

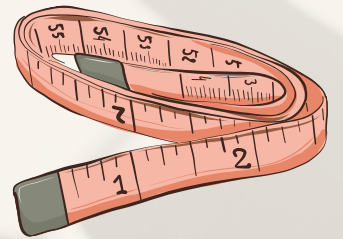


# 14-DAY *Ningxia* reset

## WHAT IS IT?

### EACH DAY FOR 2 WEEKS, YOU WILL:

- **ENERGIZE:** DRINK 12 OZ OF NINGXIA RED (FIRST 3 DAYS), AND 6 OZ OF NINGXIA RED ON DAYS 4-14.
- **FUEL:** EAT CLEAN - WE PROVIDE MEAL PLAN CHOICES AND RECIPES (TO KEEP IT SIMPLE AND FIT YOUR STYLE).
- **HYDRATE:** DRINK 1/2 YOUR BODY WEIGHT IN OUNCES OF WATER.
- **FLOW:** MOVE YOUR BODY FOR 30 MINUTES - WORKOUT CHOICES PROVIDED



Read more about  
the 14-Day Reset



# THE POWER OF NINGXIA RED

NingXia Red is a pureed blend of the whole NingXia Wolfberry (goji berry), including juice, peel, seeds, and fruit, as well as other super fruits and premium essential oils.

The NingXia wolfberry\* contains the highest protein content and the highest Oxygen Radical Absorbant Capacity (ORAC) of any other fruit.

This proprietary method, patented by Young Living, offers us a drink that helps to prevent oxidative stress, support normal cellular function, promote healthy energy levels, and more!\*

\*The NingXia variety of goji berry is far superior to the ordinary Chinese wolfberry. The Huang He (Yellow) River originates in the Himalayan Mountains and flows through the NingXia region. The river has created a unique, mineral-rich, super fertile stillwater floodplain found nowhere else on earth. Locals call it "China's herbal medicine valley."

## WHY DRINK IT?

- Clinically shown to:
  - Increase energy
  - Support whole-body health and wellness\*
  - Improve sleep
  - Reduce daily stress
  - Improve mental well-being
- Helps to prevent oxidative stress\*
- Contains powerful ingredients that are involved in many antioxidant processes\*
- Supports normal eye health\*
- Supports healthy digestion\*
- Packed with powerful antioxidants and superfoods

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

## Contact Me!



# What People are Saying

"I'm AMAZED at the results of my first Reset! The first thing I noticed was how much better I was sleeping, which immediately affected everything else in my life. What astounded me was the 4.5 pounds I lost and the 10+ overall inches I shed. I feel energized, and happier mentally." - Honey

"I have lost more pounds, more inches, my old clothes fit, I feel physically and mentally stronger, and my self-esteem is through the roof! My husband joined me in this last reset and he went from 225 lbs down to 185 lbs! He used to wear a 36" waist, but that size falls off of him now."- Alicia

"I've RELEASED a total of 17 lbs during my first three rounds and LOST a total of 9 inches!!! Getting weight off was a goal, but Inflammation that was causing me issues just getting out of bed is gone. Energy levels are up, and sleep is even better than before! Hair and skin are feeling so good. Cravings (chips, bread, cheese) are gone!" - Yvonne

[www.14day-reset.com/page/testimonials](http://www.14day-reset.com/page/testimonials)

## THE Power of Red

