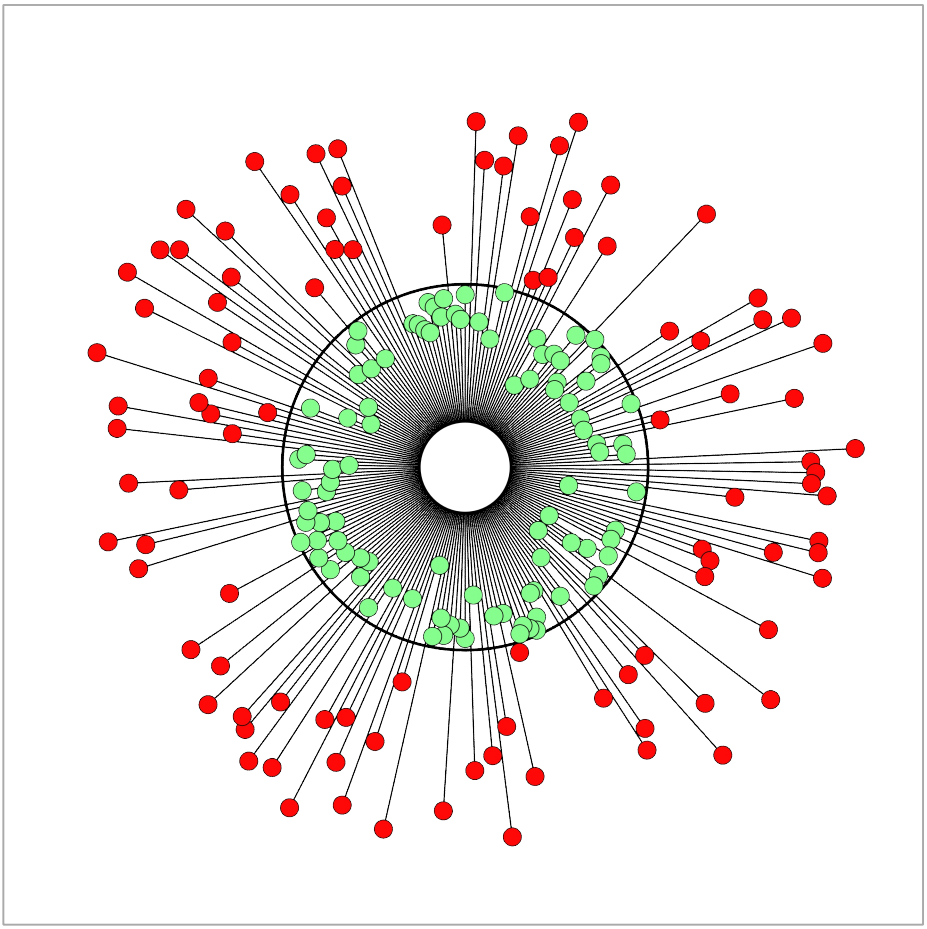
Wellness Report

YOUR DYNAMIC PROFILE

Biomarkers: 198
Range: 6.36

Biomarkers In Range: 97
Biomarkers Out of Range: 101



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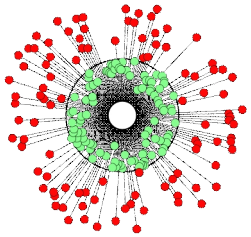
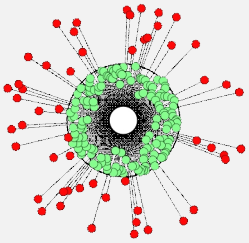
BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

This section of the report shows your top balancer Virtual Items and how many out-of-range biomarkers each balancer progressively brought into range. Each balancer adds to the cumulative amount of biomarkers brought into range.



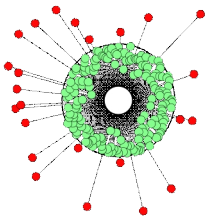
Baseline

Biomarkers Out of Range: 101



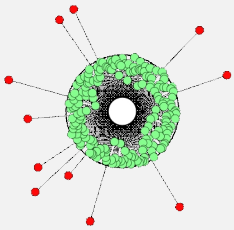
YL - Ortho Ease Massage Oil

Biomarkers Brought Into Range: 47
Category: All Young Living Products, Products (US)



YL - Cool Azul Pain Relief Cream

Additional BioMarkers Brought Into Range: 30
Category: All Young Living Products, Products (US)



YL - Lemon Myrtle Essential Oil

Additional BioMarkers Brought Into Range: 13
Category: All Young Living Products, Products (US)

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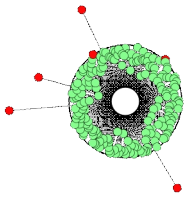
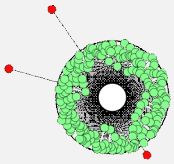


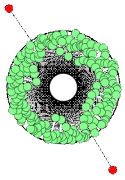
YL - Patchouli Essential Oil

Additional BioMarkers Brought Into Range: 5
Category: All Young Living Products, Products (US)



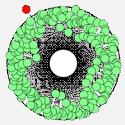
YL - Petitgrain Essential Oil

Additional BioMarkers Brought Into Range: 3
Category: All Young Living Products, Products (US)



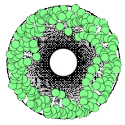
YL - Cel-Lite Magic Massage Oil

Additional BioMarkers Brought Into Range: 1
Category: All Young Living Products, Products (US)



YL - Nutmeg Essential Oil

Additional BioMarkers Brought Into Range: 1
Category: All Young Living Products, Products (US)



YL - Master Formula

Additional BioMarkers Brought Into Range: 1
Category: All Young Living Products, Products (US)

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PRODUCT DESCRIPTIONS

Top balancer Virtual Items are listed in order below along with their respective dR values and detailed product descriptions.

26.68 YL - Ortho Ease Massage Oil

Ortho Ease® Massage Oil

Ortho Ease® Massage Oil is a calming blend of vegetable oils and therapeutic-grade essential oils, including Wintergreen, Peppermint, Juniper, and Marjoram.

How to Use
Gently massage into areas of body as desired. Shake well before using.

24.94 YL - Cool Azul Pain Relief Cream

Cool Azul™ Pain Relief Cream

Young Living's Cool Azul™ Pain Relief Cream provides cooling relief from minor muscle and joint aches, arthritis, strains, bruises, and sprains. Our plant-based formula combines the power of Wintergreen essential oil with our exclusive Cool Azul essential oil blend. With two powerful, synergistic active ingredients, this cream provides pain-relieving benefits in two ways: methyl salicylate found in Wintergreen helps alleviate pain deep in the muscles and joints, and natural menthol found in Peppermint provides a cooling effect. If you need relief without synthetic ingredients, Young Living's Cool Azul Pain Relief Cream is the answer!

