

PLEXUS PALS

GOOD STUFF TO KNOW

You probably started Plexus because people you know and respect talk about the amazing results they have had. This is a good start because it is a true testimony from someone you know. Now I'm going to teach you how to find out more information, connect with others, understand why Plexus works and how to get to know your body. Plexus is so much more than natural products that cleans your microbiome, it is a healthy way to live. Fix your gut and your body can fix itself. It is not a dietary supplement, although you will lose toxic body weight, it is removing years of toxic build up so your body can reclaim the self-healing process. Plexus does have supplements to complement the gut health to lose weight.

Here are a few facts that will confirm your decision

1. Most westerners don't even know they need to clear their colons
2. Undertakers report that corpses rarely need to be embalmed since we eat so many preservatives that our bodies take longer to decompose after death
3. Curled up in your gut is about 22 feet of small intestine (1.25-1.5 inch diameter) and 5 feet of large intestine (2.5 inches diameter). Putrid fecal matter can expand the colon from 2.5 to 10-20 inches in very obese people leaving a pencil width channel for fecal matter.
4. Almost all people have colons that are distorted and coated in stagnant impacted feces.
5. Mucoid plaque forms in the colon partly due to a residue of eating mucus forming fords and because our bodies naturally secrete mucus in our intestines as a defense mechanism against toxins. Pancreatic juices can clear away the mucus but it cannot keep up with the mucus forming food we have and continue to digest.
6. Layers of plaque buildup throughout the length of the intestinal tract, compact, and harden. You can't "diet" it off. This is the biofilm that Plexus removes.
7. The colon, if not healed, can become permanently toxic and all health problems result as these poisons seep into your bloodstream.
8. Not only are you cleaning up the physical toxic build up but emotional issues are held in the "hara" or gut area. The emotional release also provides healing.

Plexus is a 10 year old company that started by making breast self-check kits for women. From there they started down the path to natural health. They are growing like fire because they have empowered the everyday person to help their family or friends to feel better.

Must Do's to Succeed

1. Hydrate – It is critical that you drink plenty of water. Water flushes the toxins out of your body that are released from the microbiome via the ProBio 5. Drink at least half of your body weight in ounces if not more. If Plexus does not seem to be working, up your water intake daily, give it some time, and then maybe up the dose.

2. Be Consistent - The Tri-Plex is a system that works if taken daily. You can adjust doses at any time and even back off eventually but consistency is the key. You will and should start to finally tune into your body.
3. Be Patient and Believe - Your gut has accumulated toxins your whole life. Healing from the inside out takes time, patience, and hydration. Hang in there. Look at the testimonies.
4. Ask for Help – There are a bunch of people ready to hold your hand through the detox period or at any time. I have found that people doing Plexus are not just about your health but are supportive in all aspects of your life. Some may get excited about the business side and you may too. I am here to support you in all ways. This is YOUR journey and I am here for you.

References

This is a breakdown of where to find more information or get help. Someone helped you into Plexus and so many more people will help you through the process. It is your right to find out more should you be so inclined.

Facebook Messenger

Your private FB Messenger group with the ambassadors above you has been set up the first day you were signed up. If you don't have the group, let me know. That is a great place to ask personal questions that you can't find answers to on the FB pages. You will get a prompt reply. This is a way for everyone to stay in touch with what is going on and learn how to help. I find it helpful to add the @ sign in front of the peoples name in the message you send such as @KarenWright. By typing the @ it will pull up your list of contact names. Type @K it will pull up all of your contacts starting with K.

Facebook Messenger Groups

1. Michigan Worker Bees – Michigan Plexus Group
2. Hope Builders – Local Plexus Group

Facebook Pages

There are a ton of FB pages you can join as an Ambassador. You add yourself or someone underneath you on the FB page but then you have to send a FB Messenger request to have Jessica or Shelly approve them, see the FB Messenger note above. If Jessica or Shelly did not create the group you may have to await approval or request it from the creator of the group.

Business Training, Support, and Fun (must be Amassadors)

1. Team Rocking Wellness – Jessica Hoogendoorn page. On the left side of this page you'll see About, Discussion, Announcements, Events.... Check those out. There is a Plexus training calendar under Announcements
2. Plexus Biz! – How to grow your Plexus biz
3. Dare to Dream – Business information

Health Stories and Product Information – (add interested people and Ambassadors)

1. Gut, Health and Happiness – search for success stories on various health challenges
2. Journey 2 Health – search for success stories on various health challenges
3. Plexus Worldwide – Information from corporate Plexus
4. Plexus Products 101

Plexus Website

- TONS of information
- Log in
- Go to Your Dashboard or go to <https://backoffice.plexusworldwide.com/resourceLibrary>
- Go to Training Center (see it on left side)
- Be curious like a kid and you will see a ton of information from product information to establishing healthy lifestyle habits to growing your business. I have actually learned a lot about business in general that I can take to my other businesses and use.

