



Ditch & Switch Guide

I am so excited to share this guide with you to help you, and your family, “ditch” harsh chemicals in your home and “switch” to pure, plant-based essential oils and products that are formulated with naturally derived ingredients to support cellular wellness. Let’s dive in...

Toxic Bioaccumulation

“Bioaccumulation” is the gradual accumulation of substances, such as pesticides or other harmful chemicals, in an organism. Bioaccumulation occurs when an organism absorbs a substance faster than it can be lost or eliminated.

It is often referred to as toxic overload or toxic burden.

Toxic bioaccumulation is often due to the body’s over-exposure to harmful chemicals from food, air, water, household products, and personal care items. When the body is exposed to more toxins than it can efficiently process and eliminate, the detoxification pathways in the liver, kidneys, skin and lymphatic system become overwhelmed or impaired.

Sources of harsh toxins include:

- Household chemicals (cleaners, air fresheners, carpet fresheners)
- Personal care products (parabens, phthalates, synthetic fragrances)
- Processed foods (preservatives, pesticides, artificial additives)
- Environmental pollutants (airborne particles, heavy metals)
- Tap water (in most areas of the world)

Signs of Toxic Overload

- Chronic fatigue
- Brain fog or memory issues
- Skin problems (acne, rashes, eczema)
- Hormonal imbalances
- Digestive issues (bloating, constipation)
- Frequent headaches or migraines
- Weak immune function.

Important Ways to Reduce Exposure to Toxins that Damage Cells

- 1. Many harsh chemicals in conventional products contain ingredients like phthalates, formaldehyde, and parabens, which are classified as endocrine disruptors. These chemicals interfere with hormones, damage cellular DNA, and impair normal cell functions.

By switching to products free of these toxins, such as Young Living's essential oil-infused solutions, you reduce the daily burden on your cells, allowing them to function optimally.

- 2. Support Detoxification Pathways: Your body relies on the liver, kidneys, and lymphatic system to detoxify and eliminate harmful substances. Excessive exposure to synthetic chemicals can overwhelm these systems, leading to a build-up of toxins at the cellular level.

Using plant-based products eliminates a major source of toxins, giving your detox pathways the chance to work efficiently to keep your cells healthy.

- 3. Promote Antioxidant Defense: Many Young Living essential oils, such as Orange, Clove, and Frankincense, are rich in antioxidants. These compounds neutralize free radicals that cause oxidative stress, a key contributor to cell damage and aging.

Regular exposure to antioxidants through diffusing, topical use, or supplementation (e.g., NingXia Red) helps protect and restore cellular integrity.

- 4. Improve Cellular Communication: Toxins from conventional products can interfere with the way cells communicate, leading to dysfunction and even chronic disease over time.

Essential oils, particularly those high in terpenes (like Lemon or Peppermint), support healthy cellular communication by promoting proper membrane function and signaling.

- 5. Maintain Healthy Inflammatory Responses: Prolonged exposure to harsh chemicals can trigger chronic low-grade inflammation, which harms cells and increases the risk of conditions like arthritis, diabetes, and heart disease.

Plant-based products infused with oils like Frankincense, Lavender, and Copaiba help promote a balanced inflammatory response, creating an environment where cells can thrive.

- 6. Enhance Mitochondrial Function: The mitochondria, known as the "powerhouses" of the cell, produce energy (ATP) necessary for every bodily function. Toxins disrupt mitochondrial activity, leading to fatigue and decreased cellular repair.

Essential oils, such as Peppermint and Grapefruit, support mitochondrial health by improving oxygen utilization and energy production at the cellular level.

- 7. Support the Body's Natural Microbiome: Many conventional cleaning products disrupt the body's natural microbiome, both on the skin and internally, by killing beneficial bacteria. A healthy microbiome is essential for immunity and cellular repair.

Young Living's toxin-free personal care and cleaning products maintain the balance of good bacteria, supporting overall wellness at the cellular level.

By switching to products FREE of harmful toxins, such as Young Living's essential oil-infused solutions, you reduce the daily burden on your cells, allowing them to function optimally.

Many studies highlight the dangers of chemical exposure and the benefits of natural alternatives. The Environmental Working Group (EWG) reports that long-term exposure to household toxins can cause cellular damage linked to chronic illnesses.

Essential oils are rich in phytochemicals, which are naturally occurring compounds that offer a variety of health-supporting benefits. Different essential oils are abundant in specific classes of phytochemicals, such as terpenes, phenols, aldehydes, and ketones. These constituents have been shown to enhance cellular defense mechanisms and repair, particularly in addressing oxidative stress.