How to Use
Adults and children 12 years of age and older: Apply to affected area not more than 3 to 4 times daily.

23.14 YL - Lemon Myrtle Essential Oil

Lemon Myrtle Essential Oil (Singles) 5 ml
Aromatic | Topical | Dietary
Item # 3079

The fresh aroma of Lemon Myrtle is uplifting and refreshing, which may help clear the mind.

How to Use
Dietary: Dilute one drop with V-6™ Enhanced Vegetable Oil Complex or other vegetable oil (e.g., virgin coconut, olive, almond). Put in a capsule and take up to three times daily.
Topical: Dilute one drop with V-6 or other vegetable oil; apply to desired area.
Aromatic: Diffuse up to 30 minutes three times daily.

Use For:
Mental Clarity
Immune Support
Purifying

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health-care practitioner prior to use.

Ingredients
100% pure therapeutic grade lemon myrtle (Backhousia citriodora) essential oil

22.14 YL - Patchouli Essential Oil

Patchouli Essential Oil (Singles) 15 ml
Aromatic | Topical

Patchouli oil is carefully extracted through steam distillation of a low, bushy shrub native to tropical regions in Southeast Asia.

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Although the plant is part of the mint family, Patchouli essential oil has a powerful, musky scent, and because of its complex aroma, Patchouli uses often include perfumes, soaps, incense, and essential oil blends.

With a rich history and unique aromatic profile, Patchouli is perfect for the free spirit. Use its calming, relaxing aroma during meditation or yoga practice or apply topically to improve the appearance of skin.

Topical: Apply 2-4 drops directly to desired area. Dilution not required, except for the most sensitive skin. Use as needed.

Aromatic: Diffuse up to 1 hour 3 times daily.

21.67 YL - Petitgrain Essential Oil

Petitgrain Essential Oil (Singles) 5 ml
Aromatic | Topical

Petitgrain is refreshing and uplifting when used aromatically. This oil is also supportive of the appearance of skin and hair.

Topical: Apply 2-4 drops directly to desired area. Dilution not required, except for the most sensitive skin. Use as needed.

Aromatic: Diffuse up to 30 minutes 3 times daily.

21.64 YL - Cel-Lite Magic Massage Oil

Cel-Lite Magic™ Massage Oil

Cel-Lite Magic™ Massage Oil tones and nourishes the skin with pure vegetable oils, vitamin E, and authentic essential oils. Grapefruit oil improves the appearance of skin texture, while Juniper oil helps cleanse.

How to Use
Massage on locations where firming and toning are desired. Shake well before using.

21.20 YL - Nutmeg Essential Oil

Nutmeg Vitality
Aromatic | Topical | Dietary

Nutmeg comes from an evergreen tree indigenous to Indonesia. Whether it's baked into spice cake or blended into tea, this pungent spice offers a warm, nostalgic taste and aroma.

Steam distilled from the fruit and seeds of the tree, Nutmeg Vitality™ essential oil has a sweet and distinctly spicy taste, making it both a powerful and versatile essential oil. Nutmeg Vitality is particularly good for enhancing the flavor of winter produce such as acorn squash, sweet potatoes, and pumpkin.

Along with flavoring your favorite recipes, Nutmeg Vitality oil has many health benefits, including cognitive function support, immune support, and powerful antioxidants.*

Topical: Dilute 1 drop with 1 drop of V-6™ or olive oil and apply to desired area as needed.

Aromatic: Diffuse up to 30 minutes 3 times daily.

Dietary: Dilute 1 drop with 1 drop of carrier oil. Put in a capsule and take up to 3 times daily or as needed.

20.55 YL - Master Formula

Master Formula is a full spectrum, multinutrient complex, providing premium vitamins, minerals, and food-based nutriment to support general health and well-being. By utilizing a Synergistic Suspension Isolation process – SSI Technology – ingredients are delivered in three distinct delivery forms. Collectively, these ingredients provide a premium, synergistic complex to support your body.*

Primary Benefits
• Naturally supports general health and well-being for the body

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• Gut flora supporting prebiotics
• Ingredients help neutralize free radicals in the body
• Includes antioxidants, vitamins, minerals, and other food-based nutriment
• Pre-packaged sachets are convenient to take your vitamins on the go
• SSI Technology delivers ingredients in 3 forms chosen for their complementary properties

*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.

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4 CORE BODY SYSTEMS FOR WELLNESS

The 4 core systems that are critical to maintaining health are:

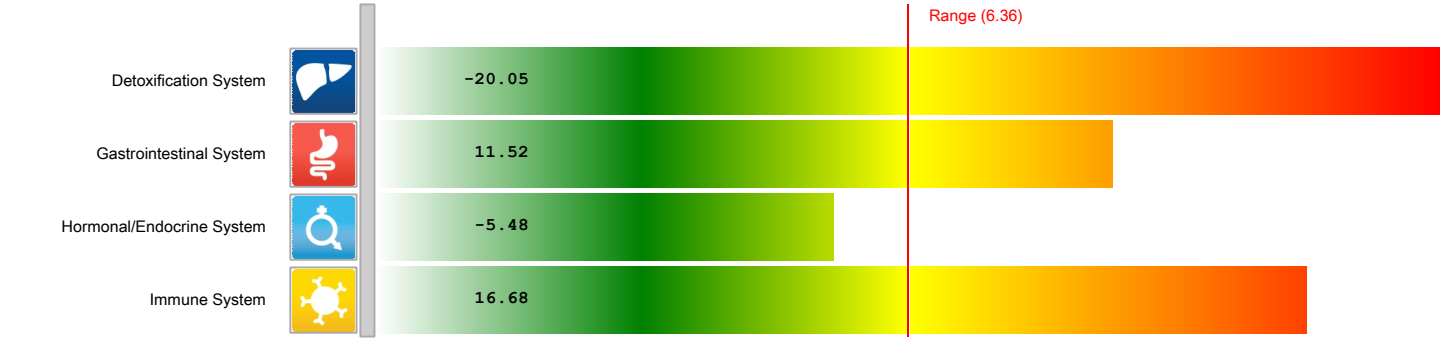
1. Detoxification System
2. Gastrointestinal System
3. Hormonal/Endocrine System
4. Immune System

Why These 4?

