



YOUNGEVITY.
ESSENTIAL OILS

THE ESSENTIAL RESULTS NOW KIT

#67954

Youngevity.com // 2018





YOUR BODY IS TELLING YOU SOMETHING.

The human body doesn't reason or evaluate, it simply responds in its own unique language to a symphony of stimuli that bombard it daily. Physical discomfort, inflammation, loss of mobility, restlessness and hunger are just some of the cues our bodies give us, letting us know there is something wrong, needed or lacking.

ARE YOU LISTENING TO YOUR BODY'S CUES?

There may be many things that our body is trying to tell us at any given time, many of which we don't know how to respond to immediately and thus ignore until the problem worsens. Hunger is an easy cue to alleviate, but when you're experiencing physical pain or stress, how do you manage it?

The Results Now (RN) Kit, featuring 7 of Youngevity's Essential Oils, is an advanced way to tune into your body's communication. The RN assessment uses specific essential oils as stimuli, assessing a body's response to each essential oil in each of the seven targeted body systems. The goal being to determine which essential oil will be the most beneficial to that individual's particular condition. How the body responds to each essential oil will indicate which system requires further attention, and help individuals get to the root of health issues.

THE RESULTS NOW ASSESSMENT

One can perform the assessment on themselves, or they can assess a person; applying oils and assessing an individual. This is not a complicated process that requires any special certification; all you need is an eye to notice changes in one's self or other individual.

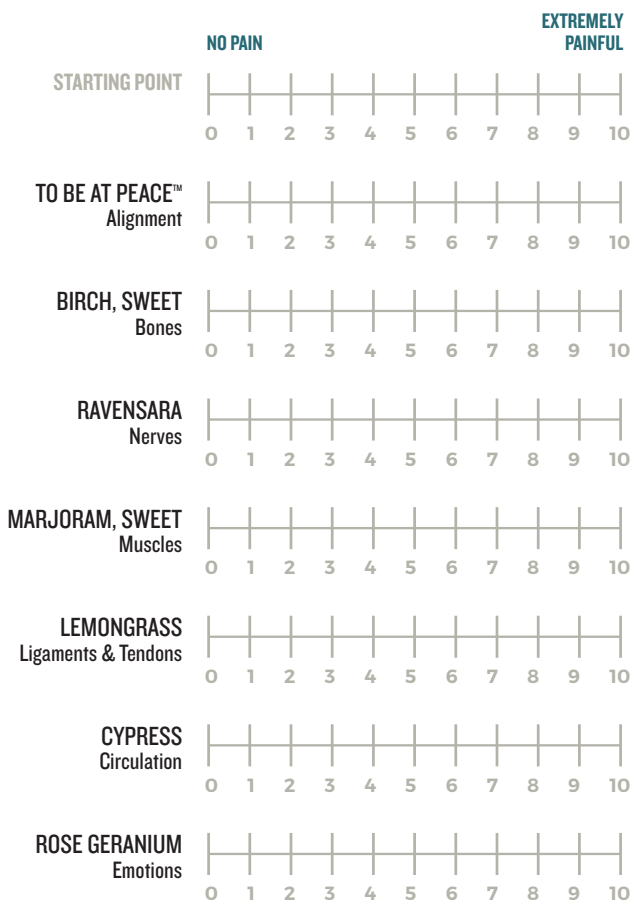
STARTING POINT:

Before applying any oils to the person getting assessed, it's important to note and pay attention to the individual's movements, expressions, and other physical cues. On your assessment sheet (on next page), you will note things such as – How they stand, are their shoulders level? Are they leaning? Does one foot angle out or are their feet straight forward? Do they look like they are trying to hide pain? Often times, an individual will have ignored a pain for so long that they don't even notice that it is there. Paying attention to cues is vital.

