



PERFECT 10:

Gateway to the
World of TRUessence

TRUessence





Welcome to the World of TRUessence!

Congratulations! You are about to enter a world of vibrant health using the precious healing molecules found in the plant kingdom.

Your Perfect 10 kit contains three single TRUessence essential oils, three TRUessence essential oil blends and four HYDRessence Plant Life Concentrates—ten beautifully complementary products that will introduce you to the amazing world of natural plant concentrates. Also in this kit is a *Getting Started* audio CD and a convenient circular reference tool which shows how to use these ten products to help address 44 common health conditions.

More detail on each of the 10 products included in your kit is provided in the audio CD. We encourage you to listen to it carefully as soon as you have read through this booklet.



Your Perfect 10 kit has been carefully created to provide you with a profoundly unique experience: combining the finest essential oils and essential oil blends together with edible plant life concentrates, to create a synergistic health adventure available only through TRUessence. Nowhere else can you find such a complete assortment of advanced extracts created from organic and wild-crafted medicinal plants.



IMPORTANT DEFINITIONS

TRUessence has taken the use of medicinal plants to a totally new level. To help you better understand how the TRUessence approach works, here are some helpful definitions:

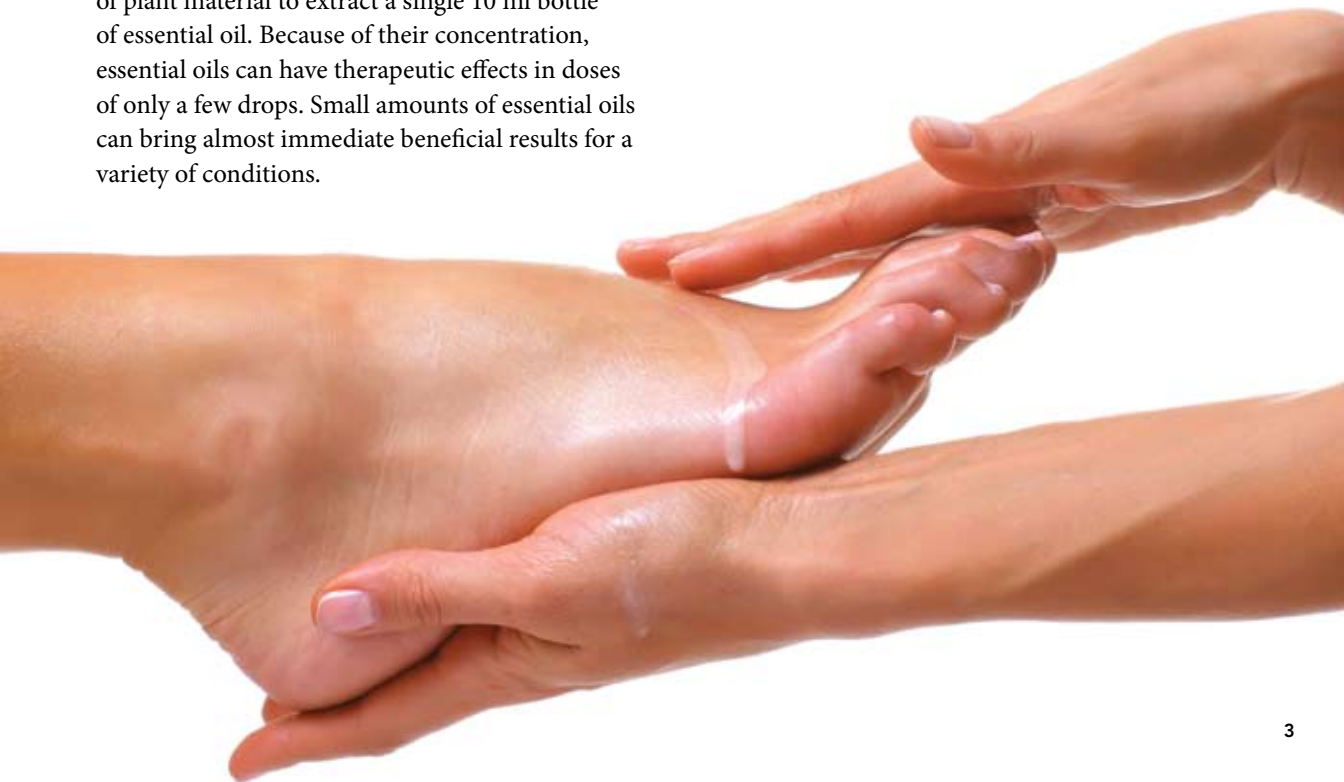
Essential Oils: Many people have heard of essential oils, but are not familiar with how they can provide powerful therapeutic support for the human body. TRUessence has carefully screened growers all over the world to find essential oils that are not only 100% pure, but are also grown, harvested and distilled correctly to create intensely active essential oils with the strongest frequencies and maximum therapeutic value.