**Young Living products are made with
GRADE A essential oils and natural
ingredients that work in harmony with your
body. By switching to these safer
alternatives, you're creating an environment
that supports cellular health
and overall vitality.**



Ditch the toxins today and let your cells thrive!

DITCH & SWITCH FOR CELLULAR WELLNESS

Ready to eliminate toxic chemicals from your home and replace them with safe, natural products? Here's your ultimate Ditch & Switch guide to transform every room for a healthier and happier home. Check the boxes in each category below to see where you can replace harsh chemical products with Young Living's pure, plant-based alternatives that your cells will LOVE!

PERSONAL CARE

- | | | |
|--------------------------------------------|-----------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Body Butter | <input type="checkbox"/> Beard Oil |
| <input type="checkbox"/> Mouthwash | <input type="checkbox"/> Hair Growth Products | <input type="checkbox"/> Massage Oil |
| <input type="checkbox"/> Dental Floss | <input type="checkbox"/> Perfume | <input type="checkbox"/> Hand Sanitizer |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Cologne | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Bath & Shower Gel | <input type="checkbox"/> Sports Gel | <input type="checkbox"/> Conditioner |
| <input type="checkbox"/> Bar Soap | <input type="checkbox"/> Shaving Cream | <input type="checkbox"/> Men's 3-In-1 Body Wash |
| <input type="checkbox"/> Liquid Hand Soap | <input type="checkbox"/> Aftershave | <input type="checkbox"/> Bath Bombs |
| <input type="checkbox"/> Body Lotion | <input type="checkbox"/> Hair Growth Products | <input type="checkbox"/> Nail Health |

SKIN CARE & BEAUTY

- | | | |
|------------------------------------------|---------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Facial Cleanser | <input type="checkbox"/> Facial Scrub | <input type="checkbox"/> Brightening Cream |
| <input type="checkbox"/> Facial Masque | <input type="checkbox"/> Facial Serum | <input type="checkbox"/> Moisturizer Cream |
| <input type="checkbox"/> Facial Wash | <input type="checkbox"/> Toner | <input type="checkbox"/> Skin Firming Cream |

CHILDREN & BABIES

- | | | |
|---------------------------------------------------|---------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Fluoride-Free Toothpaste | <input type="checkbox"/> Baby Wash/Bath Gel | <input type="checkbox"/> Baby Wash |
| <input type="checkbox"/> Ointment | <input type="checkbox"/> Vitamins | <input type="checkbox"/> Baby Wipes |
| <input type="checkbox"/> Digestive Enzymes | <input type="checkbox"/> Lotion | <input type="checkbox"/> Diaper Rash Cream |
| <input type="checkbox"/> Probiotics | <input type="checkbox"/> Baby Lotion | <input type="checkbox"/> KidScents Essential Oils |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Baby Oil | <input type="checkbox"/> Immune Support |

PET CARE

- | | |
|--------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Pet Shampoo | <input type="checkbox"/> Dental Chews |
| <input type="checkbox"/> Ointment | <input type="checkbox"/> Essential Oils |

VITAMINS & SUPPLEMENTS

- Protein Powder
- Digestive Health
- Prebiotic/Probiotic
- Multivitamins
- Heart Health
- Immune Support Capsules
- Joint Care
- CBD Oil
- Energy Support Capsules
- Antioxidants
- Calcium Supplement
- Magnesium Supplement
- Vitamin B
- Vitamin C Tablet/Chewable
- Vitamin D Chewable
- Multigreens
- Omega 3 Fatty Acids
- Aging Resistance
- Prostate Health Products
- MSM Supplements
- Acid Neutralizer
- Amino Acids
- Dietary Cleanse
- Minerals

WEIGHT MANAGEMENT

- Meal Replacement Shake
- Einkorn Snacks
- Chewing Gum
- Tea
- Natural Appetite Suppressant
- Weight Management Supplement

LIFESTYLE & WELLNESS

- Natural Energy Shot
- Natural Energy Drink
- Sunscreen
- Cough Drops
- Chewing Gum
- Tea
- Insect Repellent
- Cellulite Gel
- After Sun Skin Care
- Pain Cream
- Hormone Support
- Vision Support

HOUSEHOLD

- All Purpose Cleaner
- Laundry Soap
- Stain Treatment
- Dishwashing Liquid Soap
- Deodorizer
- Incense Burner
- Dishwasher Soap
- Oven Cleaner
- Surface/Hand Wipes
- Bathroom Scrub
- Plug Ins/Candles
- Fruit/Veggie Wash
- Carpet Cleaner
- Surface Spray
- Window Cleaner
- Furniture Polish
- Diffuser for Essential Oils
- Potpourri

