

YOUNG LIVING TRAINING CD #87

“INTERNAL CLEANSING OF THE BODY FOR BETTER HEALTH AND GREATER ENERGY”

Dr. David Hill, Director of Science/Education

We welcome you to Training CD #87, from the 2006 Young Living Annual Convention, a highly informative lecture by Dr. David Hill on Internal Cleansing of the Body for Better Health and Greater Energy. And now, here is Dr. Hill to share this exciting information.

Dr. David Hill - Great Opportunity to Teach

I see a lot of faces I recognize and I need you to know that I am really excited to be here because I consider this to be a great opportunity. I don't know anywhere else where I could be to get this kind of satisfaction. Even when I was in private practice I didn't get the amount of satisfaction I get from being here and visiting with individuals like yourselves in sharing with you things I believe are critical for us to do on a daily basis, or that we can choose to do if we want to. I say “choose” because it's always about our own personal choice. If we will do them we will become more healthy, and I want to focus in today on what it means to cleanse.

How Do You Feel about Cleansing?

When I first went to *Young Life Research Clinic* it was all new to me, and when I got to the colonic hallway, the “hall of fame,” as we used to call it, I found easy ways to avert that and go in other directions. I'm a big fan for colonics, and I think you should do them. I just don't think you should have the kind of experience I did on your first one!

I went to one of my staff members kind of sheepishly and I said, “I think maybe I need to cleanse..” and she goes, “Oh, you want a colonic?” “Could we talk about this, maybe in my office?” I convinced her that yes, I would like to come in and she said, “Okay, come on in.”

I made the mistake as we were finishing (being totally embarrassed the whole time) of saying, “You know, the only thing that could

have made this experience worse from an embarrassment standpoint was if the entire staff had known about this.” My friends tell me all the time that I'm on a very steep learning curve, and I'm starting to understand why that is! Because you know what happened—right! I fixed my hair, I tied my tie (trying to just sneak out), I opened the door and there was my whole staff! “Yea! Yea!”

Is that how you feel about cleansing? Some-times that's how I feel about it. It's like we should be excited because it's something that should be very normal to us, but we get excited because it has happened yet again!

Two Views on Cleansing - Slow and Fast

So I want to talk with you today about some things that you and I do that stimulate the process of cleansing within our bodies. There are two distinct views of cleansing. The first one is that cleansing should be a slow, gentle process, and the other is that cleansing should be an aggressive fast process—and I am going to tell you, there is a place for both. You and I both know that there is a need for cleansing because of all the toxicity that we are exposed to on a daily basis.

None of this is going to come as a surprise to you, but if you were to dump in just one year the amount of air we breathe, the food that we eat, the water that we drink—if you were to dump all of those toxins into semi trailers, you could line semis up from Los Angeles, California all the way to Des Moines, Iowa—that's how much we are exposed to on a daily

basis. We're exposed to more toxins in one day than our grandparents were exposed to in an entire lifetime!

Chemicals Have Changed the World

That's the way our world has changed. Of the 70,000 some odd chemicals that are now in use regularly, commercially, within our country, the Environmental Protection Agency says, "Guess what—at least 65,000 of them are considered to be extremely harmful and potentially dangerous to our health. Many of them carcinogenic and have detrimental effects for us. It may surprise you to know that every single day in this country we are testing for approval somewhere between 5,000 and 6,000 new chemicals to be used. Why? Because you can't patent anything that's natural. So, for me to make money at it, I have got to turn it into a chemical—and that is far-reaching in every aspect of our lives.

Standpoints on Counteracting Toxicity

There is a division in terms of what you do to counteract toxicity. This is an interesting statement that comes from a gastroenterologist. Dr. Michael Picco is a medical doctor who works for the Mayo Clinic and he says, "Doctors don't recommend colon cleansing for health or to prevent disease."

That's somewhat of a controversial remark when you look at other doctors, like Joel Fuhrman, who said fasting and natural diet—though essentially unknown as a therapy—should be the first treatment when someone discovers that she or he has a medical problem. I would modify that a little bit by saying, "It's not when you discover you have a medical problem that you would want to do that."