Essential oils are extracted from medicinal plants and herbs primarily through either steam distillation or mechanical expression (squeezing). These extraction processes have been used for thousands of years and knowledge of essential oils goes as far back as 3000 B.C. throughout the world.

Essential oils are extracted from *aromatic* herbs, trees, roots and flowers. They are very complex chemically, some of which literally contain hundreds of compounds. Each of these compounds possess certain medical implications. Various essential oils have been shown to be antiseptic, antibacterial, antiviral, antifungal, calming, stimulating, expectorant, antispasmodic, so on, offering a wide range of potential benefits.

Essential oils are very concentrated. Depending on the plant, it can take as many as ten bushels of plant material to extract a single 10 ml bottle of essential oil. Because of their concentration, essential oils can have therapeutic effects in doses of only a few drops. Small amounts of essential oils can bring almost immediate beneficial results for a variety of conditions.

Essential oils are also very fine, volatile oils. They qualify as oils, because they do not dissolve in water. But they are very light and are not like common household cooking oils. However, because of their lipid structure, essential oils can be dissolved in high quality vegetable oil to make them easier to apply and less concentrated. Essential oils can penetrate the skin rapidly, entering into the blood stream and circulating throughout the body in just minutes.



Essential Oil Singles and Blends

SINGLE ESSENTIAL OILS

Your Perfect 10 kit contains three single essential oils:



PEPPERMINT: known to have good pain relieving properties, and very effective in relieving digestive discomforts.



LAVENDER: one of the most versatile of all essential oils with amazing burn healing properties and an aromatic influence that is calming and peaceful.



LEMON: a wonderful citrus oil that is a delightful cleanser and air freshener, and can provide many benefits to the skin.

ESSENTIAL OIL BLENDS

One of the wonderful characteristics of essential oils is that two or more of them can be mixed together to create an endless variety of amazing aromas and powerful, synergistic health effects. For example an essential oil that provides pain relief (peppermint) can be combined with an oil that provides stress relief (lavender) to create an

essential oil blend for reducing or eliminating headaches. Similarly, two essential oils that fight viral infections can be combined to create a blend that has stronger antiviral characteristics than either of the two oils would have separately.

Creating essential oil blends is both a science and an art, involving a knowledge of chemistry and a thorough knowledge of natural synergy. Some of the most powerful essential oil blends may have eight or more essential oils.

Your Perfect 10 kit contains three essential oil blends:



CAIRO CARE: a blend of six different essential oils to sooth sore muscles and relieve joint pain.



QUIESENT: a blend of seven different essential oils to relieve stress and promote relaxation and sleep.



DEFENSE: a blend of nine different antibacterial and antiviral essential oils to provide powerful immune system support.

WHAT DETERMINES A THERAPEUTIC ESSENTIAL OIL?



Essential oils exist in many plants. Typically, plants containing these essential oils are aromatic, meaning they have a strong and distinctive aroma. In fact, it is the essential oil in the plant that gives it its aroma. Most spice plants and many medicinal herbs are aromatic. Through a variety of extraction methods, the essential oil is removed from plant material. A 10 ml bottle of essential oil can require as much as 30 to 100 lbs of plant material, so the essential oil is very concentrated. As you would expect, these essential oils have very concentrated and fascinating aromas.

For millennia, the standard way of extracting the essential oil from aromatic plants has been through steam distillation. Steam is passed through plant material. During this process the plant dissolves the essential oil found in microscopic sacs on the plant leaves, twigs, flowers or wood. When the steam is then cooled and condensed, the essential oil separates and floats on the water.

There are endless factors which can determine whether the steam distillation process produces therapeutic oils or just aromatic agents. Two of the most critical factors are heat and pressure. Adding high pressure to the distillation process usually results in a larger oil yield, however the resulting oil is altered from its natural chemical composition by the added pressure. Adding higher heat hastens the distillation process, but any heat can destroy delicate biocompounds found in essential oils. In fact, even the heat of the steam destroys some of the more delicate biocompounds, making it impossible to capture the oil exactly as it occurs in nature.

HYDRessence — Plant Life Concentrates

Despite the many benefits of essential oils, the steam distillation process that extracts them has one major flaw: it eliminates all the water-soluble active ingredients of the medicinal plants. This is significant because many of these water-soluble ingredients are just as therapeutic as essential oils.

To solve this problem, TRUessence has developed the ultimate natural therapy by offering both essential oils AND the water-soluble bioactive concentrates of natural medicinal plants that are usually lost in distillation. We call these “plant life concentrates,” and they can only be produced using a two-step proprietary process.

