

Drop Weight.....Feel Great!

LOOSE WEIGHT THE YOUNG LIVING WAY

YL MOMENTUM TEAM

YL Momentum Team™



BURN, BALANCE, BUILD SLIQUE KIT

YL Momentum Team™

THE 3 B'S OF SLIQUE

✕ Burn-Metabolism

✕ Balance-Emotions, Curb cravings

✕ Build-Cellular health

OBESITY DEFINED....

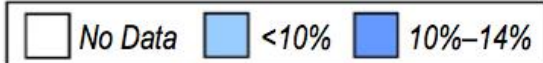
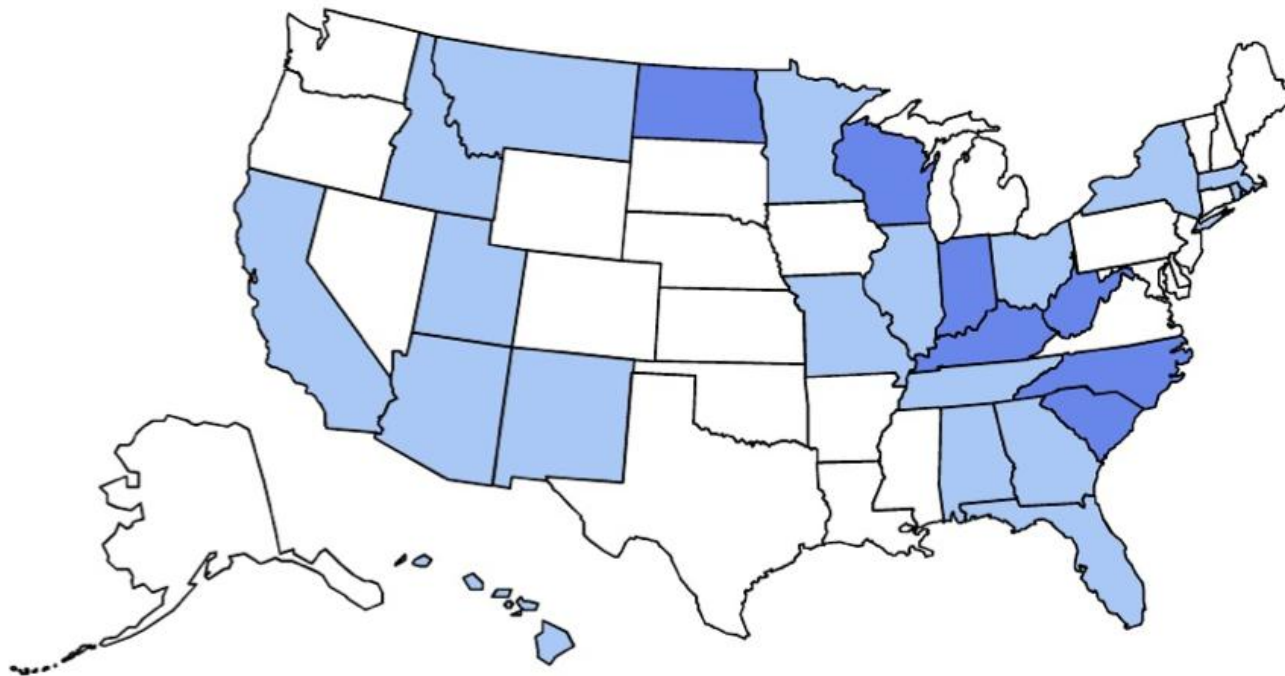
- ✗ Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems.^{[1][2]} Body mass index (BMI), a measurement which compares weight and height, defines people as overweight (pre-obese) if their BMI is between 25 and 30 kg/m², and obese when it is greater than 30 kg/m².^[3]

---Wikipedia

DO WE HAVE A WEIGHT PROBLEM?

Obesity Trends* Among U.S. Adults BRFSS, 1986

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



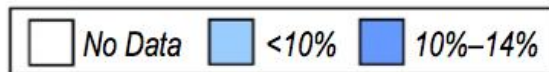
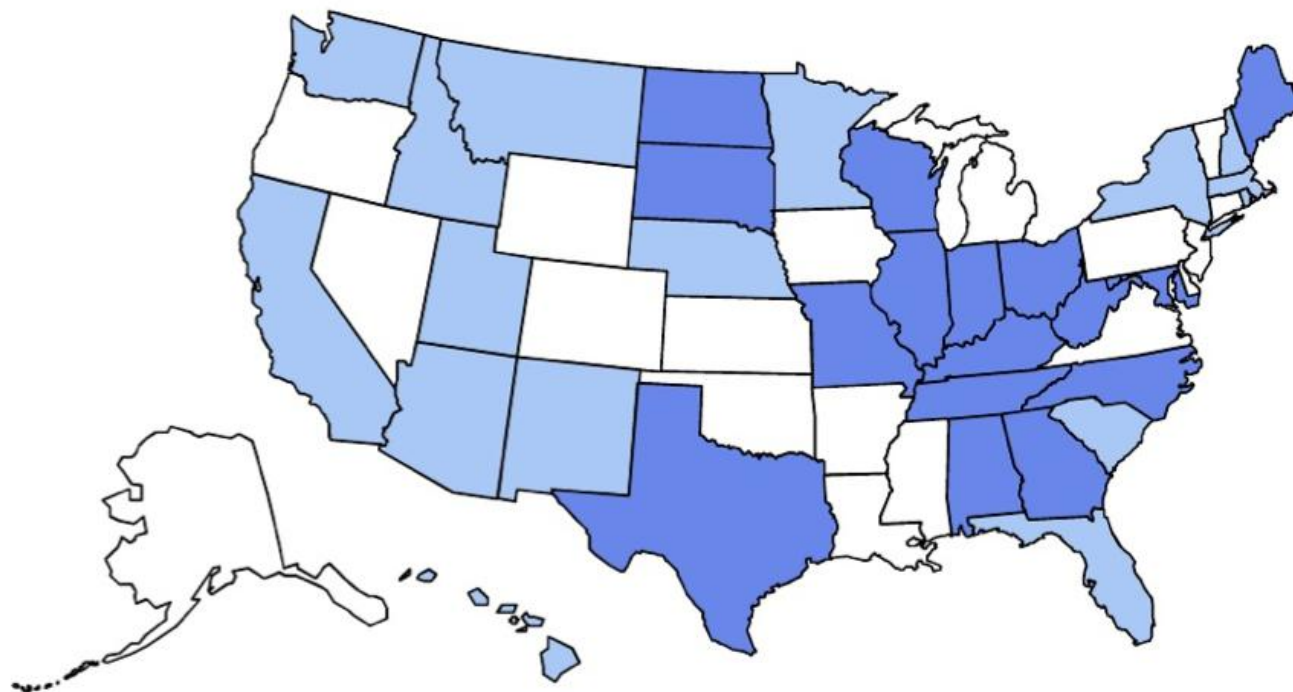
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1987

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



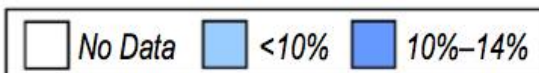
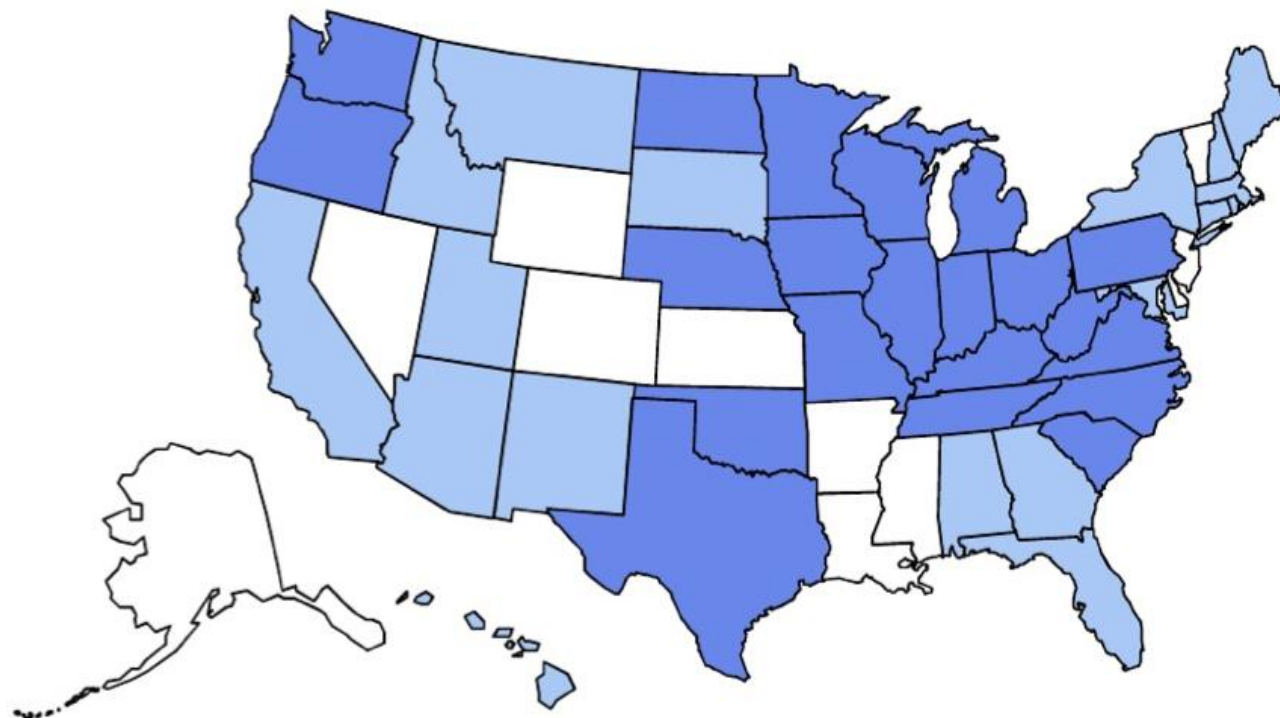
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1989

