



Destination Wellness

Your guided path to a happier, healthier life



how we perform – at work, at home, in our favourite physical activities – and how we feel. Improving your wellbeing is not something that happens overnight – it requires a holistic approach, and it requires guidance and support.

Destination Wellness is a holistic healthy-lifestyle guide that combines professional expertise, support and supplements.



Holistic

Provides solutions for different health and wellness needs taking into account **nutrition**, **hydration**, **exercise** and mental health aspects.



Based on proven scientific approaches, and developed in cooperation with Dr. Francesco Avaldi, NutriliteTM Nutrition Consultant and general practioner, expert in sports nutrition with a masters in vegetarian diet, who works with top European football teams and Olympic athletes.



Trusted

Includes products from Nutrilite, the world's No. 1 selling vitamins and dietary supplements brand¹ and a brand with more than 85 years' experience of helping people to live healthier and happier lives.



Supportive

Accompanied by continuous support from your Amway Business Owner and free access to tools from Amway to help you stay engaged and motivated on your journey.

Destination Wellness provides access to programs, solutions and bundles to address specific needs, and **to help people** live better and healthier lifestyles.



¹ Source: Euromonitor International Ltd; Vitamins and Dietary Supplements, Word GBN, Retail Value RSP, % breakdown, 2022 data based on custom research conducted April - August 2022.



Start Nutrilite Body Cleansing Program¹ and take care of your wellbeing!



THE PROGRAM IS DESIGNED TO HELP YOU:



+ SUPPORT YOUR POSITIVE MOOD²



+ IMPROVE YOUR APPEARANCE³



+ STAY FIT AND ACTIVE



+ IMPROVE THE QUALITY OF YOUR SLEEP



+ STRENGTHEN THE NATURAL CLEANSING FUNCTION OF YOUR BODY



+ SUPPORT THE NORMAL FUNCTION OF YOUR DIGESTIVE SYSTEM*



+ SUPPORT YOUR IMMUNE SYSTEM⁵



+ HELPING YOU BUILD HEALTHY LIFESTYLE HABITS

NUTRILITE



The goal of my collaboration with Amway and the Nutrilite™ brand is to help people address their priority wellbeing goals and relieve the pressure that modern lifestyles place on them. I wish you every success on your journey.

Dr. Francesco AvaldiNutrilite Nutrition Consultant,
Master in Vegetarian Dietetics,
Expert in Sport Nutritions



NUTRILITE BODY
CLEANSING PROGRAM
BUNDLE

order no. 127059

Find out more at www.amway.co.uk
or www.amway.ie

¹ With Nutrilite Milk thistle as milk thistle helps the body cleanse itself.

 2 Vitamin B6 and folic acid (B9) contribute to normal psychological function. 3 By physical and mental exercises.

⁴ Milk thistle promotes the digestion.

 $^{5}\,\mathrm{Vitamin}$ B6 and folic acid (B9) contribute to the normal function of the immune system.



Before you start: SELF ASSESSMENT

In order to know where you're going and how to get there, you must first understand where you are.

Take this quick test to get an understanding of your current wellbeing.

- + Reflect on how you feel for each of the different aspects of wellbeing.
- + Think of a value from 1 to 10 for each aspect.
- + A 1 rating means "I really struggle with this" and 10 means "I feel great" or "I have no problems with this."
- + To assign a value, fill in the small circle from 1 to 10. (Example ratings can be found in the descriptions below).
- + Then draw a line to join the marks to see which areas of wellbeing you should focus on.

Stress management Do you cope well in stressful situations (e.g. rating 8) or do yo

stressful situations (e.g. rating 8) or do you struggle – mentally and physically – when life gets complicated (e.g. rating 2)?

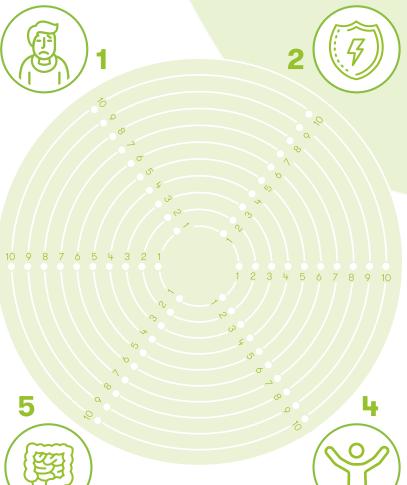


Sleep quality

Do you feel like you regularly get enough sleep (e.g. rating 8) or does it feel like your sleep time and quality is inconsistent (e.g. rating 2)?

Digestion

Are your bowel movements regular and comfortable (e.g. rating 9) or infrequent and occasionally difficult (e.g. rating 3)?



Immunity

Do you stay healthy while others around you fall ill (e.g. rating 9) or do you easily catch colds and viruses (e.g. rating 2)?