HEALTHY COOKING

- Wheat Flour
- Pancake/Waffle Mix
- GF Mix
- Sweetener
- Granola
- Protein Bar
- Dried Fruit Snacks
- Syrup
- Wheat Spaghetti
- Spice/Herb Seasoning

LIFESTYLE & WELLNESS

**Curious to learn more about Young Living's amazing products?
Click the image below to explore the complete Product Guide!**



LOYALTY REWARDS

Transform Your Home and Earn Rewards for FREE Products

Are you ready to create a home that's free from harsh chemicals and full of safe, plant-based solutions? With Young Living, you can transform the three most toxic rooms - kitchen, bathroom, and laundry room - while enjoying exclusive benefits through the Loyalty Rewards Program.

Here's how the Loyalty Rewards Program works:

Earn Points for Every Purchase:

Every time you order your favorite Young Living products, you'll earn points that can be redeemed for free products. Free to sign up, easy to cancel anytime!



Get Exclusive Monthly Gifts:

Stay consistent with your orders and receive bonus gifts, like free essential oils, exclusive products, and more. Ex: your second order will receive a FREE Desert Mist Diffuser

(See image below for all your gifts, just for creating a healthy home.)



Save Big with Discounts:

Loyalty members enjoy discounts on select bundles and products.



Build Your Wellness Toolbox:

Each month, you can customize your order to try new products or stock up on favorites, all while earning rewards.



With the Loyalty Rewards Program, every purchase brings you closer to a healthier home and more savings!

GET A 2ND DIFFUSER FOR YOUR HOME!
Fill your home with wellness, in every corner.
FREE Desert Mist Diffuser
*The Desert Mist Diffuser does not include any oils.

MONTH 01

MONTH 02 NEW LOYALTY QUALIFYING MONTH

MONTH 03 **FREE Cedarwood 15ml**

MONTH 04 **START MAKING DIYS!**
Cedarwood is known for its skin-beautifying and hair-supporting features. Mix this oil with your DIY creations.

MONTH 05 **FREE Oregano 15ml**

MONTH 06 **DILUTE & TRY APPLYING OILS TOPICALLY!**
Stimulate your senses and strengthen the energy centers of your body with Oregano. Dilute it first with V-6 for a milder application.

MONTH 07

MONTH 08 **FREE Peace & Calming 5ml**

MONTH 09 **GET TO KNOW THE BLENDS OF YOUNG LIVING!**
Have a moment of tranquility in your everyday life with the sweet, soothing scent of Peace & Calming.

MONTH 10

MONTH 11

MONTH 12 **FREE Loyalty Oil 5ml with Satin Bag**

RECEIVE A LOYALTY REWARD!
Our Loyalty oil is made of some of the most luxurious and valuable oils.

MONTH 24 **FREE Loyalty Oil 5ml with Satin Bag**

Exclusive for every 12 months of consecutive ER orders!

After month 24, you'll start earning 25% back on your orders. WOWZA!

Real Results from Real Families

"Switching to Young Living was a game-changer for my family. We replaced all our toxic cleaners with Thieves products, and my home feels so much healthier. Plus, the Loyalty Rewards Program has helped me earn free oils every month!" – Emily R.

"I never realized how much I was exposing my kids to until I learned about the chemicals in my old products. Now I use Young Living for everything—and I love the free rewards and gifts!" – Sarah K.

"Joining the Loyalty Rewards Program was the best decision I've made for my family. I replaced all our toxic cleaners with Thieves products and started earning points from my monthly orders. Now, I've built a wellness stockpile without breaking the bank—and we feel healthier than ever!" – Jessica M.

"I love that the Loyalty Rewards Program lets me earn free oils and products just for buying what my family already uses. Each month, I try something new—like supplements or diffusers—and it's all covered with my points. It's like getting a surprise gift every month!"
– Rachel L.

"I was worried about the cost of switching to natural products, but the Loyalty Rewards program made it affordable. With the discounts and points I earn; I've been able to completely detox my home and stick to my budget."
– Caroline S.

"Being part of the Loyalty Rewards Program feels like a monthly self-care ritual. I get to choose products I love—like Lavender oil or NingXia Red—and I'm always excited about the free gifts they send. It's rewarding to know I'm investing in my health while treating myself and family."
– Melissa H.

"As a mom of three, I don't have time to research and buy natural products all the time. The Loyalty Rewards Program delivers everything I need right to my door, and I earn points just for taking care of my family. It's been a lifesaver!" – Danielle R.