Regular, Gentle Cleansing

Today we are going to talk about the opportunity for you to cleanse gently on a regular basis so that you're preventative in the measures you are taking to restore your health—or in this case, to maintain your health. There

are a lot of signs and symptoms associated toxic stress, and some of you can look up there (on overhead projector) and maybe recognize them: obesity, inflammation, poor digestion, fatigue, headache, all types of syndromes where we lose our ability to think. What about cognitive functions? For example, "I just seem to have a brain fog; I'm just not connecting things the way that I used to."

Another sign of toxicity is skin irritation and skin rashes—there are a lot of questions you could ask yourself about whether or not you are toxic, or what is your risk for toxicity.

Evaluate Your Diet

A lot of toxicity comes from the things that we choose to do every single day. What about your diet—are you drinking soda pops? Are you taking caffeine? Do you drink coffee? Do you drink tea? Do you drink alcohol? Do you smoke? Do you use drugs (prescription or otherwise?) Do you live or work in an environment that has a lot of chemicals associated with it? Do you live in a big city? Do you have a lot of stress associated with your job? Do you eat in fast-food restaurants? Do you not eat fruits and vegetables? Do you eat only pro-cessed foods? Do you cook all of your food? These are all questions you could ask that would give some determination. If you said yes to even one of them, you still need to cleanse because we are also exposed to toxins in the environment. We are breathing them in and they are absorbed into our bodies on a regular basis and it is important to get rid of these toxins.

Fat-Soluble and Water-Soluble Toxins

I want to talk with you very briefly about some of the ways we do that and some of the anatomy involved. Toxins really come in two different forms: fat soluble and water soluble. Like all things are within the body, there are two environments—there is a water-soluble environment and a fat-soluble environment.

Water-soluble is everything inside the cell and everything outside the cell, fat-soluble is every-thing that keeps everything inside the

So we look at toxicity. When we have toxins that are in the water-soluble form the body can eliminate them very quickly through different cleansing pathways of the body, but when we have a toxin that's a fat-soluble, that has to go through a conversion process. We have to take it from fat-solubility, convert it to water-solubility, and then it can go through the cleansing pathways of the body.

Phase 1 Detoxification

Let me tell you very quickly what those path-ways are, and more importantly, what those steps are. It's called "Phase 1" and "Phase 2" detoxifi-cation. You have heard myself and Gary Young and many others talk about how important the liver is to your health, and this is one of the reasons why it's important, because your liver is responsible for Phase 1 and Phase 2 detoxification where you go through these conversion processes.

Phase 1 is called the "conversion phase." That's where the body takes the fat-soluble toxin (whatever it happens to be) and converts it to a water-soluble state. When the body does that, however, it carries with it some risks, and one of the most significant risks is that it creates a large amount of free radical damage within the body. And, by now, we are all very familiar—not just because of *Young Living*, but because of all the medical literature that now exists about free radical damage and how it destroys the cells of your body.

Phase 2 Detoxification

Phase 2 is a little different. It's called the "con-jugation phase." It's where the body takes the metabolite that's been formed in Phase 1 (whatever that happens to be) and combines it in this water-soluble form now with something else, so that it's neutralized or inactivated within the body. It also facilitates it so that it can be

cell separate from everything outside the cell. Does that make some sense?

eliminated through some of those pathways that we talked about, and that holds great value to you and me.

It's easier to eliminate once it's gone through Phase 2, but Phase 2 (just like Phase 1) has some side effects associated with it, and it's important to go through Phase 2 as quickly as you possibly can. One of the reasons why (and look at this partial list), do some of these look familiar and do they have a common ring associated with them? Cancer, lupus, Parkinson's, fibromyalgia, chronic fatigue, autoimmune diseases.

Another way to say that entire list and more would be "inflammatory circumstances within the body" or "inflammation that occurs." When we have Phase 2 detoxification that is stopped in its process, we become very susceptible because the body cannot eliminate. We can generally get through Phase 1, but even in going through Phase 1 we have some difficulty because we have learned that we nutritionally are compromised.

Nutritional Compromise

Eating the diet that we now eat and living in the environment that we now live in, we are nutri-tionally compromised, and that, as an event, is disruptive to everything that we do within the body in terms of a physiological sense. So with Phase 1 and Phase 2, I can't even go through these processes unless I have a significant amount of vitamins, minerals, antioxidant activity, or phytonutrients within the body.

