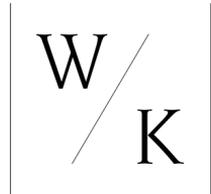


the
WellKeep

PHASE 2

OPTIMIZE YOUR
ENERGY & WELLNESS
WITH THESE
EASY NEXT STEPS!



FEEL & LOOK YOUR BEST

WELCOME TO PHASE 2

C O N G R A T S !
Y O U M A D E I T .

You supported your liver and colon...

What's next?

Keep your momentum going.
Next 60-days are very important!

That's why we interviewed our naturopathic doctor who has seen thousands of clients over 25 years. She lined out for us some of the top items she recommends in a daily routine! We must admit, we're going on 15 months of using this routine, and it's INCREDIBLE.

Try it. You won't regret it.

01 FORTIFY

Many people underestimate the need to have healthy gut bacteria and don't realize how much the balance of good bacteria helps with total body wellness.

Pesticides and chemicals on our food, combined with highly processed and sugary foods contribute to the poor bacteria growing in the gut.

Taking a probiotic can help!

"Repopulating the micro-biome with good bacteria contributes to mental health, digestion, immune function, energy and more."

Dr. Dee Baudoin

01 FORTIFY

Simply take 1 **Life 9** a day to ensure your gut health is optimized. This will help to ensure you have more GOOD than bad bacteria.

Life 9 contains 17 billion live cultures from 9 beneficial bacteria strains that promotes healthy digestion, supports gut health, and helps maintain normal intestinal function for overall support of a healthy immune system.



02 OPTIMIZE

On the whole, Americans aren't getting the nutrients needed from food. Taking a full spectrum vitamin pack like **Master Formula** is essential for optimizing energy and wellness. When mineral and micronutrient deficiencies are addressed you'll experience better energy, cognition and well-being.

*"I tried **Master Formula** and couldn't believe the significant impact it had on my energy, stamina and mental clarity. After 25 yrs of using some of the best vitamins, this formula stood out, causing me to dig into the research and formulation like never before. It's brilliant, and I love seeing my clients thrive on it."*

Dr. Dee Baudoin

02 OPTIMIZE

This vitamin pack changed our wellness game.

Young Living's Master Formula is a complete food-based multivitamin.

It's packed full of essential vitamins and minerals. This supplement offers complete nutriment for your body. Unlike other vitamins, this synergistic formula helps the body sustain itself. It contains essential oils that help drive the nutrients deeper into the cell for greater results.



03 NOURISH

Nourish the body with 2oz of Ningxia Red.

It's an incredible antioxidant drink that is packed with nutrition and tastes amazing - like a berry drink. It only takes 2oz per day, and the thousands of people who drink it report all kinds of benefits - we often hear how it impacts energy levels, curbs afternoon cravings, supports the eyes, and immune function.

Hello, anti-aging powerhouse!

Simply one ounce has the antioxidant equivalence of eating four pounds of carrots or eight whole oranges! Yes, please! The body needs more antioxidants to fight free radicals (the bad guys) that cause disease.

03 NOURISH

"The reason Ningxia Red offers the body energy is because of the intense nutritional content. Our bodies desperately need the 18 amino acids and 21 trace minerals found in Ningxia that immediately go to work.

My family members use 2oz everyday to bring down inflammation that occurs by simply living life in today's world. Ningxia Red ingredients also help to protect the eyes because it's so high in beta carotene - everyone who is looking at screens needs extra eye support!"

Dr. Dee Baudoin



04 ENERGIZE

Take a high quality B Vitamin daily because it is essential to good health, mood, energy, hormone balance, mental cognition and immune function!

So many people are walking around with sub-par levels of B vitamins.

These vitamins are important because they act as building blocks and have such an impact on your brain function and energy levels.

*"I love what B vitamins can do for someone struggling with worry and combating a lot of stress. Time and time again I see my clients optimize their energy levels when they simply add a **Super B** vitamin supplement to their daily wellness routine!"*

Dr. Dee Baudoin

04 ENERGIZE

Young Living's Super B formula is unique because it also helps to support the adrenal function too. Combined with Nutmeg essential oil and bioavailable chelated minerals such as magnesium, manganese, selenium, and zinc, Super B is potent and in a form your body can easily recognize and utilize.

Remember B vitamins must be replenished daily since they are not stored in the body! Super B with breakfast, along with Master Formula is a game-changing combo for a serious wellness seeker.



Next Steps

YOUR 60-DAY ROAD MAP IS HERE!

Don't miss out on the opportunity to level up.

M O N T H 1

L I F E 9

M A S T E R F O R M U L A

M O N T H 2

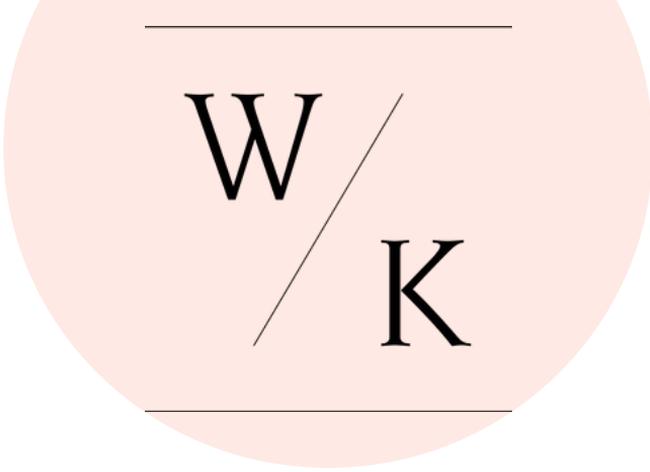
N I N G X I A R E D

S U P E R B

Be sure to grab your items on Essential Rewards so that you earn \$ back in store credit each time and get free product!

It's free to join and always free to cancel.

Let's do this, friends.



Friend,

It's our greatest desire to journey with you. Please reach out to either of us if you have questions or want to talk through what you can do to optimize your wellness routine. We, along with Dr. Dee, are always here for you.

Keep Well,
Jess + Jess