Three Cabinet Detox Challenge:

Here's a 12-month Loyalty Rewards Plan to help detox your home with the Young Living lifestyle. You can add more oily products to any month. Remember, you'll also be accumulating points to redeem for **FREE** products. 'Cause we love **FREE** wellness!!!

Month 1: Bathroom Detox Basics

- Thieves Whitening Toothpaste, 13pv
- *Thieves Bar Soap, 12pv or *Morning Start Bath & Shower Gel, 21.25pv
- Thieves Mouthwash, 12.75
- Lavender Vitality, 13.50pv

Month 2: Kitchen/Laundry Clean Sweep

(Receive a Free Diffuser in your order)

- Make-A-Shift Happy, Healthy Bundle: 112pv includes:
 - Thieves® essential oil blend, 15 ml
 - Lemon essential oil, 15 ml
 - Thieves Household Cleaner
 - Multipurpose Glass Spray Bottle
 - Thieves Laundry Soap
 - Thieves Kitchen & Bath Scrub
 - Thieves Dish Soap, 12 oz.

Month 3: Kitchen Essentials

(Earn a free oil in your next order.)

- Thieves Fruit/Veggie Wash, 22.25pv
- Thieves Dishwasher Tablets, 27pv
- Grapefruit Vitality, 8.75pv (weight management)

Month 5: Laundry Detox

- Wool Dryer Balls (Amazon)
- Purification Essential Oil (for freshening wool dryer balls), 30.25pv
- Peppermint Essential Oil, (add a few drops to your laundry soap for a peppery scent), 24.75pv

Month 6: Daily Wellness Cabinet Hack

- Resolution Reset Bundle, 97pv
- Lemon Vitality, 7pv or Lemon EO, 13pv

Month 7: More Wellness Hacks

- Life 9 Probiotics, 33.25pv
- Tea Tree Essential Oil, 30pv
- NingXia Greens (mix with NingXia Red), 46.75pv

Month 8: Medicine Cabinet Redo

- Thieves Chest Rub, 30pv
- Thieves Cough Drops, 23pv
- Inner Defense, 30.75pv

Month 9: More Medicine Cabinet Redo

Muscle & Joint CBD Roll-On, 79pv
Thieves Hand Sanitizer, 30.75pv

Month 10: Bedroom Haven

Cedarwood, 13pv
Stress Away, 34.25pv
Peace & Calming, 39.25pv

Month 11: More Skin Wellness

- ART Gentle Cleanser, 37.75pv
- ART Toner, 27.75pv
- ART Light Moisturizer, 67.75pv
- (The BLOOM skin care line is also amazing!)

Month 12: Skin Care Wellness

- Beauty Glow CBD, 79pv (apply before moisturizing)
- Seedlings Baby Wipes, 9.75pv (great to wipe off make-up)

Here's a Few More Months:

- Stress Away Relaxing Bath Bombs, 29pv
- (Cut in half to enjoy more baths)
- Rosemary Essential Oil, 18pv (add to shampoo for scalp health)
- Mint Satin Facial Scrub, 19pv

Beauty Sleep

- Immupro
- Sleep Essence
- Super Magnesium

*There are many wonderful scents available. **PRO TIP:** Purchase a plastic Soap Saver at Dollar Tree to extend the life of your bar soap.

WHY WAIT? YOUR HEALTHIER HOME AWAITS!

Switching to the Young Living lifestyle is more than a choice—it's an investment in your health, your home, and your family's future. With the Loyalty Rewards Program, you'll save money and earn exciting rewards while making the transition to a toxin-free lifestyle.

It's super easy to start your ditch & switch:

1. Click [HERE](#) (my referral code for 24% off retail - my name should appear)
- 2 Find products you love with the Search bar. (Check out the Premium Starter Bundles.)
3. Click "Create Loyalty Order" under each product.
4. Checkout with your products!

New Customers: Apply the promo code, SHAREYL, for an extra 10% off.

Once you've placed your first loyalty order, you can save items for later, manage your processing date, and manage your monthly shipment on the Loyalty Order page in your account.

Join the millions of families around the world who've made the switch to wellness with Young Living. Contact me today to learn more, get personalized recommendations, or tips to place your first order.

Here's to a safer, healthier, and happier home!

Be Wise...Be Well My Friend,



Julie Eskridge

Certified Essential Oil Coach

Certified Aroma Freedom Technique

Young Living Brand Partner #3358037

VRAI Cosmetics Beauty Advisor #350770

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wellspring of HOPE

Feel As Fabulous As You Look & Look As Fabulous As You Feel