

Look and feel your best with the Slim & Sassy® Plan



Slim & Sassy® Nutritional Products

- Slim & Sassy® Blend
- Slim & Sassy® Trim Shakes
- Zendocrine™ Blend
- Zendocrine™ Complex
- TerraZyme® Complex
- Lifelong Vitality Pack



Healthy Weight-Loss Habits

- Aerobic exercise—45 min., 3 days a week
- Strength training—45 min., 3 days a week
- Stretching—15 min., every day
- Hydration—five 16 oz. servings of water each day
- Healthy eating—6 small, healthy meals each day*

— You at
— Your Slim
— & Sassy®
— Best!

*See *The Slimmed and Sassed Cookbook* for healthy and delicious recipe ideas using culinary essential oils (available at AromaTools.com).

Slim & Sassy® Metabolic Blend is specially designed to help control hunger and to help limit excessive calorie intake. The oils in this blend are calming to the stomach and work to improve emotional well-being.

- **Grapefruit** is balancing and uplifting and has been used by the French to help with cellulite and digestion.
- **Lemon** is invigorating, enhancing, and warming. It promotes health, healing, and energy.
- **Peppermint** is purifying, stimulating, and helps soothe digestive difficulties.
- **Ginger** helps increase physical energy and promote healthy digestion.
- **Cinnamon** enhances the action of the other oils and helps improve circulation, digestion, and energy levels.



Slim & Sassy® Trim Shakes (Chocolate and Vanilla)

are a high-fiber, high-protein meal alternative drink powder with a low glycemic index and low calories. The Trim Shakes contain extracts from the ashwagandha plant, which has shown potential for decreasing blood serum levels of cortisol and for reducing stress. Chronic stress and abnormally-elevated cortisol levels have been associated with increased cravings and with increased levels of obesity and abdominal weight.