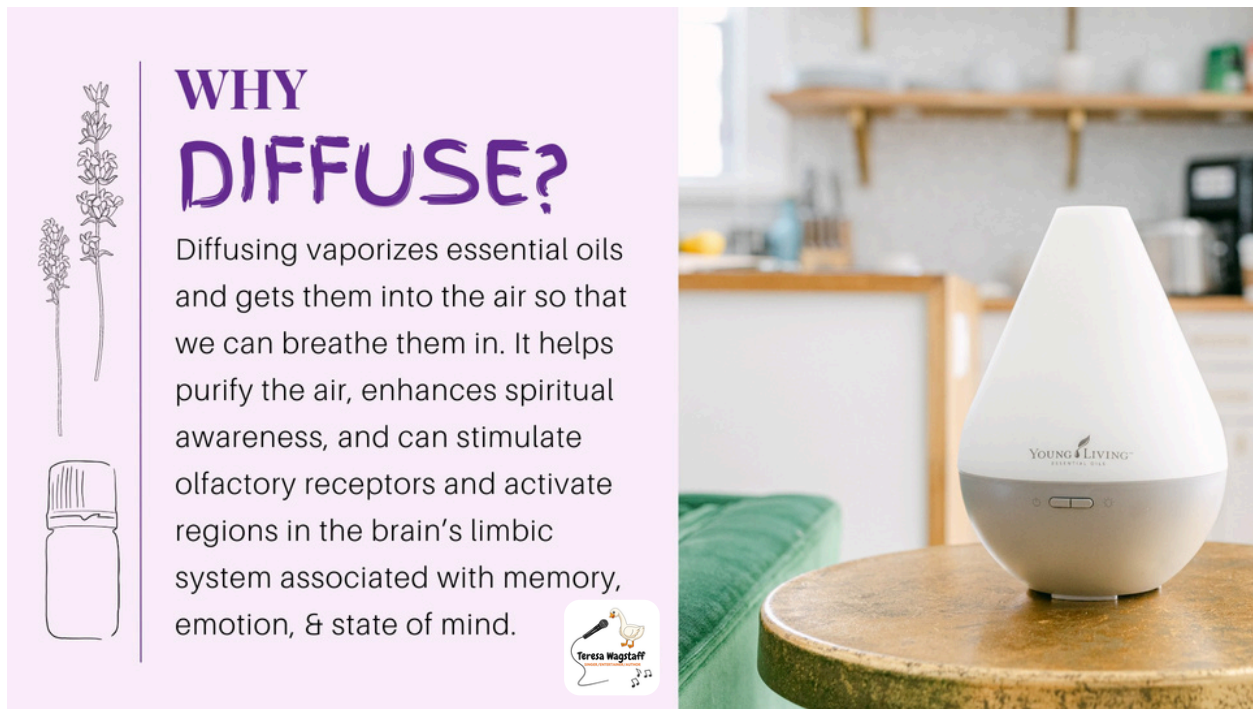
Being enrolled in **Loyalty Rewards unlocks a 24% discount** on all loyalty orders and one-time purchases. You get to pick from over 600 oils and products - customising your loyalty orders to your liking. Once you find the item you're looking for, click "Add to Loyalty Order" and follow the prompts. Manage your items in your "My Loyalty Order" tab for the next month by adding, deleting, or moving items into Save for Later before your next process date.

It also qualifies you to earn spendable Loyalty Rewards points and gifts when you spend 50 PV or more on your loyalty order each month! If your loyalty order contains at least 50 PV, you'll start earning 10% in spendable points! Keep that going in month 2 and you will get a **FREE gift.!**

Do that consecutively for *3 months* and you'll start earning 20% back in points. Do that consecutively for *24 months* and that percentage bumps up to 25%!



Why Diffuse



I still have a few more things to share with you, but before we move on, I want to make sure you know how to set up your own **FREE** Young Living account and order when you're ready.

To get started head here  [Teresa's Young Living Storefront](https://teresawagstaff.com)

Reach out if you need a hand or have a question and my Young Living ID is 18737788

Essential Oils



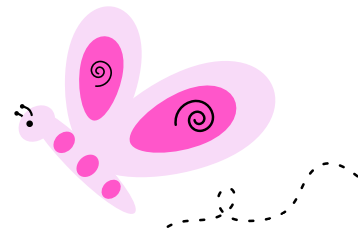
Now that we've discussed **HOW** to keep those replacement items coming, I want to walk you through some of the most popular things you will be ordering.

First up - essential oils!

Essential oils are the concentrated liquids extracted from plants, herbs, and trees. They're either steam distilled or cold pressed. They're very potent and contain powerful health and wellness benefits. Use them for aromatherapy, personal care, or household solutions. They make an excellent replacement for room sprays, plug-ins, candles, and perfumes.

I would suggest trying these first...

- **Lavender** - calming & cleansing (in my opinion the KING of oils)
- **Peppermint** - invigorating & cooling
- **Stress Away** - relaxing & soothing
- **Citrus Fresh** - refreshing & mood-boosting
- **Peace & Calming** - balancing & grounding
- **Thieves** - purifying & supportive
- **Lemon**- uplifting & cleansing



You will also want to grab a quality diffuser. Diffusing vaporises essential oils and gets them into the air so that we can breathe them in.

