



## 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}](https://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.

### 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.*



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!

## 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.](#)

## Hemp/CBD Corner

---

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 3<sup>rd</sup> 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 Domitrecz

Joe Jackson

Casey Lewis

Edel Mackey

Gary McPherson

Donna Nevill

Pauline Robertson

Carol Taylor

Ainsworth Thomas



*Thank you*

**Congratulations 3K Earners!**

Iris Fifi Cheek

Hemp Emotion

Rhonda Peterson

Susan Cooper

Sapna Jude

Kaylene Scott

Bobbie Donaldson

Sarah Lonie

Traci Smetka



*Thank you*

**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



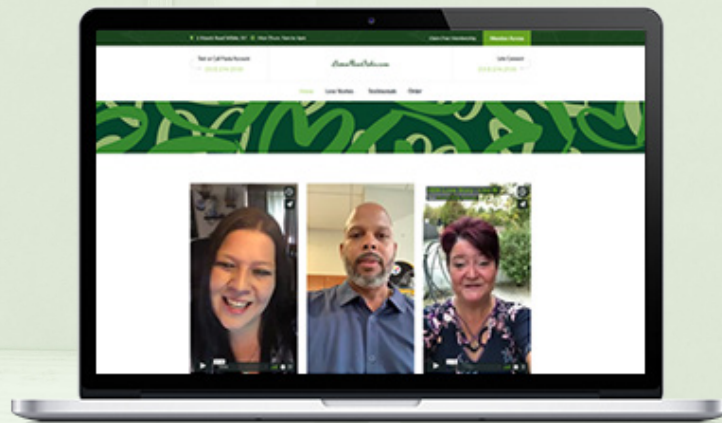
## Share The Love

---

Let others know how much our customers love HBN by sharing your [ListenThenOrder.com/{WebRepName}](https://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