



# Essential Oil Therapies

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## Get Refreshed Part 2 Your Liver Works Hard, Needs Extra Cleansing

### Liver Cleansing Helped Dramatically Lower Cholesterol

"For years I have struggled with high cholesterol. I was on Zocor™ [cholesterol-lowering medicine] for many years at the highest dosage, still unable to get my levels to normal. Then, under my doctor's supervision, I began to do liver flushes every 2-3 months - as much of my problem was contributed to by a toxic liver and very sluggish bile. (I had my gallbladder removed in 2001). My first cleanse flushed out over 50 balls of bile.

To support my liver detoxification I apply **JuvaFlex**, **Release**, **Clove** and **Lemongrass** topically on the liver and the bottom of my right foot on the liver Vita Flex point. I also included **JuvaTone** and **Ningxia Red** antioxidant juice as additional support.

My total cholesterol levels have decreased from 287 to 204, my triglycerides have reduced from 197 to 93. Of course, in addition, I have made a conscious choice to eat healthier, increase my water intake and exercise on a regular basis to help support my liver detoxification. "  
*Paula Quinlan, Minnesota*

This is our second issue in a series on the health benefits of internal cleansing. We showed in the first issue that ongoing, internal cleansing is vitally important to soothe gastrointestinal discomforts, recondition the digestive system and reduce the toxic burden on our bodies.

Once the intestinal tract is cleansed and functioning well, then you're ready to take on the rest of the clean up job, according to D. Gary Young, founder of Young Living™, "You can't have a toxic liver and good health. Cleansing the liver should be an everyday process."

While the colon plays a key role in the digestion and absorption of nutrients, the liver is responsible for the conversion of those nutrients into bioavailable forms. The liver is also essential to the elimination system. Think about it: As your blood circulates, it picks up debris and sends it to the liver for filtering— three pints of it every sixty seconds. The liver carries out over 5,000 such essential biochemical functions every day, affecting every cell in the body. However, when the liver becomes over-saturated with oil-soluble toxins, synthetic chemicals and heavy metals, its ability to perform those protective



Re-JUVA-Nate™ Kit - Complete liver cleansing supplements and instructions

functions may be reduced. To prevent that, many healthcare professionals advocate cleansing of the liver and kidneys as well as the colon.

**Cleansing Helps Erase Life-Long Yeast Overgrowth, Debilitating Fatigue**

The following story of a long-time Young Living member shows that colon and liver cleansing can be instrumental in restoring health. For years, Mary Ervasti struggled to keep up with her busy life. Even though she ate well, exercised and used all of Young Living's products, she needed six Master Formula and six VitaGreen™ supplements daily just to keep going. The day Mary fell asleep at the wheel and had an auto accident, she decided to fix that fatigue for good. Her doctor, Jessie Hanley MD, author of What Your Doctor May Not Tell You About Pre-Menopause, identified yeast overgrowth in the blood as the source of her fatigue and hormone imbalance. The cause? Mary was on antibiotics from the age of six months to three years for chronic throat infections, and again in her teens. Those antibiotics destroyed her natural gut flora balance, led to yeast overload and, ultimately, threatened healthy organ function, according to Dr. Hanley.

The solution? Thorough internal cleansing and a yeast-free diet. "I went on a sugar, dairy and vinegar-free diet for six months, took colon and parasite cleanses and followed a rigorous Young Life Clinic protocol for eight months. Then I did my first liver cleanse. Was I amazed! After all that work to rid myself of excess yeast, still MORE came out during the liver cleanse! My system wasn't truly yeast-free until I used the **Re-JUVA-Nate** liver cleanse system."



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## Get Refreshed Part 2

The happy ending to Mary's story is that her health has been renewed and rejuvenated and now her friends run to keep up with her.

Following are many of the Young Living cleansing products she and many others have found to be effective.

**Re-JUVA-nate Kit** contains three products essential to proper internal cleansing.

**Detoxyme™** vegetable enzyme complex promotes detoxification of the body and improves digestion.

**ComforTone™** combines natural cleansers with herbal extracts to dispel parasites and toxins, enhance colon function and relieve constipation.

**JuvaPower™** an advanced phytonutrient fiber supplement, makes adding fiber delicious. Stir into water or juice or sprinkle on food to cleanse liver and digestive system simultaneously.

**Bonus booklet** and CD includes Gary Young's cleansing recommendations and recipe ideas.

**JuvaTone™** is a powerful herbal complex designed to promote healthy liver function. Use with ComforTone for maximum results, taken one hour apart.

**JuvaFlex™** essential oil blend works well with JuvaTone and Di-Gize™ essential oil blends. Apply topically or use as a hot compress over liver.

**JuvaCleanse™** essential oil blend supports cleansing and detoxifying of the liver. Use topically or as a hot compress over liver.

**DiGize™** essential oil blend relieves upset stomach, heartburn. May help dispel parasites. Massage on stomach area.



**JuvaSpice™**, like JuvaPower, is a digestive cleanser with optimum nutrition and a delicious taste. Sprinkle on foods, the natural flavorings enhance scrambled eggs or salads.

**ParaFree** is an essential oil blend to be taken orally, either as a liquid or in soft gel caps.



## Continuous cleansing is the goal for Gary Young

It's not a question of "How long should I do a colon and liver cleanse, and how do I know when my liver and colon are clean?" As long as we live in today's environment, we will never experience a truly clean colon or liver. It's simply impossible to avoid toxic exposure in the world in which we live.

The point is that the liver cleanse is not something you do for a while and then stop; it is a life-style of continuous cleansing.

Talk to your Young Living sponsor or member for more information.

Special appreciation to Paula Quinlan for her testimonial and Tom Anson for permission to quote from his adaptation of Gary Young's taped lectures on liver cleansing.

Reference  
D. Gary Young. Training Tapes 51-52. JuvaCleanse Your Liver for Better Physical, Emotional & Spiritual Health". Essential Science Publishing. 2003.

**IMPORTANT** Any change in your health practices, including cleansing, should be supervised by a competent health provider. This information is for educational purposes only. It is not to diagnose, prescribe any specific health condition. The publisher and subscriber assume no responsibility to or liability for any person or group for any loss, damage or injury resulting from the use or misuse of any information in this newsletter.

Product Name	Code # Size	Wholesale Pref Cust Customer Prices
Re-JUVA- nate Kit	#3159	\$116.75 \$135.18 \$153.62
JuvaCleanse essential oil blend	#3395 15 ml	\$76.50 \$88.58 \$100.66
JuvaFlex essential oil blend	#3375 15 ml	\$36.75 \$42.55 \$48.36
JuvaSpice supplement	#3279 113 svg	\$19.75 \$22.87 \$25.99
JuvaTone supplement	#3214 150 tabs	\$30.50 \$35.32 \$40.13
Di-Gize essential oil blend	#3324 15 ml	\$30.00 \$34.74 \$39.47
ParaFree supplement liquid & soft gels	#6200 2 fl oz  #6201 190 caps	\$23.75 \$27.50 \$31.25 \$36.75 \$42.55 \$48.36

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