

Your Metabolic Health Class Notes

What prevents you from living your best and fullest life?

On a scale of 1-10, rank each of these health areas: 1= I want to improve, 10 = Feeling Good Where I'm at

Energy



Weight



Mood



Sleep



Clarity

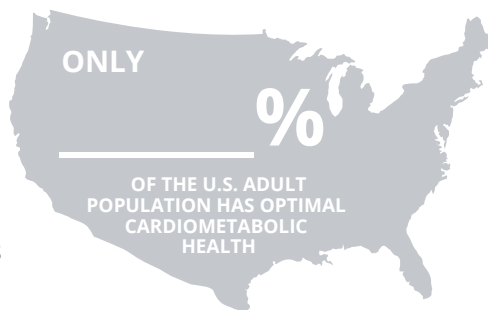


Stress



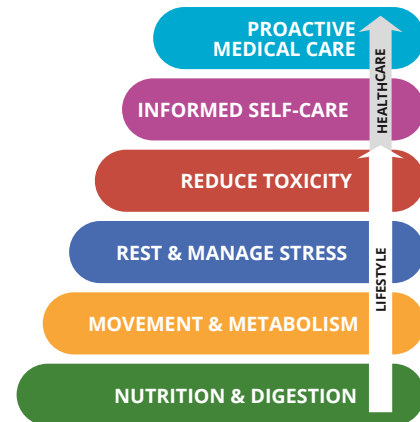
Why Is Metabolic Health Important?

Good metabolic health means your body can digest and absorb nutrients from food with healthy, stable levels of blood sugar, blood fat, and insulin. Fluctuations in these levels are natural, but it's important to avoid big spikes, which can contribute unfavorably to long-term health.



Note: Canada is only a little bit better than US

A Wellness Lifestyle



Metabolic Health and Biological Age Are Inseparable

As you age, so does your metabolic function. Metabolism influences your:

- > _____
- > _____
- > _____
- > _____
- > _____
- > _____

Lifespan versus Health-Span

- > Lifespan is the number of years in your life.
- > Health-span is the number of _____ in your life.

Five Pillars of Metabolic Health



Healthy Eating



Daily Movement



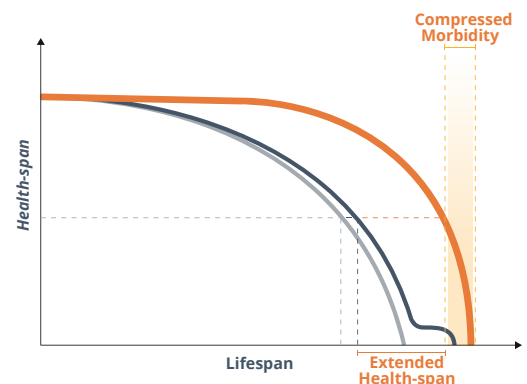
Stress Management



Healthy Connections



Smart Supplementation



dōTERRA® MetaPWR™ System

To Support Your Metabolic Health

Learn More: Stay until the end of class to receive your link to dōTERRA's 3 Steps to Metabolic Health eBook. dōTERRA Members will also receive access to a FREE Metabolic Health Course for a deeper dive.



Inhibit
Fat Cell
Growth

MetaPWR Metabolic Blend

Available as an essential oil blend, beadlets, gum, and softgels

- › May inhibit adipose fat cell maturation.*
- › _____*
- › May support metabolic health.*
- › Supports lifestyle changes that _____



Look
Better, Feel
Better

MetaPWR Advantage

- › Promotes healthy biological aging.*
- › Improves cognitive function.*
- › Supports lean muscle and connective tissues.*
- › Improves _____.*
- › It's a refreshing orange & lemon citrus flavor. Naturally sweeten with _____, which means no after taste.

Daily Routine in 3 Steps



Step 1: MetaPWR Metabolic Blend

Eat a well-balanced, whole-food diet and add one or more of the MetaPWR Metabolic Blend products to your daily routine.



Step 2: MetaPWR Metabolic Assist

Take 15-30 mins before your largest meal of the day for optimal energy. Can also take with each meal especially Carb heavy meals.



Step 3: MetaPWR Advantage

Add a sachet to cold or room temperature water. Shake to dissolve before drinking. Drink Immediately. Take 1-3 times per day.



Smooth
the Spikes

MetaPWR Assist

- › Decreases post meal glucose spikes.*
- › Supports healthy _____ responses already in normal range.*
- › Stabilizes energy levels throughout the day.*

Why Choose MetaPWR Advantage?

- › It contains _____ that each support different biological systems—from bone and cartilage strength to skin elasticity.*
- › The collagen tripeptides in it, are _____ more bioavailable than most conventional collagen supplements on the market.
- › It's formulated with naturally derived nicotinamide mononucleotide, or NMN, to help naturally increase NAD+ and NADH levels in the body.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Get Started October 1st with the MetaPWR System

Kit Includes: MetaPWR Metabolic Blend, Beadlets, Satiety Gum, Softgels, Assist, and Advantage.

- › FREE Membership with this Starter Kit
- › Purchasing this Kit unlocks savings for additional oils & products
- › Participate in Our **30 Day Challenge** that starts on **October 24th!**
- › Guidance from your Essential Oil Educator/Wellness Advocate

Join Us for Our 30 Day Metabolic Health Challenge!

dōTERRA®