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)

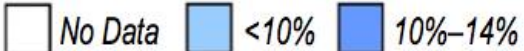
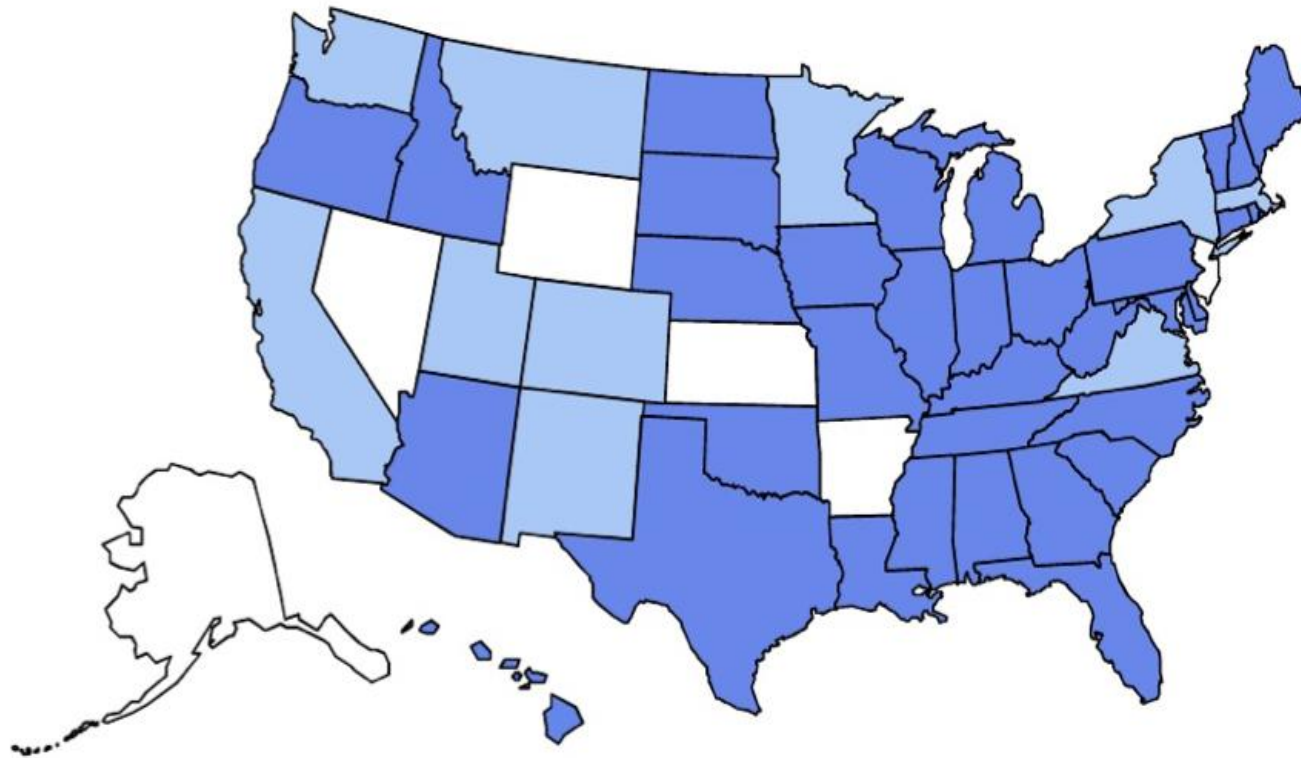


Source: Behavioral Risk Factor Surveillance System, CDC.



BRFSS, 1990

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)

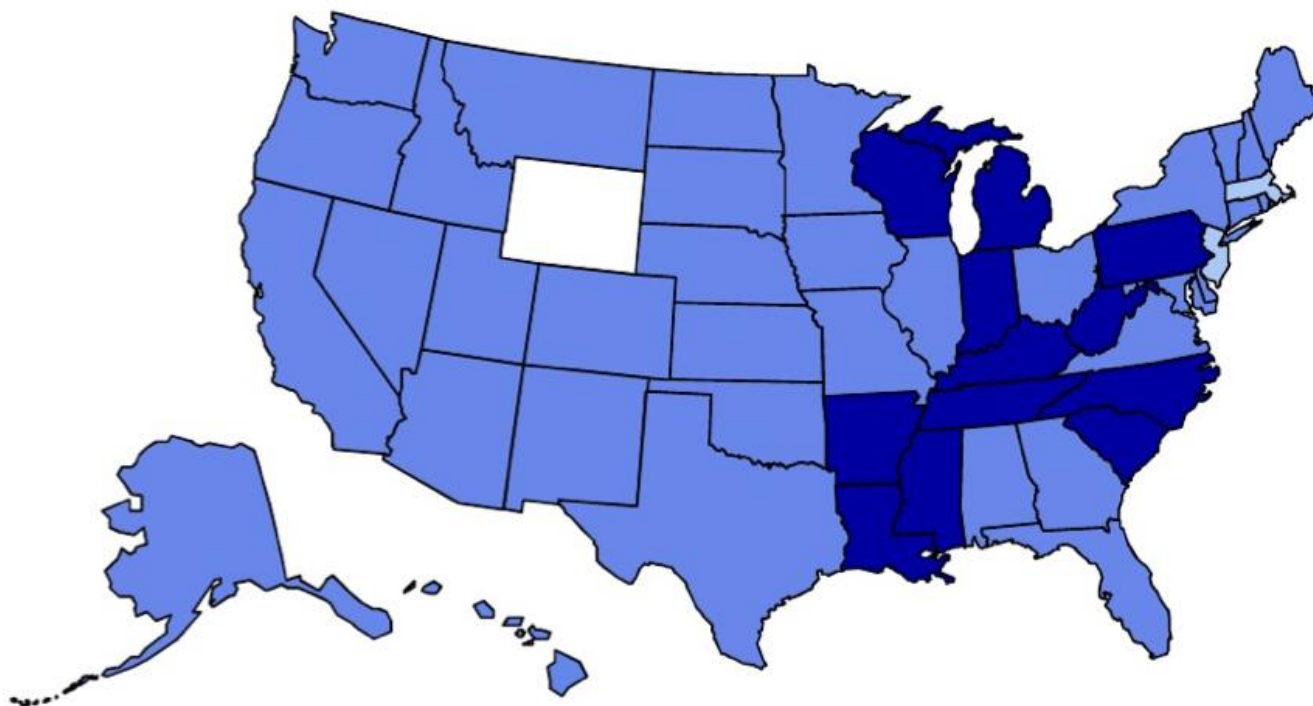


Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults BRFSS, 1993

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



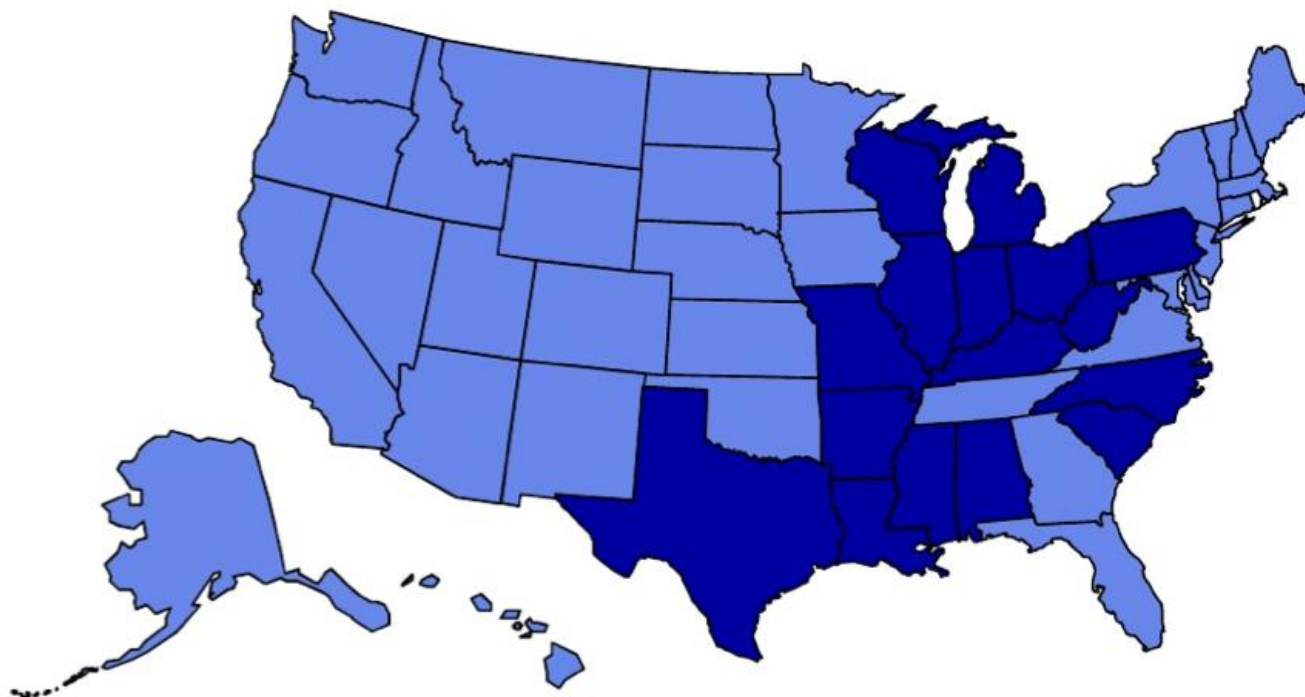
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1994