Young Living provides us with cool mist ultrasonic diffusers so that the oils are protected from heat and retain their incredible properties! YL's diffusers come with a 1-year warranty and often come in bundles, getting you the best deal possible.

Not only does diffusing help purify the air, it can enhance spiritual awareness, and can stimulate olfactory receptors and activate regions in the brain's limbic system associated with memory, emotion, & state of mind.

Whoa!

What about safety & usage?



Start with just a few drops when diffusing. Most people typically diffuse 3-10 drops at a time, depending on their sensitivity and preferences.

You can also apply Young Living oils to the skin. To keep it simple, start with one drop and add a small amount of carrier oil, like coconut or grapeseed oil, to dilute it. You'll want to dilute more heavily when applying hot oils like Thieves and Peppermint as well as when using essential oils on children and the elderly.

Young Living also carries a line of ingestible essential oils called the Vitality oils. They are the SAME oil as the "regular" oils, just labelled differently to make it easier to know which oils can be safely ingested.

Add a drop (or more) of a Vitality oil into an empty vegetable capsule, a cup of tea, or a glass of water. You can even cook and bake with them!

As always, start slow and see what works for you.

Clean Personal Care Products



CLEAN PERSONAL CARE PRODUCTS LOTIONS

- formulated without parabens, sulfates, phthalates, or synthetic fragrances or colors
- infused with Young Living premium essential oils
- backed by the Seed to Seal quality commitment
- contain an ultra-moisturizing blend of plant-derived oils and butters
- formulated to absorb quickly without leaving a greasy residue



Now that you've ditched things like synthetically-fragranced lotions, fluoride-filled toothpastes, and conventional makeup, you're going to need replacements. Thankfully Young Living has you covered and you can add them to your loyalty order as often as you need. Here are some of my favourites to add:



Lotions



CLEAN PERSONAL CARE PRODUCTS LOTIONS

- formulated without parabens, sulfates, phthalates, or synthetic fragrances or colors
- infused with Young Living premium essential oils
- backed by the Seed to Seal quality commitment
- contain an ultra-moisturizing blend of plant-derived oils and butters
- formulated to absorb quickly without leaving a greasy residue



Young Living carries several options for babies, kids, and adults. They're all formulated without parabens, sulfates, phthalates, or synthetic fragrances or colours. They're even infused with Young Living premium essential oils and backed by the Seed to Seal quality commitment so you can trust you're using a quality product.

They contain an ultra-moisturising blend of plant-derived oils and butters and are formulated to absorb quickly without leaving a greasy residue.

Toothpastes

CLEAN PERSONAL CARE PRODUCTS TOOTHPASTES

- free of harmful peroxides, SLS, parabens, phthalates, mineral oil, synthetic perfumes, dyes, fluoride, artificial colors or flavors, and preservatives
- infused with YL's premium essential oils
- contain naturally derived ingredients
- gently removes surface stains while helping prevent tartar buildup, fight plaque, and support healthy gums





Again, Young Living carries several options, including one for kids. None of them contain fluoride. They are free of harmful peroxides, SLS, parabens, phthalates, mineral oil, synthetic perfumes, dyes, artificial colours or flavours, and preservatives. And of course - they're infused with YL's premium essential oils.

They contain naturally derived ingredients, which gently removes surface stains while helping prevent tartar buildup, fight plaque, and support healthy gums.

Skincare Products



ART, BALANCE, BLOOM SKINCARE LINES

- Made with 100% plant-based ingredients
- Formulated with naturally derived ingredients free of parabens, phthalates, synthetic fragrances, sulfates, petroleum, and mineral oil
- Effectively removes makeup and impurities
- Gently cleanses and help restore appearance of uneven skin tones



No matter what your skin type, Young Living has something perfect for you! With their three main skin care lines... ART, BALANCE, and BLOOM... you will have just what you need to clean, tone, and moisturise your skin without all of the harmful ingredients found in many products on the market today.



Safe Cleaning Products

This was one of the hardest areas of my home to ditch!

I was obsessed with getting a good clean and I assumed I needed ALL the cleaners to do it, until one day I realised I could barely breathe after my bathroom was cleaned. I decided it was time to make a change - out with the old and in with the new. Thieves Household Cleaner came to my rescue and now that's all I use!

Young Living has an entire line of products infused with the legendary essential oil blend called Thieves - a sweet and spicy combination of Clove, Cinnamon Bark, Eucalyptus Radiata, Rosemary, and Lemon essential oils that I believe smells of Christmas baking. Here are some products you might want to grab in your loyalty order.



Thieves Household Cleaner



It provides an effective, deep clean with the power of naturally derived, plant-based ingredients. The concentrated formula is easy to mix to create a variety of cleaning solutions for inside and outside the home - at a fraction of the cost of store-bought cleaners!

It's safe to use around children and pets as directed and of course - it's infused with Young Living's signature Thieves premium essential oil blend.