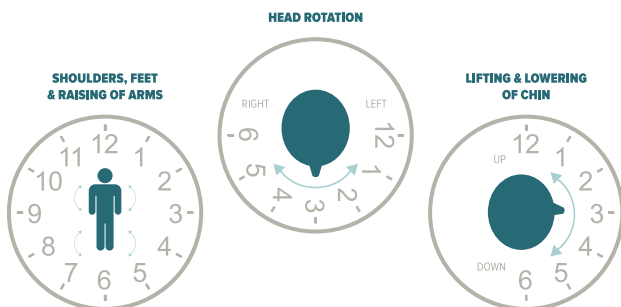
STEP ONE: Initial Assessment

- A. The first thing you need to do is ask the individual their pain level, and have them circle it on the "Starting Point" mark on their chart. With 0 meaning no pain, and 10 being the worst challenge.
- B. Next, have them sit down on a hard, stable chair, and then stand back up. Ask them if they have any discomfort, challenges, or stiffness. Notice if they use their hands to push themselves out of the chair, and pay close attention to their facial expressions. Do they look like they're in pain?
- C. Have them walk around for about 30 seconds, and then ask them the same questions about stiffness or discomfort.
- D. Next, have them stand in front of you with arms down to their side. Have them slowly raise one arm up at a time, stopping when they feel stiffness, discomfort or pulling; if you are doing this on yourself, stand in front of a mirror. Use your clock and stick man diagram to draw notes. Be sure to record each step, making sure to remember any important information by the end of the assessment.

PAIN ASSESSMENT



PHYSICAL ASSESSMENT



- E.** Next, have them keep their chin level, then ask them to turn their head slowly to one side, stopping when they feel any stiffness, discomfort, or pulling. Record the results, then have them turn their head to the opposite side following the same pattern.
- F.** Now, have them lower their chin, noting any restrictions and with your hand steadying them on their back, have them raise their chin. Note any discomfort and record.
- G.** Finally, based on each individual's needs, check any other areas of discomfort; such as raising one leg at a time, and bending at the knee or at the waist. Make sure they use their hands on their thighs for support, record any challenges on your chart and make notes.

STEP TWO: The Oil Application

- A.** For each essential oil that is applied, hand them the cap of the oil and have them smell it for a few seconds, taking in the aroma of each oil. Then, either you can apply the oil on them or they can apply it onto themselves. Apply one drop of essential oil to the bottom of the big toe and neck of the big toe; rubbing it down the arc of the foot. Do this to both feet. The reason why the oils are applied to the bottom of the feet is because the skin is different here than any other part of the body. There are eight hundred pores per square inch on your feet. Within moments of applying the oil to the bottom of the feet, the oil travels through the body.
- B.** After the oil is applied, have the individual go over all the steps in the initial assessment once again. Recording any noticeable changes, such as arms being raised higher than before, smoother movements and facial expressions, gate of walk, shoulders become more level, less stiffness or discomfort overall. Always make sure to ask what their pain level is after each movement and record.
- C.** After the first oil has been applied and assessed, and after each subsequent oil application, have the individual drink a little water to help flush out any possible toxin build up that could result in any minor cleansing crisis, such as a mild headache or upset stomach. Additionally, check the bottom of the feet.

If the foot looks really shiny or is pooling, let them rest until it absorbs and then give them plenty of water to drink. This is usually a sign of dehydration.

- D.** Repeat the assessment for each oil in the Results Now Kit. Have them repeat every movement from step one and record results in between every oil. Making sure that all movements are completed for each oil is important, so that you can assess which systems of their/your body are being affected by their/your current health condition. Always circle the appropriate number on the scale (0-10) and make a record of any other notes you feel necessary. These records will also help you determine the order of the oils which will later be applied to the Home Action Plan.
- E.** Once you have completed the assessment, use the Home Action Plan sheet to rank the oils in the order of where you or your participant noticed the biggest changes. See below.

HOME ACTION PLAN

Now that you've completed your assessment, you can rank the seven oils in the Results Now Kit in order of your health needs and your body's response to each oil.

List the oils by noting the oil with the greatest response in box 1, to the lowest response in box 7. You may notice that some people may need to use all seven oils daily, while others may need to use just 2 or 3. However, the needs of each individuals bodies changes daily, and it's best to have all 7 on hand regularly.

