

# PERFECT PRESS STYRIAN PUMPKIN OIL

## OWNER'S HANDBOOK

How to use — **and benefit from** —  
your Perfect Press Styrian Pumpkin Oil.

ACTIVATION





# INTRODUCTION

**First, let us extend our sincere thanks for purchasing your very own bottle of Perfect Press Styrian Pumpkin Oil.**

We hope this purchase will help you on your path to better health. We have no doubt it will.

There is so much that Styrian Pumpkin Oil can do for you. From prostate protection, to a healthier heart and a more reliable bladder, this delicious oil is a wonderful addition to any diet.

**In this handbook you'll learn...**

- **General use instructions**
- **Five custom tips for better health using Styrian Pumpkin Oil**
- **10 benefits of Styrian Pumpkin Oil**
- **Answers to frequently asked questions**

# GENERAL USE



Every body needs different nutrients. Because Styrian Pumpkin Oil is an all-natural product, the amount you take is ultimately up to you.

Be alert to how your body reacts to the addition of Styrian Pumpkin Oil to your daily routine and adjust your intake accordingly.

**We Recommend:** 1 teaspoon, twice daily.

**One teaspoon, twice daily, will give most bodies the nutrients they need and will lead to numerous health benefits.**

What's great about this oil is that you can use it in a few different ways. You can drink it, add it to your food or even rub it on your skin and put it in your hair for a wide range of different benefits.

One of the best features of this oil is that it is both nutritious and delicious, making it easy to work into your daily routine.





# GENERAL USE

**Speaking of your daily routine... in order to get all the benefits we're talking about and see the best results, you should aim to take this oil daily.** Running low on supplies? [Stock up here!](#)

We've already mentioned a small handful of the benefits that Styrian Pumpkin Oil has to offer, so you may be wondering what other perks you can look forward to enjoying.

In the next few pages, you'll discover numerous ways to use this oil and learn about the incredible things Perfect Press Styrian Pumpkin Oil can do for your body.

# STYRIAN PUMPKIN OIL PRO-TIPS

You can make using Styrian Pumpkin Oil an even better experience by following these five suggestions...

## TIP #1:

Add Styrian Pumpkin Oil to your smoothie in the morning to kick up the nutritional value of your breakfast and give you a mental boost. Healthy fats are essential for proper brain function and will also help you to absorb the fat-soluble nutrients in your smoothie ingredients. Bonus: this oil adds a nutty flavor that you won't be able to resist.

## TIP #2:

Add a dose of healthy fats and phytochemicals to your “cheat” meals. Styrian Pumpkin Oil tastes so good it makes treats like pancakes with maple syrup, baked goods and even ice cream taste even better while adding a hit of solid nutrition to otherwise indulgent foods. Just make sure you're drizzling it on after any cooking or baking because heat will damage the fatty acids.







# STYRIAN PUMPKIN OIL

## PRO-TIPS

### **TIP #3:**

Rub it into your scalp and hair to prevent hair loss. A compound in pumpkin oil, beta-sitosterol, has been found to block the conversion of testosterone into DHT. It also contains delta-7-sterol, which blocks DHT. The effects of these naturally occurring chemicals have led to evidence for pumpkin oil as a preventative solution for hair loss. Be sure to shampoo thoroughly after letting the oil soak into your locks for 10-30 minutes.

### **TIP #4:**

Give your skin a boost by rubbing Styrian Pumpkin Oil on it. The fats will moisturize your skin and leave you glowing, plus this oil has antioxidant properties that can reduce inflammation, skin irritation and fight signs of aging.

### **TIP # 5:**

Speaking of inflammation, if you're having digestive issues, add Styrian Pumpkin Seed Oil to some good quality yogurt. The fatty acids can balance excess inflammation in your gastrointestinal tract, helping to soothe uncomfortable symptoms associated with an unhealthy digestive system. The yogurt itself will help, too, because it contains natural probiotics.

