

# Essential Oil Therapies

Spring-cleaning is about more than purging your house and yard of all the junk you've accumulated throughout the winter months. Just as it's more difficult to take care of our property when the temperature drops, it can be just as difficult to take care of our bodies during this prolonged stretch of inactivity. Ridding ourselves of all the toxins that have built up within our bodies will help us find enhanced health and wellness.

Detoxifying the body of internal pollutants by cleansing the colon, kidneys and liver will lead to numerous health benefits, including: better sleep, more energy, reduced brain fog, positive outlook, greater flexibility, weight loss, increased strength, improved skin conditions, more luxurious hair, and freedom from allergies and addictions.

The key to reducing the enormous amounts of stress on our bodies' systems and attaining these health benefits is to cleanse ourselves of heavy metal toxins, undigested foods and other internal pollutants. Young Living offers products that ensure that we keep our bodies in pristine condition so we can enjoy healthy, happy lives.

## 5-Day Nutritive Cleanse

The 5-Day Nutritive Cleanse™ facilitates gentle and effective cleansing to improve overall health and well-being. A minimum of four easy cleanses a year with our 5-Day Nutritive Cleanse and continued nutritional maintenance will help balance the extremes of the modern diet.

This nutritive cleanse includes the following: Ningxia Red, an energizing, replenishing, whole wolfberry nutrient infusion (1 liter); Balance Complete, a super-food-based, daily, superfood energizer and nutritive cleanse (26.4 oz.); Digest + cleanse, which soothes gastrointestinal discomfort and supports healthy digestion(30 softgels)



## THE NEED FOR CLEANSING

As the human body ages, there is a risk of greater and greater buildup of chemical contamination in the tissues. As toxins accumulate, the body is more likely to suffer the energy-robbing effects of poor health and degenerative diseases. More than 60% of Americans will develop one or more of these health conditions: colitis, Crohn's Disease, Irritable Bowel Syndrome, allergies, arthritis, heart disease, or cancer. In fact, it is estimated that 90% of all chronic diseases come from unclean bowels. This is why cleansing the body regularly is so important.



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### CLEANSING TRIO™ KIT



Cleansing Trio™ Kit contains the products you need to begin improving your health through cleansing your system and eliminating waste by specifically supporting normal liver function. Augmented with herbs that are rich in vitamins, minerals, enzymes, amino acids, fiber, and essential oils, the Cleansing Trio will give you new energy and an improved sense of well being. Kit includes: Essentialzyme, ComforTone, and ICP.

### Rehemogen - 1.8 fl oz

Rehemogen™ contains Cascara sagrada, red clover, poke root, prickly ash bark, and burdock root, which have been historically used for their cleansing and building properties. Rehemogen is also formulated with essential oils to enhance digestion.



### JuvaFlex Essential Oil - 15 ml

JuvaFlex™ is a combination of oils that have been studied for their supportive effects on the liver and the digestive and lymphatic systems. It may also support healthy cell function. JuvaFlex™ works well with JuvaTone® tablets and Di-Gize™ essential oil blend.



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