



Warning, this information is only for people who want to have a healthier lifestyle! Are you ready to...

WOW YOUR FAMILY  
With **HEALTHY FOOD**  
That Actually **TASTES GOOD!!!**

**SIMPLE** and **EASY**  
**GOURMET RECIPES** For  
The **LIFESTYLE**  
Of the **ENERGIZED** and **HEALTHY!!!**

Dear Friend,

**Imagine** opening a cookbook and finding **easy, basic recipes** that are simply gourmet, recipes that send your **energy soaring to new heights and increase your health!**

**Imagine** your children looking healthier, your partner in higher spirits, your grocery bill decreasing and **being the star** in whatever kitchen you enter, cookbook in hand!

How would you like to eat less while still feeling full, enjoy **sweet tasting treats without table sugar** being involved - **imagine health**; one bite at a time!

**Sound too good to be true?**

We are so proud to bring you the book where it all comes together

**Ancient Wisdom in Modern Menu:**

Simple gourmet recipes for healthy living!

The good news is that health awareness is growing in our world today. The problem is, there are shelves full of information on different diets for losing weight, increasing energy, feeling good about yourself, etc, etc!

Have you ever felt overwhelmed by all the information on health and wondered **“where do I start”**?

This was the story of our lives for years, as we searched for ways to **create simple, healthy and tasty meals**. Our extensive research, cooking experiments and creativity



have resulted in this revolutionary cookbook that will help you bring health to your home

**Thank you for making eating healthy so easy!**  
-Rebecca

For those of you who thought all health food tasted gross...this book is for you!

If you have always wanted to cook healthy food for your family and didn't have recipes...this book is for you!

If you thought eating healthy was too difficult...this book is for you!

If you are a gourmet cook and are looking to integrate longevity into your lifestyle menu...this book is for you too!

To order now and get in on the first-time offer click here: <http://www.yloilers.net>  
Specify quantity of books, shipping address, e-mail address and phone number.  
Payment will be accepted by money order

So, what makes this cookbook different?

1. Our recipes are **simple, basic** and integrate ancient wisdom with modern day cooking!
2. Every ingredient used is organic (chemical and pesticide free) with the exception of a few items we are unable to obtain in our area in which case 100% natural ingredients are used.
3. **All** flavorings and spices are Young Living Essential Oils and Herbamare spice (a blend of dried organic herbs).
4. All Sweeteners are Powdered Stevia, Agave, Maple Syrup or Honey.

Our purpose is to share recipes that will aid you in changing your kitchen into a healthy, fun, creative and inspiring haven!

In ancient times, **chemical** herbicides and pesticides did not exist. The **scary** part is that today, there are chemicals in almost everything we come in contact with. The result of all this chemical buildup in the body is **sickness and disease**, and guess what we are seeing more of these days? Sickness and disease!

The key to a healthy life is awareness.

We encourage each of you to research what you are eating, what you're putting on your body, what you're breathing. Read the labels of the products in your cupboards! You



will be **shocked and appalled** by what you are eating, especially when you look up what some of those big names really are. **Just because you don't understand what it means, doesn't mean it's good for you!**

I'm a skeptic until you can show me results. I never realized what I was eating and what it was doing to me until my wife started cooking according to the recipes in this book. When I started having more energy, I started doing some research myself...wow!

The only thing I've done differently in my life is eat according to the recipes and education in this book (most of the time☺). My results? I've lost weight, I eat less and feel more full, I have more energy and surprisingly, contrary to my belief about eating healthy, our grocery bill is actually a little less than before!

Andrew H.

Our desire in this book is to share some information that will aid you in making healthier lifestyle choices.

Welcome to the lifestyle of the abundant and the healthy!

In our cookbook you will discover:

1. Documented Research on the dangers of microwave ovens
2. University research on cancer-fighting foods and essential oils
3. Secrets to making your **fruits and vegetables last longer**
4. Learn the **truth** about commercial meats
5. Sugar -The white Death!
6. Tantalizing healthy recipes
7. **Secret ingredient to health**
8. Latest research on world's most sought after **anti-oxidant beverage**

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If you have read this far, you will have discovered that our cookbook is more than a book with recipes. Our cookbook is a **lifestyle transformation tool** that will get you started on your journey to health!

*I love ginger cookies but haven't made them in years because of all the white sugar.  
Thank you for making recipes without sugar! -Sue*

Our cookbook contains a secret that makes all of our recipes unique.



If we shared the secret to our recipes, the very secret that has changed our lives, would you be willing to **take the secret and apply it to your life?**

This is an ancient secret that is being restored today for your **health and longevity!** It is the secret that **adds life to your food and years to your life!**

You will be shocked at how simple this is - our secret is **essential oils!**

To order now and get in on the first-time offer click here: <http://www.yloilers.net>

**So what are essential oils?**

Essential oils are the life-blood of the plant. The essential oil in the plant functions like the blood in our bodies.

Essential oils are highly concentrated and far more potent than dried herbs.

In ancient times, long before dried herbs became popular; essential oils were pressed or distilled from the plants and used as flavoring agents in foods.

Essential oils make a powerful ingredient, which raises the frequency of the food, enhancing flavor and increasing health. We encourage you to check out our website <http://www.yloilers.net> to learn more about essential oils and how they can benefit your health!

**It's incredible! I love how essential oils enhance the flavor of the food in each of these recipes!**

**-C. Hazelwood**

So now that you know the deep secret that makes each of our recipes uniquely healthy, fun and flavorful. Choose to improve your life by purchasing your guide for healthy eating in a chemical world - Ancient Wisdom in Modern Menu!

**Take action on the opportunity of a lifetime** - choose to enrich your life in abundance and health!

*Health is a choice.* Health is a lifestyle. **Health is essential** to living a quality life!  
Welcome to the world of health, energy, vitality and longevity!

Together in Health;

Carol Howden and Katrina Harrison