

The NingXia Greens Class

By Sarah Harnisch

Banner slide first

Bonus video: **Bonus video: (Kick off the class with this quick 17-second video and share your name and testimony. Did you know how to say NingXia when you first saw the word?)**

Welcome to the NingXia Greens class!

Do you ever feel overwhelmed when it comes to preparing nourishing food for your family? Do you feel like you can't get all the nutrients your body needs in a given day without a multi-hour commitment to your kitchen? Do you end each day feeling like you could have done better? Are you tired? Do you hit a mid-day slump? Are you sick too often? Do you know you're missing nutrients, but have no idea how to get them in your diet? Are you avoiding another supplement in pill form? Do you need an "easy" button to all those questions? If so—YOU ARE IN THE RIGHT PLACE!

1 in 10 Americans Get Enough Greens

Today we're committing the next 30 minutes to the topic of NingXia Greens. This class is fun, fast, and easy to digest! NingXia Greens has got to be one of my favorite products from Young Living, because it's simple, takes moments to make, tastes good, and fills a huge nutritional need for my family that I've been fumbling to find... because what parent gets the daily CDC recommendation of 2 cups of fruit and 3 cups of vegetables into every member of their family every day? A study on Pubmed dot com shows 1 in 10 Americans get enough greens. That means 90 percent of us are at a nutritional deficiency and malnourished. Malnourished means: no energy, lots of colds, emotional breakdowns, brain fog, and a jacked-up gut that craves sugar and caffeine to function.

Training

Today we train on how to fix that. And you can do it in your kitchen in two minutes a day. This is the NingXia Greens class!!

(Video 1: NingXia Greens preview video; courtesy of Crown Diamond Doc Oli. Length: 27 seconds)

The Need for Greens

It's time to take a hard look at your daily diet: not just the good days when you do well, but from sunup to sundown for many consecutive days. What does your regular meal plan look like? How many processed foods and fast foods are in your diet to save you time? How many meals do you skip thinking it's healthy? What does breakfast, lunch and dinner look like, if you're truly honest? How much time are you spending daily preparing *one ingredient* fruits and vegetables? Let's look at a processed diet and whole foods side by side. The difference of a diet change is life changing. Young Living Crown Diamond and Medical Doctor Oli Wenker breaks it down for us medically.

Video slide:

Young Living Crown Diamond and Medical Doctor Oli Wenker breaks it down for us medically.

(Video 2: Length: 1 minute 37 seconds)

What Happens When You Swap a Meal for Greens?

If the foods you eat are not providing what you need, you're going to face health challenges. Getting the right nutrients in the right amounts is essential to your health. If you don't feel great, nothing else matters and day-to-day tasks become more difficult. If you're dragging through your day because of poor nutrition, inadequate supplementation, meal skipping, and a gut that's out of balance-- you're not going to be productive. You're not going to get to all the things on your to-do list that need to be done. You will not be yourself. Nutrition gaps weaken your immune response, affect your gut health, memory, clarity of thinking, energy, and even your emotional health.

The Seed to Seal Promise

Young Living Founder D. Gary Young never settled for inferior products. He always insisted on the best ingredients in our products. It's a process Young Living uses called Seed to Seal; and it protects everything we do, from our essential oils to our cleaning products to clean makeup to our supplements. There is absolutely no cutting corners. No compromising. The name Young Living is synonymous with products you can trust. Seed to Seal means no spraying of pesticides and herbicides, good clean farmland, non-GMO seeds, and some of the purest ingredients you can find, traced all the way back to their source. Our products will safely and sustainably support your health: PERIOD.

The NingXia Farm & Distillery

One of the benefits of using Young Living products is that you can visit the farms where everything is grown! The transparency of this company cannot be beat. If you wanted to hop on a plane tomorrow and go see this farm for yourself-- you can! But to save you a little airfare, let's take you there right now... in this room. This is the farm in the NingXia River Valley, the only certified organic "green" valley in China. It is where our berries and our greens are grown.