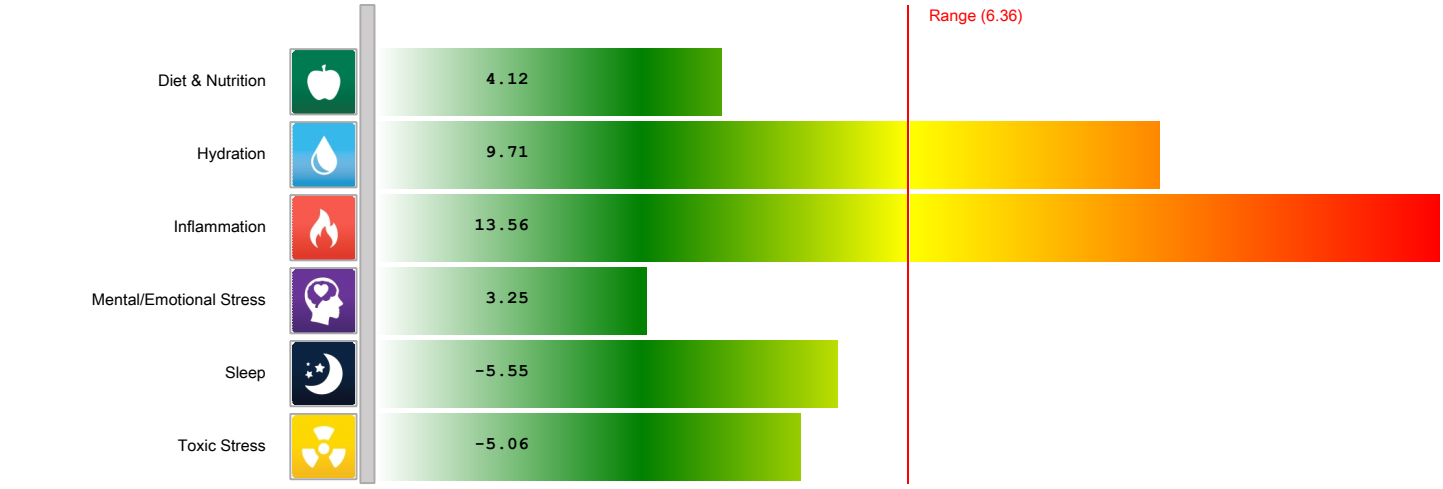
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these four systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised, the negative effects spill over to all other systems, creating a chain of events that can greatly impact your overall health.

If you are serious about preventing health problems or creating an environment where the body can heal, you are cheating yourself out of success if you do not focus on these systems.

STRESSOR VIRTUAL ITEM RESPONSES: 4 CORE SYSTEMS



STRESSOR VIRTUAL ITEM RESPONSES: LIFESTYLE AREAS



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DETOXIFICATION SYSTEM

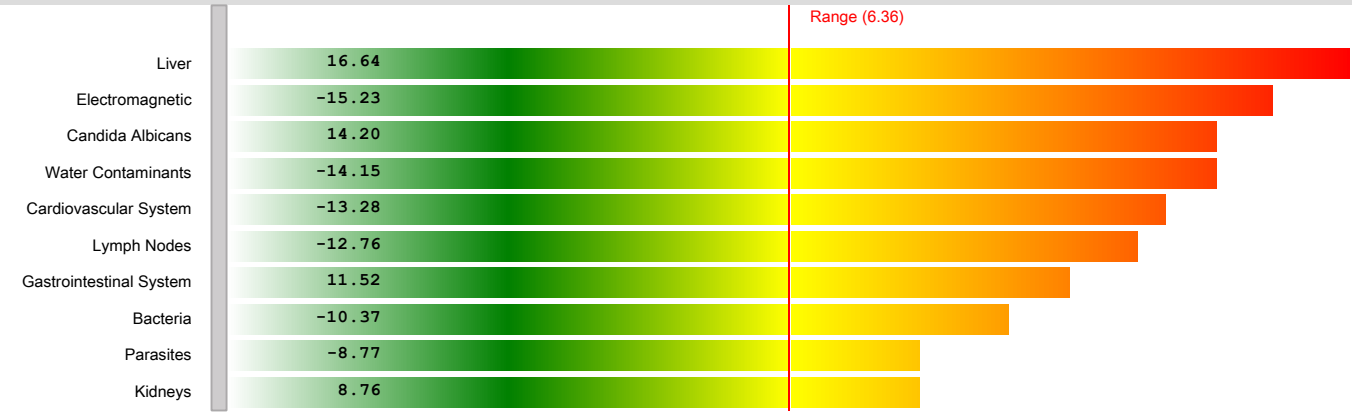
A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

If your body's ability to process these toxins—detoxification—is compromised, the dominoes will fall on your core functional systems and your health will suffer, with the quiet stirrings of chronic illness taking hold.

Fortunately, there are everyday things you can do to cleanse the body of toxins, strengthen the detoxification system, and prevent toxic overload.

The body has an amazing capacity to process and dispose of toxins. However, like any waste disposal system, it has limitations; chronic illness is the consequence when the body's capacity to process toxins is hindered. Impaired detoxification impacts us on a cellular level. Toxic build up will slow you down, zap your zest for life, and limit basic metabolic functions.

Detoxification System Stressors



Top Detoxification Balancers

23.14 **YL - Lemon Myrtle Essential Oil**
19.15 **YL - Lemongrass Essential Oil**
18.72 **YL - Purification Essential Oil**
17.58 **YL - Digest & Cleanse**
16.67 **YL - Oregano Essential Oil**

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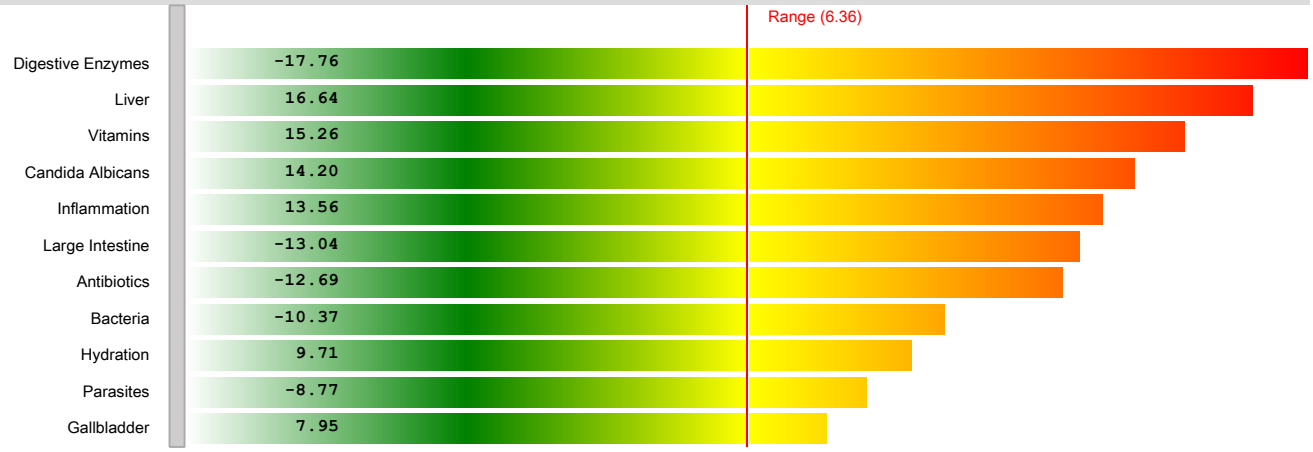
GASTROINTESTINAL SYSTEM

