



DROP OF INSPIRATION EP45: HOW TO MEDITATE

Celeste Rosenlof: You're listening to Drop of Inspiration, a Young Living podcast. Join me for leadership lessons, conversations with Young Living influencers, and an inside perspective on our company. I'm your host, Celeste Rosenlof.

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Happy New Year, Drop of Inspiration listeners, and welcome back! For our first podcast of the year, we are talking about gym bags. So if you're like us, you've probably recommitted to hitting the gym and being healthy this year. And today we're sharing a past conversation with Haley Jensen, Young Living's Training and Education Content Manager, about using Young Living in your gym bag. She shares which products will support your healthy efforts at the gym and why she loves and relies on them.

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Haley Jensen: Hey, everyone, it's Haley Jensen, Young Living's Training and Education Manager, and today I am super excited to talk about the Young Living gym bag and how to elevate your fitness. Switching just a few common products found in your gym bag with plant-based options can make a huge difference in your results and how your body feels.

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If you care enough about your health to devote time in the gym or working out, if you pay attention to the food you eat, where it comes from, how much of it, and how it impacts your body on a cellular level, and if you use essential oils as plant-based products to support your health, have you considered or thought about how what you're putting in your body before or after a workout to get energized, to soothe your muscles, or to even clean your commitment is affecting your health, you would be absolutely amazed at the ingredients and chemicals you find in these so-called "health products." Many products and supplements you think are helping you reach your fitness goals can actually be doing more harm than good.



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Before working at Young Living, I worked as a personal trainer, and I also taught group fitness classes, and I was always just amazed at the number of people taking supplements and putting products on their bodies that were filled with synthetic, toxic, and artificial ingredients to help them reach their fitness goals of simply looking good or simply looking skinny or just muscley.

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Young Living is different than the problem solution mindset most people have around supplements. Our products are meant to help you perform and feel your best from the inside out: mentally, physically, and emotionally, which really makes them the perfect addition to your exercise routine and healthy lifestyle.

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First, let's take a look at your preworkout routine. Most people have used some type of product to give them a boost of energy before a workout. It can be hard enough to have energy early in the mornings, or late at night, or really just anytime when you're trying to work out. It's hard to have enough energy, and that's what makes preworkout so popular: They give you energy when you don't have it.

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Many products that claim to give you energy have some serious negative side effects, and some of these ingredients in these popular products can counteract your hard work and your hard efforts. Preworkouts can be full of chemicals like artificial sugars, dyes, and synthetic fillers. The FDA has even had to ban some ingredients in popular preworkouts because of the negative side effects.

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Some of the side effects of preworkouts heavy in caffeine, artificial sugars, and creatine are insomnia, headache, upset stomach, dehydration, jitters, adrenaline crash, and



many others. Over time, taking high amounts of these ingredients daily can lead to increased risk of high blood pressure and kidney failure. You don't want that from your hard workout efforts.

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NingXia Nitro is a simple and convenient way to become more focused, to support mental acuity, and enhance physical performance without the crash and without harmful ingredients. It has a unique blend of essential oils like vanilla, chocolate, yerba mate, Spearmint, Nutmeg, Peppermint, pure Black Pepper, and wolfberry seed. It also has a powerful fruit blend packed full of antioxidants and ingredients that support energy like Korean ginseng, green tea extract, mulberry leaf extract, B vitamins, and bioenergy ribose.

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Bioenergy ribose is a form of D-ribose that has been clinically tested for its ability to increase endurance, energy, and aerobic capacity. Bioenergy ribose is also the backbone of ATP. ATP is adenosine triphosphate, and it is the energy molecule of all living cells. Muscles use ATP to contract your neurons, use ATP to send nerve signals. Nearly every chemical reaction in your body requires the use of ATP, and ribose is the fuel to produce and replenish the ATP to give you the energy that your body needs.

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Bioenergy ribose also supports physical performance, recovery, and increases all over energy reserves. It's also non-GMO, it's naturally occurring, it's Kosher and Halal certified, it's generally recognized as safe by the FDA, it's the highest quality in the industry, and it's also patent protected.

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If that isn't enough to convince you of the power of this product, bioenergy ribose is also used by many Olympic athletes. These athletes undergo extreme physical and mental stress, they are very limited in what supplements they can and cannot take, and they have to be extensively tested. If ribose is help these top athletes support their



energy levels and help perform at their best mentally, just think of what it can do for you.

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I take Nitro before every single workout. I also love to mix it with NingXia Red; that combination works so well for me. I love that Nitro supports both my body and mind. It supports cognitive fitness and mental alertness, which is so important when you're working out because working out is really a mental game. Our bodies are very strong, and our bodies are very powerful, and it's our minds that are usually holding us back. Our minds are telling us we're too tired; our minds are telling us we can't do this or we're not strong enough. So I love that this gives me the extra boost and that mental strength that I need to power through my workout.