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



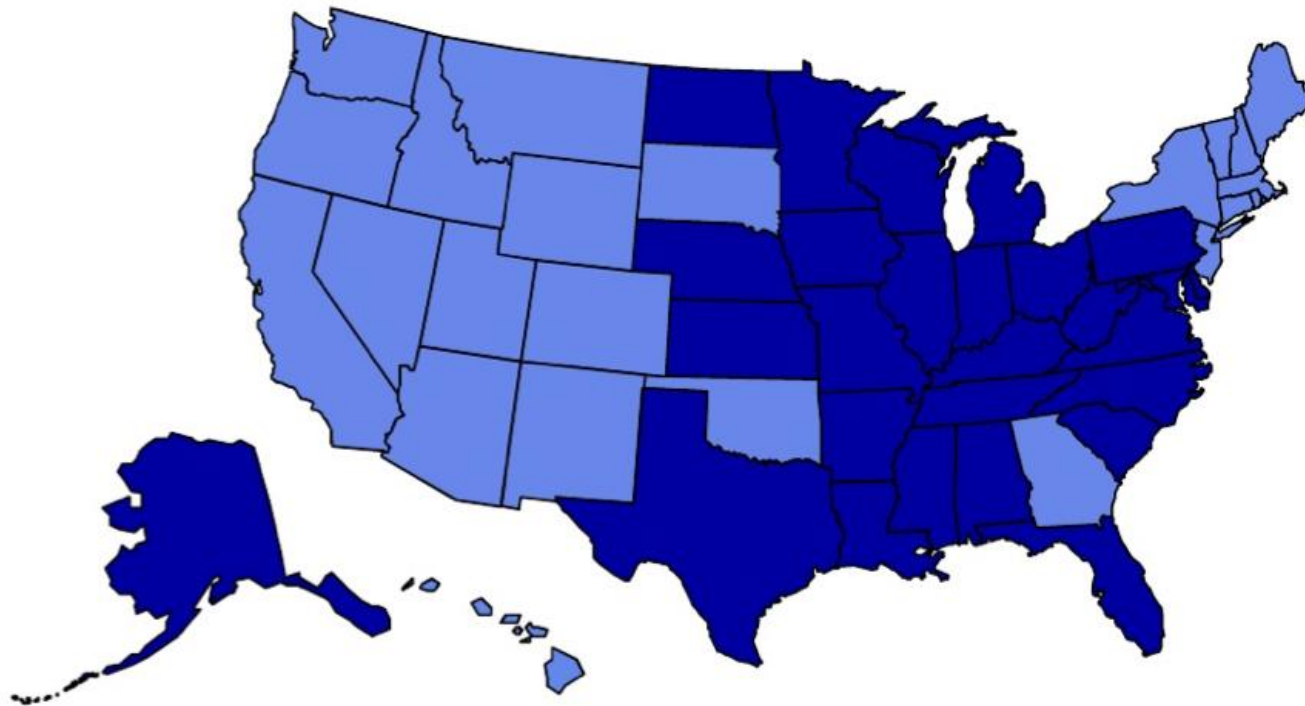
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1995

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



Legend: No Data, <10%, 10%-14%, 15%-19%

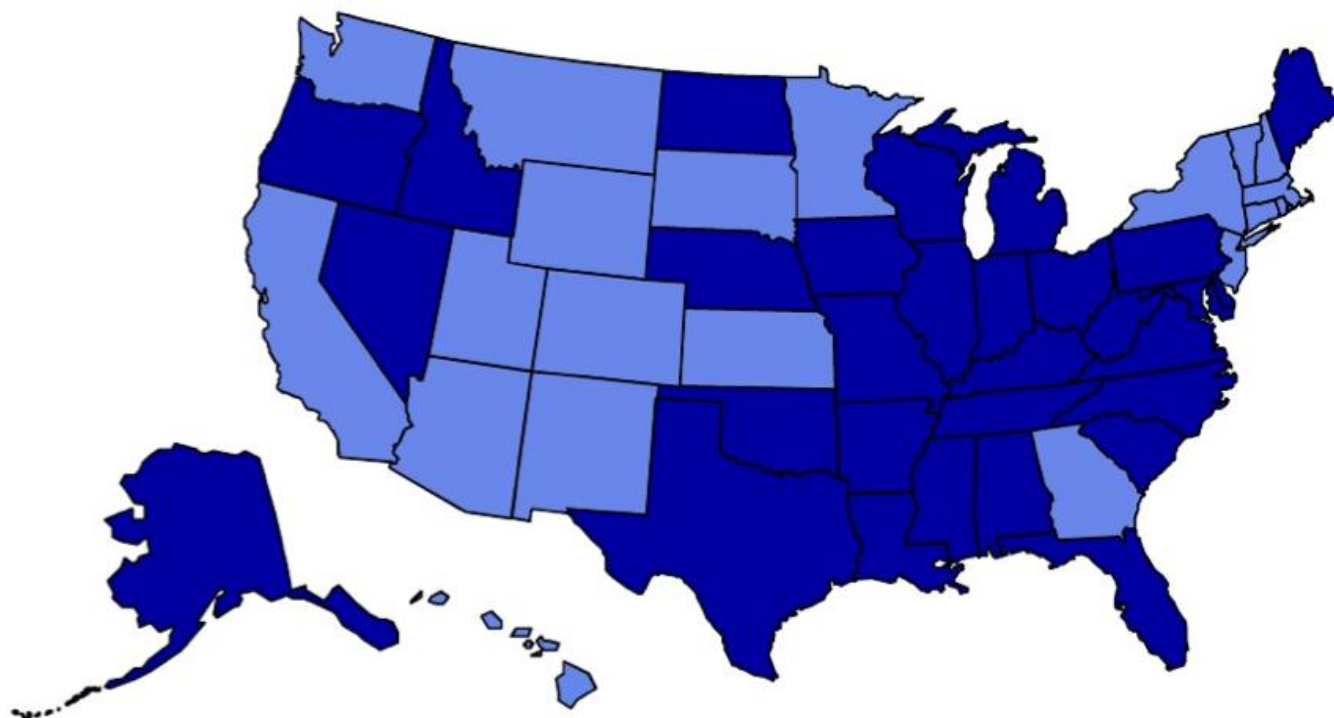


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1996

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



No Data <10% 10%-14% 15%-19%

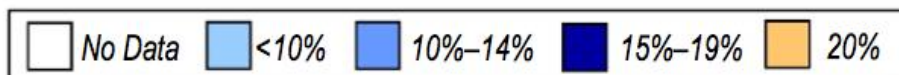
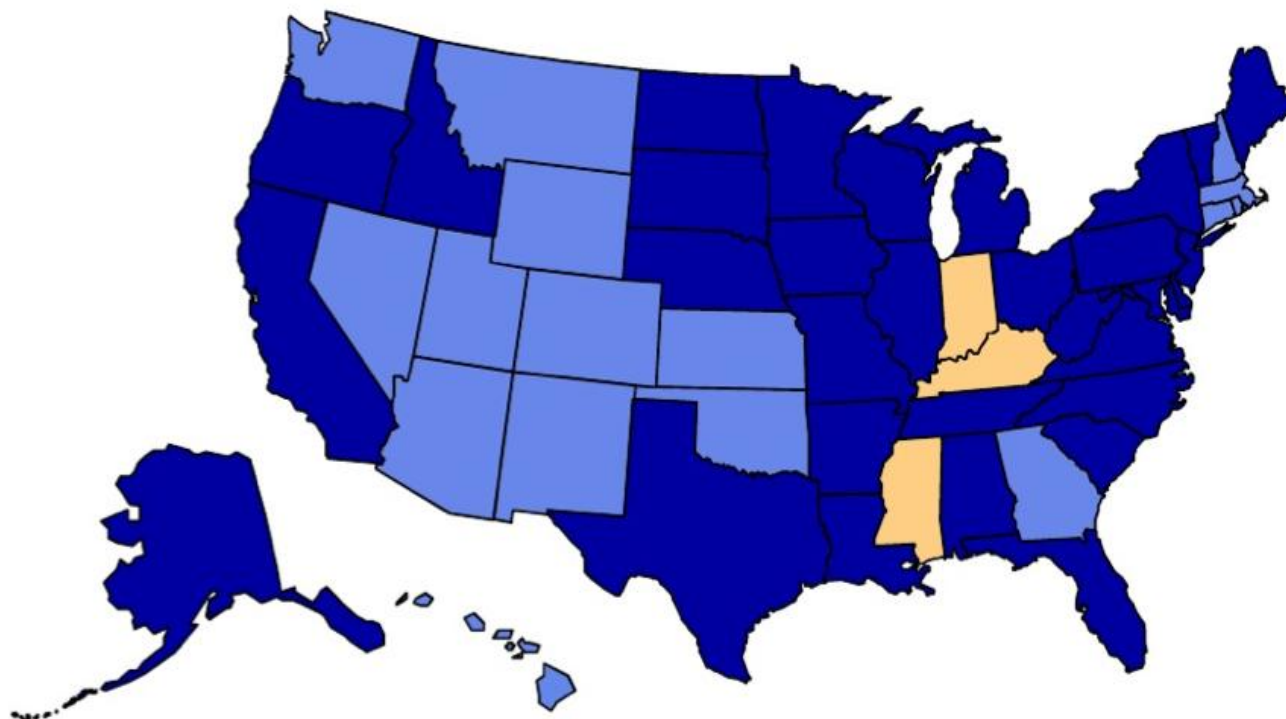


Source: Behavioral Risk Factor Surveillance System, CDC.