Video 3: 60 seconds

'Going Green

You've seen the farm. You know how to say NingXia. You're ready for some energy and a quick, simple solution to getting greens in your diet.

It is time to introduce the superhero of this class: NingXia Greens!

Video 4: (hit play): Length: 52 seconds

What are NingXia Greens?

In 4 words: superfoods in a scoop. One spoon of this powerful greens formula packs 60 fermented, nutrient rich-vegetables, fruits, herbs, algae, and mushrooms.

(Video 5: NOTE: HIT PLAY ON VIDEO FIRST. VIDEO HAS NO SOUND. IT IS MEANT TO UNDERLAY OVER YOUR WORDS. Video length: 35 seconds)

What types of fruits and veggies? Apples, bananas, lemons, alfalfa, kale, parsley, broccoli, carrots, daikon radish, cabbage, celery, cucumbers, bananas, onions, burdock, spinach, pear, oranges, mung bean sprouts, green pea sprouts, bamboo grass, green peas, garlic, dandelions, clovers, plantains, Japanese cedar, seaweed, chlorella, ginger—and so many other things you'd likely not get daily in your

regular diet. At least, not without a chef and a nutritionist. Let Young Living be your personal chef and nutritionist!

Fermenting Your Food

Those fruits and vegetables aren't just powerhouses in and of themselves—they've also been fermented for you. That means the digestion process has already been started. It's easier to break down for those with gut issues. It's like taking an enzyme with your meal—it makes it simpler for the body to assimilate the vitamins and minerals each plant contains. Young Living ferments 50 botanicals in cedar barrels where microorganisms live. The fermenting process means NingXia Greens contain micronutrients derived from botanicals and microorganisms that would be difficult to obtain from a typical diet. Fermenting also converts the greens into a prebiotic superfood.

Let's Talk Mushrooms

There are 5 mushrooms in NingXia Greens! Mushrooms are best known for providing energy for the body! Reishi mushrooms have been nicknamed the mushroom of immortality. Its main benefit is restful sleep and lowering blood sugar levels. Turkey Tail mushrooms have multiple colors and actually look like the feathers of a turkey tail. They boost immune function by stimulating cytokine production and increasing natural killer cells in the body. It's also great to prevent fluid retention. Enokitake mushrooms are great for boosting your mood and fighting dangerous free radicals. Maitake are called the dancing mushrooms. Their main claim to fame is supporting healthy blood pressure. And Shitake mushrooms, the most famous of all, provide great cardiovascular support. They're loaded with B vitamins and in ancient Chinese culture, were taken to support a long life.

Purslane

There are three other ingredients in NingXia Greens that are too important to leave out of this class: purslane, secale cereale, and essential oils. [Let's start with purslane.](#) This plant usually grows in your yard, specifically in the cracks of your sidewalk. It's small green leaves and stems are loaded with omega-3 fatty acids (in fact, it's the only vegetable on the earth with omegas). So if you don't like fish, this is another good way to get omegas in your diet from a real food source. It's got large amounts of dietary fiber, tons of Vitamin A, B-complex for energy and Vitamin C. It contains minerals: iron, manganese, calcium, potassium, copper, and magnesium. It also has carotenoids for your eyes. It helps you shed excessive weight, supports healthy teeth and strong bones, is great for your blood and your respiratory system, and helps with the healthy growth and development of children (omega 3's have a significant impact on children's brain development.)

Secale Cereale Flower Pollen Extract

This is a weird ingredient that we never talk about. It's also known as rye flower pollen extract—but don't worry, if you have a gluten allergy, this will not effect it. NingXia Greens is 100 percent gluten free. This extract comes from the pollen, not the rye itself. And it's loaded with full-spectrum nutrients like amino acids, phytosterols, fatty acids, carotenoids, flavonoids, vitamins, minerals and enzymes to help you assimilate the entire supplement. Secale cereale is clinically shown to detoxify the body and decrease oxidized glutathione, which has been linked to a number of diseases. It reduces cell damage, helps the liver and gallbladder break down fats, makes DNA, and assists enzymes in functioning properly so you can digest your food. It is also clinically shown to detoxify the body.