# 10 BENEFITS OF STYRIAN PUMPKIN OIL

There are a number of terrific benefits that Styrian Pumpkin Oil has to offer. Here are our top ten to get you started:

## Styrian Pumpkin Oil...

- 1 soothes an overactive bladder
- 2 promotes healthier skin, reducing inflammation and irritation
- 3 supports prostate health by preventing and even reversing enlargement
- 4 prevents hair loss
- 5 supports the muscles that strengthen the bladder
- 6 reduces symptoms of menopause
- 7 promotes healthy circulation
- 8 supports liver health
- 9 supports cognitive health and brain development
- 10 reduces digestive discomfort

**There's even more where that came from.** Once you start taking Styrian Pumpkin Oil, over time you'll notice even more improvements to your health, inside and out.

# FREQUENTLY ASKED QUESTIONS

## Is Styrian Pumpkin Oil safe for everyone?

Perfect Press oils are generally very safe. However, we do not recommend giving any of our products to children under 1.5 years of age. Pregnant or nursing women should speak to their healthcare provider before taking this, or any other supplement. If you are on lithium or medication for hypertension you should speak to your healthcare provider before taking any pumpkin oil.

## Can I cook with it?

We don't recommend cooking with Perfect Press Styrian Pumpkin Oil as it is a raw seed oil and heat may damage some of its nutritional components.

What many customers love to do is add Perfect Press Styrian Pumpkin Oil to food after it's been cooked. You can also add it to a smoothie, juice or homemade salad dressing. This is one of our best-tasting oils; it's easy to incorporate into many dishes.

If you're looking for inspiration, we have a few Styrian Pumpkin Oil recipes in the [Activation Kitchen](#). Check those out now — you'll find healthy and delicious pancakes, granola bars and more!





## How long will my bottle last?

If you take the recommended amount (1 teaspoon, 2x daily) each bottle will last about 25 days.

## Can pumpkin help with bladder trabeculation?

There is a lot of evidence behind the idea that pumpkin oil strengthens the muscles that support the bladder in general. It also soothes irritable or overactive bladders. Bladder trabeculation can cause frequent UTIs, which can also be helped by regular pumpkin oil use.

Trabeculated bladder is sometimes caused by benign prostatic hyperplasia (BPH, aka enlarged prostate). Because pumpkin seed oil both reverses and prevents prostate enlargement, it can be a beneficial addition to your diet if you suffer from these issues.

## I noticed Styrian Pumpkin Oil has more omega-6s than omega-3s. Isn't that a bad thing?

Omega-6s are just as important as omega-3s. In fact, we need at least as much omega-6 as omega-3 (the ideal ratio is estimated to be between 4:1 and 1:1 omega-6:omega-3).

# FAQ CONTINUED

The trouble is that most Americans get more omega-6s than they need and too few omega-3s and they tend to get their 6s from unhealthy sources, like packaged crackers and store-bought salad dressings, for example.

### What we recommend is this:

1. Clean up your diet by getting rid of unhealthy omega-6s — that means getting rid of processed or packaged foods that contain low quality vegetable oils.
2. Be sure that you are getting enough omega-3s (e.g. one tablespoon of [Perfect Press Flax Oil](#) per day or a teaspoon of high quality fish oil per day).
3. Add healthy sources of omega-6s back into your diet to replace the unhealthy ones you've cut out (again, you need 1-4 times more omega-6 than omega-3).

Taking Perfect Press Styrian Pumpkin Oil is a delicious way to start rebalancing your omegas. If you're getting adequate omega-3s and take the recommended two teaspoons of Perfect Press Styrian Pumpkin Oil per day, you'll be well on your way to getting what you need to stay healthy.

# THANK YOU!

**We'd like to thank you once again for investing in our Styrian Pumpkin Oil and your long term health.**

We can't wait for you to start adding Styrian Pumpkin Oil to your daily routine and to begin noticing the positive changes in your health, from the inside out.

**Taking this oil every day** can protect the prostate, strengthen your bladder, keep your heart healthy, prevent hair loss, encourage smooth digestion and boost your mood, just to name a few of the many benefits Styrian Pumpkin Oil has to offer.

Let us know how you've been enjoying your Perfect Press Styrian Pumpkin Oil! We'd love to hear from you. [You can write your testimonial, here.](#)

**If you have any questions, don't hesitate to reach out to our friendly and knowledgeable customer loyalty team.**

**Have questions? Call Us!**  
1-866-271-7595



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