Welcome to November and Happy Thanksgiving!

On behalf of Alexandria, Ben, and myself, I’d like to welcome you to the first edition of the Heart & Body Naturals Love Letter. We want to start with how thankful we are to each of you who choose to purchase Heart & Body Naturals products, and to those of you who choose to share our products with others! We want you to know that your trust in us and our products is valued and appreciated.

Recipes We Love

Did you know? Soul pH Superfood is loaded with green superfoods that are high in chlorophyll and powerful herbs known to cleanse the liver. Soul Golden Milk is a healthy, relaxing way to enjoy SOUL every evening.

For more great recipes, visit GoCleanAndLean.com/{WebRepName}

SOUL Golden Milk

- 1 cup Almond or Coconut Milk
- 1 scoop of SOUL
- 1 teaspoon Cinnamon
- ½ teaspoon Raw Honey or Maple Syrup to taste
- Optional: pinch of Cayenne Pepper

Blend all ingredients in blender until smooth. Pour into a small saucepan and heat for 3-5 minutes, until hot but not boiling.
Fragrant Room Sprays

To set the ambience of your home, you can keep an assortment of room fragrance sprays in your entryway. This is a great way to greet guests when they come to visit. Change the feel of your home by trying out different sprays; each one imparts its own particular mood into the environment. Try several and see which ones your family enjoys the most!

When making essential oils fragrance sprays, you will start with distilled water and a cobalt blue glass or PET plastic spray bottle. Oil and water don’t mix, so you’ll also need Dead Sea or Pink Himalayan Salt. When you add your essential oils to a pinch of salt before adding to the distilled water, it disperses the essential oil and also helps the scent linger longer in the air. You should still shake the bottle of fragrant spray a bit before you spritz so that the essential oils are evenly distributed in the liquid.

The University of Maryland Medical Center does a wonderful job of explaining how powerful smelling essential oils can be:

“The ‘smell’ receptors in your nose communicate with parts of your brain (the amygdala and hippocampus) that serve as storehouses for emotions and memories. When you breathe in essential oil molecules, some researchers believe they stimulate these parts of your brain and influence physical, emotional, and mental health. For example, scientists believe Lavender stimulates the activity of brain cells in the amygdala similar to the way some sedative medications work.”

With this in mind, know that you, too, can create personal blends with your oils that best suit your wellness and home needs. These are just two of our favorite recipes, and I am happy to share them with you!

**FRAGRANT Room Spray**

- 4 ounces distilled water
- ¼ teaspoon salt
- 20 drops of your favorite essential oil

In a 4-ounce cobalt blue spray bottle, mix your favorite essential oil(s) and salt, then add water.

You may want to display 4 or 5 bottles in a basket on a table in your entry so they’re handy to use when you arrive home or just before guests enter.
Holiday Love

Share the love this holiday season with our limited time, limited availability essential oil blends! Formulated by Alexandria Brighton, these essential oil blends are sure to bring the holiday spirit to your home and family. Available starting November 1, while supplies last.

Christmas Blends
Available singly or as a gift set with the book *Saint Nicholas: A Christmas Story* by Alexandria Brighton.

Love
This beautiful blend can help restore love, for yourself and others, to your life. Wonderful as perfume!

Deep Green
We invite you to “bathe in the deep green forest” to reconnect with nature and restore emotional balance.

Gift Wrap Now Available!
From November 1 through December 15, holiday gift wrap is available for your order at the cost of $2.50 US per order. The gift wrap option can be added at the time your order is placed.

Upcoming Events
View our calendar of upcoming events on the Dashboard screen of your Back Office.

Invite your prospects and join us as we share our “Why HBN” every **Tuesday at 2:00 pm EST** during our Coffee Talk Webinar. Everyone is welcome!

If afternoons aren’t good for you, we also offer Thursday Night Opportunity Calls at **7:30 pm EST** and **10:00 pm EST**. We hope to see you there!

[Click here to access your Back Office](#).
Did Our Kentucky grown CBD oil from Industrial hemp is the purest most plant-identical CBD oil on the market. Unlike other companies, we don’t remove the omegas or the terpenes, and most importantly, we don’t remove the chlorophyll.