The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more…

The Gastrointestinal System, which handles your digestive function, also contains a vast mucosal barrier. Gut inflammation and a compromised mucosal barrier can be caused by bacterial and parasitic infections, food additives, environmental toxins, mental & emotional stress, and a host of other stressors. This can severely limit digestion, lead to inflammation in other areas of the body, and have a huge negative impact on the Immune System and Hormonal/Endocrine System.

In order for your body's cells, tissues, and organs to get both proper nutrition and eliminate toxins, your digestive organs need to be supported in a way that eliminates any stress that compromises this amazing system.

Gastrointestinal System Stressors



Top Gastrointestinal Balancers

26.68 **YL - Ortho Ease Massage Oil**
20.55 **YL - Master Formula**
19.15 **YL - Lemongrass Essential Oil**
17.58 **YL - Digest & Cleanse**
17.55 **YL - Slique Bars**

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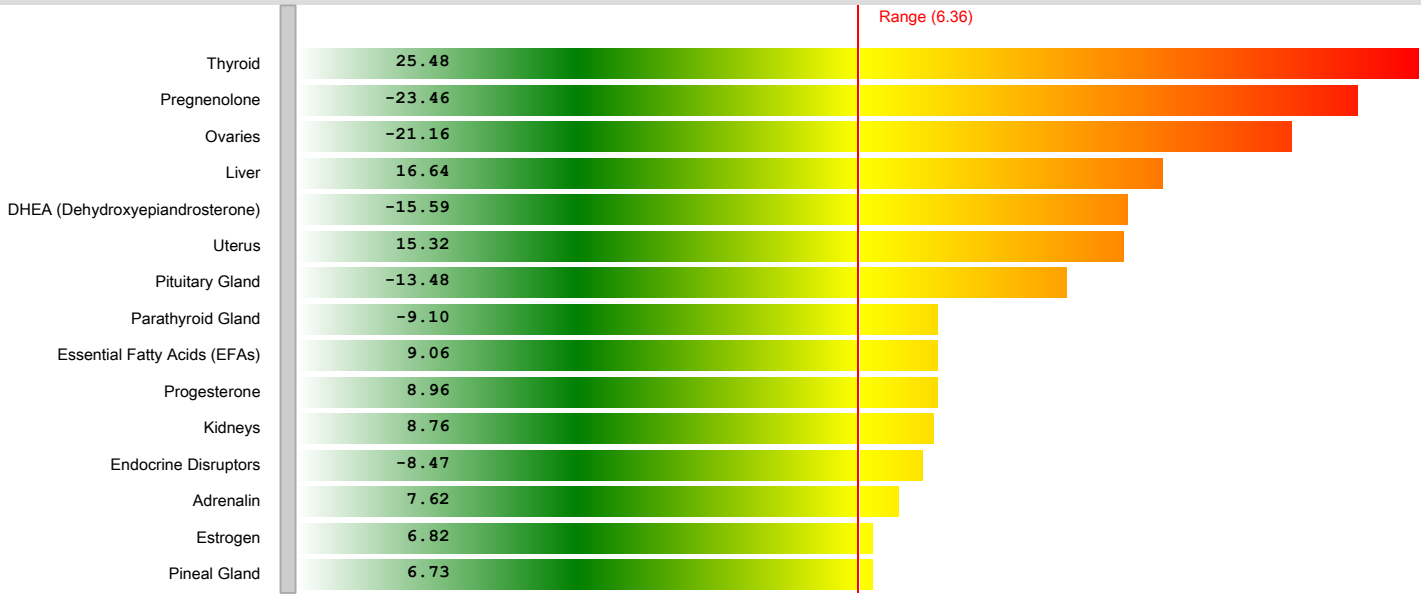
HORMONAL/ENDOCRINE SYSTEM

Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine System.

Hormones can be thought of as the chemical force that animates you physically, mentally, and emotionally. Balanced levels are necessary for the optimal function of numerous physiological processes.

In today's world, there are many environmental chemicals that act as endocrine disruptors that have a significant impact on your body's ability to utilize hormones both correctly and efficiently. In addition, there are many food and water additives that also impact Endocrine/Hormonal health. Being aware of and avoiding these toxins and stressors when possible will be a proactive step to improving your overall health.

Hormonal/Endocrine System Stressors



Top Hormonal/Endocrine Balancers

16.59 **YL - PD 80/20 Capsules**
13.00 **YL - Fennel Essential Oil**
11.74 **YL - Idaho Blue Spruce Essential Oil**
5.52 **YL - Myrtle Essential Oil**
5.46 **YL - Dragon Time Essential Oil**