Obesity Trends* Among U.S. Adults

BRFSS, 1997

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



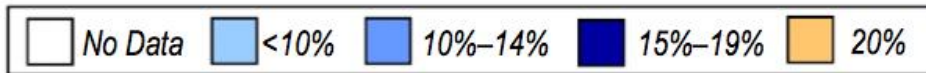
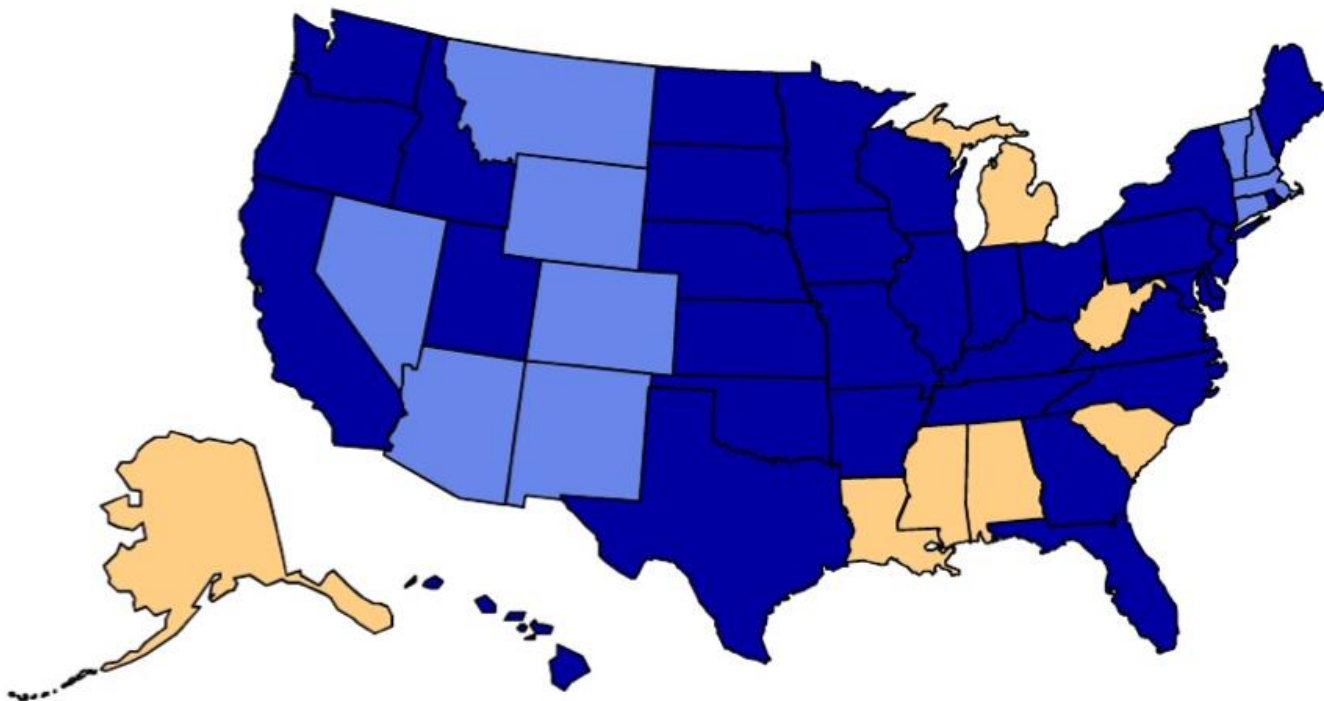
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 1998

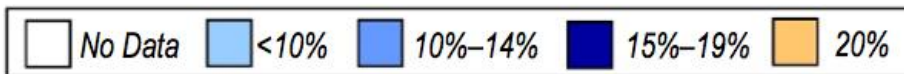
(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.



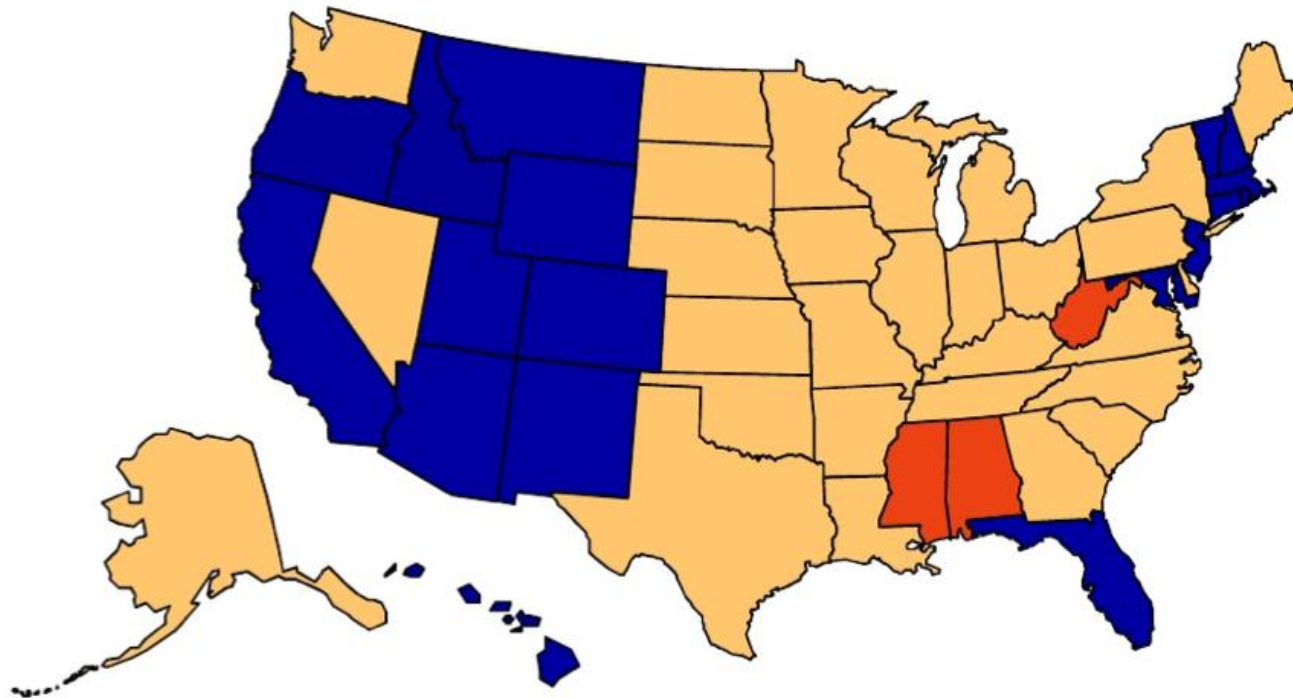
(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2002

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



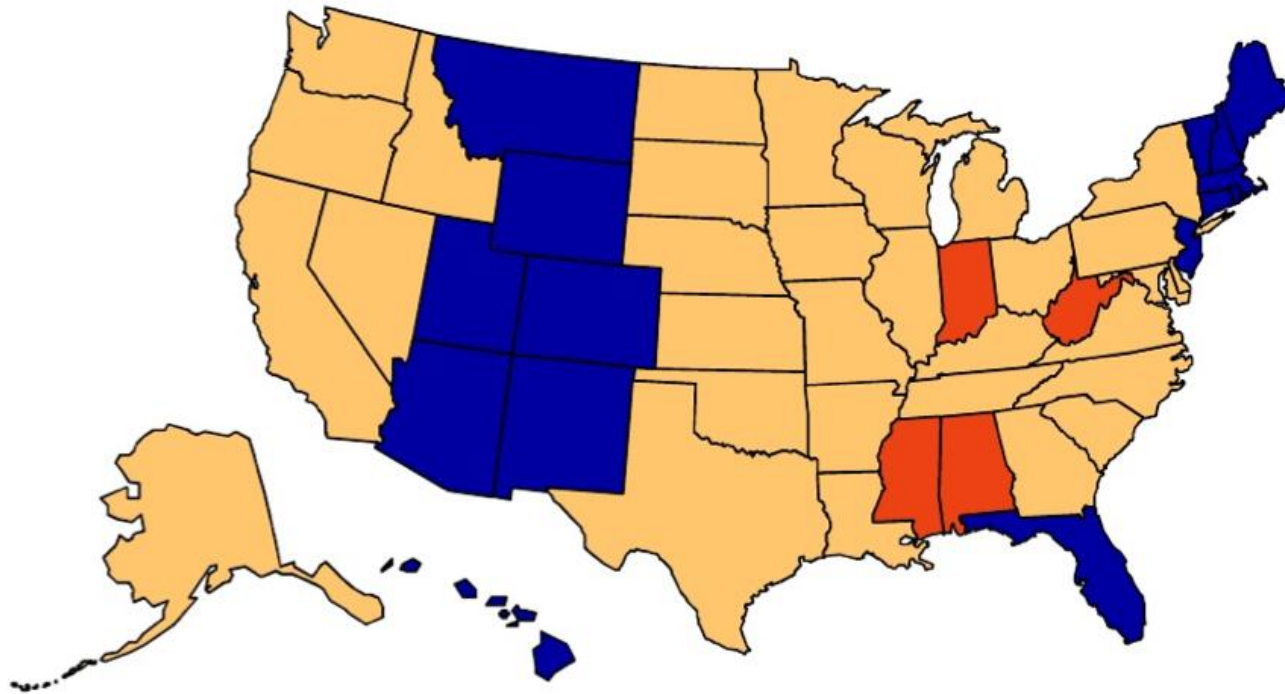
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2003