Thieves Laundry Soap



SAFE CLEANING PRODUCTS

THIEVES LAUNDRY SOAP

- free from SLS, dyes, petrochemicals, formaldehyde, phosphates, synthetic perfumes, chlorine, and optical brighteners
- contains natural enzymes that combat dirt, stains, and strong odors
- formulated with gentle, plant-based cleansers that are safe for sensitive skin
- infused with Young Living's Thieves premium essential oil blend



It's free from SLS, dyes, petrochemicals, formaldehyde, phosphates, synthetic perfumes, chlorine, and optical brighteners. It contains natural enzymes that combat dirt, stains, and strong odours. It's formulated with gentle, plant-based cleansers that are safe for sensitive skin and infused with Young Living's Thieves premium essential oil blend.

Young Living also offers foaming hand soap, dish soap, dishwasher powder, fruit & veggie soak and spray, hand sanitiser liquid and wipes, kitchen & bath scrub, mini spray, and the Home Cleaning Kit. You're going to want to try them all!

Quality Supplements



Unfortunately many conventional vitamins and supplements can be synthetically, and legally, produced in a lab; they are not required to come from nature. Supplements do not require FDA approval before they are sold or marketed, nor is their safety required to be proven. (That can be a scary thing!)

They often contain inactive or poorly bioavailable nutrients as well as artificial sweeteners and dyes. Don't waste your money on that!

Get quality, oil-infused supplements delivered to your door.

Young Living supplements are cultivated, tested, and bottled under Young Living's Seed to Seal quality standard so you know you are getting a good product! They are made with naturally derived, plant-based ingredients and infused with Young Living premium essential oils, which increases its bioavailability in the body. They contain no artificial dyes, flavourings, or sweeteners.

How great is that?!

Young Living offers a variety of options covering feminine and masculine wellness, digestive wellness, daily longevity, targeted support, and nutritional supplements.

These are some of my favourites to have coming on a regular basis but please note I get regular blood tests to see what my body is needing and I do recommend checking with your health professional before taking supplements. But that's just me...

- **Life 9:** a highly potent probiotic with 17 billion live cultures from nine beneficial bacteria strains
- **MightyPro:** a tasty blend of prebiotics and probiotics featuring over 8 billion active, live cultures; perfect for kids

- **MasterFormula:** a full-spectrum complex of vitamins and minerals to support digestive health, help neutralise free radicals in the body, and provide gut flora-supporting prebiotics
- **MultiGreens:** boosts vitality by supporting the glandular, nervous, and circulatory systems
- **Ningxia Red:** (my absolute favourite) a delicious drink that is packed with powerful antioxidants to help against oxidative stress, support normal cellular function, and promote healthy energy levels
- **OmegaGize3:** combines the power of omega-3 fatty acids, vitamin D3, and CoQ10 along with essential oils to support normal brain function and normal heart, eye, and joint health
- **Essentialzymes-4:** contains powerful fat-digesting enzymes for dairy products, meats, and vegetables and promotes greater nutrient absorption
- **SuperB:** contains all eight B vitamins and bio available chelated minerals to help you maintain healthy energy levels, support cardiovascular and cognitive function, and ease feelings of everyday stress

They're amazing!

Be sure to check these out as well - Golden Turmeric, CortiStop, Thyromin, Sulfurzyme, Mineral Essence, Super C, Super Vitamin D, AlkaLime, IlluminEyes, and ICP Daily.

My belief is "listen to your body" where supplements are concerned (I don't take anything regularly...only as I feel I need it)

Connect & Learn

Young Living offers over 600 products and essential oils - clearly we are not going to cover them all in one class. So, it's important that you get connected to an oily community!



Conveniently, when you set up a personalised account with Young Living, you not only get a quality product you get a quality *community*. That community is made up of people like you and me - people who want to be living their best life and create a happy, healthy home for their family to reside in.



That community exists for support, education, questions, ideas, recipes, and friendships - so take advantage of it and plug into it. Bring your findings and connect to others on this journey! It's a great way to learn about ALL the other products YL has available - CBD, pet products, Einkorn products, cookware, and more!

<https://teresawagstaff.com>

Get connected and learn - it's worth it!

You can also find out tons of information on the Young Living website under the Learn tab.

Talk to you soon!



Thank you so much for jumping in here with me and taking a look at what Young Living has to offer. I truly believe these oils and products need to be in every home, starting with yours and mine.

These were the first products I started using when I was learning how to walk again and I truly believe in them.

Remember to get your Young Living (YL) account set up today if you haven't already. Be sure to put me down as your referring member so we can get you connected to our community. I can't wait to see where your journey goes. My YL ID is 18737788.

Got a question?

Contact me



Give me a call or reach out anytime, I endeavour to answer all enquiries within 24 hours on business days. I will be happy to answer your questions.

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A Few Side Notes



- Information obtained here is meant for educational and informational purposes ONLY, and to motivate and empower you to make your own wellness journey based on your own research and partnership with your healthcare provider.
- The statements have not been evaluated by the FDA.
- These products are not intended to diagnose, treat, cure, or prevent any disease.

Teresa Wagstaff

Singer/Entertainer/Author/Entrepreneur