



The Slique Experience

Barry Sears - author of "The Zone": We are dramatically under-estimating the extent of the health care crisis fueled by our obesity epidemic. This is because we are involved in a silent inflammation...

1990 - 2009 with 30+ BMI gone from 10-14% to greater than 30%.

Burn - Increase Metabolism

Balance - Emotions, Appetite/Cut Calories

Build - Cellular Health

One component has to be exercise. All 3 blocks are affected by exercise.

Sensible diet, eating the right foods have an influence on all 3 blocks.

Water - same.

Slique experience magnifies these efforts.

Slique Essence = grapefruit, tangerine, lemon, spearmint, ocotea, stevia

Citrus - especially grapefruit - assists in detox and weight loss. They work in combination of phytonutrients that aid the body in burning fat when taken internally. The scent improves mood and decreases appetite. (through the limbic system)

Put a few drops in your morning NR! When taken internally, phytonutrients include limonene and ? Limonene - antioxidant, anti-aging benefits. Can alkalize the body and improve digestion. Citrus raises levels of glutathione? Helps metabolize fat and increases energy.

Topically, skin tightening. (Similar to Cell-lite magic oil.) Releases toxins in fat.

Aromatically, boosts mood and balances emotions.

The spearmint - like other members of the mint family - helps with absorption and circulation of nutrients. Stimulate digestion and metabolism.

Ocotea. Blood sugar regulator. Gary has submitted a research paper showing 53 insulin dependent diabetics. After 6 months of using ocotea, they are all no longer using insulin.

Slique Tea developed 3 years ago. Patients averaged 5 lbs of weight loss each week under clinic conditions. Oolong is a very effective diuretic. Jade oolong from Taiwan. This particular variety gives an even amount of increased energy rather than burst. Contains antioxidant compounds.

Frankincense resin - anti-inflammatory and repairs cells. part of the regimen is to take some time before meals for the tea. to sip and inhale the vapors and slow down instead of rushing into your meal. This will help reduce your appetite. Take advantage of the aromatic component of the tea.

Balance Complete and Power Meal:

Use to replace the least nutritious meal of the day. The v-fiber (viscosity) complex - swells, absorbs toxins, helping to pass out of the system. Metabolized slowly. Has enzymes. Drink immediately after mixing as the enzymes are activated. When left to sit, it will change the flavor.

Essentialzymes-4:

Replaced lipo, poly, carbo, and ? zymes. Enzymes help you absorb more nutrition from the food you are eating. Cravings are sometimes a result of lack of nutrients from our foods. Enzymes lessen the production burden on the liver and the pancreas. Liver - detoxes. Pancreas - insulin and hormone production.

NingXia Red - sustained natural energy. Helps us produce better energy at the cellular level.

Suggested Regimen - as posted online. If you already eat a healthy breakfast, replace your least nutritious meal with Balance Complete. Don't overlook snack times. Drink half your weight in ounces of water a day.

Support the Slique Regimen with Snacks

Don't Skip your Snacks...

- They help you feel more satisfied and therefore increase the chances of sticking to the diet regimen
- They help regulate your blood sugar, so you feel less tired
- They will help prevent your body from going into "starvation mode"

Recommended website: www.caloriesperhour.com

Steer clear of refined grains - most of the fiber is stripped away; also sugar - high glycemic foods. When you eat these foods, our bodies are triggered to store fat instead of burning it. The insulin surge leaves us tired, irritable and hungry.

Avoid the roller coaster effect of sugar and insulin.

High fiber and high protein snacks and meals are best.

What makes a good snack?

- Fruits, vegetables, nuts
- Ideally you'll blend protein and fiber-rich complex carbohydrates.
- If you choose a snack that combines protein and fiber, you'll be better off.
- Fruits high in protein = avocado, peaches, figs
- Vegetables high in protein = broccoli, spinach, asparagus
- Beans, Lentils, Nuts
- Young Living Super Snacks = Manna bars, Wolfberry Crisp Bars

Wolfberry Crisp Bars

- Whole food bar
- Ningxia Wolfberries - high in antioxidants
- Made with high quality soy and whey protein complex that can curb your appetite, increase energy, and build lean muscle

Manna Bar

- Full of whole foods like apples, wolfberries, almonds, grains, pumpkin, sesame seeds and essential oils.



