



*Break Through Weight
Loss Resistance With
Essential Oils*

key cellular
NUTRITION

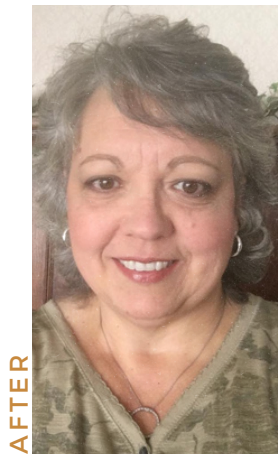


Break Through Weight Loss Resistance With Essential Oils

Unwanted weight is a problem of epidemic proportions in our society.

And it's so tough to overcome, particularly if you're on your own.

The “magical” cures, potions, pills, and programs that don't work are everywhere.



-Michelle B.

I want to give you some good information that will truly be able to help you on your weight loss journey. Like with many other health concerns, essential oils can offer help in breaking through weight loss resistance.

When you've tried it all, turn to Young Living oils, which is the only brand we work with here at Key Cellular Nutrition.

In this guide, you'll get an overview of exactly which oils are associated with weight loss, and how to take them.

ESSENTIAL
OILS CAN
PROVIDE
ASSISTANCE
YOU NEED IN
BREAKING
THROUGH
WEIGHT
LOSS
RESISTANCE.





essential oils

WEIGHT LOSS RESISTANCE

OILS FOR WEIGHT LOSS RESISTANCE:

- Cinnamon
- Clary Sage
- Cortistop
- Fennel
- Frankincense
- Grapefruit
- Lemon
- Peppermint

APPETITE SUPPRESSANT:

Place 1 drop of either Cinnamon, Grapefruit, Lemon, or Peppermint essential oil in 12-16 ounces of water and drink it.



Key Cellular nutrition



before ——— *after*

I wanted to share a before picture and one from today. It is not just about the loss, it is about how much better I feel. I still have days I need more rest and I do that. When I have questions I ask. I am so thankful for this program. I can help cook again, play with my grandson, spend time with my husband. I am off two medications and weaning off a third. No pain, and I actually do not use my handicapped spot anymore. I park and walk. It amazes me and my doctors and family.

-Denise B.



CINNAMON

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 4 drops of carrier oil and apply on location of choice.

Dietary: Dilute 1 drop essential oil in a capsule with 4 drops of a carrier oil such as coconut oil, olive oil, or avocado oil. Take 1 time daily or as needed.



CLARY SAGE

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop of essential oil with 1 drop of carrier oil and apply on location of choice.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.



CORTISTOP

Directions: Take 2 capsules in the morning before breakfast. If desired, for extra benefits, take 2 more capsules before bedtime. Use daily for 8 weeks. Discontinue for 2-4 weeks before resuming.



FENNEL

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.



FRANKINCENSE

Aromatic: Diffuse or inhale directly.

Topical: Apply 2-4 drops on location of choice. Dilution not required, except for the most sensitive skin.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.



“9 days in...7 pounds down...feeling more clear-minded already, and no feelings of being bloated.
-Joan N.



GRAPEFRUIT

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.



LEMON

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.

Caution: *Possible sun sensitivity.*



PEPPERMINT

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 2 drops of carrier oil and apply on location of choice.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.

Oils can be diffused, inhaled, or rubbed on the soles of your feet. For direct application, apply to the pain point.

SHOP FOR ESSENTIAL OILS

Source: Life Science Essential Oils Desk Reference 8th edition

BEFORE



AFTER



"The was taken 3 yrs ago for our 50th! The second picture was taken for our 53rd! Thanks, CHA for helping us slim down and health up!"

-Vangelee P.

**HAVING TROUBLE
LOSING WEIGHT?**



**WATCH THE
FREE TRAINING**

**& LEARN HOW TO REGAIN
CONTROL OF YOUR HEALTH**