

## Essential Oils for Weight Loss Support

**Peppermint** – smell the oil to reduce appetite and cravings

**Nutmeg** – adrenal stimulant for increased energy, anti-inflammatory, increases production of human growth hormone and melatonin.

**En-R-Gee** - Increases vitality, energy, and alertness in the body

**Endoflex** – Amplifies metabolism and vitality and creates hormonal balance

**Motivation** – Helps to keep you on track!

**Grapefruit** – Metabolic stimulant, detoxifier, fat dissolving, lymphatic & vascular system support, diuretic, and anti-depressant and anti-anxiety

## Nutritional Supplements to Maintain Healthy Weight

**NingXia Red** – highest anti-oxidant liquid dietary supplement from whole food sources; provides energy and satisfies the sweet tooth.

**Wolfberries** – most powerful anti-oxidant fruit. Great for snacks. Also **Wolf berry Crisp Bars** as transitional foods.

**Juva Power** – Rich source of acid-binding foods & liver protecting nutrients

**Omega Blue** – clinically proven dose of essential fatty acids, to support heart, eye, and joint health with essential oils

**Balance Complete** – 5 Day nutritive cleanse – Meal Replacement, nutritive cleanser and energizer

**Digest and Cleanse** – a must have when doing Balance Complete.

## Nutritional Supplements to Correct Metabolism

**Thyromin** - Nourish the thyroid, balance metabolism, and reduce fatigue; contains CoQ10.

**Progesterone** – can result in substantial decline in bodyfat (**Progescence, Prenolone or Prenolone plus**)

**Thermaburn** - appetite suppressive and thermogenic essential oils and herbs; also contains liver cleansers and de-fatters to increase metabolism; also contains frankincense

**Be Fit** – contains HMB (beta-hydroxy beta-methylbutyrate) for increasing muscle mass

\*\*\*Information is based on Essential Oils Desk Reference Book, 4<sup>th</sup> Edition.  
*Products shown in bold are available at [www.YoungLivingAbundance.com](http://www.YoungLivingAbundance.com)*