Supplementing Your Slique Regimen

1. Cut out sugary beverages - especially sodas.
2. Eliminate hot dogs and pastries.
3. Fast food restaurants use oil that is void of all nutrients and very oxidized.
4. Eat fruit and vegetables with every meal. 5-7 servings a day.
5. Fill in nutrient gaps. When you cut out foods, you cut out nutrients. To fill in these gaps, supplement with a multivitamin. Use YL Core Supplements or Master His or Master Hers.
6. Eat more whole, real ingredient foods. Beans, grains, etc. instead of processed foods.
7. Allowing yourself one treat per day. Don't restrict yourself too much. This helps you avoid bingeing. Try a treat that's less than 150 calories.
8. Up your cardio burn. Rev up your heart rate.
9. Change your routine - take the stairs more often, park far away from the door. Change your routine with your food, too. Change it up once in a while.
10. Add strength training - building muscle will increase your metabolism and help you burn more calories.
11. Try to include more protein with every meal or snack. Protein has the greatest thermic effect and will increase your metabolism.
12. More fish or fish oils.
13. Look for mood foods. There are foods that lift your mood - oranges (high in folic acid), dark chocolate (flavonoids heighten mood), yogurt, lentils and beans.
14. Sneaky foods - nuts, dried fruits, "natural" potato chips, things that we mindlessly eat without considering portion size. Measure your portions - especially with snacks - and know your intake.
15. Close down the kitchen after the evening meal. Find a non-caloric way to curb night time cravings. They recommend Slique tea.

Don't get discouraged - there are always setbacks. Learn from them and pick up where you left off.

The Science of Slique - Marc Schreuder

The **Slique™ System** is a Total Body Wellness and Vitality Program. Each Kit includes Whole Food, Balanced Meal Replacements; Digestive Enzymes for optimal digestion and elimination of Fats, Carbs, Proteins and Fiber; **Slique™ Tea** for appetite control; **Ningxia Red** nutrient infusion to balance blood sugar levels; **Slique™ Essence Oil Blend** for emotional and physical well-being.

Marc Schreuder's Story



Marc Schreuder has enjoyed a highly successful career as research scientist and formulator for Young Living. His global research travels took its toll on his health. When challenged to help formulate the Enzymes for the Slique™ Essence System, Marc soon learned that weight loss involved more than just eating patterns and exercise.

The secret to successful, lasting weight reduction must engage the satiety center of the brain, the emotions and the intestinal tract. Marc found his own weight levels began to drop dramatically as he employed all three. In just 6 months, he successfully released 52 lbs. and enjoys greater health than ever before!

15 Keys To Reforming Eating Patterns to Reshape Physique

Diets aren't effective at all because you always gain the weight back. He lost 52 lbs and has kept it off for a year.

1. Track what you eat. Write down everything you eat. Over-consumption leads to weight gain. Portion sizes have gradually increase in the last 30 years.

2. Recognize why you eat. The power of emotions. Certain foods that have an abuse potential similar to addictive drugs. Food triggers dopamine and neurological activity similar to addictive drugs. Do you eat when you're stressed, bored, lonely, etc. Food marketers are tricking us into eating foods that are bad for us. Fake fruit juice - full of sugar. Which juices have propylene glycol - most of them!

3. Get motivated. What would motivate me to change my lifestyle? Cancer and obesity are directly linked. Obesity is associated with increased insulin levels. Insulin causes cancer to grow. The more sugar and simple carbohydrates we consume, the more likely we are to be obese and we are feeding cancer cells.

4. Break old habits. Stop rewarding yourself with food. Marc reset his body with a 3 week water fast.

5. Maximize retro-nasal aroma. Honor food - don't gobble it. Overeating - especially processed foods that have no nutrients - will not leave you satiated. You have to satisfy the brain, the gut, and the tongue. Start with the brain. Slique Tea 10-20 minutes before meals and be sure to inhale it and sip it. Reduces over-consumption.

6. Chewing smaller bites helps expose your brain to aromatic molecules that help satiate you. When you chew, you are smelling your food. Eat warm foods, eat slowly, suck - don't chew, savor - don't gulp. Avoid ice cream as there is no aroma! Study showed - with no change in diet nor exercise - 2% weight loss per month with just adding an aroma. He used Stress Away as a way to reduce his tendency to overeat. Inhale black pepper oil, to reduce appetite.

