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Choosing Change

According to the Institute of Medicine, two-thirds of adults and almost one-third of children in the United States are overweight. Harmful habits that lead to an unhealthy weight can be devastating to personal wellness.

We are aware of the problem, but often the solution evades us. We become complacent after fad diets and complicated systems fail us. We often look for a quick fix to the more fundamental issue of leading inactive lives and eating larger, less-healthy portions.

Instead of focusing on what we put in our bodies today, next week, or even next month, we should ask ourselves how do we want to look, act, and feel years from now. dōTERRA® Slim & Sassy® is not a diet, but one step toward choosing a lifestyle change. It addresses weight-gain at its source, giving you the energy and confidence you need to become your best self.

- For each hour an individual gets of regular exercise, they will gain approximately two hours of additional life expectancy.

—*American Heart Association*

- Exercise can help you feel less anxious and more relaxed—one exercise session generates 90 to 120 minutes of relaxation response.

—*American Psychological Association*

- Healthy eating is associated with the reduced risk of disease, including several of the leading causes of death.

—*Report on the Dietary Guidelines for Americans*

- The average weight lost by a Slim & Sassy contestant over a three-month period was 24 pounds and 17 total body inches.*

—dōTERRA

* Results not typical; individual results may vary. Weight loss requires changes to diet and exercise. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.