So I want you to start to put some pieces together now. For a very long period of time we have been talking about what it is you do on a regular daily basis to maintain your health. We've talked about *NingXia Red* being one of those most powerful products and we've talked about how *NingXia Red* is very rich in vitamins,

minerals, phytonutrients, and you can start to understand why people get so excited about *NingXia Red*.

Cleansing Pathways

Let me tell you about some of the pathways very quickly just so you understand how they work. I'm a good believer that we can make it physiology simple to understand (and it's important that we do understand it) because if I understand how a system is designed to work, I can do things, I can choose oils, I can choose lifestyle events that support systems rather than degrade them. So let me help you understand cleansing pathways.

There are five cleansing pathways that we have in the body: the lymphatic system, the colon, the liver, the kidney, and the skin. Those are the five that we are generally going to deal with when it comes to cleansing or detoxifying the body.

Lymphatic System

The lymphatic system is important for a lot of different reasons, but I am not going to spend a lot of time here. It's the nutrient delivery system for the cells—and I will show you how that works here very shortly—and it's also a toxic elimination pathway for cells. Cells produce byproducts as they go through their normal metabolic processes, and we have to have a pathway where they can be eliminated. That's one of the reasons for or purposes of the lymphatic system. The lymphatic system has other things too, but it exists in close correlation with the finer components of the circulatory system.

We can take something like the aorta as it comes off the heart, and those vessels will become smaller and smaller and smaller until finally they become something known as a capillary. Capillary beds exist all throughout the body, and the reason they do is because this is where all the exchanges take place in the body. This is also where the lymphatic system exists. This is not a closed-in system where we have an arterial that goes to a capillary which

goes then to a venule and then eventually into a vein. The lymphatic system does not have a complete cycle, so we do not have a constant closed system of flow for the blood circulation. The lymphatic system exists in the capillary beds and eventually dumps back into venous system and eventually is carried into the organs for detoxification and elimination.

Interstitial Fluid

That works because you have cells within your body and this smaller vessel (which is a capillary vessel) carries with it, not just cells, but also blood plasma, and blood plasma leaks into the interstitial fluids (or interstitium) which then becomes interstitial fluid. It's all the space between your cells, and it's important that it leaks into that area because it brings with it also all kinds of nutrition. Maybe it's vitamins, maybe it's minerals, maybe it's hormones—but that is how it leaches to and can be absorbed by the cell.

Toxins Carried thru the Blood

What's the other problem with the blood system? It also carries with it toxins, and toxins can end up into the interstitium as well. When we have toxins, whether it's been carried because of the blood that hasn't been processed it effectively otherwise, or because it's produced by the cells because of their normal metabolic processes—and this is just a byproduct—we have to have an effective way to eliminate it out of this environment, or what do we cause? Inflammation. And when we cause inflammation we shut body function. It is just a pressure gradient through these one-way valves. They are forced by pressure into this lymphatic system and it's carried or moved away.

Lymph Node Activity

Where do we carry it to? We move it through different systems of the body. Even within the lymphatic system itself we have lymph nodes. You've heard of lymph nodes—they're important.

We see that the lymphatic is part of the immune function. Here's why: because as toxins are carried into it, we have two types of cells associated with this lymph node, both white blood cells. To make it very simple, we have the lymphocytes which identify foreign substance within the body, and we have macrophatic cells which destroy foreign substances within the body.

So the next time you have somebody with a swollen lymph node, are you understanding more why they have some type of infection that's going on and having an immune response? More importantly, you can begin to understand how you can support that immune response.

Think about *Raindrop*, think about stimulation of the lymphatic system. Think about the oils we use within *Raindrop* and why they become now so critical and why we build the lymphatic system through that process. It's a good way to support the lymphatic system.

Intestinal Tract and Bowel

The intestinal tract. Anytime we talk about the intestines we are going to come to a conclusionary point—it's always about two things. One is function—do I have the right consistency of what I need for the bowel to function—the right enzymes, the right bacteria, the right fungus, pro-biotic activity. Is that occurring? But also, it's always about inflammation, and when we talk about diseases of the bowel, we are talking about inflammation.