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

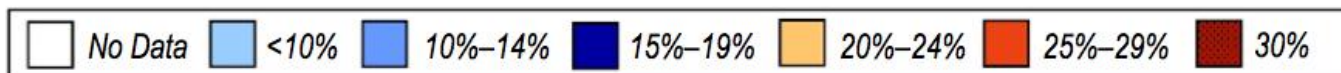
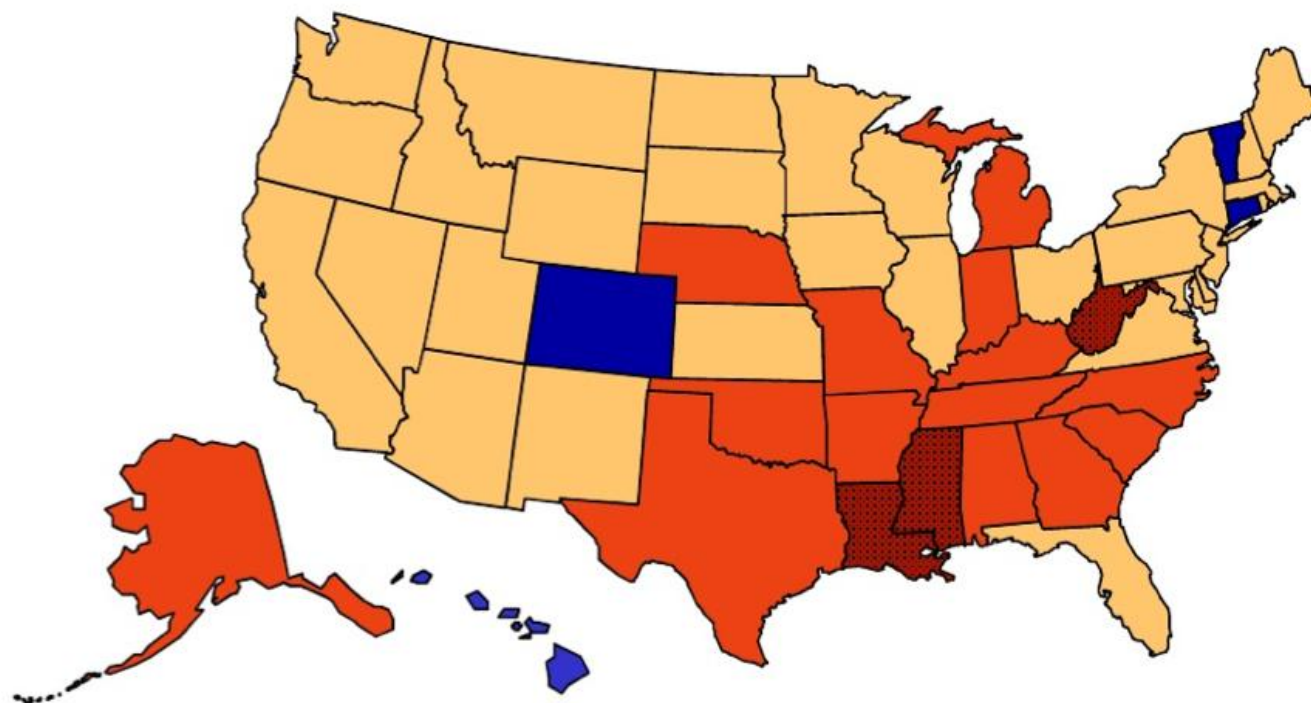
(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2005

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



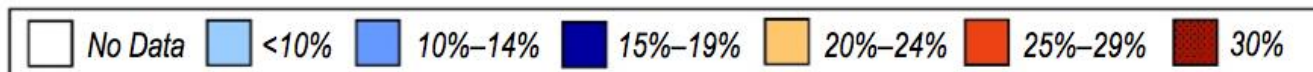
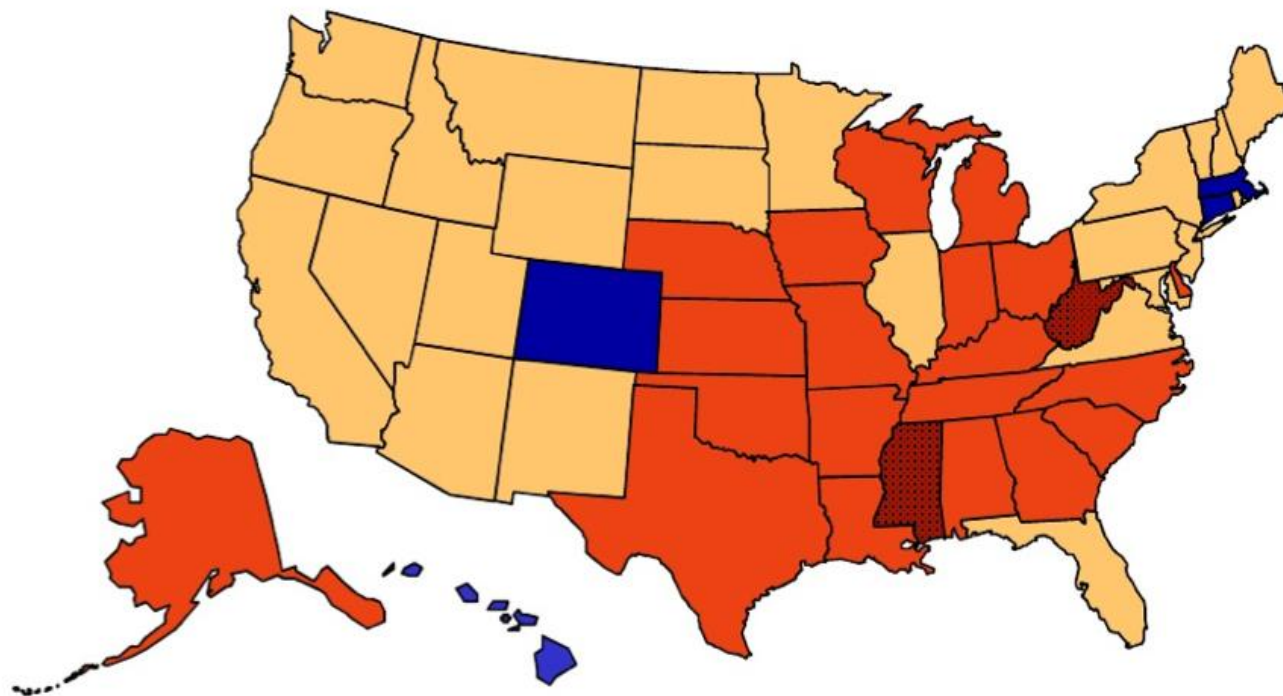
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2006

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



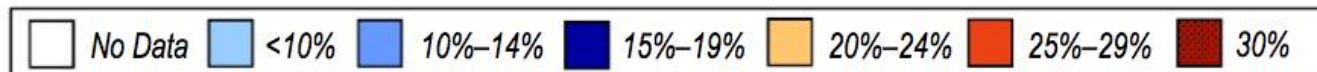
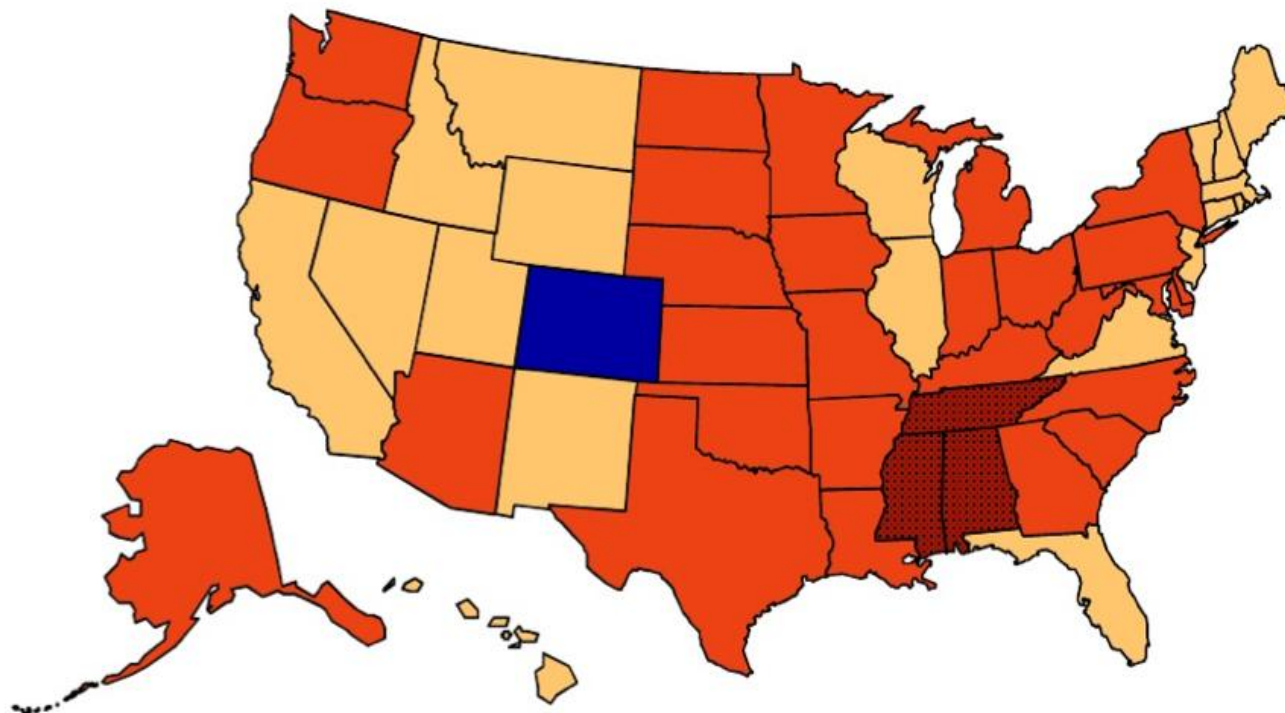
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2007