Live Video Training

Plexus does video training via Zoom, an online video chat program. If you text TRAINME to 753-987 you will get the link for each of the trainings.

Ambassador vs Preferred Customer

This is something I learned along the way that is important to understand if someone is interested in Plexus. Gut health is a commitment, the body takes time to heal. It took me a year to say “wow this really works” and I am still detoxing. When someone asks how long it will take to heal, I show them this excellent analogy video:

[story fbid=10158413441263082&id=601538081](https://www.youtube.com/watch?v=10158413441263082&id=601538081)

I like to find out the challenges people face so I can check in on their progress, ask questions, and be a friend. Plexus is all about helping people feel good. It's an network of amazing people helping other people. It's very cool.

Ambassador

If someone is committed to Plexus to heal their gut, I recommend becoming an Ambassador. It is a bigger savings, you can sign up people under you which you will want to do when you feel amazing and it will bring you income PLUS you will earn Plexus Points to use towards free product (<https://helpcenter.plexusworldwide.com/hc/en-us/articles/360034042192-Plexus-Perks->). However you do have maintain 100PV (personal volume) each time you order, which is a bit over \$100. The Tri-Plex qualifies so if their committed to giving Plexus Tri-Plex a fair shot then it's a good way to go. I am also loving their other products so it is fun to try other things.

Why a PV of 100? That is a commitment by you to spend over \$100 a month on Plexus and in return Plexus committing to you that you will receive a discount. I have been a Young Living member for over 18 years and if I miss one month of PV I lose all of my benefits. Plexus has been kinder but please respect this.

If you decide to drop from an Ambassador to a Preferred Customer and then change your mind and want to be an Ambassador again, there is a 6 month waiting period.

Preferred Customer

A preferred customer is someone who does not want to commit to the PV, receive the discount, and grow a business with Plexus. If they order monthly then after four consistent months they will receive an additional 10% off the months following. However if they miss ordering a month then they lose that 10%.

The PV earned for their purchases will go to the Ambassador that signed them up.

What to do?

If you want to try Plexus for gut health and therefore overall health and wellness then you want to give it at a minimum of 6 months. I've been doing it a year and still see some detox. That being said, sign up as an Ambassador. You can always drop down to a Preferred Client.

Tri-Plex Cost (3 Products: Probio 5, Biocleanse, Slim)

Ambassador - \$119.95 + shipping & tax PLUS you accumulate Plexus Perk Points for free product.

Preferred Customer - \$149.95 + shipping & tax

Preferred Customer with a monthly subscription - \$135.95 + shipping & tax

The initial month for the Tri-Plex is approximately \$145 (\$39.95 for the welcome packet of information but sometimes there is a code to cover it) after that it's \$129. That is cheaper than a 90 minute massage, or a manicure/pedicure, etc. and it will change your life

Product Information

Jessica has a ton of YouTube Videos

Plexus website – lots of videos and product info

Team Rocking Wellness FB page has a lot of great videos and information.

Here is one of them:

<https://www.facebook.com/groups/798229750212612/permalink/1900095816692661/>

Multi-Level Marketing (MLM) Companies

Many people freak out that Plexus is a multi-level company so let's chat about MLM companies. Young Living is a big example of a MLM. It would be a hard sell if they put their products on the shelf next to other essential oil companies, a 15ml bottle of Lavender oil is \$28. A MLM company empowers people to share their knowledge, hold peoples hand, reap some benefit of being the middle man, and allow the company to grow. Why shouldn't you be rewarded for educating someone on the benefits of gut health and continue to be their support crew?

Plexus is a solid product that enables people to heal their gut health. In order to do that there is a detox period that may be uncomfortable at times. Plexus has created a huge support system

for everyone. Like I mentioned above, it is a company of regular people helping regular people and seeing and sharing amazing health benefits.

This YouTube video explains it best:

https://www.youtube.com/watch?v=ZLqbcRxJDGc&fbclid=IwAR0pC1R02CG4ohn_n6DUm4PtWLVm0v2urDUGA2HVOyrMWrkrU5T9EzM4Ag).