



# PAIN, MOVEMENT & Energy

No matter the age or stage of life, supporting the body's ability to consistently produce energy, a healthy inflammatory environment, and recover from activity-related and induced pain, fatigue, tension, and discomfort is key to maintaining a sense of well-being.

When it comes to moving your body, rate yourself on the the scale of 1-5 on the following:



I have **ENERGY** to move: \_\_\_\_\_



I have **FLEXIBILITY** to move freely: \_\_\_\_\_

I have **STRENGTH** to perform: \_\_\_\_\_



I have **RECOVERY** capacity: \_\_\_\_\_

**GOAL: Exercise and move through everyday tasks and activities with ease.**

## ENERGY

Support the body's capacity to generate consistent, abundant energy.\*




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Promote and maintain a healthy inflammatory environment.\*

## STRENGTH




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## FLEXIBILITY

Sustain ease of muscle, joint, and ligament movement before, during, and after exercise.




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Provide added help to recover from activity-related and induced pain and discomfort.

## RECOVERY




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# WEIGH LESS - MOVE MORE

Manage appetite, caloric consumption, and metabolism.\*




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## WELLNESS *Box*

**\$75\***  
60 PV



**RELIEF WELLNESS PROGRAM**

\*3 month program: \$75/month

## LOYALTY HAS *Rewards*

+ **FREE OIL OF THE MONTH**  
(order 125 PV+ by 15<sup>th</sup> of the month)

+ **FREE REWARDS POINTS**  
(place 50 PV+ LRP order to qualify)

+ **FREE SHIPPING!**  
(place 100 PV+ LRP order to qualify)

## *Sample* WORKOUT SUPPLEMENT REGIMINE

### BEFORE

- Deep Blue® Polyphenol
- Deep Blue® Stick or Rub
- Mito2Max®

### DURING

- Peppermint Beadlets
  - Breathe®
- Apply as needed:**
- AromaTouch®
  - Deep Blue® Stick or Rub
  - Correct-X™

### AFTER

- Deep Blue® Stick or Rub
  - Turmeric Capsules and/or Copaiba Softgels
  - On Guard® Sanitizing Mist
- Apply as needed:**
- Copaiba and/or Frankincense
  - AromaTouch® + Marjoram/Lemongrass
  - Wintergreen or PastTense®

## *Wish* LIST:

- |   |   |
|---|---|
| <input type="checkbox"/> AromaTouch® 15mL               | <input type="checkbox"/> Marjoram 15mL                |
| <input type="checkbox"/> Breathe® 15mL                  | <input type="checkbox"/> Mito2Max®                    |
| <input type="checkbox"/> Copaiba 15 mL, Touch, Softgels | <input type="checkbox"/> On Guard® Sanitizing Mist    |
| <input type="checkbox"/> Correct-X®                     | <input type="checkbox"/> PastTense® 15mL              |
| <input type="checkbox"/> Deep Blue® Stick, Rub, 5mL     | <input type="checkbox"/> Peppermint Beadlets          |
| <input type="checkbox"/> Deep Blue® Polyphenol Complex  | <input type="checkbox"/> Protein Chocolate or Vanilla |
| <input type="checkbox"/> Frankincense 15mL              | <input type="checkbox"/> Slim & Sassy® products       |
| <input type="checkbox"/> Lemongrass 15mL                | <input type="checkbox"/> Turmeric Dual Capsules       |
| <input type="checkbox"/> Lifelong Vitality® Pack        | <input type="checkbox"/> Wintergreen 15mL             |

## *Extras:*

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