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



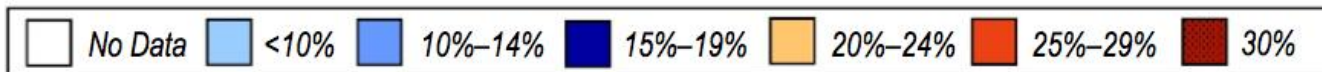
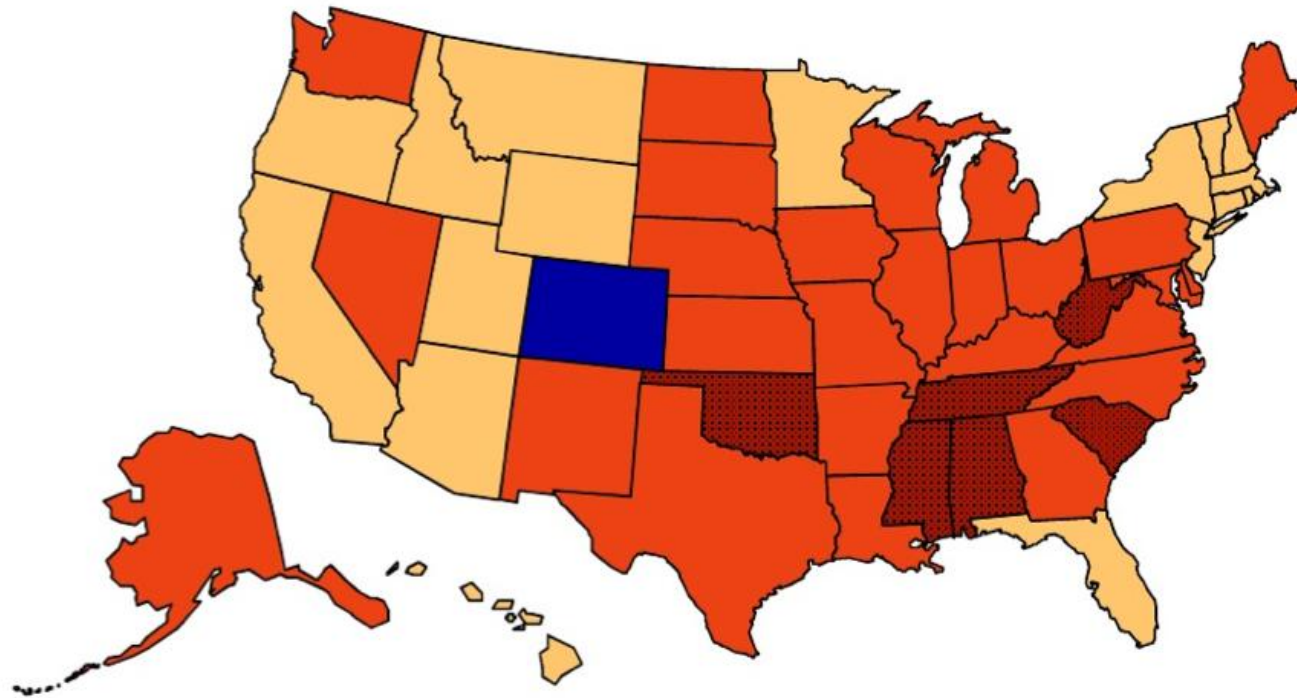
Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity Trends* Among U.S. Adults

BRFSS, 2008

(*BMI 30, or ~ 30 lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.



WHAT HAPPENS WHEN WE ARE NOT METABOLIZING THE FOODS WE INGEST?

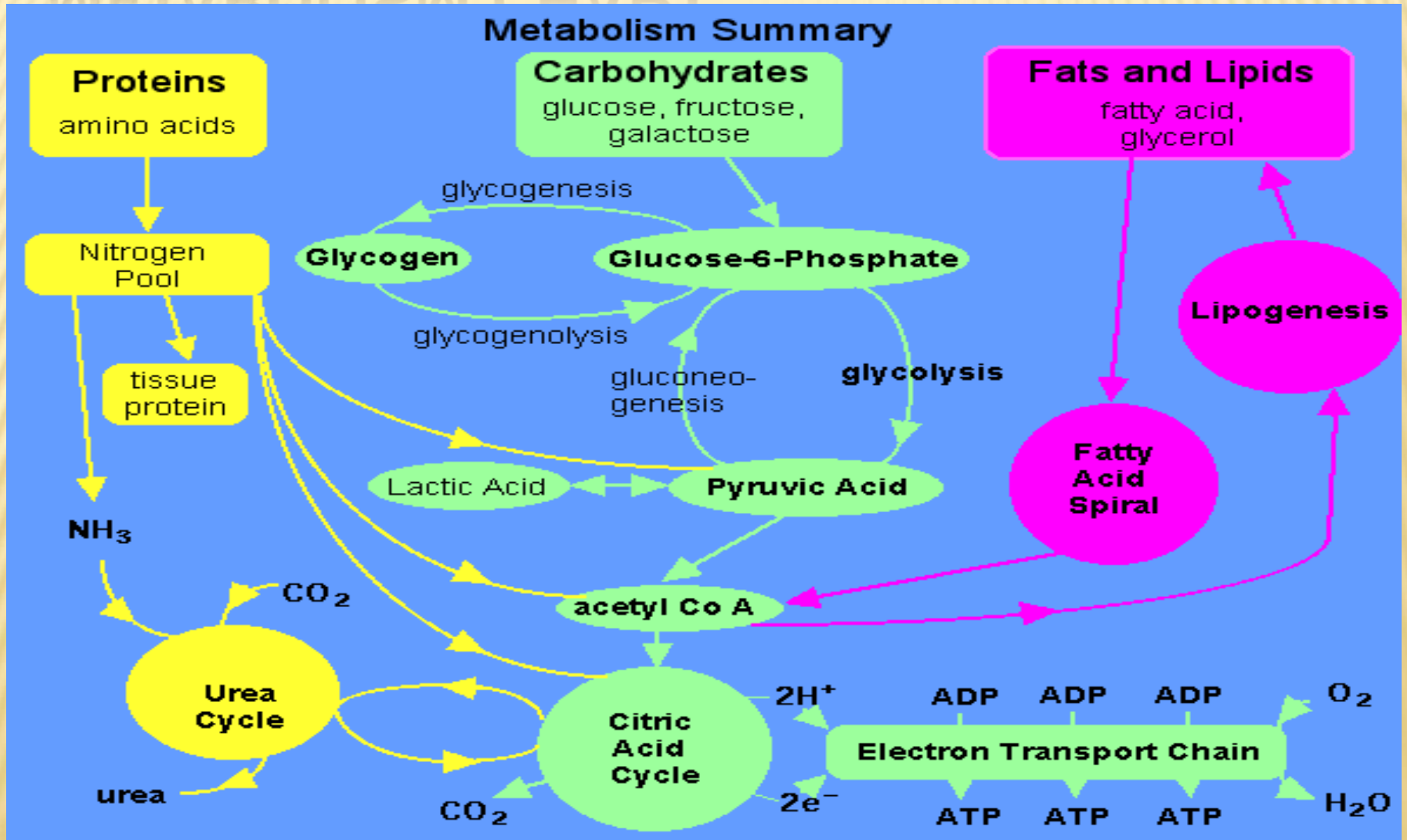
- ✗ Bloating, gas, constipation, diarrhea
- ✗ Acidosis
- ✗ Become a host for virus, bacteria, fungus, and other microbes
- ✗ Build up of proteins in the blood and urine
- ✗ Insulin resistance
- ✗ Excess fat build up in the cells, on the arterial walls and add fat mass to the abdomen, thighs, etc.
- ✗ Fatigue
- ✗ Chemical poisoning
- ✗ Lack of absorption causing nutritional deficiencies
- ✗ Poor sleep

METABOLISM DEFINED.....

- ✘ Metabolism refers to the complex, interactive set of chemical processes that make life possible.
- ✘ It is the process after food have been digested, absorbed, and circulated to cells.
- ✘ It is a complex process made up of two major processes:
 - * catabolism -breaks down molecules into smaller units
 - * anabolism- powered by catabolism & builds up organs & tissue
- ✘ Our body cells use nutrients from food in two ways as:
 - * energy sources
 - * building blocks for making complex chemical compounds
- ✘ Assimilation occurs when nutrient molecules enter cells and undergo many chemical changes.
- ✘ Each of these, in turn consists of a series of enzyme-catalyzed chemical reactions, known as metabolic pathways. In other words, either breaking down or building up.

Anatomy and Physiology, pg. 795

METABOLISM CHART



WEIGHT MANAGEMENT AND METABOLISM

When we eat, food is converted into energy. The term "metabolism" refers to the way – not the speed – that your body processes and uses the food you eat. Rather than "faster" or "slower" metabolism, it's most accurate to describe metabolism as efficient or functional versus inefficient or dysfunctional.