This single ingredient also makes all the other ingredients in NingXia Greens more potent. It's like a tune up for your whole body. It's a one-scoop solution to health and wellness. You can actually feel it working for you as you start taking. The natural energy alone is worth it!

Oils In Our Supplements... Oils In Everything

Another neat thing about NingXia Greens (over other green drinks) is that it's infused with tiny, microscopic molecules of essential oils. Those oils act as a delivery system for the supplement, helping to assimilate it into the body. One study showed before putting essential oils into the Multigreens formula, there was 42 percent blood absorption in 24 hours. After adding oils to the formula, blood absorption increased to 64 percent in 30 minutes and 86 percent in 1 hour. Cells were now receiving nutrients they had previously not been able to assimilate. The tiny molecules of the essential oil carry the larger molecules of the supplements to every cell in the body. What oils are in NingXia Greens? The exact same oils that were made in our proprietary MultiGreens blend: Rosemary, Lemon, Lemongrass and Melissa: four powerful digestion oils.

Do I still need Multigreens?

Yeasss! The same way you'd eat multiple fruits and vegetables in a salad in a day to get all the colors of the rainbow, you can get benefits from using these two products side by side. One is in a capsule, and one is in a powder, ready to mixed into any drink. Multigreens is nicknamed "salad in a bottle." It's great for focused liver and glandular health. It supports healthy iron levels. It contains a few ingredients not in NingXia Greens, like alfalfa sprouts, barley grass, bee pollen, and Pacific kelp. Bee pollen eases symptoms of menopause, reduces stress, and speeds up healing. Chlorophyll is good for acne treatment, weight loss, controlling body odor, relieving constipation and gas. MultiGreens is very high in amino acids and chlorophyll. NingXia Greens contains different fruits and vegetables, herbs, and mushrooms. It contains plant-based Omega 3's, prebiotics and enzymes, as well as fermented foods. When you use these two products side by side, they only enhance each other.

Ingredient Spotlight: NingXia Green Sprouted Leaves

Not only does NingXia Greens contain our powerhouse antioxidant NingXia Red berry drink, it also contains the leaves of the NingXia plant—literally the "NingXia Greens." The newly sprouted leaves of the NingXia plant are just as powerful as the berry itself, and now, you get to enjoy both for the first time.

Here to tell us more about the leaves behind the drink—is Crown Diamond Oli Wenker one last time.

Video 6: Oli Wenker on NingXia Greens: Video Length: 1 minute 51 seconds

The NingXia Class

From the greens to the berry... if you want to learn more about NingXia Red the drink, we have an entire class on it! Get plugged in and catch that class, too! We are an education-driven team— and LOVE to come alongside you to train you in natural health. This class is one of the "Core 5" classes that we recommend getting when you're first introduced to Young Living!

Label Reading 101

Let's do a little label reading 101: how to spot poorly made green juice.

Looking at these two top brands readily available in grocery stores, you're getting 63 grams of carbs instead of 3. That's a lot of sweetener! 53 grams of it are sugar. The first couple of ingredients are straight fruit juice to soften the flavor, which blows up the sugar content. It does not matter if you're getting it from juice or refined sugar— the brain codes it as a sweetener, and you have to deal with the after effects— including possible Candida or yeast overgrowth, sugar addiction, and weight gain.

Also on these labels: "natural" synthetic flavors. There are guar gums that can cause gut damage. And only 5-10 different types of unfermented fruits and veggies instead of 50 fermented veggies that are easy to digest and bioavailable. There is soy in one of these— which can cause hormone imbalances.

Loyalty Rewards

Oh— and jar 1 costs \$3.19 for 15 ounces, and jar 2 is \$3.99 for 15 ounces— one serving size. If you order NingXia Greens on our monthly autoship program called Loyalty Rewards, you get a wholesale discount of 24 percent, plus 10 percent back in points to use on other Young Living products, like toothpaste or Thieves Cleaner. The cost with the discount is \$1.53 a serving, less than half the green juice at the grocery store for triple the goodness in the bottle.