7. Curb appetite by reducing stress. Stress leads to cortisol. "Cortisol itself may directly stimulate food consumption in humans." - University of Michigan He also used Frankincense to deal with stress as an alternative to stress away.

8. Chocolate triggers satiety in the brain.



Eat wolfberries after your meal to help create thermogenesis.

9. Pre-Fill. Snack before meals. Cold water, apple, tea, wolfberries or NingXia Red. Wolfberries and NingXia Red cause thermogenic activity. Eat wolfberries after your meal. He is working on a capsule to help pre-fill your gut to gain physical satiety and psychological satiety.

10. Fats are your friends - coconut oil, cocoa butter, omega 3 fish oil - increase thermogenesis.

11. Eliminate sugar - especially sugar beverages. Whole wheat bread, white bread spikes blood sugar by 20%. Eliminate pasta and potatoes. If you consume potatoes, you will feel hunger longer and faster.

12. Recognize the pitfalls of sugar substitutes. Sugar substitutes cause you to feel hungry.

13. Avoid dietary black holes. The quick glycemic foods like potatoes, bread, chips, pasta.

14. If it doesn't taste good, don't eat it.

15. Try new things - working on a weight loss essential oil capsule that will burn fat.

The Slique Kit Suggested Regimen

Breakfast:

- Balance Complete™ meal replacement shake
- NingXia Red® packet

Snack:

- 2–3 drops Slique™ Essence in water or low-calorie beverage
- Healthy snack (fruit, vegetables, nuts, etc.)

Lunch:

- Slique™ Tea 15 minutes before meal (Optional: add 1–2 drops Slique Essence)
- 2 Essentialzymes-4™ capsules with meal
- Light, well-balanced lunch*

Snack:

- 2–3 drops Slique Essence in water or low-calorie beverage
- Healthy snack (fruit, vegetables, nuts, etc.)

Dinner:

- Slique Tea 15 minutes before meal (Optional: add 1–2 drops Slique Essence)
- 2 Essentialzymes-4 capsules with meal
- Light, well-balanced dinner*

Evening:

- 2–3 drops Slique Essence in water or low-calorie beverage

*Balance Complete may be substituted for one additional meal to add variety or reduce caloric intake. Breakfast and lunch regimen may be reversed. For added benefit, additional Slique Tea may be purchased and integrated into a daily regimen. Exercise should be incorporated into daily activity.

SLIQUE KIT (ITEM NO. 4587)

VEGETARIAN SLIQUE KIT (ITEM NO. 4588) Substitute Power Meal™ for Balance Complete and Detoxzyme® for Essentialzymes-4.

WARNING:

If you are pregnant, nursing, or have a medical condition, consult a health professional prior to use. Consult a health professional before starting a weight-management program.

www.youngliving.com®

Further Reading and Additional Information

Scientists from the University of Tokushima also found that oolong tea can double the amount of fat being excreted. They also proved that people who drank 2 cups of oolong tea each day burned over 157% fat than those who drank the same amount of green tea.

A US study conducted in 2001 by Physiologist Dr. William Rumpler of the US agriculture Research Services' Diet and Human Laboratory shows that oolong tea is effective for the following:

1. In burning fat for energy.
2. It benefits for our skin it can do wonders with combating the aging of skin especially with wrinkles and dark spots.
3. It has strong powers to prevent heart disease and cancer.
4. It is beneficial for diabetes patients.
5. It will help reduce high blood pressure. The researches which took place in Aichi Medical University proved that drinking oolong tea can help in lowering our LDL (bad) cholesterol level and polyphenols containing in oolong tea have positive effects on our arteries and must be considered a good support for the function of our cardiovascular system.
6. It assists in prolonging and improving vitality and life span.
7. It may help strengthen teeth and prevent tooth decay. Experts from the Department of Dentistry at Osaka University claim that oolong tea is very effective for strengthening our teeth enamel as well preventing tooth decay.
8. It benefits include helping in relieving physical and mental stress as well.
9. It is beneficial for treating skin problems such as eczema and rashes. Another group of Japanese scientists from Shiga University of Medical Science discovered that regular drinking oolong tea can help to get rid of skin problems and improve skin color in short periods of time.
10. It helps improve brain power.
11. It benefits for lowering blood sugar levels.
12. Finally a study publicized in 2004 in the scientific periodical Antioxidants & Redox Signaling found that regular consumption of oolong tea can result in stronger immune system and improved abilities of our body to resist various inflammatory diseases including cold and flu.