To Be At Peace™ | Birch, Sweet | Ravensara | Marjoram, Sweet
Lemongrass | Cypress | Rose Geranium

1.	
2.	
3.	
4.	
5.	
6.	
7.	

The easiest way to follow your Home Action Plan, is with the Results Now On-The-Go Kit (below). They come in designated roller bottles that can be directly applied to the area of need. When applying undiluted oils, put one drop of essential oil on the bottom of each foot. Apply oils in the order of your Home Action Plan, and remember to smell the cap before each application.

After 3 weeks, it's recommended that you reassess yourself.



THE RESULTS NOW PROGRAM MADE ON-THE-GO!

The Essential Results Now On-The-Go Oils Kit includes seven essential oils blended with Jojoba Golden in convenient roller bottles for easy application. These oils can be instantly and discreetly applied to any area of the body needing immediate attention. No measuring or mixing required!

Includes 10ml pre-diluted roller bottles of:

- Birch, Sweet 10%
- Cypress 10%
- Lemongrass 10%
- Marjoram, Sweet 10%
- Ravensara 10%
- Rose Geranium 10%
- To Be At Peace™ 10%

Directions: Roll over the bottom of feet or area of concern as needed. Shake well before each use.

Note: You must first complete the Results Now assessment with the undiluted oils in the Results Now Kit.



ADDITIONAL ESSENTIAL OIL APPLICATION METHODS


While some of the most common methods of using oils are to either massage them onto your skin or diffuse them, you'll be surprised to know that there are several other methods of applying oils that have been used for many years. Regardless of what method you use, Youngevity's Essential Oils may provide you, your family, and household with benefits from aiding with pain, to helping with sleeping patterns, to providing a warm, comforting environment in your household.*

Bath: Combine 5-10 drops of oil or oil blend with 1/2 to 1 cup of Dead Sea Salts, mix thoroughly. Add them to warm bath water and allow them to dissolve. By combining the unique therapeutic properties of the oil(s) and salts, you will supercharge your ordinary bath into a wonderfully soothing and restorative experience.

Create a Compress: Apply 2-3 drops of oil to 1 oz. Carrier Oil, then apply to the desired location. Cover the area with a hot/damp towel. Then, place a second dry towel over the damp towel to help retain the heat; you may even use a sheet of plastic to cover or wrap the area. If the "heat" or "tingle" of oil becomes uncomfortable, apply the Carrier Oil on location to reduce intensity.

Food Preparation: Add Youngevity Culinary Oils to your food (usually after it's been cooked), or as a great flavoring in dressings and sauces.

Diffusion: Any of the essential oils – with the exception of Oregano – can be diffused. The healing aroma of Lavender is ideal for a baby's room to calm and soothe. Lemon is great to use for a fresh, just-cleaned scent!





Disinfect & Clean: Most essential oils create an environment that is unfriendly to germs and bacteria. A few drops of Lemon, Eucalyptus, Tea Tree, and other like oils may be added to the dishwasher or washing machine to clean and disinfect. Add 10-15 drops of essential oil combined with distilled water to a 1 oz. cobalt spray bottle, and carry it with you for disinfecting hands, shopping cart handles, airplane trays, etc. You can also make a spray to clean your kitchen or bath.

Direct Application: Apply "neat," which in the essential oil world, means directly onto the skin. Dilute if necessary with Carrier Oil. Essential oils quickly penetrate, delivering benefits throughout the body within minutes. When trying new oils, always test a small area of the skin before applying over large areas to prevent skin irritation.

Direct Inhalation: Place 1-2 drops of essential oil onto the palm of your hand and rub hands to disperse. Then, cup your hands over your nose and mouth, inhale deeply. If you prefer, apply the oil to a cotton ball or tissue and then deeply breathe in the aroma, with cupped hands over nose and mouth.

Foot Application: Each morning after showering, apply your chosen oil(s) for the day to the soles of your feet; 1-2 drops will work. You will be amazed at how effective this can be.

