



Summertime Tips for *Looking Good, Feeling Good!*

Managing your weight can be a challenge; we know there are long-term health benefits to eating well and moving our bodies—no matter what the scale may say—but it can be discouraging if you're working hard and not seeing results. Infuse your weight management plan with these essential tips to boost your efforts.

1. Catch some ZZZs

Did you know that a lack of proper sleep can lead to weight gain? Make sure you're getting the rest you need by creating a snooze-worthy environment for shut-eye. Diffuse 3 drops of Lavender essential oil and 2 drops of Cedarwood essential oil before tucking in for the night, and check out our post for more helpful tips on getting a better night's sleep. Need a little extra help getting a full night's rest?

2. Start your day right

Kick-start your metabolism with a healthy breakfast! If you're looking at a weight management success story—with or without essential oils—you'll find they all have one thing in common: committed, healthy choices. Beginning your morning with a conscious, healthy decision sets the stage for continued positive choices all day long.



3. Stay hydrated

Another way to use Young Living essential oils for weight management is by boosting your water intake. A drop of your favorite Vitality™ essential oil can motivate you to drink more water throughout the day. Grapefruit Vitality essential oil supports weight management when used in conjunction with healthy eating and regular exercise, has cleansing properties, and can support your lymphatic system*, making it a perfect option for your water bottle.

4. Get up and move

One of the best tips for weight management is to keep moving. You don't need to be a gym rat, but it's critical to change up a sedentary lifestyle.

Opt for stairs instead of the elevator, park on the far end of the parking lot, and take time to stretch throughout the day. If you're having trouble with motivation, try diffusing Citrus Fresh or Peppermint essential oil to help add a little pep to your step. Using essential oils to help your weight management can often be about finding ones with energizing aromas!

5. Team up

Everything is easier when you have a support system, and that includes managing your weight. Invite a friend or group of friends to join you on your journey so you can all see better results together by keeping each other on track. Share results, discuss setbacks, and renew your resolve with a group of people who are as motivated as you are. This support network can be invaluable as you go through the ups and downs of your weight management plan as they help you stay accountable and focus on your goals.

7. Add some Slique®

Young Living's Slique system is formulated to promote healthy weight management.* Slique® CitraSlim™** includes a proprietary essential oil blend for weight management, which some studies suggest may help support the body in burning excess fat when used in conjunction with a balanced diet and regular exercise. The proprietary blend may also support the release of free fatty acids, which may help break down fat.



Contact Nancy today
440.343.9921

NancysHealingGarden.com

By Appointment

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COMING TOPICS



WELLNESS TRADITIONS

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****Reservations Requested****

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Thurs., June 13 6:30 pm Oils for Allergies

Thurs., June 20 6:30 pm Starter Kit and More!

Thurs., July 11 6:30 pm Summer Sampler - Smoothies,
Nutrition and Fun in the Sun!

Thurs., Aug. 8 6:30 pm Back to School Health for Kids/Moms



Nancy Rattray , BCND, CNHP, CRTS

Nancy is a Doctor of Naturopathy and dedicates her life to educating clients in holistic and natural health. Her own recovery from cancer in 2006 has inspired her to help others regain their health through non-invasive and effective therapies and products. Nancy holds a Bachelor of Science in Education from Bowling Green State University, graduate of

Trinity School of Natural Health and Board Certification as a Doctor of Naturopathy from the American Naturopathic Medical Association. She offers clients cutting edge integrative therapies through the use of Young Living™ Essential Oils, Biomat™ thermo-therapy, Raindrop Technique™, Reflexology, and educational workshops on holistic health.