This is what your bowel normally looks like (overhead projection), but this is what a bowel with inflammation looks like. And this is what most of us are facing on a regular basis because we have chronic, inflamed tissues within our bodies. Think about people you know who probably have chronic bouts of diarrhea and other things, and you're beginning to understand why.

Liver and Kidney Function

The liver. I said yesterday the bowel is the most important organ in the body for cleansing. I still mean that today, but let me qualify it by saying this—the liver cannot function without the bowel, and the liver is the primary organ of cleansing for the internal environment. It will be compromised unless the bowel is functioning and eliminating properly.

The kidneys, much the same thing. When we create kidney stress or when we have excess toxicity associated with the kidneys it's very easy to tell. You can look at this and you can understand why this is such a problem.

Osteoporosis Concerns

Women, what's one of the things you are most concerned about as you get a little bit older? You are going to go to your doctor and he/she is going to say, "I'm concerned about osteoporosis. Let's take some calcium supplementation." You and I should never be concerned about abating symptoms for the sake of just getting rid of the symptoms. We want to understand, "Why is my body leaching calcium?"

How many of you have ever gone to your physician and he/she has said, "Do you know what? I'm concerned about toxicity. I'd like to know a little bit about your diet, I'd like to know a little bit about your lifestyle—and I'll tell you why you are losing so much calcium."

One of the dots that I can connect in my mind is this: your kidneys are stressed because your bowel is stressed because your liver is stressed because you are exposed to so much toxicity. When we have toxins in our bodies, it forms acid in our bodies, and when we have acid in our blood it comes out of the blood for one main reason—if it remains, you will die.

Acid Neutralization in the Body

Your body neutralizes that acid in two different ways. (1) it puts it into tissues (and now you have chronic inflamed tissues again), and (2) it leaches minerals from your body, in particular, calcium—

because you can deal with not walking, but you can't deal with acid in your blood, and so the body will pull calcium out of your bones and will neutralize the blood acids.

And how many of you have ever had that conversation with your physician? You just learned that that is a significant sign for chronic stress and toxicity of the kidneys, but these signs are not isolated. I want you to think of these things in succession—it goes to one, to the other, to the other, to the other—and skin is always the organ of last choice.

Toxins Eliminated Through Skin

If all the other things are toxified, the toxicity is going to go to the skin. I can't tell you how many people have already come to me and said they get a rash or have a blemish or they are getting these spots. Think toxicity! It could be other things, too, but primarily I want you to think toxicity.

Specifically, I want you to think about sweat glands and oil ducts because water-soluble toxins are eliminated through sweat glands. This is a good indication as to which systems are compromised or more toxic or that you need to be supportive of. People who sweat profusely, I want you to think about kidney stress.

People who have excessively oily skin or a lot of blemishes in their skin (acne and other things), I want you to think about toxicity associated with fat-soluble toxin and our inability to eliminate them through the bowel. Those are the two venues they were going to choose to do with the skin—that's an indication for you.

Summary on Toxins

Here's a great summary slide of everything we just talked about. Toxins come from one of two places—the external environment (in which case they are going to end up in the blood), either because of

something that's absorbed through the skin or we've eaten something that ends in the blood, or toxins come from the internal environment itself—metabolic products that we talked about from the cells, removed through the lymphatic system. In either case, they are going to go to the liver and we are going to eliminate them through Phase 1 and Phase 2.

In Phase 1 the body is going to take fat-soluble and try to convert it into water-soluble so it can be sent to the kidney, to the bladder and be eliminated. There may be some other toxins for whatever reason—just their constitution, just their makeup—that can't be eliminated, and they remain fat-soluble. Maybe the body doesn't have the metabolism that it needs because it doesn't have the vitamins and minerals to drive those processes.

Optional Information

This is not in my book. There is an option for you to get this if you want to send an email to training@youngliving.com. We will try to provide a way for you to get this. It's my understanding that they came in this morning. They took my Power Point and I think they took that with the intention of making it available for everybody. For this, that's perfectly fine with me, so I think you will have the opportunity of getting this within a presentation form.

