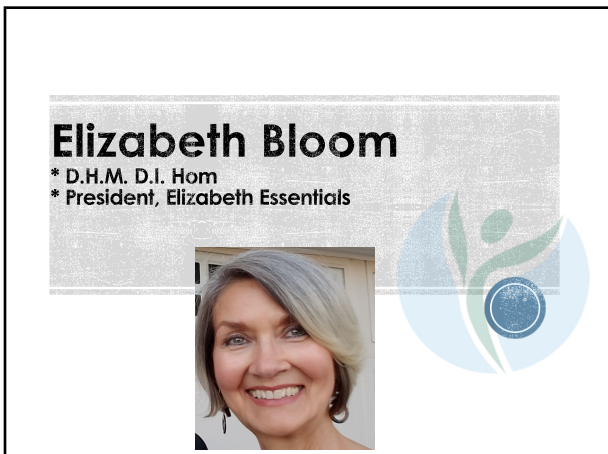




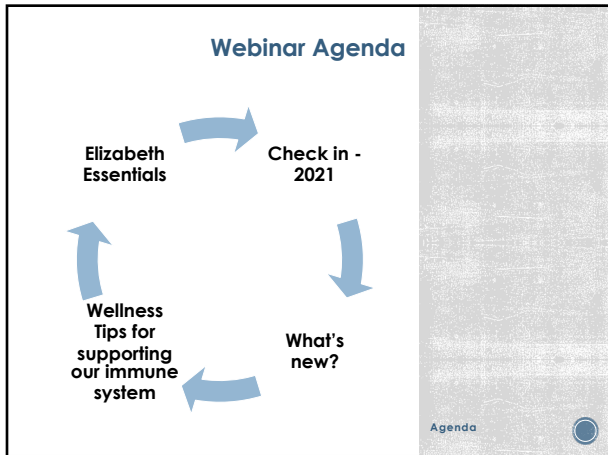
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2



3



4

Check in

How are you doing? (Poll #1)

- **Work?**
 - Are you back to work?
 - What changes have you seen?
- **Health?**
 - Are you healthy?
- **Happiness?**
 - Scale of 1-10
 - What are you doing that makes you happy?
- **Wellness?**
 - Have you added self-care?

Poll #1

5

Quotes

"All the great things in life are simple and many can be expressed in a single word; freedom, justice, honor, duty, mercy, hope".
Winston Churchill

"Hope smiles from the threshold of the year to come, whispering 'it will be happier'..."
Alfred Lord Tennyson

"Faith, hope and love; but the greatest of these is love".
1 Corinthians 13:13

Quotes

6

Seven Keys to Wellness

Connect with Nature

Exercise 30 min

Meditate/Pray

Seven keys

7

Seven Keys to Wellness

Proper Nutrition

Sleep

Hydrate, Hydrate

Seven keys

8

Last but not least.....

- Listen to your heart (more than your brain)
- Focus on connections
 - People
 - Relationships
- "The greatest of these is LOVE".

Most Important

9

Balancing and supporting IMMUNITY

Three keys:

- Daily exercise
- Get better sleep
- Reduce stress

Three keys

10

Becky's Favorite Things

11

Sleep.....

12

Immune Support...



ORGANIC ELDERBERRY SYRUP

IMMUNE SUPPORT
ANTI-VIRAL
ANTI-INFLAMMATORY
ANTIOXIDANT RICH
AIDS IN DIGESTION
LOCALLY-MADE



Immune Support



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Immune Support...

Elderberry Syrup


Elderberries – they have an ancient history of supporting the Immune System and maintaining whole body health.