Metabolism is made up of several components:

- ✘ Basal metabolism – From 60 to 65 percent of calories you eat daily are spent keeping you alive and providing basic energy for life support. If you were to lay in bed all day, you would still need these calories to support basic body functions.
- ✘ Physical activity – 25 percent of your calories go to movement and physical activity.
- ✘ Thermic effect of food – About 10 percent of calories are spent processing the food you eat. For example, if you eat 2000 calories a day, you should be burning 200 calories a day simply eating and digesting your food.

----Ask.com

DIS-EASES ASSOCIATED WITH OBESITY

- ✗ High Blood Pressure
- ✗ Heart Disease
- ✗ Sexual dysfunction
- ✗ Type 2 Diabetes
- ✗ Depression
- ✗ Impaired cognitive functioning (memory loss, foggy head, mood swings,
- ✗ Inability to handle stress
- ✗ Lowered immunity
- ✗ Endocrine dysfunction (Adrenal fatigue, Thyroid issues, etc.)
- ✗ Increase the risk of Autoimmune dis-ease
- ✗ Allergies (food and environmental allergies)
- ✗ Many more.....

Adrenal Fatigue

Insulin Resistance

HPA Axis Dis-order

3 MAJOR METABOLIC DIS-ORDERS

ADRENAL FATIGUE

- ✘ **Adrenal fatigue** or **hypoadrenia** is a term used in alternative medicine to describe the belief that the adrenal glands are exhausted and unable to produce adequate quantities of hormones, primarily the glucocorticoid cortisol. The term "adrenal fatigue" may be applied to a collection of nonspecific symptoms such as "tiredness, trouble falling asleep at night or waking up in the morning, salt and sugar craving, and needing stimulants like caffeine to get through the day".
- ✘ No scientific evidence supporting the concept of adrenal fatigue and it is not recognized as an actual diagnosis by the medical community.^[1] This is distinct from recognized forms of adrenal dysfunction such as adrenal insufficiency or Addison's Disease.^[2]

--Wikipedia

ADRENAL FATIGUE AT CRISIS POINT

- ✗ According to James Wilson, DC, ND, PhD, Author of Adrenal Fatigue: The 21st Century Stress Syndrome:

_____ 80% of people will experience adrenal fatigue at some point in their life.

- ✗ According to Analytical Research Labs in Phoenix, AZ “approximately:

_____ 95% of all hair mineral analysis reviewed reflected impaired adrenal activity”

ADRENAL FATIGUE CHECKLIST

- ✗ Difficulty waking
- ✗ Continuing fatigue not relieved by sleep
- ✗ Craving for salt or salty foods
- ✗ Lethargy
- ✗ Increased efforts to do daily tasks
- ✗ Decreased sex drive
- ✗ Inability to handle stress
- ✗ Slow recovery time from illness/injury/trauma
- ✗ Light Headed when standing up quickly
- ✗ Mild depression
- ✗ Less enjoyment or happiness with life
- ✗ Increased PMS
- ✗ Symptoms increase with skipped meals
- ✗ Thoughts less focused fuzzier
- ✗ Memory less accurate
- ✗ Decreased tolerance
- ✗ Don't really wake until 10:00 am with afternoon low at 3:00-4:00pm
- ✗ Feels better after evening meal
- ✗ Decreased productivity

INSULIN RESISTANCE DEFINED....

- ✦ **Insulin resistance (IR)** is a physiological condition where the natural hormone insulin becomes less effective at lowering blood sugars. The resulting increase in blood glucose may raise levels outside the normal range and cause adverse health effects, depending on dietary conditions. Certain cell types such as fat and muscle cells require insulin to absorb glucose. When these cells fail to respond adequately to circulating insulin, blood glucose levels rise. The liver helps regulate glucose levels by reducing its secretion of glucose in the presence of insulin. This normal reduction in the liver's glucose production may not occur in people with insulin resistance.^[1]

ENDOCRINE DYSFUNCTION–HPA AXIS

The **hypothalamic-pituitary-adrenal axis** (HPA or HTPA axis), also known as the **limbic** (LHPA axis) or the **hypothalamic-pituitary-adrenal-gonadotropic axis**, is a complex set of direct influences and **feedback** interactions among the:

hypothalamus
pituitary gland
adrenal

The interactions among these organs constitute the **HPA axis**, a major part of the **neuroendocrine system** that controls reactions to **stress** and regulates many body processes, including **digestion**, the **immune system**, mood and emotions, sexuality, and energy storage and expenditure.

A wide variety of species, from the most ancient organisms to humans, share components of the HPA axis^{[[citation needed](#)]}.

It is the common mechanism for interactions among glands, hormones, and parts of the midbrain that mediate the **general adaptation syndrome** (GAS)^{[[1](#)]}. Wikipedia

FOOD VS SUPER FOODS (ADAPTOGENS)

- ✘ A super food is one which the food carries super nutrient dense benefits to a target function at the cellular level.
- ✘ Adaptogens are natural substances that improve the ability of an organism to:
 - overcome fatigue and physical stress,
 - improve cognitive characteristics,
 - help with the symptoms of disease.
 - accelerate healing and regeneration
 - slow down aging and degeneration.
 - act on the level of metabolism.---Adaptogens.eu



BURN, BALANCE, BUILD SLIQUE KIT

YL Momentum Team™

SLIQUE TEA



- ✕ Jade Oolong Tea
- ✕ Inulin
- ✕ Ocotea Leaf
- ✕ Ecuadorian Cacao Powder
- ✕ Vanilla Essential Oil
- ✕ Frankincense Powder (Boswellia Sacra)
- ✕ Natural Stevia Extract

SLIQUE BLEND (15 ML)



- ✕ Grapefruit cold pressed Rind
- ✕ Tangerine cold pressed Rind
- ✕ Spearmint Leaf
- ✕ Lemon cold pressed Rind
- ✕ Ocotea Leaf
- ✕ Stevia Leaf Extract

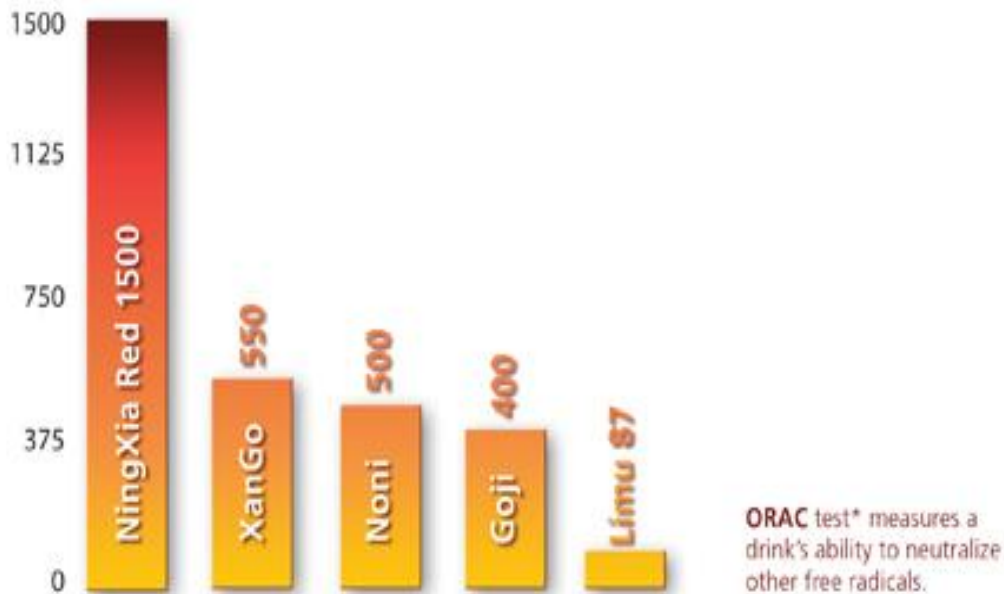
NINGXIA RED



- ✕ Whole NingXia Wolfberry Puree
- ✕ Blueberry Juice
- ✕ Pomegranate Juice
- ✕ Apricot Juice
- ✕ Raspberry Juice
- ✕ Grape Pomace
- ✕ Blue Agave Nectar
- ✕ Lemon Rind
- ✕ Orange Rind

NINGXIA RED

ORAC Competitive Comparison*



*Data from Brunswick Laboratories, Wareham, MA

- ✗ Adaptogens- NingXia Wolfberry, Orange and Blueberry.
- ✗ Low Glycemic- NingXia Red is 29
- ✗ NingXia Wolfberries 15.6% protein by weight
- ✗ Lemon and Orange oil- Rich in tumor inhibiting and annihilating D-limonene. Stops cancer in all 3 phases: initiation, promotion/progression, and metastasis.
- ✗ Pomegranate- Supports sexual health in men and woman. In ancient cultures it was a symbol of fertility

NINGXIA WOLFBERRIES

- ✘ Rich in L-arginine and L-glutamine which support GH from pituitary, fuels the brain, reduces cravings, and reduces oxidative stress from diabetes.
- ✘ Rich in chromium and magnesium which improves insulin sensitivity. Chromium deficiency linked to Syndrome X: elevated blood glucose, obesity, diabetes, high insulin, cholesterol and triglyceride levels.
- ✘ 3x the Vitamin C of oranges. Vitamin C is crucial for adrenal medulla and cortex function.

✘ (1) Young, Gary, Ronald Lawrance MD, PhD, and Marc Schreuder. Discovery of the ultimate Superfood. Utah, Essential Science Publishing, 2005.