Fat-Soluble Toxins

Fat-soluble to the intestine for elimination. If either of those are compromised, it comes to the skin. The fat-soluble goes to the oil ducts, and with the water-soluble you know they are going to sweat profusely.

Cleansing Types

How have we cleansed in the past? There's both nutritional cleansing and then there's identification or target-specific cleansing. They both have their advantages; they are both a detoxification process. When we start talking about target-specific cleansing—these are things like the Master Cleanse—they can be very

aggressive, and they can be very taxing on the body, but think about specific issues, think about target-specific cleansing.

Herpshimer's Reaction

The difficulty with it is something called Herpshimer's reaction. You are probably going to get a lot worse before you get any better—and here's why Herpshimer's reaction occurs—at least one of the reasons: Cleansing, by its very nature, is eliminating toxins from the body.

In those types of cleanses, the body is not generally offering nutritional support that allows the cleansing pathways to be activated sufficiently, so is it just relocating the toxicity. As those toxins have the opportunity to circulate within the body, you become ill and have a toxic event that occurs in your body, to varying degrees. Some people get extremely ill, some people not very, but it does occur. Nutritional cleansing is different because it offers that core support, that daily nutrition.

About *Balance Complete*

We are going to move very quickly. I talked with you yesterday about *Balance Complete* and all the benefits and all the fiber that come from it. I talked with you about *NingXia Red*. Why are we taking *NingXia Red*? One, it sustains energy because of all the polysaccharides associated with it—good whole sugars (essential sugars, not junk sugars, not processed sugars like in a lot of other products), good nutrition, but also it is very rich in vitamins and minerals which we need to fuel detoxification within the body.

Benefits of Fiber

We talked about all the benefits of fiber, that there is both soluble and insoluble fiber. You need fiber so that it creates viscosity within the body. Viscosity is important because viscosity—if we have the right amount—as it passes through the intestinal tract becomes a great absorber of toxins. It helps to eliminate them effectively from the body.

Another significant issue associated with fiber types is that sugars create a detrimental

effect on your health. Anytime you consume foods, especially the type of foods that we are consuming, you will spike your blood sugar. It would be interesting for you to try that one time for yourself and see what happens to your blood sugar.

Research suggests that when you control blood sugar levels, you reduce inflammation. Yesterday I shared a powerful fact with you. You can eliminate these spikes and this inflammation and instead create a circumstance where you don't spike the sugars. We've shown you lots of research on the *NingXia Red* about that very principle—that it has a very low glycemic index—and the sugars do not spike when you drink the juice, even if you are diabetic. That's powerful, because even just by eliminating blood sugar spikes, you can increase life span by 50%, and one of the most effective tools for doing that is fiber.

This is what they discovered, that fiber controls blood sugar; it prevents it from spiking. And not all fiber is the same. I showed this to you yesterday, saying that they have different levels of viscosity, different levels of being able to control blood sugars. But when we combine multiple types of fibers together it has a synergistic effect, a more profound effect within the body, and we have chosen to put in the *Balance Complete* multiple types of fibers. That's why I believe this is one of those core products we do every single day as a part of the cleansing program.

Importance of Controlling Blood Sugars

Controlling blood sugars. You look at Conjack (which is glucomanin) and it absorbs 200 times its own weight in water. It is great for that absorption action of toxicity within your body. Inulin (which I didn't talk much about yesterday), a great free biotic, also helps to control fat levels in the body. We can have blood sugar levels that are monitored very effectively by the *NingXia* wolfberry fiber and also by brown rice bran, but they are also minerally, vitamin-dense, which means they are

fueling the very systems that we are trying to support.

Introducing Five-day Cleanse

How often should you do that? I think you should consider doing that at least once a day, but I want to package it a little different for you. I want to put it within a five-day cleanse. In addition to that, you are going to do the *Digest + Cleanse* which Gary talked about yesterday. Gary talked about all the wonderful benefits that are associated with these oils. This is a unique blend: *peppermint, caraway, lemon, ginger, fennel, anise*. Each one of them has some common factors, but very unique characteristics that are beneficial for not just cleansing, but for stimulating cleansing function and digestive function within the body. You look at something like *anise*, which is very anti-parasitic. There are tremendous benefits that come from that.