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IMMUNE SYSTEM

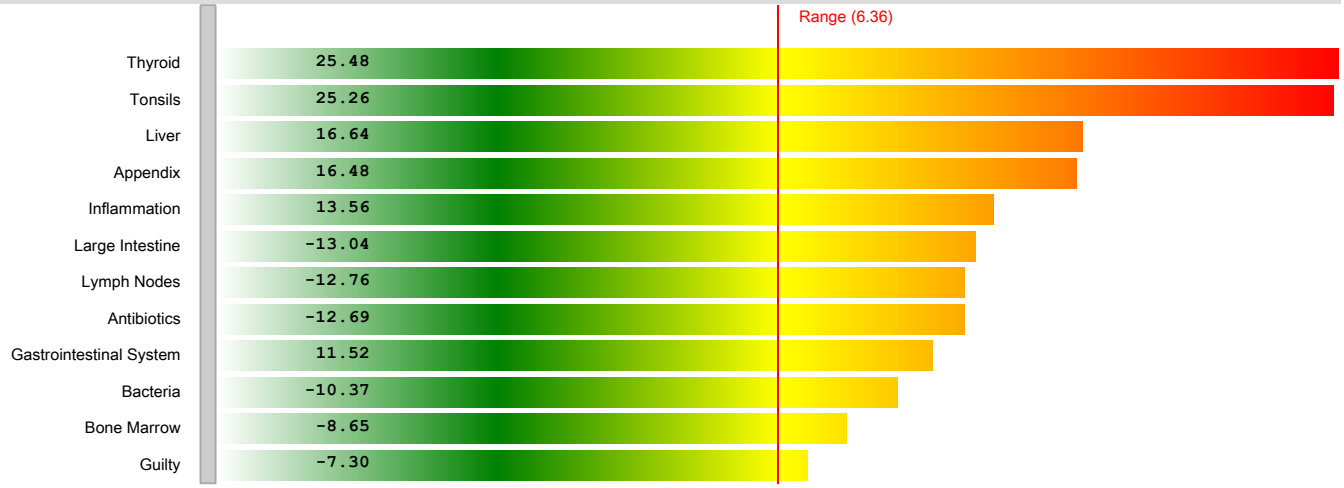
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

The immune system neutralizes or destroys microorganisms and the toxins created by them wherever they attack the body via the extensive lymphatic system (comprised of the spleen, thymus gland, tonsils, bone marrow, and other organs and tissues). The network of lymph vessels (capillaries and lymphatics) drains the clear body fluid known as lymph from the tissues into the bloodstream. Special white blood cells that originate in bone marrow, known as lymphocytes, along with antibodies (proteins that neutralize foreign objects), are primarily responsible for carrying out the work of the immune system.

The first line of immune defense is called the mucosal barrier. Mucous membranes are an integral part of the immune system. They form a protective barrier between the interior of the body and the outside environment. The mucosal barrier is permeable and allows nutrients into the body while protecting it from infectious agents, allergens, and other harmful substances. If testing reveals that mucosal immunity is impaired, therapies should be initiated to rebuild it.

In addition to evaluating mucosal immunity, it is relevant to assess cell-mediated immunity and humoral immunity. Cell-mediated immunity works by the activation of specialized cells called macrophages and natural killer cells, which destroy intracellular pathogens (disease-causing microorganisms). Humoral immunity is the aspect of immunity that involves antibodies. Knowing the status of these immune components provides a comprehensive understanding of one's ability to fight infectious agents, defend against toxic exposures such as chemicals and heavy metals, and kill aberrant cancer cells.

Immune System Stressors



Top Immune System Balancers

23.14 **YL - Lemon Myrtle Essential Oil**
21.67 **YL - Petitgrain Essential Oil**
20.55 **YL - Master Formula**
16.67 **YL - Oregano Essential Oil**
16.59 **YL - PD 80/20 Capsules**

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DIET & NUTRITION

Regardless of the diet you follow, the primary goal should always be the same: maintaining good blood sugar (glucose) control. You can achieve and maintain optimal health only when you are on a diet that promotes hormone balance; that balance depends on a steady blood sugar level. Eating the proper combination of proteins, fats, and carbohydrates regularly and in moderate amounts helps to sustain that balance.

Clinically speaking, blood sugar control occurs when insulin and glucagon, two hormones produced by the pancreas, are in balance. Carbohydrate consumption and the resulting rise in blood sugar induce the stimulation of insulin, the hormone responsible for lowering blood sugar and storing excess blood sugar as fat. Protein consumption induces the stimulation of glucagon, the hormone that promotes the mobilization and utilization of fat for energy and, in the process, raises blood sugar.

Insulin and glucagon are antagonists, meaning that the secretion of one acts to balance or modulate the effects of the other. Above-average levels of insulin caused by a diet high in sugar, processed foods, and unhealthy fats are associated with almost every disease known to mankind, especially cancer, diabetes, and cardiovascular disease.

Signs of low blood sugar consist of headaches, brain fog, shakiness, fatigue, worry, carbohydrate cravings, and lethargy.

Signs of high blood sugar consist of anxiety, racing mind, nervous energy, headache, difficulty thinking and concentrating, and cravings for protein or fat.

If your blood sugar is low, you will mobilize cortisol to break down muscle, organ, and bone tissue—not fat—to ensure that a constant supply of blood sugar is delivered to your brain and the rest of your body. In effect, your body digests itself to continue operating. If your blood sugar is sustained at high levels, metabolism becomes chaotic and blood vessels may become damaged, which in turn creates a cascade of undesirable events. Stable blood sugar levels, on the other hand, form a strong foundation for hormone balance and homeostasis.

Diet & Nutrition Stressors

Top Diet & Nutrition Balancers

20.55 **YL - Master Formula**
17.58 **YL - Digest & Cleanse**
17.55 **YL - Slique Bars**
16.59 **YL - PD 80/20 Capsules**
16.45 **YL - Essentialzymes-4**

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HYDRATION

Water is life. You need water to eliminate toxic substances, produce digestive enzymes, maintain healthy skin, hair, and organs, and to help your body absorb essential vitamins, minerals, and natural sugars. Water also regulates body temperature, stimulates metabolism, and helps promote regularity. Fluids other than pure water don't act the same as water in your body, and they don't meet your needs for hydration like water does. Most people are slightly dehydrated from relying on other fluids besides water for their fluid intake. Coffee, tea, alcohol, and sodas (or any other caffeinated beverages) don't count; they're diuretics, which means they actually remove water and nutrients from the body.

Chronic dehydration has been linked to the following symptoms and disease processes:

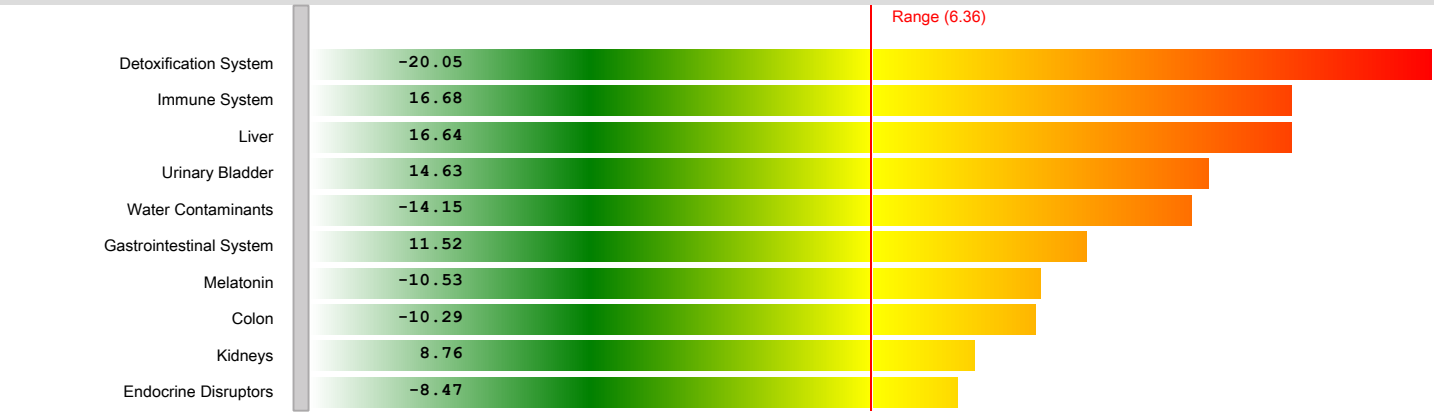
- Fatigue
- Constipation
- Headaches
- Indigestion
- Muscle and joint aches and pains
- High blood pressure
- Depression
- Allergies
- Lack of mental clarity
- Skin issues
- Excess weight

To prevent dehydration, drink as many ounces of water every day equal to half your body weight in pounds (e.g., body weight 150 pounds = 75 ounces of water a day). Use more water in hot weather or after strenuous exercise. When you're actually drinking enough water, your urine will be essentially clear.

Many digestive problems, joint and muscle issues, problems with fatigue, and even your complexion will clear up with the use of more water, especially when you limit or eliminate fluids that actually dehydrate your body (sodas/caffeinated beverages/alcohol).

It's okay to drink some water with meals because digestive enzymes are hydrolytic (activated by water). So drinking a little water with meals is fine. The bulk of the water you drink throughout the day, however, is best taken between meals. (1)

Hydration Stressors



Top Hydration Balancers

21.64 **YL - Cel-Lite Magic Massage Oil**
19.85 **YL - Sacred Sandalwood Essential Oil**
17.59 **YL - Ylang Ylang Essential Oil**
17.01 **YL - Cool Azul Sports Gel**

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15.54 **YL - ClaraDerm Spray**

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INFLAMMATION

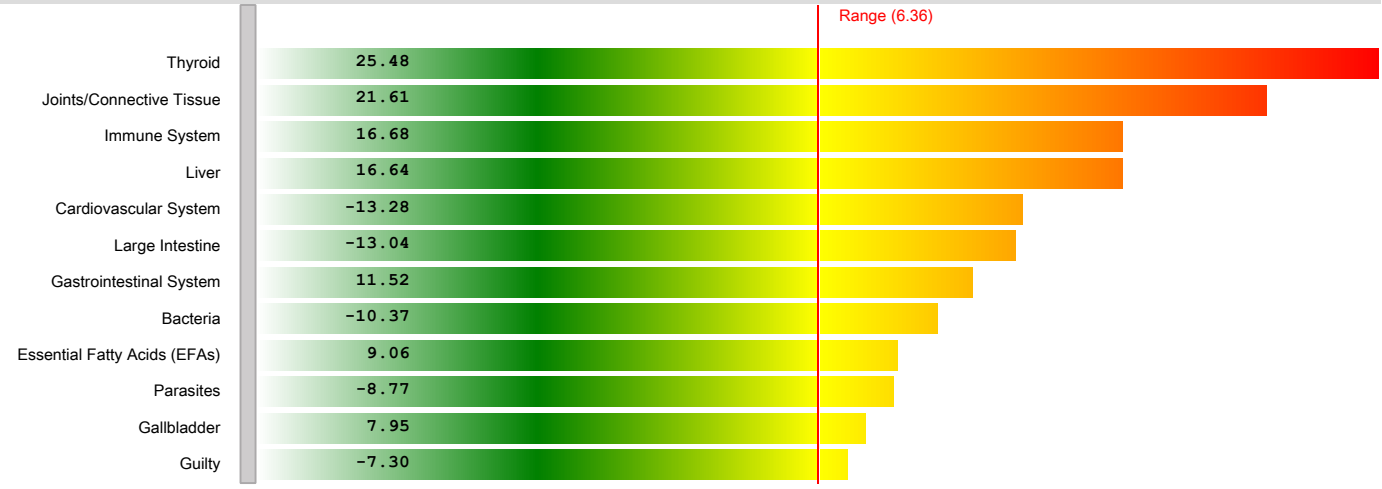
Acute Inflammation is the body's natural response to injury or infection. It's normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

When the body is injured, inflammation helps to improve the blood flow to the area generally resulting in redness, warmth, and/or swelling. The cells and nerves then send out signaling molecules called inflammatory cytokines to the immune system to attract white blood cells and aid in the healing process. As the healing progresses, anti-inflammatory cytokines are produced to turn off the inflammation process once the body has healed. Overall, acute inflammation helps by increasing the blood flow and immune response which then heals damaged cells, removes infection, and protects the body during the healing process.

Chronic Inflammation is consistent, low grade, or systematic. Scientists believe that is caused by faulty signaling to the immune system resulting in an unorganized white blood cell response. Since there's not an injury to be healed, the white blood cells become confused and begin to attack healthy organs and tissue. Over time, chronic inflammation can cause significant damage to the body and can be an underlying cause of disease or significantly impact existing diseases such as:

- Cancer
- Heart disease
- Diabetes
- Obesity
- Auto-Immune Disorders
  - Rheumatoid arthritis
  - Inflammatory Bowel diseases (ulcerative colitis, Crohn's)
  - Lupus
  - Asthma
- Depression
- Allergies (2)

Inflammation Stressors



Top Inflammation Balancers

26.68 **YL - Ortho Ease Massage Oil**
24.94 **YL - Cool Azul Pain Relief Cream**
21.20 **YL - Nutmeg Essential Oil**
17.01 **YL - Cool Azul Sports Gel**
15.54 **YL - ClaraDerm Spray**

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MENTAL/EMOTIONAL STRESS

While you can't always control what happens to you, you can control how you react to it. Channeling your emotions in a consciously positive way helps you to dramatically decrease the negative impact of stressful events. Learning how to do this is part of personal growth—mental and emotional, as well as spiritual. Integrating relaxation exercises such as meditation and deep breathing into your daily routine can make a dramatic improvement in your entire life, giving you the resolve to positively channel your emotions.