3 Physical activity

Do you love exercising regularly and never miss a workout (e.g. rating 10) or do you find exercise to be a chore that you try to avoid (e.g. rating 2)?

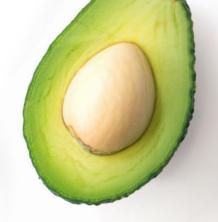
Overall appearance

Do you feel happy with your skin and body (e.g. rating 8) or are there areas you would really like to improve (e.g. rating 3)?

Too many marks close to the centre of the wheel indicate that you might benefit from some changes to your lifestyle.



Introduction to the Body Cleansing Program



In order to feel good, your body needs to effectively remove the waste that it produces. This natural cleansing process is performed by a group of organs working together, round the clock.



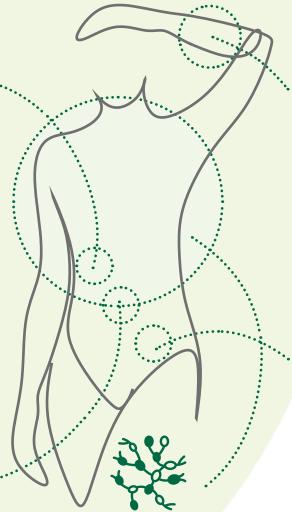
LIVER

Known as the "**Detox Queen**", the liver takes good care of us by filtering and cleaning our blood. We can look after the liver by cutting down on fatty and fried food, as well as alcohol and foods with high sugar content. We can also support the liver by consuming foods and supplements that support the normal function of the liver, like **milk thistle**.¹



BOWEL

Like the body's canteen, the bowel is **where nutrients are absorbed** from food and solid **waste is removed**. We should pay attention to our fibre intake to ensure appropriate faecel bulk, normal bowel function and intestinal transit.



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SKIN

Is the largest organ in the human body, and the skin may potentially play a role in removing of toxins from the body



KIDNEYS

The kidneys act like a home water filter, filtering out undesirable substances and waste from the blood to remove them from the body. The kidneys need a sufficient and regular supply of water to keep them clean and functioning,

LYMPHATIC SYSTEM

The lymphatic system **removes foreign bodies**, by transporting them to the circulatory system, while also cleansing tissues and cells.



¹ Milk thistle extract helps maintain normal liver activity and supports liver health.



A holistic healthy-lifestyle program that combines professional expertise, support and supplements to help you improve your overall wellbeing, nutritional intake and activity level.

The program is not about calorie counting or weight management — it is intended to help you support your body's natural cleansing process, build positive habits and live a happier, healthier life.



Pillars of wellbeing



Nutrition

Getting the right amounts of macronutrients, vitamins, minerals and phytonutrients as part of a balanced and varied diet to support your metabolism and key bodily functions – like the nervous system and natural body cleansing – is key to for your overall wellbeing.



Physical activity

Building healthy habits around good activity is a great way to start improving overall wellbeing.



Positive Mindset

Wellbeing starts in the mind. It's important to take the time to breathe properly, and to clear your mind for a few minutes every now and again.



Hydration

Ensure your body is sufficiently hydrated by consuming an appropriate amount of water – at least 2 litres per day – from all sources. Water contributes to the maintenance of normal physical and cognitive functions.

Stay connected with your Amway Business Owner who can help keep you motivated.



Nutrilite™ products in your **Body Cleansing Program**

The Body Cleansing Program includes carefully





Milk Thistle helps the body cleanse itself.

Overeating, the consumption of harmful food and alcohol, smoking and poor environmental conditions can cause significant stress for the liver. Milk thistle extract contributes to the liver's health, protects the liver, and supports the liver detoxifying function.



Nutrilite Balance Within™

Invisible support for your immune system²!

Fast-melting powder with 6 billion lactic acid producing bacteria of 2 scientifically well-documented strains. Vitamin B6 and B9 in Nutrilite Balance Within can support the immune system and a positive mood³.



Protein from three plant sources, without unwanted extras!

Proteins are essential for everyone regardless of age or lifestyle. They are the support structure for your body and they provide a framework for your bones and muscles. Nutrilite All Plant Protein is your alternative to traditional sources of protein and contains no undesirable extras (e.g. flavourings or colours).



A convenient way to get additional fibre.

A special blend of three soluble fibres from naturally derived plant sources, offering a convenient way to get additional fibre.

Do not take Nutrilite Milk Thistle during pregnancy or lactation. In case of a liver or bilary tract condition, or obstruction of the bile duct (e.g. gallstones), the use of this product is not recommended. If taking any medication, seek advice from your doctor..

 $^{^{2}}$ Vitamin B6 and folic acid (vitamin B9) contribute to the normal function of the immune system.

 $^{^3}$ Vitamin B6 and folic acid (B9) contribute to the normal function of the immune system and contribute to normal psychological function.