Foot Bath: For tired feet, mix 1/4 cup of Dead Sea Salts with 4-5 drops of Spearmint, Rosemary, or Thyme Ct. Linalool Essential Oil, in a large bowl or dish tub big enough to soak feet in, then add hot water. Mix until salt has dissolved; you can also add marbles, or small river rocks, to rub your feet against for a nice gentle massage.

Humidifier/Vaporizer: Add 10-12 drops of desired oil to 2 oz. of distilled or purified water, shake well, and use desired amount in vaporizer or humidifier.

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

Layering: Layering is when you apply one oil after another on one area. For example, if you have sore muscles, you could apply 2-3 drops of Basil that has been mixed in 3 drops of Carrier Oil, and massage the muscle with the oil until it has been absorbed into the skin. Then, you can apply another oil such as Marjoram or Peppermint, doing one oil at a time, as you did with the first oil.

Massage: Mix 5-6 drops (2-3 for children) of your favorite essential oil(s) with 1 oz. of Carrier Oil to create an incredible massage oil.

Misting Spray: Combine 10-15 drops of desired essential oil with 4 oz. of distilled or purified water in a 4 oz. cobalt blue spray bottle. Always shake well before spraying to disperse oils in the water.

Potpourri: Revitalize old potpourri or make your own! You can add 5-10 drops per every cup of potpourri. For example, you could do 2 drops each of Cinnamon, Clove, Orange, Lemon, and Peppermint or for a flowery scent, try 2 drops each of Lavender and Rose Geranium, and 1 of Rose and Jasmine per cup of dried flower mixture.



YOUNGEVITY® ESSENTIAL OILS IN THE RESULTS NOW KIT

#67954



TO BE AT PEACE™

This special blend is used in helping to relax and realign the systems of the body. This blend contains Grapefruit, Orange, Rose, Rosewood, Tangerine, and other pure essential oils.* #67039



BIRCH, SWEET

This oil is best known for its ability to strengthen and support rebuilding of the skeletal system, as well as helping to alleviate bone pain. However, it's astringent and antiseptic properties have been known to help with flaky skin, eczema, and acne.* #67064



RAVENSARA

A classic, fresh, and spicy-cool oil that opens, energizes and uplifts. It has been known to be a nerve sedative and to help relieve nervous fatigue, exhaustion due to insomnia, chronic depression, and infection.* #67032



MARJORAM, SWEET

This has been found to greatly benefit the muscular system; including the support of spasms, stiffness and cramps. It is also great for headaches, sciatica, and bruises.* #67054



LEMONGRASS

Known not only for its powerful support to the connective system (tendons, ligaments, and cartilage), Lemongrass also provides powerful support to the immune and lymphatic systems.* #67068



CYPRESS

This has been shown to support the cardiovascular and circulatory system, with powerful tonic effects against venous insufficiencies such as varicose veins, heavy leg syndrome, and hemorrhoids.* #67052



ROSE GERANIUM

The uplifting qualities of Rose Geranium have been known to help alleviate anxiety, stress, and other emotional system concerns, restoring balance in one's body.* #67034



THE ESSENTIAL

RESULTS NOW

KIT

Proud member of:



The National Association for Holistic Aromatherapy

**DISCLAIMER: This information is provided for educational purposes only, not to treat, cure, prevent, or diagnose any disease or condition, or prescribe in any way. The data presented here may not be complete or fully accurate. As with all essential oils, do not take internally unless working with a qualified and expert practitioner.*

†SAFETY WARNING: If applying an essential oil to skin, always perform a small patch test by properly diluting the oil in an appropriate carrier oil and applying to an insensitive part of the body, such as the inside of an elbow. Use vegetable oil or milk to remove any essential oils causing irritation. Always keep essential oils and blends away from children. To slow oxidation and protect shelf life, store in a cool, dark place with lids tightly secured. Never put oils in the ear canal or eyes.

Some information has been quoted from the book Foundational Aromatherapy by Leiann King, Brenda Wright and Amanda Reynolds, second edition, copyright 2015 by My Essential Event LLC.



2400 Boswell Road, Chula Vista, CA 91914

(800) 982-3189 | youngevity.com

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