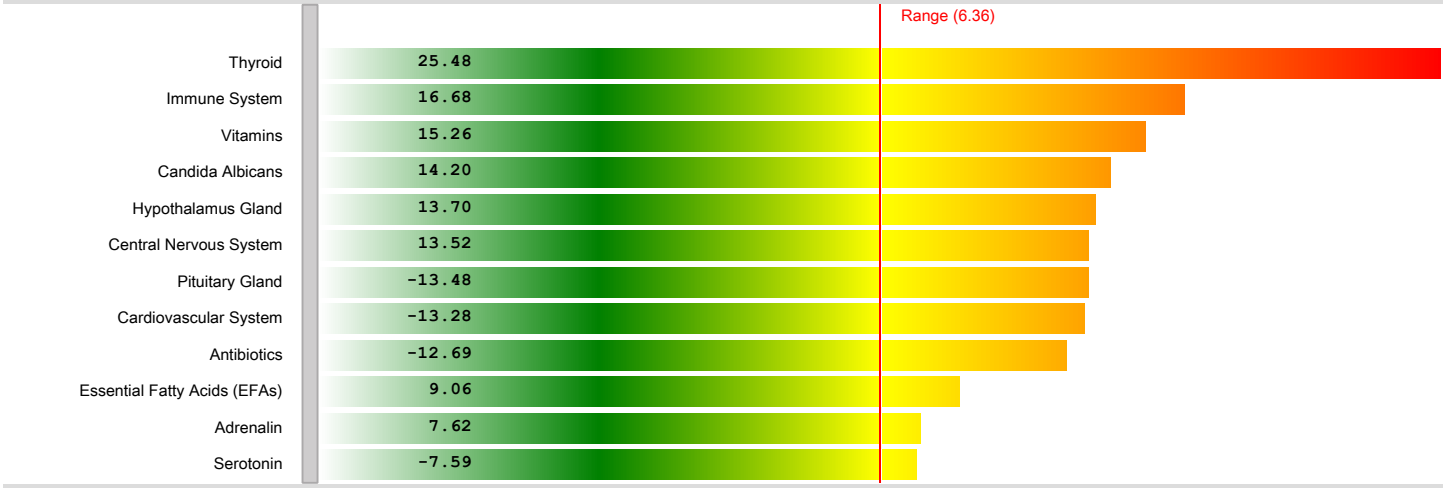
Mental and emotional responses to stimuli are referred to as limbic responses. The limbic system of the brain, sometimes called the emotional nervous system, moderates your moods, maintains homeostasis, and helps form memories.
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their "set points." Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive or defensive behavior.

The hypothalamus is known as the master switchboard because it's the part of the brain that controls the endocrine system. The pituitary gland, which hangs by a thin stalk from the hypothalamus, is called the master gland of the body because it regulates the activity of the endocrine glands.

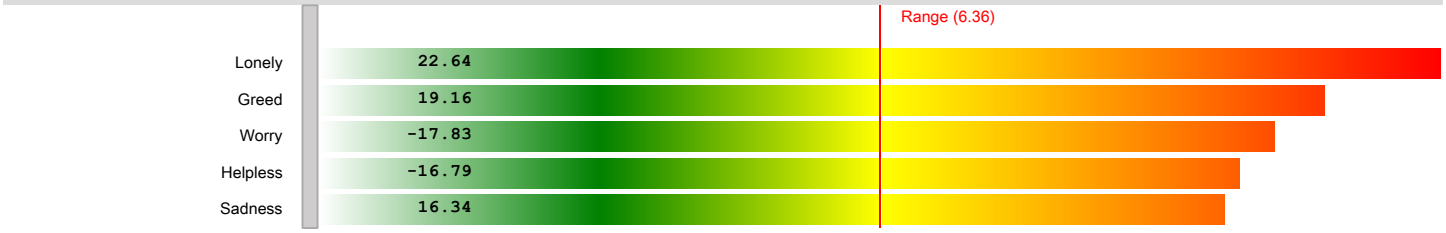
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its hormones.

The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary gland releases hormones that cause other endocrine glands, such as the adrenal glands and the thyroid, to secrete their hormones. The hypothalamus, therefore, is the principal intermediary between the nervous and endocrine systems—your body's two major control systems. (3)

Mental & Emotional Stressors



Emotion Stressors



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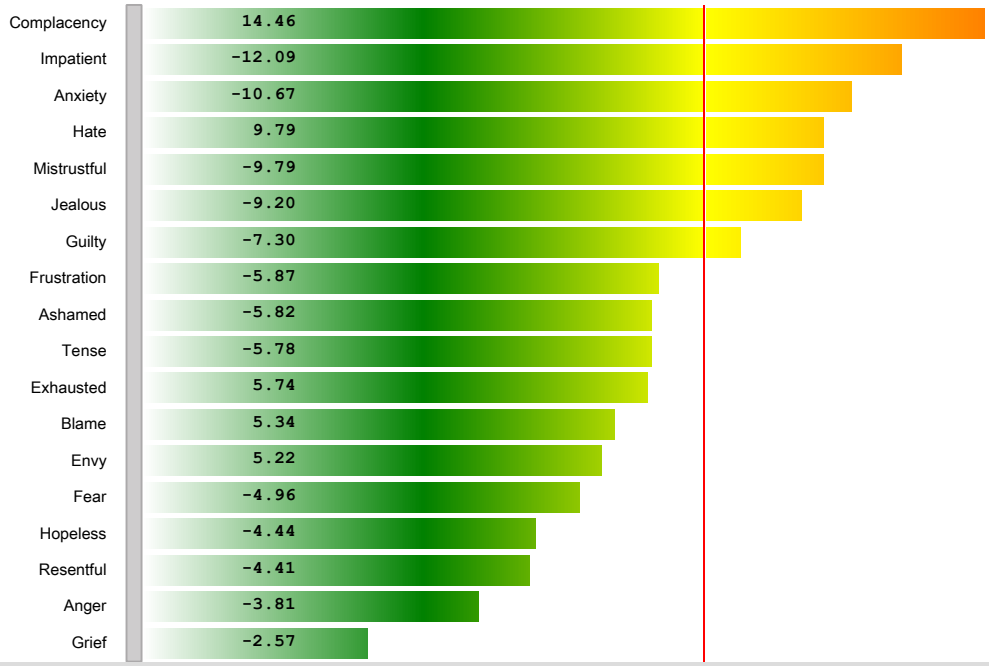

Top Mental/Emotional Balancers

26.68 **YL - Ortho Ease Massage Oil**

23.14 **YL - Lemon Myrtle Essential Oil**

22.14 **YL - Patchouli Essential Oil**

21.67 **YL - Petitgrain Essential Oil**

21.64 **YL - Cel-Lite Magic Massage Oil**

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SLEEP

Ample rest for the body is critical, yet an estimated 68% of the United States population has insomnia. They take more than 20 minutes to fall asleep, they wake up periodically throughout the night, or they wake up and are unable to fall back to sleep. These sleep patterns fit the clinical definition of insomnia, a major source of chronic stress that promotes a chronic stress response and compromises the hormone, immune, digestive, and detoxification systems.