Ingredients:

- Organic (all): elderberries, cinnamon, ginger, cloves, honey, lemon juice & filtered water

- 4 oz - \$9.99
- 16 oz - \$32
- 32 oz - \$48

32oz



Immune Support



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Immune Support

Daily Immune



PIQUE

1000 mg Vit C
1900 mg Elderberry
\$48



PIQUE

Green & Ginger Tea

Immune Support



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PIQUE

Green & Matcha Tea





PIQUE

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CBD Products

ColorUP



Full Spectrum CBD Oil

Full Spectrum Capsules

CBD

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IMMU AIR

Elizabeth Essentials



Oil and Spray

Soap: Bar and liquid

IMMU AIR

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**Boost & Build
Your Immune
System The
Natural Way**

Elizabeth Essentials.
ESSENTIAL TO HEALTH

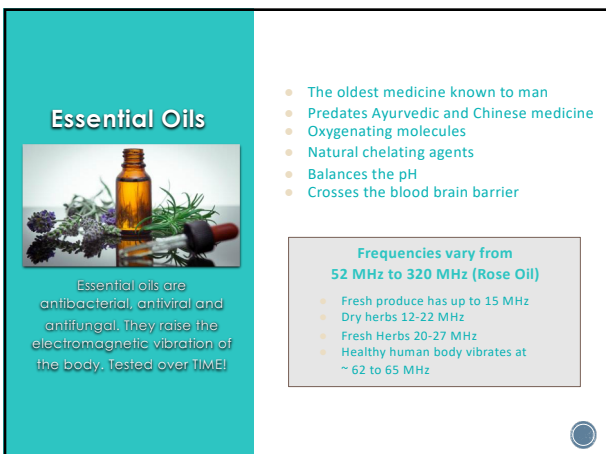
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Elizabeth Essentials™
From Here There & Beyond, Inc.

www.elizabethessentials.com
888 575 0272

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Essential Oils

Essential oils are antibacterial, antiviral and antifungal. They raise the electromagnetic vibration of the body. Tested over TIME!

- The oldest medicine known to man
- Predates Ayurvedic and Chinese medicine
- Oxygenating molecules
- Natural chelating agents
- Balances the pH
- Crosses the blood brain barrier

Frequencies vary from 52 MHz to 320 MHz (Rose Oil)

- Fresh produce has up to 15 MHz
- Dry herbs 12-22 MHz
- Fresh Herbs 20-27 MHz
- Healthy human body vibrates at ~ 62 to 65 MHz

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Essential Oils are Highly Concentrated



- 30 roses to produce one drop of rose oil
- 60,000 roses to produce one ounce of rose oil
- 2000 pounds of rose petals to produce 1lb of essential oil (16oz)
- 50 pounds of Eucalyptus leaves to produce 1lb of essential oil (16oz)
- 500 pounds of Lavender to produce 1½ pounds (24 oz) of essential oil
- 500 pounds of Rosemary plants to produce 1lb of essential oil (16oz)
- 1000 pounds of Jasmine flowers to produce 1lb of essential oil (16oz)
- 8000 hand picked blossoms to produce 1ml (25 drops) of Jasmine essential oil

22

Why do essential oils cost so much?



- Amount of pounds used
- Climate, altitude, soil and conditions grown
- Global weather conditions
- Time of day of harvest/amount of time to harvest
- Age of plants
- Organic of wild-crafted versus commercial
- Monetary exchange rates

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"I expect that essential oils may someday prove a vital weapon in the fight against strains of antibiotic-resistant bacteria. Lavender, thyme and tea tree oils have been used for centuries as antiseptics; their chemical compounds appear to kill microbes on contact." - Dr. Andrew Weil in his Self-Healing Series

"Essential oils reveal an uncanny capacity to balance the pH and have a power to somehow control and eliminate free radicals Slowing down the process and even renewing the body." - Daniel Penaei, M.D., Research Specialist, Author, Lecturer




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Scientists find
that sniffing
rosemary
can increase
memory by
75%



25



"Essential oils will play an increasingly significant role in health in the coming years. It is vital that those who are in a position to influence others gain an understanding of the dynamic effects essential oils and their electromagnetic frequencies have on the whole person."


Len Horowitz, D.M.D.
Best selling author of Emerging Viruses: AIDS and Ebola, and Death in the Air: Global Terrorism and Toxic Warfare

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"The oils work - it is just that simple - they work!"

Terry Friedmann, MD

Speaking of his breakthrough research on the successful use of essential oils in helping children diagnosed with ADHD in *Essential Edge*.