Digest + Cleanse to Control Inflammation

Here is how I break *Digest + Cleanse* down: It helps to control inflammation because of *peppermint* and *caraway*. *Lemon* also is anti-inflammatory, but increases bio production and helps control acid in the body because of the *lemon*.

And then we can look at digestive stimulation: *fennel, ginger*. You could also put *peppermint* there and it's even carminative, which means a lot of times when we start taking in a lot of fiber into our body, we also produce a lot of gas in our body, How would you like this for a combination: take a fish oil and a lot of fiber—you can give them two distinct odors out of each end! That would really be good! Right?

Well, we've taken care of that. *Digest + Cleanse* eliminates that.

Omega Blue and Cleansing

You talk about the *Omega Blue*, and it's one of the primary reasons why we enteric-coated it so that it's released within the intestine. And we did that same thing with the *Digest + Cleanse*. Why? Because when you

absorb it in the small intestine (which is now where it is going to be delivered) without any disruption, it is then absorbed into your body. You not only increase absorption rates by three times, but the effectiveness of it by more than ten times That's powerful when we are talking about something as significant as cleansing our body and eliminating toxicity. I think we should do this.

Make it a Regular Habit

I want you to really understand what I am telling you. We need to do this on a regular basis. There is a place for target-specific cleansing, and we could talk about all the ways we would do that. Liver and the things we use to cleanse the liver: *Juva Cleanse, JuvaTone, Power Meal*. We can talk about a lot of different things that have been spoken of in that context of cleansing the liver.

Fungus control—we can talk about the citrus oils; we can talk about *melaleuca* or tea tree oil; we can talk about *Australian Blue* and many of the other oils as well.

Using the Master Cleanse

We can talk about organ-specific cleansing; we can talk about function-specific cleansing and controlling acid. These are some of the ways where I think the Master Cleanse should be used, but how many of you have ever done the Master Cleanse? How many of you have done it more than once? Not nearly as many. How many of you have done it this year? Not nearly as many. And how many of you have been exposed to more toxicity yesterday than your grandparents were exposed to in their entire lifetime? Everyone of us! And this is why this is so important for you and me, because we want to introduce to you a way in which you can build health every single day by cleansing and maintaining at the same time.

Five-day Cleansing Program

Here's what your five-day cleanse program is: Every day for five days I want you to replace every meal with *Balance Complete*,

and every time you take a *Balance Complete* shake, I want you to take (as a precursor) a capsule of *Digest + Cleanse*. We do this for all the reasons we've just spoken of—all the supportive reasons of function and metabolism within the body—and also for the soothing nature that needs to occur specifically because of cleansing. And how often are you going to do this? Once a quarter. Every three months I want you to do a five-day cleanse. I've started doing this—and I'm going to tell you, not only is it delicious, but it's very effective.

Powerful Nutrition

Also, I want you to drink six ounces of *NingXia Red* every day for five days—three ounces in the morning and three ounces in the afternoon or evening. Why? Because we are in the attitude now of cleansing continually, but we also need to provide great nutrition during that process. We are getting our nutrition from three different sources in this cleanse: wolfberry and brown rice bran fibers, which are two of the fiber products associated with *Balance Complete* and are loaded with nutrition. Also, the *NingXia Red* is loaded with specific nutrition that we need and high antioxidant activity within the body.

***NingXia Red* Boosts Energy**

The other thing is, you are still going to do this other core supplementation we've been talking about, but I want you to think about *NingXia Red*.

Why do we take it in the morning and in the evening? When you are cleansing, you will wane in your energy, and the *NingXia Red*, balanced with these other products, will maintain your energy levels for you, and you very easily (without being hungry, without being frustrated, without being tired) will be able to go through a process that will stimulate and cleanse your body and be supportive with nutrition, so you are building a foundation, and next time, you can go through it even easier.

Quarterly Regime

Once a quarter we will need to do that. Why? Because every day we are going to be exposed to that same toxicity. The other thing you need to do is drink at least half your body weight in ounces of water every single day, and preferably after you drink that shake, I'd like you to drink eight to ten ounces of water almost immediately with it, or as soon thereafter as you can—at least half your body weight in ounces of water. Water is a great cleanser; water is a great balancer within the body, and you will need lots of water intake to go through this process effectively.