Cortisol, DHEA, progesterone, melatonin, human growth hormone, estrogens, and testosterone all depend on quality sleep, as do neurotransmitters in the brain that can regenerate only with deep sleep. Poor sleep interferes with virtually all body functions and undermines homeostasis.

You can't have optimal health and longevity if you are not sleeping well.

The hormone, immune, digestive, and detoxification systems are hardwired to your internal "clock," or circadian rhythm. The circadian clock in mammals is located in the hypothalamus. In modern society, we have chosen to ignore this basic law of nature, attempting to bend this physiological imperative to our own needs and desires. We pay a hefty price for disturbing the internal clock and sleep cycle.

It's interesting to note that we live in a time where the days are extended with artificial light, which creates a shorter dark cycle. By shortening the dark cycle, we deprive ourselves of sleep. To lengthen this cycle, try sleeping in a room that is completely dark. A dark sleeping environment supports the body's ability to regenerate.

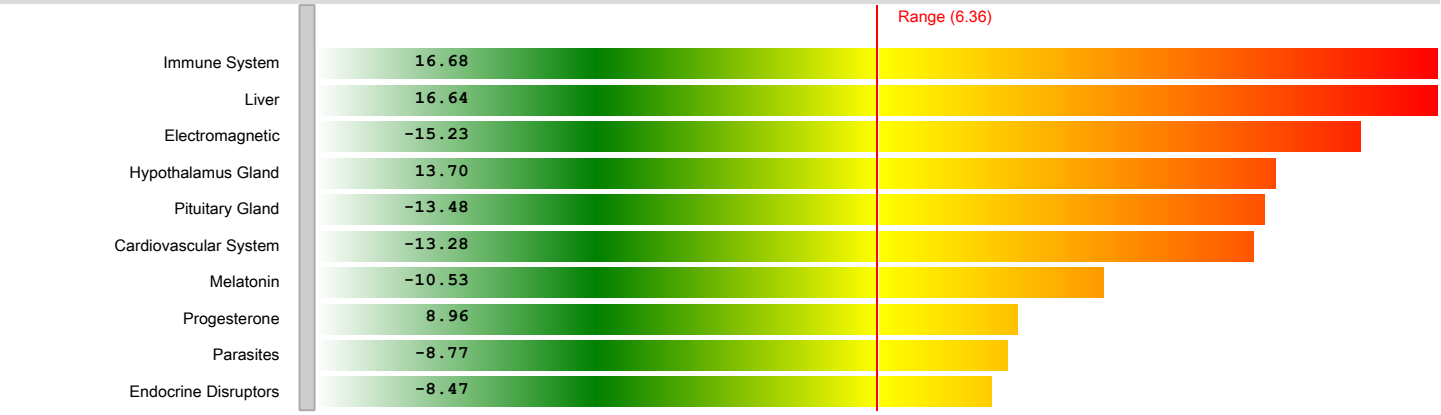
Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine.

Caffeine junkies are caught in a vicious cycle of inadequate nightly recovery. The more caffeine you consume, the worse your sleep will be as a result of hormone disturbance, and your tendency to increase caffeine consumption rises, further robbing you of adequate sleep, and so on. If you insist on drinking coffee or other stimulants such as "energy" drinks, caffeinated teas, and sodas, limit your consumption to about 8 ounces and take these substances before noon to minimize their interference with your sleep.

Poor blood sugar control may be a factor in your inability to rest and recover given the highs and lows at play with your nervous system and hormone levels. Exercise can support your ability to get a good night's sleep, or can interfere with it. Both over exercising, such as pushing yourself to run even when you're tired, injured, or experiencing pain, or exercising during times when you should be resting can feed this problem.

Emotion is another lifestyle component that affects the quality of your sleep. If you are easily upset and carry around the negative emotions of the day, your mind will be busy and your body will be on alert. Learn to breathe deeply throughout your day and do not internalize negative experiences.

Sleep Stressors



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Top Sleep Balancers

21.67 **YL - Petitgrain Essential Oil**

5.61 **YL - Citrus CBD Oil**

5.44 **YL - RutaVaLa Roll-On**

5.44 **YL - Jade Lemon Essential Oil**

5.40 **YL - Seedlings Calm Essential Oil**

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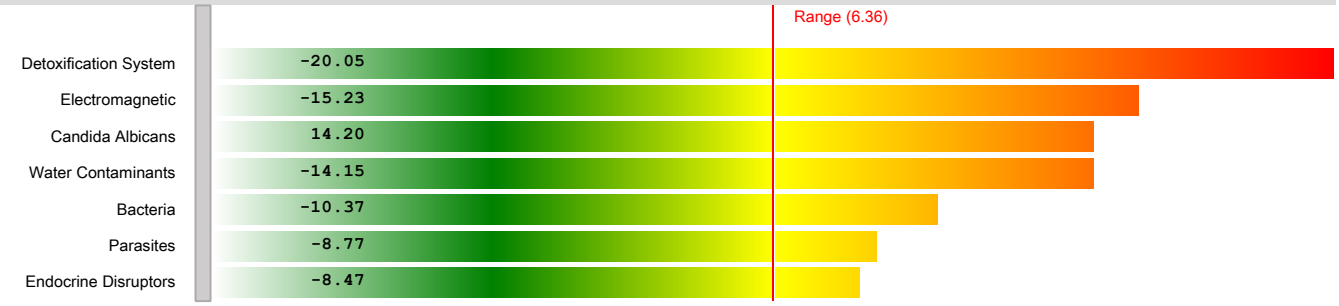
TOXIC STRESS

Many of the toxic substances that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Toxins may be stored for years in fatty tissues, and are released during times of exercise, stress, or fasting. During the release of these toxins, symptoms such as headaches, poor memory, stomach pain, nausea, fatigue, dizziness, and heart palpitations can occur. (4)

Toxic Stress Stressors



Top Toxic Stress Balancers

23.14 **YL - Lemon Myrtle Essential Oil**
19.15 **YL - Lemongrass Essential Oil**
18.72 **YL - Purification Essential Oil**
17.58 **YL - Digest & Cleanse**
16.67 **YL - Oregano Essential Oil**

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SERVICES

Your positive responses indicate a stronger coherent response, or preference, for the service Virtual Items shown here.

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