We believe in minimally processing all of our ingredients so that they remain as close to the original plant as nature intended, as God created.

Are you looking for the most recent 3rd party testing on your CBD oil? Check your bottle for a lot number or QR code and then match it up on our documentation page.

Show Some Love

In an industry beset by a handful of 6- and 7-figure earners waving their checks while the majority of business builders never make a profit, we are super proud, very appreciative, and totally LOVE to see so many sharing our products and winning. Because you know what... an extra $1,000 matters... it makes a difference!

So again, THANK YOU to each of you who choose to share our products. THANK YOU to each of you for helping me realize my dreams, my mission... to establish some equality and bring real opportunity back to this industry I love so much!
Congratulations 1K Earners!

Ann Marie Balanciere
Joellyn Becker
Karla Beek
Carol Bradley
Lola Catanese
Donna Bynum Cathcart
Adam Courville
Ndea De Jesus
Angela Doss
Eternal Truth L.P.
Susan Hampton
Chrissy Hawthorne
Judy Hoffman
Andy Hughson
Lisa Johnson
Mick Karshner
Sonya Langdon
Sandrine Le May
Susan MacFarlane
Jennifer Maclean
Troy Monroe
Katherine Moyer
Marie-Christine Mugnier
Tammy Nyuli
Kelly Packham
Candace Porter
Todd Raymer
Terry Rhoades
Calvin Richard
Dena Rodemoyer
Wendy Schneider
Kim Stephenson
Linda Stewart
Tammy Sweet
Penelope Taylor
Michelle Thompson
Richard Whitney
Lynne Wilson

Congratulations 2K Earners!

Garnett Banfield
Michelle Blackburn
Steve Bunnell
Marc Dockweiler
Steve Domitrez
Joe Jackson
Casey Lewis
Edel Mackey
Gary McPherson
Donna Nevill
Pauline Robertson
Carol Taylor
Ainsworth Thomas
Congratulations 3K Earners!
Iris Fifi Cheek  Hemp Emotion  Rhonda Peterson
Susan Cooper  Sapna Jude  Kaylene Scott
Bobbie Donaldson  Sarah Lonie  Traci Smetka

Congratulations 4K Earners!
Teresa Bilowus  Joyce Pixley
James R. Davis, Sr.  Julie Rowley
Robert Miller
Thank you

Congratulations 5K Earners!

Lanna Abbott  
Jodie Atkinson  
Jason Barter  
Julie Cole  
Penny Edwards  
Jean-Marc Fraiche  
Rayeleen Gilbert  
Rachel Holmes  
Margaret Hunt  
Fay Jones  
Tamara Jones  
Lisa Kelly  
Kyla Lamontagne  
Hernan Lawless  
Alex Leckie  
Daniel Nicholls  
Veronica Ortega  
Ann Marie Osorio  
Lisa Pacifici  
Alex Patton  
Teresa Rios  
Sharen Ryan  
Billa Sheehan  
David Sherman  
Evette Smith  
Sam Sundara  
Lisa K. Walker  
Linda Wedewer  
Valorie Wood  
Yoko Yasui

Thank you

Congratulations 10K Earners!

Ria Boustead  
Mel Brower  
Kim Bugden  
Raji Deva  
Tracy Dimuccio  
Denice Duszynski  
Louise Gibson  
Catherine Hug  
Kathleen Kelly  
Rebecca Martin  
Carmel McRury  
Lucy O’Shea  
Michelle Vahey  
Mark Watson
Congratulations 25K Earners!
Jennifer Champken
Dianne Francis
Cindy Grainger
Joleen Haugerud
Richard Johnson
Will Zanders

Congratulations 50K Earners!
Charles Holmes
Marcus Jones
Robyn Markham
Tim Miller
Tori Steele

Congratulations 250K Earners!
Kimberly Wilkins
Share The Love

Let others know how much our customers love HBN by sharing your ListenThenOrder.com/{WebRepName} website with them.

Welcome them to the HBNFamily group on Facebook using the ATM (Add, Tag, Message) Method. Add them to the group, tag them in messages relating to their questions or concerns, and then message them directly to let them know you’re available if they need assistance.

Train them to do the same!

See You In December!

“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.”

~Calvin Coolidge