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Diffuser: Maximum Healing Benefit for Large Areas

- Vaporizes essential oils into micro-fine droplets
- Crosses the blood brain barrier
- Maintains the oils molecular structure and healing properties
- Only use electrical diffusers
- Diffuse 10 minutes on/off max 8 hour runtime
- Olfactory overdrive if on all of the time
- DO NOT heat the oils



28

IMMUAIR

Alleviates airborne bacteria, viruses, fungi and odors.



- Mist around body in airplanes, clinics, homes, day care centers, hospitals and offices.
- Defends against germs re-circulated in air vents.
- Use in environments where there may be: flus, colds, infections, airborne bacteria and virus, mold and fungus.



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IMMUSHIELD

Supports the immune system by balancing bacterias, viruses & fungi.



Daily use boosts immune system:

- Three drops onto the soles of feet 1-2 times per day
- Apply every four hours for active infections

Use for infections and illness: shingles, fungus, herpes, candida, acne, eczema, psoriasis and warts.

Aggressive treatment for infection. Immune support.



30

IMMUSHIELD SOAP

Use ImmuShield Soap daily all over the body and face to decrease bacterial, viral or fungal infections.

Combats pimples, acne, eczema, psoriasis etc with therapeutic essential oils and all natural ingredients.



ImmuShield Soap is crafted and hand milled to maintain Essential Oil qualities including historical wellness benefits. Eight Essential Oils in ImmuShield all have unique flash points - we use a proprietary steam process to maintain complete integrity of the Essential Oils.



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MOUThWASH ESSENTIALS

Maintain good oral health and ward off infection

- Use daily or every four hours for active infections.
- Use to balance the pH of the mouth and to protect against infection.



32

NASAL RELIEF

Decreases mucus, increases oxygen, and clarifies mental function.



Breathe directly into nostrils as often as necessary.

Use to clear head by relieving blocked sinuses and enhancing mental clarity.



33

KNOW WHAT YOU CAN DO

The best way to prevent infections is to AVOID EXPOSURE and boost your immune defenses those two.

ELDERBERRY

University of Maryland Medical Center writes "Elderberry has shown to have anti-inflammatory, antiviral, and anticancer properties" additionally "one study suggested that elderberry could kill the H1N1 virus." But the exact reason for elderberry's effectiveness is uncertain.

Studies Confirm: Elderberries Block Flu Virus From Attaching to and Entering Human Cells



- Elderberries contain compounds that have strong anti-fungal and antioxidative properties.
- This is confirmed by both centuries of use and scientific studies.



34

ELDERBERRY

Elderberry has been used for centuries around the world for treating illnesses such as colds and flus (which are caused by viruses). **Elderberries contain compounds that have strong anti-fungal and antioxidative properties.** This is confirmed by both centuries of use and scientific studies.

A 2001 study published in the *U.S. National Library of Medicine* reported that elderberry extracts are "**natural remedies with antiviral properties, especially against various strains of influenza virus.**" In addition, a 2004 study published in the *NLM* highlighted a reduced duration of flu symptoms when taking elderberry: "Symptoms were relieved on average four days earlier and use of rescue medication was significantly less in those receiving elderberry extract compared with placebo."



Since viruses must penetrate a "host" cell in order to multiply, it is speculated that elderberry contains a compound that coats the virus and makes it unable to penetrate a host cell. However, regardless of how it works, the bottom line is it has worked for many in the past and it can certainly work for you and those you guide in their journey to wellness. Before you run into the crowds of people this year all sharing their germs, fortify your immunity with black elderberry!



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Additional Proactive and Reactive Measures

Rx Potency Vitamin C Powder

One teaspoon = 4,350 mg. Should be taken once a day in water or a smoothie.

Homeopathic Echinacea 6x

Take 6 drops am/pm proactively. Reactively take 6 drops 4-6 x day.

Professional Olive Leaf Extract

Proactive: take 1 dropper full in water or juice twice a day. Reactive: take 2 droppers full in water or juice 3x day and take 6 drops 4-6 x day.

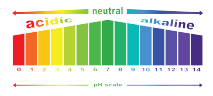
Homeopathic Remedy for "Virus"

Take 6 drops 3x day at first sign or suspicion of infection. Discontinue once health is restored. This is especially effective because it's combination complex includes protecting the lungs and the COVID-19 attacks the lungs.