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Nitro's also known to enhance physical performance and endurance. So if you are working out and you need a little boost of energy before you go, I definitely recommend taking Nitro and putting Nitro in your gym bag.

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Another product I see all the time by kids and adults that is doing so much harm than good are sports drinks. Now sports drinks, many people believe sports drinks are a great way to replenish lost fluids and supply energy when exercising, but that's simply not true. Many sports drinks are high in sugar, which is typically high fructose corn syrup. They're high in artificial flavors and food coloring. None of these contribute to optimal health.

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Yes, sports drinks can hydrate you, and they can give you electrolytes, but they're not miracle drinks. Unless you're a pro athlete, you're an Ironman contender, you're running marathons, or doing some serious hard-core training, you most likely don't



need the extra calories, extra electrolytes. When I see people at the gym that are on the elliptical or they're in an aerobics class and they have a sports drink, I literally want to go run over there, grab their sports drink, and throw it in the trash because they will thank me later. And you don't need it, especially if your overall fitness goals are to lose weight or to get back in shape.

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If you're looking for a cascading energy that tastes great, NingXia is an amazing product that will help energize, fortify, and revitalize your body. The single packets are perfect to take anywhere with you, anytime you need a little pick-me-up. NingXia Red is a nutrient-rich drink infused with antioxidants like super fruits and powerful essential oils.

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And when you work out, your body actually produces more free radicals, so you need to be eating and supplementing with more antioxidants than you normally would. NingXia Red has balanced ingredients that support whole-body nutrient infusion. It provides energy support, it supports normal cellular function, it contains powerful ingredients that are involved in many antioxidant processes, and it helps prevent against oxidative stress. It supports your whole body, your whole-body health and wellness, and it even supports your normal eye health.

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There are so many testimonials about this product and how it provides lasting energy. My grandfather plays basketball in the senior Olympics every single year, and he was just recently complaining about how he didn't have as much energy as he used to. So I told him about NingXia Red, told him about its antioxidant capacity, told him about how it supports his energy levels. I sent him a bottle, and now he can't practice in the morning without it.

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I seriously can't go a day without my NingXia Red, and as soon as my little boy is old enough to play sports, he will definitely be taking NingXia Red packets in his gym bag, not those sports drinks.

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Celeste Rosenlof: NingXia definitely has some amazing qualities for athletes, but drinks aren't the only important things that we're putting into our bodies when we're working out. A lot of people like myself will grab a protein bar to give them an extra boost for their workout. Haley's going to explain different YL products that you are going to love and will make you forget about the processed protein bars.

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Haley Jensen: Now if you're like me at all, you can't work out on an empty stomach. I get sick and nauseous. I have to have a little something to keep me balanced and energized to power through my workouts. I used to always have protein bars in my sports bag and in my gym bags in case I needed a little fuel on the go. However, many protein bars contain all kinds of toxic ingredients including GMOs and soy protein isolate. In addition, many are high in sugar from high fructose corn syrup, GMO sugar, sugar alcohols, or they just contain unhealthy artificial sweeteners, which are just really bad for your health.

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Skip the processed protein bar and go for a Slique Bar. I love these bars. Slique Bars provide healthy calories and essential nutrition. They promote fullness by combining high levels of fiber, protein, and fats. Slique Bars also contain a unique ingredient called potato skin extract. Potato skin extract helps to increase the feelings of fullness because it stimulates a release of the hormone in the stomach that signals to your brain that you are full.

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What I love most about Slique Bars is that the ingredients list is simple and healthy. Take a look at the ingredients list; you'll love it. It's a great snack on the go. It's great for you, and it's also great for your kids.

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Drinking Pure Protein after a workout delivers much needed amino acids and protein to muscles that have been broken down and worked. When you work out, your muscles are taxed, especially during resistance exercise. Some of your existing muscle fibers stretch and tear, and your body repairs and places them during this recovery period. The process of building and repairing muscles requires dietary protein to work. And although your body can store protein to use when you need it most, many experts believe there is a special window of opportunity for protein intake right after a workout. That's usually within 30 minutes after a workout.

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Pure Protein is a very unique protein because it contains a blend of five different high-quality protein sources. You really have the whole farm in this blend. You have whey protein, goats milk protein, egg white protein, pea protein, and organic hemp seed protein. Hemp and pea protein are considered complete proteins because they contain all eight essential amino acids and sufficient quantities to meet the body's needs.

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Because of the varied protein sources and amino acids in this product, I don't need to supplement with a second amino acid supplement, and I love that. It provides all the major amino acids needed for the building and repair of various tissues in the body. Many of the amino acids found in these proteins cannot be made by the body and have to be found through the diet.

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This blend is also unique because the proteins are assimilated by the body at different times, meaning there are quick-release proteins and slow-release proteins, making it great for pre- or post-workouts.