Water is Important!

By the way, water solubility—is it important to have water in that process? Of course, it is. You can make that connection on your own. Do you know what the daily recommendation is for a guy like me? I am right now about 225 pounds, and fortunately, it's not all just loose and hanging everywhere, but it's not all that I want it to be either, so I would drink 110 to 115 ounces of water minimum every single day.

Drink a water that's as clean as it possibly can be. Some people are going to say, "That's dis-tilled." Some people are going to say, "No, you shouldn't drink distilled water." I'm going to tell you, "Don't drink tap water," I'm also going to tell you to be better connoisseurs of bottled water because much of your bottled water is nothing more than tap water—it's just a clever marketing scheme.

Thirty years ago we would never have believed that we would be buying water in bottles! You need good, pure water. I love going to my parents' house because they have a mountain spring, and I love drinking their water—it's loaded with minerals and all the things that I need.

What is the Best Water?

Does distilled water deplete your body of minerals? Let me tell you the true answer to that. "Yes, it does. No, it doesn't." Let me tell you why. You and I, although physiologically

we function in much the same way, we do not have the same constitution of how those events occur within our body. I may be extremely laden with particular enzymes and minerals—and those processes function very well—and you may be completely depleted of some of those, so when we take nutrition into our body (and it's one of the reasons why I am trying to build an argument for routinely doing cleansing like this) because it will help to establish a foundation so that your reserves are met. So, regardless of what the physiological need is, when you bring something of good intent into your body—good whole nutrition, or pure therapeutic grade *Young Living* (only) essential oil because it's the only one that fits into that category—you receive the benefit because you have the foundation of the support you need to complete those processes and have them be effective. So those are difficult questions to answer because they affect everybody a little differently.

Adding Fruits/Vegetables Optional

If you do get hungry (which is possible) you can add some whole fruits and vegetables at your leisure, as you would like to when you need to—a sensible amount. When I make my *Balance Complete* shake I put a probiotic in with it. I like to use kefir because it's a liquid form and it makes it a little bit easier for me, so I'll do kefir, I'll do the *Balance Complete*, and then I put fruits and vegetables in with it.

You may want to do a probiotic (and you need to) because part of *Balance Complete* is that you get inulin, which is a pre-biotic (which means that it stimulates the growth of good, healthy bacteria within your bowel).

Add Quarterly Maintenance

After you do your five-day cleanse, I want you to do some quarterly maintenance because you are still going to need that nutrition and all those other things, and so one meal a day, I want you to use *Balance Complete* for that meal for quarterly maintenance. Other than that, it's eat sensibly, eat fresh whole fruits and vegetables, try to stay away from trans fats and

some of those things you learned about yesterday.

Additional Supplementation

For sure, do the core supplementation, *NingXia Red*, *Longevity*. Why? Because they approach different venues of the body. One is water solubility, one is fat-soluble to its largest component, so you'll want to take both of those. Use the *Omega Blues* because you need to have essential fatty acids structure in your body to be able to once again have a core foundation that allows you to build on your health so that you're receiving the full benefit. Then repeat the five-day cleanse at the beginning of the next quarter. Do the exact same thing again.

Why say that? Because this cleanse is a gentle cleanse; it is a rebuilding cleanse, and if you will do that I will promise you, you will find better health. You will also find that you will be able to receive better advantage for the things you try to do, and the attitude of being sick—of not being well—can be a thing of the past.

Core Strength Necessary

I don't mean to oversimplify it. I don't mean to say that this is all you need to do because I realize there are specific conditions and circumstances that will need to be dealt with, but I do mean to say that you will be ineffective in dealing with any of them if you do not have a core strength associated with your health. Thank you.

Narrator

Thank you, Dr. Hill. And thank you for being with us on Training CD #87.

**For additional Young Living
transcriptions, contact:**

Joan H. Smith

558 Montcliffe Drive

Idaho Falls, ID 83401

(208) 522-4717 -Fax: 208-552-2390

E-mail: cjackandjoan@msn.com

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