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ACID - ALKALINE BALANCE



Viruses, bacteria and fungi cannot survive in an alkaline body

Check your urine pH first thing in the morning and record the value.

Your goal is to reach and maintain a weekly average of 7.5

If needed, take any of the following daily to reach your goal:

- Braggs Apple Cider Vinegar**
(2 TB in water or juice as needed)
- Baking Soda**
(1 tsp to 1 TB in water or juice as needed)
- Organic Wheat Grass Juice**
(2 oz. daily as needed)
- Organic Moringa Powder**
(1/2 tsp to 1 tsp. daily as needed in green smoothie or juice)

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ARGENTYN 23 – SILVER HYDROSOL



Argentyn 23® is a professional grade silver hydrosol, **available only through licensed health care practitioners**. It represents the ultimate refinement and most significant breakthrough in hydrosol technology*:

- **Smallest particles ever seen in colloidal/hydrosol silver products***
- **The most unique charge attributes (98% positively charged)***
- **Particle size and charge have been confirmed by third party laboratories and universities***
- **No additives or stabilizers***
- **No salts or proteins, often used to keep silver in suspension***
- **Contains only 99.999% pure silver suspended in pharmaceutical-grade purified water***

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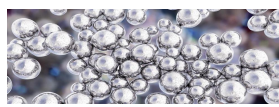
ARGENTYN 23 – SILVER HYDROSOL

What's hydrosol silver?
It is simply a water-based suspension of silver particles.

What's a hydrosol?
A hydrosol is an inorganic or organic herbal suspensions stabilized by water. A silver hydrosol is a mixture of silver ions and silver nanoclusters.

When would someone consider using the Argentyn 23 colloidal silver nasal spray?
Colloidal silver is antimicrobial, which is why it's one of our go-to products when we're dealing with colds, viruses and nasal congestion or as a proactive measure.

Research published in 2013 in the Science Translation Medicine shows that silver, in the form of dissolved ions, attacks bacterial cells in two ways: making the cell membrane more permeable and interfering with the cell's metabolism.



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Backed By Science

The following are just a very few of the studies supporting the antimicrobial/antiviral functions of silver hydrosol.

- Journal of Alternative and Complementary Medicine, 2013
- Silver Enhances Antibiotic Activity Against Gram-Negative Bacteria
- Science Translation Medicine, 2013
- Inflammopharmacology, 2014
- Mode of antiviral action of silver nanoparticles against HIV-1
- Journal of Nanobiotechnology, 2010
- Metal nanoparticles: The protective nanoshield against virus infection
- Critical Reviews in Microbiology, 2016



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Summary

- Essential oils are high vibration energy medicine.
- Essential oils support and reinforce other treatments and modalities.
- Essential oils raise the electromagnetic vibration of the body and oxygenate the cells so healing can occur.

Essential oils are an integral component of your wellness treatments



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Elizabeth Essentials
ELIZABETHESSENTIALS.COM 1.888.575.0272



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Industry Events



FREE
for the month
of January

Human Trafficking
Awareness Course

PROMO CODE: ENDTRAFFICKING21

Milady

43

Industry Events

Miladytraining.com

https://www.miladytraining.com/courses/human-trafficking-awareness?utm_source=MiladyPro&utm_campaign=cq0874162f-MiladyPro%3A+HTA+Month+-+2021-01-29&utm_medium=email&utm_term=0_6a426603e9-cq0874162f-142361986&mc_cid=cq0874162f&mc_eid=cdbq3089cc

Milady

44

Upcoming Events

Feb 1st – OSS Cares launch

Feb 6th – Hope & Beauty – The Nail edition

Feb 28th -Mar 2nd – Oncology in the Pedicure Room (Virtual 3-day class)

March 8th – MBA Advanced Class
Virtual starts

Webinars:

- Feb. 12th - Denise Frakes, Unclutter your life
- Feb 26th - Julie Bach, Cancer4Wellness

Schedule of Events

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Thank you!
Oncology Spa Solutions

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253.405.5810


Oncology Tablets-LBA


Becky@oncologyspasolutions.com

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