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The ingredients made Pure Protein Complete the perfect option for those looking for a high-protein supplement that features a full range of amino acids. One serving provides 25 grams of protein. Pure Protein Complete also contains a unique ingredient called elevATP. ElevATP is an ingredient used to increase energy in the body in a natural way. It's a proprietary, clinically researched combination of ancient peat, which is fossilized plant trace minerals and a polyphenol rich apple extract that works with our body to stimulate the production of ATP.

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ATP is the energy currency of the body, like I talked about before. It provides our body with the energy that we need to function day to day. And as we age, our bodies produce less ATP, which affects tissue function and can actually quicken the aging process. ElevATP stimulates the body to produce ATP internally, the way that nature intended it to. This product can really benefit everyone, from professional athletes to stay-at-home moms. There are so many low-quality proteins and artificial caffeinated supplements on the market; it's really hard to find a brand that you can really trust. And it's very comforting to use a product that can support your body's natural energy supply, that uses a blend of high-quality proteins and has absolutely no artificial sugars. That is why I love Pure Protein.

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Celeste Rosenlof: Before we go on to more of the post-workout necessities, we're going to take a quick break and listen to this message from the Young Living Blog about living a healthy lifestyle.



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Female: We know the holidays are full of festive fun, but the hustle and bustle can be very overwhelming. By January 1st, we're feeling pretty run down and not so excited to start those lofty New Year's resolutions. This year, try something different. For tips on using essential oils to maintain your physical, social, mental and emotional health, go to YoungLiving.com/blog and search "how to use essential oils to create a healthy lifestyle."

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Celeste Rosenlof: A gym bag makeover wouldn't be complete without something to support your sore body. We know you're working out hard and hitting those New Year's resolutions, so Haley is going to share a few products to take care of your body post-workout, including one of my favorites.

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Haley Jensen: Another product I keep in my gym bag is Cool Azul Pain Cream. With its fast-acting immediate pain relief, plus no synthetic ingredients, you really can't go wrong. Many pain relief creams are made with harsh chemicals and ingredients that you don't want to put on your skin. Cool Azul Pain Cream is effective and it's plant-based. It works on-contact to alleviate minor aches and pains delivering full strength, cooling relief that penetrates deep into your muscles and your joints.

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Cool Azul Pain Relief Cream temporarily relieves minor aches and pains of your muscles that are associated with arthritis, simple backaches, strains, sprains, and even bruises. This plant-based formula, it combines the power of Wintergreen essential oil with an exclusive Young Living essential oil blend, Cool Azul, and with two active ingredients this cream provides pain-relieving benefits in two ways.

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The first way is through methyl salicylate, which is found in Wintergreen. This helps alleviate pain deep in the muscles and joints. And then the natural menthol, which is found in Peppermint, provides a cooling effect. So the combination of those two things really make a huge difference in your muscles.

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And I love that the consistency of this product isn't sticky. So I can apply this when I'm training, when I'm running, when I'm at the gym, and it doesn't leave my skin greasy, and it doesn't stain my clothes. I also love using it for massages because the base spreads so far. I love this product, and if you really need relief, if you want relief, and you don't want synthetic ingredients, you don't want to put those synthetic ingredients on your body, try Young Living's new pain relief cream. It works amazing, and you will not be disappointed.

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And finally, no gym bag should ever be without Thieves Spray and Thieves Purifier. These two are perfect products to keep yourself clean and fresh, especially after using machines and workout equipment that has been used by who knows how many people. I love this spray to spray down my yoga before or after class, to spray on machines, to spray on my hands after working out. Even on my steering wheel of my car because I know how gross and dirty that can get.

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These products are great to freshen up a stinky gym bag, to spray in your shoes. I always use it in my husband's gym shoes because they stink so bad, I put a couple sprays, makes them smell so much better. And not to mention, these products are great conversation starters. If you're using this in a yoga class, if you're using these products at a gym, they're small enough that you can give them away, and start talking about green products, start talking about the Thieves line. And these two products are a great way to stay healthy while you're trying to be healthy.

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Now, I challenge you to take a look at your gym bag. Do you have any products in there that are not supporting your optimal health? Switching just a few of those products for plant-based options can help you feel better, can help you look better, and can support your optimal health from the inside out. I'm Haley Jensen, and thanks for listening.

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Celeste Rosenlof: A big thanks to Haley for walking us through how we can makeover our gym bags with Young Living to get all the support we need throughout our workouts. Personally, I love the Slique Bars. I keep one on hand so that if I get hungry before or after my workouts I don't turn into a monster. Another fitness tip that helps me keep up my energy throughout my workout is to set small, achievable goals. Even if it's just like run to that tree, run, you know, another tenth of a mile. The small, achievable goals help me maintain a positive attitude throughout my workout, or at least feel like I'm achieving something.

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So if you have some fitness tips, we would love to hear them. Go ahead and comment on this podcast episode web page and let us know what you think. Tell us if there's a product that you love that supports your workout or you know, if you have a specific tip that you use throughout your workouts.

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