✘ (2) Vitamin C is an important cofactor for both adrenal cortex and adrenal medulla. Patak P, Willenberg HS, Bornstein SR. Department of Endocrinology, Diabetes, Rheumatology, Heinrich-Heine University, Duesseldorf, Germany.

BALANCE COMPLETE



Balance Complete is a super-food-based meal replacement that is both a powerful nutritive energizer and a cleanser. Offering the benefits of Ningxia wolfberry powder, brown rice bran, barley grass, extra virgin coconut oil, aloe vera, cinnamon powder, and our premium whey protein blend, Balance Complete is high in fiber, high in protein, and contains the good fats, enzymes, vitamins, and minerals needed for a nutritionally dynamic meal.

Balance Complete also features Young Living's proprietary V-Fiber™ blend, which supplies an amazing 11 grams of fiber per serving, absorbs toxins, and satisfies the appetite while balancing the body's essential requirements

POWERMEAL



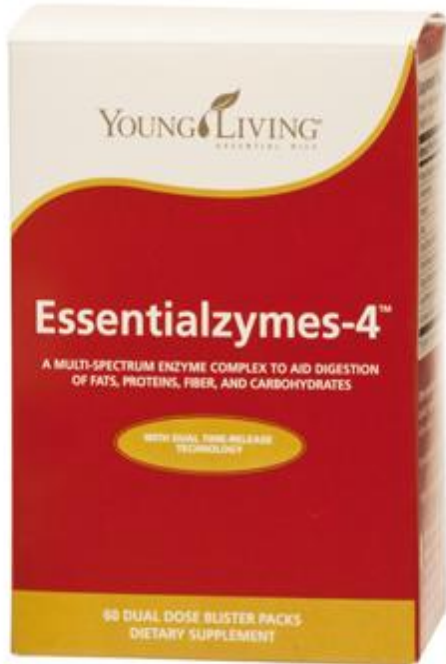
Power Meal is rich in calcium, antioxidants and amino acids, and delivers an impressive 20.6 grams of protein per serving plus a complete vitamin, mineral and enzyme profile.

Adrenal Support: Protein, Nutmeg Eleuthero, Pantothenic Acid (B5), B6, Magnesium, Selenium, and Zink.

Blood Sugar Support: Chromium, Magnesium, 7.1 grams of fiber.

Excellent for post workout recovery!

ENZYME



Immediate Release Capsule:

- × Riboflavin
- × Protease
- × Amylase
- × Cellulase
- × Lipase
- × Peptidase
- × Phytase
- × Bromelain
- × Papain
- × Anise Fruit
- × Ginger Root
- × Rosemary Leaves
- × Tarragon Leaf
- × Fennel Seeds

Delayed Release Capsule:

- x Bee Pollen Powder
- x Pancreatin
- x Lipase
- x Ginger Root
- x Fennel Seeds
- x Tarragon Leaf
- x Anise Fruit
- x Lemongrass Leaves

ENZYMES

Detoxzyme

- ✕ Amylase
- ✕ Invertase
- ✕ Protease
- ✕ Glucoamylase
- ✕ Bromelain
- ✕ Phytase
- ✕ Lipase
- ✕ Cellulase
- ✕ Cumin Seed
- ✕ Anise Seed
- ✕ Fennel Seed
- ✕ Lactase
- ✕ Alpha- galactosidase



Healthy suggestions to encourage enhanced weight reduction

SUPPORT FOR YOU METABOLISM

SLIQUE SLIM CAPS

Slique Powder Caps:

The powder caps have been expertly formulated to dissolve in the stomach to allow the contents to expand, which may initiate physical satiation and feelings of fullness.

Ingredients:

Glucomannan– A soluble dietary fiber derived from the konjac root that expands in the stomach and may induce feelings of fullness and decrease appetite.

Ocotea leaf- a South American plant through to help reduce sugar cravings,

Fucoxanthin- a carotenoid found in brown seaweed that has been studied for its role in metabolizing fat.

There is one known double-blind placebo-controlled human study with fucoxanthin that has been published. The small study of supplementation with seaweed extract containing fucoxanthin in combination with pomegranate seed oil showed an average 11 lb weight loss in obese women over a 16- week period.

SLIQUE SLIM CAPS

Slique Liquid Caps

The liquid cap distributes key ingredients that may help increase metabolic activity while hindering fat-cell formations

Ingredients:

Lemongrass

Fractionated coconut oil

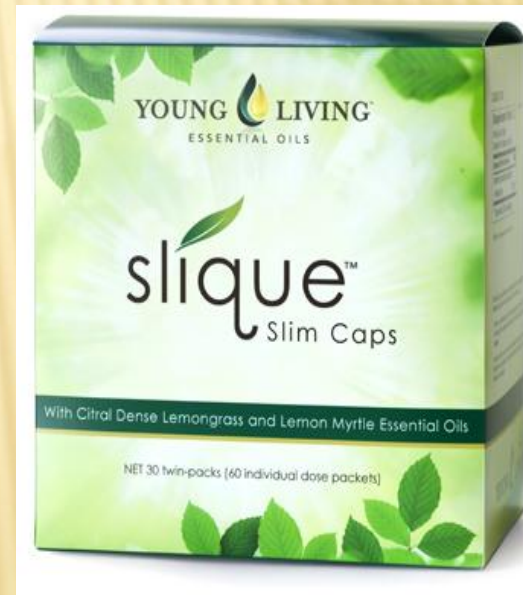
Pomegranate seed oil

Lemon Myrtle

Balsam Fir Idaho

Citral- A constituent found in lemongrass and lemon myrtle essential oil that may increase metabolic activity while decreasing appetite triggers.

Punicic Acid- an acid found in pomegranate seed oil that may block fat cell uptake at the cellular level and may reduce lipid levels in the blood



YL Momentum Team™

SLIQUE GUM



Ancient travelers throughout the Middle East used raw frankincense resin for its nutritional content and ability to help control hunger. Slique™ Gum offers those same benefits in a modern delivery system that helps control food cravings and improve oral health.

Ingredients:

- ✕ Frankincense Resin
- ✕ Peppermint Essential Oil
- ✕ Spearmint Essential Oil
- ✕ Xylitol –Absorbed more slowly than sugar, it does not contribute to high blood sugar levels or the resulting hyperglycemia caused by insufficient insulin response. This characteristic has also proven beneficial for people suffering from metabolic syndrome, a common disorder that includes insulin resistance, hypertension, hypercholesterolemia, and an increased risk for blood clots

ADRENAL RECOVERY

En-R-Gee™ used for Adrenal and Glandular support. Put 3 drops over Kidney area.

Nutmeg is an adrenal stimulant, helps support the nervous and endocrine systems and prostaglandin balance.* Nutmeg has an approximate ORAC of 1,581,360 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

Idaho Balsam Fir soothes and rejuvenates body and mind. Reduces cortisol levels by 22%.



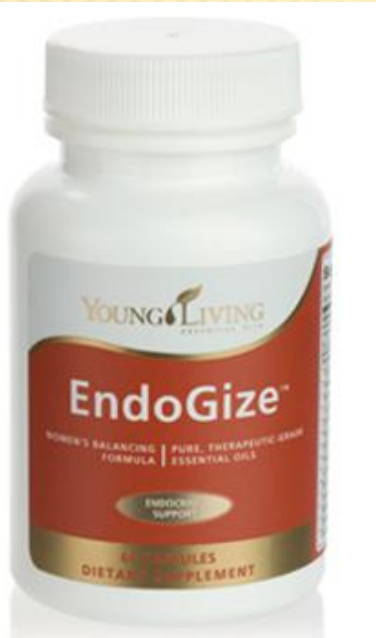
MULTIGREENS



MultiGreens™ is a nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous, and circulatory systems

- ✗ Eleuthero supports the immune system and adrenals.
- ✗ Pacific Kelp supports the thyroid
- ✗ Spirulina, Barley Grass, and Alfalfa helps alkalize and purify.
- ✗ Bee Pollen helps adrenal recovery
- ✗ Amino acids, especially L-tyrosine are what adrenals need to make neurotransmitters

HORMONE SUPPORT PRODUCTS



EndoGize is especially formulated to support a healthy and balanced endocrine system in women.



Thyromin™ is a special blend of bovine glandular extracts, herbs, amino acids, minerals, and therapeutic-grade essential oils in a perfectly balanced formula that maximizes nutritional support for healthy thyroid function.* The thyroid gland regulates body metabolism, energy, and body temperature.

INCREASE RESTFUL SLEEP

Sleep Essence contains four powerful Young Living Therapeutic Grade™ essential oils that have unique sleep-enhancing properties in a softgel vegetarian capsule for easy ingestion. Combining lavender, vetiver, valerian, and Ruta graveolens essential oils with the hormone melatonin- a well-known sleep aid



RutaVaLa is a proprietary blend of Ruta graveolens (rue), lavender, and valerian essential oils that promotes relaxation of the body and mind, soothes stressed nerves, and induces sleep.



Benefits of Eating Right 4 Your Blood Type

- ✗ Optimizes health - wellness - energy
- ✗ Improves digestive function
- ✗ Increases intestinal balance
- ✗ Promotes weight loss
- ✗ Modifies know disease susceptibility
- ✗ Delays aging process & chronic disease

Resources

- ✕ CDC
- ✕ Wikipedia
- ✕ Ask.com
- ✕ Adaptogens.eu
- ✕ Anatomy and Physiology
- ✕ Young Living Essential Oil Desk Reference
- ✕ Dr. Peter D'Adamo N.D.
 - + www.eatrightforyourbloodtype.com
 - + Eat Right 4 Your Blood Type Book(s)