THE FIRST STEP

CO₂ Supercritical Fluid Extraction concentrates all bioactive compounds in the plant, both oil-soluble and water-soluble, into a mixture. Since this concentrate eliminates proteins and sugars, it is virtually sterile, requires no preservatives or refrigeration, and has an extremely long shelf life. However, this mixture contains oil-soluble compounds, water-soluble compounds, and oil-resins, so it readily separates, making it difficult to use as a complete concentrate.

THE SECOND STEP

Aqueous Molecular Partitioning (AMP) is a state-of-the-art concentration process that makes all compounds in the entire extract combine into a uniform substance, easily rendered water soluble. This whole plant concentrate contains all the bioactive compounds in the plant. It is what we call a HYDRessence Plant Life Concentrate. Because they are water-soluble, they can be ingested through use in water, juice, teas, cooking, and so on. Like essential oils, plant life concentrates can be blended to create synergistic effects.

HYDRessence Plant Life Concentrate beverages are prepared by mixing 5-10 drops in 8 ounces of pure water or juice, and can be taken multiple times throughout the day. Five to ten drops of Rainmaker Plant Life Concentrate can also be added to sweeten the flavor of any mixture.

HYDRessence Plant Life Concentrates are designed for internal use with water or juice, while essential oils are primarily used topically or diffused. Using them together combines all the molecules of medicinal plants to create a healing synergy that has never been possible before.



Your Perfect 10 kit contains four blended HYDRessence Plant Life Concentrates that are exclusive to ForeverGreen:

RED DRAGON: a blend of five different whole herbs to enhance circulation and stimulate the central nervous system.

WHITE DRAGON: a blend of eight different whole herbs that boost the immune system.

GREEN DRAGON: a blend of eight different whole herbs that promote detoxification.

RAINMAKER: a blend of seven different whole herb and flower extracts formulated to sweeten the other Dragon Plant Life Concentrates or to be used by itself as a hydrating floral experience.

WHAT IS THE CONNECTION BETWEEN CO₂ SUPERCRITICAL FLUID EXTRACTION AND HYDRessence PLANT LIFE CONCENTRATES?

Within the last decade an entirely new technology has been implemented for production of various natural plant extracts called supercritical fluid extraction. Researchers discovered that some gases, when heated and pressurized, reach a critical state in which they behave like liquids with extremely high solvent characteristics. In this state, the greater the pressure, the higher the solvent power of the liquid gas. Scientists discovered that carbon dioxide could reach supercritical state at a much lower temperature than steam. In this state, in a pressurized chamber, it can completely dissolve plant material. When the pressure is released, the carbon dioxide separates away as a harmless gas and leaves the entire plant concentrate. It is the cleanest, safest and most ecologically sound method of producing pure plant extracts known today.

CO₂ supercritical fluid extraction is what makes the creation of HYDRessence Plant Life Concentrates possible. Through CO₂ extraction, all compounds found in the plant—not just the oil-soluble ones, but also the water-soluble

ones and olio-resins—are extracted into a single concentrate. Through an additional proprietary, exclusive to ForeverGreen process called A.M.P. (Aqueous Molecular Processing), this concentrate is further changed so that it is entirely water-soluble and safe to consume. This consumable extract is a HYDRessence Plant Life Concentrate, and is exclusive to ForeverGreen.

By incorporating the oral use of HYDRessence Plant Life Concentrates with the topical application or diffusion of TRUessence essential oils, we can now incorporate into the body EVERY beneficial compound from an aromatic herb—both oil-soluble and water-soluble—AT THE SAME TIME. Further, by using careful blending techniques, we can create essential oil blends and blended plant life concentrates to harness all the beneficial compounds from multiple medicinal herbs simultaneously—both topically and internally—creating the potential for a marvelous, safe, synergistic and powerful internal and external healing experience.

The TRUessence Breakthrough: Essential Oils PLUS Plant Life Concentrates

TRUessence has created a new health paradigm. Using both essential oils and plant life concentrates, one can now harness all the bioactive potential of medicinal plants, simultaneously, to support health and eliminate physical dysfunction. For example, the Defense essential oil blend is often recommended as an antibacterial/antiviral aid in confronting respiratory issues. With TRUessence products, you can combine the power of the Defense blend with the internal use of White Dragon Plant Life Concentrate blend. Defense can be applied topically on the feet, while the White Dragon is consumed internally, dissolved in water or juice. It is great in apple juice or cider.