Also, after 4 consecutive months on Loyalty Rewards, you get 20 percent in points, and after 25 months, 25 percent in points. Autoship is like Christmas every month, right at your front door. Loyalty Rewards is how I can get you the biggest discounts and free products.

Be The Label Detective

One of the things I love about Young Living is that it's taught me to be the Sherlock Holmes of label reading with all other products I choose to bring into my home. It's incredible... the amount of negative ingredients that can be hidden on a bad label.

When you look at the NingXia greens label, the first 50 ingredients are fermented fruits, vegetables, herbs, algae, mushrooms and seaweed. That's followed by the premium essential oil blend, then bromelain, and finally cellulose— which is part of a plant— to hold it all together. There is no poison on this label. No sugar, no artificial flavors, no preservatives, no yuck.

Recap

Let's recap the top reasons why NingXia Greens is better than any other green drink on the market. For that, we go to Young Living Corporate's Rita Merrill.

Video 7: Length: 1 minute 40 seconds

In a nutshell:

No natural sweeteners or filler fruit juices that add sugar.

No sugar alcohols. No added sugar. Only 3 grams of carbs per scoop.

5 types of energy-giving mushrooms

50 fermented foods

Ingredients that help you absorb what you are eating, including prebiotics

The Seed to Seal promise of how every ingredient is sourced

The antioxidants of the greens of the NingXia plant

Wolfberry leaf powder

Fermented superfood blend

The power of infused essential oils to deliver the nutrients to your cells

And... it tastes better than a barnyard!

This is one of the gentlest greens products on the market. If you mix it with anything— you can barely taste it. Let's talk about how to make this super drink!

How Much Does It Cost?

NingXia Greens is VERY affordable! At \$46 dollars a container with your Wholesale Discount, it is about \$1.53 cents a serving. That's less than a cup of coffee— and far more nutritious! There are 30 servings per container. You need only 1 scoop per day. That means one jar will last you a full month.

A dollar 53 a day... for energy, gut health, immune support, and all those fruits and vegetables you're not able to daily dice and cook. It's nutrition in a single scoop.

NingXia Greens: super food, super easy.

How Do You Use NingXia Greens?

The simplest way to use NingXia Greens is just to add a scoop to water. It has special ingredients to make it dissolve easily, and doesn't have a strong taste.

But it also pairs well with:

Almond or cashew milk

Our golden turmeric, infused with mango, for inflammation

NingXia Red

Vegan Powermeal, which gives 20 grams of protein from seeds— and tastes like vanilla

Aminowise, our lemonade-tasting amino acid supplement for muscle recovery

NingXia Zyng, the Young Living version of pop

Vitality Drops, which add electrolytes to your water

Or mix it in a smoothie with Inner Beauty Collagen and Vegan Powermeal for a super super meal!

The NingXia Greens Challenge

The learning doesn't just stop with this class! I'll give you a handout as soon as we wrap up... to take part in the 21 day NingXia Greens Challenge! It's just you, yourself, and your green drink. Snag your NingXia Greens before you leave, and while it's in the mail, get some of the supplies to make these incredible green juice mixers! This calendar is loaded with awesome recipes for you to try. Hang it on your fridge when you walk in the door, and get ready to feel AMAZING.

Take note of how you feel before you start, and then how you feel at the end. Let's see what a difference three weeks of greens does for your body! I am excited to see the change!

DIY NingXia Gummies

I love to end our classes with a little fun DIY: do it yourself project.

Since we've been talking NingXia, enjoy this one minute video on making healthy NingXia gummies!
Video 8 length: 59 seconds

Wrap Up

And THAT is the NingXia Greens class! I have a computer in the back of the room and can help you with your order. I always love to do it on site, because if you have any questions, I'm right here for you to help you navigate the Young Living world.

Thank you for hanging out with me... and learning a few tips to make you stronger, healthier, and happier.

YOU are worth fighting for!

It's time to go green!