



Introductory Bio-Feedback Scan

I want to welcome you here today. The following pages will give you an introductory insight into your health. Reports from your scan provide you with information that may help identify your individual stressors and balancers for your body. Identifying items to which you have an unusual response gives you and your Wellness Partner insight about basic health and wellness-related issues that may be keeping you from functioning at a optimal balanced state. It will identify your biological preference for Young Living Products.

Does one size fit all when it comes to nutritional support? Of course not! your scan can help identify your body's unique positive responses; we call these your biological preferences. Knowing your biological preferences helps you and your Wellness Partner choose the supplements that will support your individual health needs.

It can help you save money too. There are a lot of good nutritional supplements but you probably don't need them all. Knowing your biological preferences helps you choose products that are right for you. Choosing well means your investment in supplements is more likely to pay off, providing you the benefits you need and saving money on things you don't need.

We look forward to helping you get started on "Your Path To Wellness"

Wellness Partner Name: \_\_\_\_\_

Wellness Partner Contact info: \_\_\_\_\_

Please avoid as many ingredients/items on this list for the next 30 days.

You do not have to have ever eaten or be eating any ingredient for it to appear on this list.

Additives

- 21.34 **Sorbitan**
- 18.31 **Acetone Peroxide**

Beans/Legumes

- 13.15 **Cannellini Bean (White)**
- 8.52 **Navy Bean (White)**

Beverage

- 15.42 **Coffee**
- 16.77 **Coffee - Decaffeinated**

Dairy/Eggs

- 5.83 **Mozzarella Cheese**
- 6.01 **Sour Cream**

Fish/Seafood

- 27.07 **Pike**
- 21.11 **Sardine**

Fruits

- 17.77 **Mandarine Orange**
- 16.15 **Apple**

Grains

- 26.60 **Bulgur Wheat**
- 20.99 **Brown Rice**

Meats/Poultry

- 24.24 **Mutton (Lamb)**
- 19.79 **Venison**

Misc Foods

- 28.11 **Mayonnaise**
- 11.80 **Vinegar Rice**

Nightshades

- 14.64 **Black Pepper**

Nuts/Seeds

- 20.25 **Psyllium Seed**
- 19.11 **Anise Seed**

Spices/Seasonings

- 15.21 **Allspice**
- 15.17 **Pepper**

Sugars



-20.07 **Invert Sugar**

-11.92 **Splenda**

## Vegetables

-31.31 **Cucumber**

-22.79 **Seaweed**



Please ask your Wellness Partner for usage instructions for Essential Oils. It will assist in how to apply and where the oil properly.

#### Young Living Single Oils

##### 20.01 YL - Hinoki Essential Oil

Hinoki Essential Oil (Singles) 5 ml

Item # 3073

Hinoki comes from Japanese cypress and has a rich, invigorating citrus aroma that can increase spiritual awareness. Historically, Hinoki essential oil was used to refresh the soul.

Use For:

Spiritual Awareness

Ingredients

Chamaecyparis obtusa (Hinoki) Oil

##### 19.84 YL - Cardamom Essential Oil

Cardamom Essential Oil (Singles) 5 ml

Aromatic | Topical

Item # 3080

Cardamom is a member of the ginger family, and features a spicy, refreshing aroma that can be uplifting.

How to Use

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:

Respiratory Support

Mental Stimulation

Digestive Support

Ingredients

Cardamom (Elettaria cardamomum) fruit/seed oil

##### 16.77 YL - Geranium Essential Oil

Geranium (Pelargonium graveolens) has a wonderfully uplifting, calming, flowery scent. It is excellent for the skin, and its aromatic influence helps release negative memories. Used traditionally to support the circulatory and nervous systems, a great deal of its strength lies in its ability to revitalize body tissues.\* Geranium has an approximate ORAC of 1,010,011 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

#### Young Living Combination Oils

##### 24.77 YL - Believe™ Essential Oil

Believe™ is an uplifting blend of essential oils that has a steadying, balancing effect on emotions, helping you to overcome feelings of despair and move beyond them to a higher level of awareness. It helps release the unlimited potential everyone possesses, making it possible to experience health, happiness, and vitality more fully. Believe can also provide feelings of strength and faith.

Ingredients: Idaho Balsam Fir (Abies grandis), rosewood (Aniba rosaeodora) and frankincense (Boswellia carteri).

##### 24.27 YL - Motivation™ Essential Oil

Motivation™ helps enable a person to surmount fear and procrastination while stimulating feelings of action and accomplishment. It enhances the ability to move forward in a positive direction.



Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

Ingredients: Roman chamomile (*Chamaemelum nobile*), spruce (*Picea mariana*), ylang ylang (*Cananga odorata*), and lavender (*Lavandula angustifolia*).