Or, if there is a problem with indigestion, the Green Dragon Plant Life Concentrate blend is formulated to ease stomach distress and enhance digestion. It can be consumed by dissolving 5-10 drops in 8 ounces of pure water. Additionally, peppermint (*Mentha piperita*) essential oil can be applied topically to the abdomen area, doubling the therapeutic action and potentially shortening the time required to see results.

Condition	Recommendation
Nervousness	Quiescent: T 2-3 drops on temples, forehead and back of neck
Red Dragon Plant Life Concentrate	

If you examine the circular reference tool that came with your Perfect 10 kit, you will notice that for each of the 44 conditions listed on front and back, there are instructions for which essential oils/essential oil blends to use topically and which of the plant life concentrate blends to use internally. No other company in the world can offer you this all-encompassing approach to prevention.

Rosemary is a medicinal plant that lends itself well to both essential oil distillation and extraction into a HYDRessence Plant Life Concentrate.



HOW DO I MATCH THE RIGHT OILS WITH THE RIGHT PLANT LIFE CONCENTRATES?

With a complete line of single essential oils and proprietary blends, and the exclusive plant life concentrates, the joy of learning which oils and plant life concentrates to use for which conditions can be made simple. That's why we created the circular quick reference tool for this Perfect 10 kit. As you will observe, for each of the 44 conditions listed on the tool, there is a column that specifies which of the six essential oils in the kit should be used. Directly below the condition name is a field indicating which of the three Dragon Plant Life Concentrate blends should be used. For example, if you look up the condition "Burns, first degree", you will find in the column to the right that lavender essential oil is listed with instructions

for topical use. The field directly below the condition indicates that Red Dragon is the best plant life concentrate blend to consume while using lavender oil for first degree burns. In the same manner, you can identify the best essential oils and the best plant life concentrate blend to use with each condition.

The basic recipe for a HYDRessence Plant Life Concentrate drink is 5-10 drops in 8 ounce of pure water. The Rainmaker Plant Life Concentrate blend is a natural, floral sweetener that can be added to enhance the flavor of each of the Dragons when mixed in water, or it can be used alone to create a delightful hydrating experience.



WHAT MAKES TRUESSENCE BETTER THAN OTHER BRANDS?

TRUessence oils live up to their name. They are as true as you can get. We are confident that the quality of TRUessence oils meets or exceeds the quality of every other brand of essential oils on the market. How can we make a claim like this? Consider the following:

Every TRUessence essential oil is distilled or extracted from certified organic or wild-crafted herbs. This is extremely rare in the industry, yet it is critical to getting a safe and top-quality oil. If any pesticides, herbicides or inorganic fertilizers are used in or on the plant, they may extract into the essential oil itself during the distillation process.



Every TRUessence oil bottle has a control sticker on the base of the bottle, indicating the lot number and the batch ID of that particular oil. This information tells us the bottling date and gives us complete inventory and quality control over every bottle of essential oil sold.

Every TRUessence oil is bottled in a custom, cobalt colored bottle, which has the unique characteristic of allowing in only those light rays that help preserve the essential oil's energy, blocking out the light rays that degrade the quality of the essential oil.





All TRUessence oils are sourced from the finest growers in the world. These are individuals who understand the art of growing and distilling oils for therapeutic use and not as commercial flavoring and aromatic agents. These suppliers only offer their products to companies who demonstrate the highest respect for pure essential oils. All TRUessence oils are sourced from locations where the climate and soil conditions are ideal for that particular oil.

Every TRUessence oil is gently steam-distilled to ensure it is as close to the natural oil from the plant as possible.

All TRUessence oils are competitively priced. For their extraordinary quality level, they are some of the most affordable oils on the market.



HYDRessence Plant Life Concentrates are more potent than most expensive herbal supplements or extracts. Only certified organic and/or clean plants are used in the preparation of HYDRessence Plant Life Concentrates.



Compare this list of quality standards with those of any other supplier of essential oils and extracts and you will find that ForeverGreen stands above the rest. From the level of quality to their proprietary products, ForeverGreen offers you the techniques for natural rejuvenation.

Welcome to the amazing world of TRUessence!

Go Beyond Aromatherapy with TRUessence

All TRUessence products are distilled and extracted for therapeutic use. But, with the addition of the HYDRessence Plant Life Concentrates, we go beyond traditional aromatherapy. Now we have a way of harnessing every beneficial biocompound in healing herbs to synergize the whole experience. This could be reasonably termed 'whole herb therapy' or 'whole plant concentrate therapy,' but it definitely goes beyond simple aromatherapy. The combined benefits of (1) aromatic compounds from essential oils, (2) water-soluble bioactives from plant life concentrates, (3) pure water and (4) quality nutrition, create healing synergy that accelerates and accentuates the body's natural healing influences.



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