Other Benefits!

Besides the benefits for health oolong tea can also be used as a non-toxic household cleaner deodorizer disinfectant etc.

[Slique Tea](#) also contains Eucadorian Ocotea Leaf (Ocotea quixos), as a member of the cinnamon family traditionally used by the natives for health and wellness.

Ocotea's properties:

Decrease glucose levels
Decrease triglyceride levels
Antiparasite (Uncinaria)
Decrease blood pressure
Antifungal
Kills first stage mosquito larvae
Anti-inflammatory properties.

Ocotea presents findings that indicate that the Ocotea essential oil possesses potent and safe HYPOGLYCEMIC activity attributable to its alpha humulene concentration effects. The main constituents, cinnamaldehyde and cinnamate, are responsible for the cinnamon odor of the bark and leaves of Aniba canelilla. (It also has a mild taste of cinnamon)

4 drops of Ocotea S.V. (sublingual via) 4 hours after breakfast can decrease the glucose level an average of 35.57 mg/dl

After 4 hours of taking Ocotea, test showed it is still circulating in the bloodstream reducing glucose levels.

OCOTEA RESEARCH

38 females, 24 males. All patients were diagnosed with lab results (20, 10, 6, 2 years ago)

High glycosylate hemoglobin and type II diabetes patients and insulin dependent (5 patients) In 5 days the patients were insulin free and the cholesterol down.

Uses of **Ocotea** are blood glucose, local antiseptic, prevents blood clots, anti-cancer, weight loss, candida, anti-diarrhea, fungal skin infections, anti-asthma, foot fungus, non-adaptive, stress.

Wonderful for diabetics and juvenile diabetics! 1 to 3 drops under the tongue dropped glucose levels 30 points in less than 10 minutes, then monitor. Lowers cortisol, which lowers insulin: 3 drops 3 times a day or 4 drops 4 times a day has proven to be better than glucaflage for diabetes.

A video was showed last year, in regards to results of testing Ocotea, a tincture was made along with ocotea, a couple of drops of cinnamon oil.

Patient had low energy, cold feet, high in blood sugar of 330. One week later blood sugar was 212, then down to 140. Normal is 150.

Peaceful feelings and weight loss was reported (a few drops orally and cravings were gone).

Sligue Tea contains **Arabian Frankincense** powder an exclusive ingredient from Young Living's distillery in Salalah, Oman also.

Essential oils having enzymes, well frankincense is digesting and increasing the oxygen levels in the body while moving the toxins out. Obesity is linked to cancer so with the frankincense it is protecting our body while it works on the brain to reprogram.

And remember Frankincense was given to Jesus to protect him from all illnesses..

What a powerful combination we have in this tea.

Pure Vanilla Essential oil has 80-90% eugenol which has a calming effect on the brain, numbing our cravings. Also numbs the nerves and gives relief from anxiety, anger, restlessness etc. Vanilla essential oil can stimulate weight loss by significantly reducing a person's sweet food intake.

Amazonian cacao contains a naturally rich supply of antioxidants 98%, and is a good source of dietary fiber. It is also known to be one of the highest dietary sources of magnesium, flavonoids, (which support the body's ability to maintain certain healthy functions) and polyphenols. It also has a high source of Vitamin C. Amazonian Cacao is processed at a low temperature of 140 degrees while other cocoa is

processed at 240-260 degrees killing all the antioxidants in it. Cacao has been enjoyed for its healthful and invigorating properties in South American cultures for thousands of years.

Oolong tea caffeine benefits

Caffeine occurs naturally in a large number of plants and the Oolong Tea has low doses of caffeine and can provide a wide range of benefits. It increases alertness stimulates metabolism and helps to improve our mood. Therefore oolong tea is considered to be a good source of caffeine.

With all these great ingredients we have an awesome tea to support the body for all conditions