## Young Living Foundation Nutrition

### 19.29 YL - MultiGreens™ Capsules

MultiGreens™ Capsules 120 ct

Item # 3248

MultiGreens™ is a nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous, and circulatory systems.\* MultiGreens is made with spirulina, alfalfa sprouts, barley grass, bee pollen, eleuthero, Pacific kelp, and therapeutic-grade essential oils.

#### How to Use

If you have a slow metabolism, take 3 capsules two times daily. If you have a fast metabolism, take 4 capsules once or twice daily. Best taken 1 hour before meals. For stomach sensitivity, take with meals.

Keep in a cool dry place. Do not expose to excessive heat or direct sunlight. If pregnant or under a doctor's care, consult your physician.

#### Ingredients

Please see the label

### 14.93 YL - Longevity Softgels (AU)

Longevity Softgels 30 softgels

Item No. 328902

Longevity is a potent blend of essential oils such as Frankincense, Clove, Thyme, and Orange, designed to fortify and support the body when taken daily.

How to Use: Take 1 softgel 1 time daily with food or as needed.

### 6.05 YL - Inner Defense™

Inner Defense™ 30 Softgels

Item # 3295

Young Living's Inner Defense™ reinforces systemic defenses, creates unfriendly terrain for yeast/fungus, promotes healthy respiratory function, and contains potent essential oils like oregano, thyme, and Thieves® which are rich in thymol, carvacrol, and eugenol for immune support. The liquid softgels dissolve quickly for maximum results.

#### How to Use

Take 1 capsule daily in a.m. or take 1 capsule 3-5 times daily when stressed. For best results, use Life 5™ probiotic 8 hours later.

Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use.

Keep in a cool, dark place. Do not expose to excessive heat or direct sunlight.

#### Ingredients:

Please see the label.



## Targeted Nutrition

### 16.47 YL - CortiStop® Women's Capsules

CortiStop® Women's Capsules 60 ct  
Item # 3275

CortiStop® Women's is a proprietary dietary supplement designed to help the body maintain its natural balance and harmony.\* When under stress, the body produces cortisol. When cortisol is produced too frequently, it can have negative health consequences such as feelings of fatigue, difficulty maintaining healthy weight, and difficulty maintaining optimal health of cardiovascular systems. CortiStop supports the glandular systems of women.\*

#### How to Use

Take 2 capsule in the morning before breakfast. If desired, for extra benefits, take another two capsule before retiring. Use daily for 8 weeks. Discontinue use for 2-4 weeks before once more resuming.

Keep in a cool dry place. Keep out of reach of children. For adult use only. If pregnant or under a doctor's care, consult your physician.

#### Ingredients:

Please see the label.

### 13.32 YL - Pure Protein Complete™

Pure Protein Complete  
Item # 3291

Pure Protein Complete™ is the perfect anytime protein boost. High in bioactive whey protein, low in carbs, fat, and calories, each serving of Pure Protein Complete provides 20 grams of a proprietary whey protein blend supported by a specialized enzyme blend, a low-glycemic carbohydrate matrix, and generous amounts of complementary vitamins and minerals. Pure Protein Complete mixes in liquids easily and tastes delicious.

#### How to Use

Add 2 level scoops to 8 oz. of water or the milk of your choice and shake, stir, or blend until smooth. For variety, mix with fruit or essential oils.

#### Ingredients

Please see the label

## Cleansing Nutrition

### 13.34 YL - Rehemogen™

Rehemogen™ 1.8 fl oz  
Item # 3264

Rehemogen™ contains Cascara sagrada, red clover, poke root, prickly ash bark, and burdock root, which have been historically used for their cleansing and building properties. Rehemogen is also formulated with essential oils to enhance digestion.\*

#### How to Use

Take 3 half droppers (3 ml.) three times daily in distilled water just prior to or with meals containing protein.

Shake well before using. Refrigerate after opening. Keep in a cool dry place. Keep out of reach of children. Do not expose to excessive heat or direct sunlight. If pregnant or under a doctor's care, consult your physician.

This product contains Cascara sagrada bark. Read and follow directions carefully. Women who are pregnant or nursing and others who have a medical condition should not use this product except under the direction of a physician.

Children under 12 should not use this product. Discontinue use and consult a physician if you have or develop abdominal pain, diarrhea, nausea, or vomiting. Do not exceed recommended dosage. Not for long term use. Not to be used as a weight loss product.

#### Ingredients

Please see the label



### 5.39 YL - Digest + Cleanse™

Digest + Cleanse™ 30 Softgels

Item # 3293

Digest + Cleanse™ soothes gastrointestinal upset and supports healthy digestion.\* Stress, overeating, and toxins can irritate the gastrointestinal system and cause cramps, gas, and nausea that interfere with the body's natural digestive and detox functions. Supplementing with Digest + Cleanse will soothe the bowel, prevent gas, and stimulate stomach secretions, thus aiding digestion.\* Digest + Cleanse is formulated with clinically proven and time-tested essential oils that work synergistically to help prevent occasional indigestion and abdominal pain.\* Precision Delivery softgels release in the intestines for optimal absorption and targeted relief and to help prevent aftertaste. This product can also be used in conjunction with any cleansing program, such as Young Living's 5-Day Nutritive Cleanse. Digest + Cleanse is part of the new Purely Oils line of premium essential oil supplements.

