

# Body, Mind, Spirit Healing

1. Detox/cleanse the mind and spirit. Change stressful situations, relationships and environments.
2. Detox/cleanse the body, paying particular attention to the liver.
3. Drink plenty of good water.
4. Pay attention to acid/alkaline balance.
5. Exercise and practice deep breathing.
6. Nourish the body with a full spectrum of vitamins, minerals, proteins and essential fatty acids.
7. When you have the above going, then pure, therapeutic grade essential oils can do their miraculous work and assist you in accomplishing the above.