#### How to Use

Take 1 softgel capsule once daily with food or as needed.

Caution: Keep out of reach of children. If pregnant or if you have a medical condition, consult with a health care professional before use.

#### Ingredients:

Please see label.

### Kidscents

### 15.31 YL - KidScents® MightyVites Chewable Tablets

KidScents® MightyVites Chewable Tablets 90 ct

Item # 3215

Using nutrient-dense whole food sources, the new MightyVites contain superfruits, plants and veggies that deliver the full-spectrum of vitamins, minerals, antioxidants, and phytonutrients for children's developing bodies. The new MightyVites chewable tablets feature an enhanced vitamin-mineral source and two new and improved natural flavors: orange cream and mixed berry.

#### How to Use

Children 4-12 years old, take three chewable tablets daily. Can be taken before breakfast, lunch, or dinner or in one daily dose.

Caution: Do not exceed recommended dosage. If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use.

Storage: Keep in a cool, dry place. Do not expose to excessive heat or direct sunlight.

#### Ingredients

Please see label

### Massage Oil

### 11.96 YL - Ortho Ease® Massage Oil

Ortho Ease® Massage Oil 8 oz

Item # 3033

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.

WARNING: Avoid contact with eyes. If contact occurs, flush area with vegetable oil and see a doctor immediately. For external use only. Keep out of reach of children.

#### Ingredients



Fractionated Cocos Nucifera (Coconut) Oil, Gaultheria procumbens (Wintergreen) leaf oil, Vitis Vinifera (Grape) Seed Oil, Mentha Piperita (Peppermint) Oil, Juniperus osteosperma (Juniper) Aerial Parts Oil, Eucalyptus Globulus Leaf Oil, Cymbopogon Flexuosus (Lemongrass) Oil, Origanum Majorana (Marjoram) Leaf Oil, Thymus Vulgaris (Thyme) Oil, Eucalyptus Radiata Leaf Oil, Vetiveria Zizanoides (Vetiver) Root Oil, Triticum Vulgare (Wheat) Germ Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Olea Europaea (Olive) Fruit Oil  
Young Living Therapeutic Grade™ essential oil  
‡ Organically grown in accordance with the California Organic Foods Act of 1990.





The following list are emotional essences your body is asking for. Please review each one and identify an event, place, person, time period, situation etc that comes to mind and make a note by each one. Please ask your Wellness Partner if you need further clarification on an item that appears. Each essence does not always have to be you. It can be a family member, friend or someone of influence from childhood etc.

#### Bach Flower

##### 26.93 **Oak**

Oak people are normally brave, strong and reliable; they need Oak when their inner strength wanes and fatigue takes over. They keep going, whatever happens, ignoring their tiredness. Driven by a strong sense of duty, they are helpful to others, conscientious and reliable. They are patient, sometimes plodding, and will not allow themselves to relax if there is work to be done; instead they struggle on obstinately when over-tired (see also Rock-Water and Vervain).

The resultant loss of innate strength may lead to depression, frustration and other stress symptoms. These people have a sense of failure when ill but are ceaseless in their efforts to recover.

Positive potential Oak people are normally strong, often the mainstay of their family or working group. They possess enormous endurance, persistence, patience and reserves of energy, and can stand up to a good deal of stress. Oak restores their energy and helps them to recognize the need to take time off to relax and look after themselves as well as their duties.

##### 18.47 **Cerato**

Cerato is for people who do not trust their own judgment in decision-making. They actually know what they want and need but although they have plenty of inner wisdom and may be highly intuitive, they constantly seek advice and confirmation from others and will misguidedly follow someone else's advice rather than trust themselves. When ill, they are likely to try a succession of treatments recommended by other people.

The positive potential of Cerato is shown in those who trust their own inner wisdom and follow it. Quietly self-assured and decisive, they are able to find and follow their true vocation.

##### 16.51 **Centaury**

Centaury is for people who find it hard to say no. They let themselves be imposed on and even bullied by others. They are usually timid, quiet, and rather passive, with little strength of will. Anxious to please, they give in to others out of subservience rather than willing co-operation. Although dissatisfied with this state of affairs, they will deny their own wishes or vocation rather than risk a confrontation. Anxious to 'do the right thing', they are easily influenced by what other people dictate.

Drained by others and out of touch with their own assertiveness, they tend to lack energy and tire easily.

The positive potential of Centaury is shown in people who serve willingly and unobtrusively, but without denying their own needs. They can express and defend their own opinions and mix well in company. Above all, they are in touch with what they want and can now follow their own path with determination and energy, unhampered by the opinions of others.