

# Detox & Renew WITH ESSENTIAL OILS

*Detoxification is a critically important process to keep your body healthy and strong! Learning to cleanse your body the proper way is easy and you will feel much better once the job is done!*

After detoxification and cleansing, many people experience a greater sense of vitality and well-being and are able to reduce or completely eliminate their prescription drugs.

When performing each of these cleanses, it is a good idea to use the oils in small amounts (1-4 drops) two to three times a day for about a month.

To cleanse in the most cost-effective manner, be sure to take advantage of monthly Loyalty Reward Program orders.



## Usage Key

-  **A** Aromatic
-  **T** Topical
-  **I** Internal

## Our body needs nutritional support during cleansing & detoxification

Multivitamin & minerals, omega fatty acids, cellular vitality complex:

- ★ *Inflammation and oxidation reduction*
- ★ *Vitamins and minerals helpful for healthy living*

Zen detoxification blend:

- ★ *Useful before and during all other cleanses*
- ★ *Useful during detoxification reactions*
- ★ *Healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin*

*Cleansing should be performed in the following order:*

## 1 Colon



### Common Health Concerns

- ★ *Sluggish elimination*
- ★ *Foul smelling feces*
- ★ *Watery stools*
- ★ *Undigested food*
- ★ *Gas or bloating*
- ★ *Mucous in the stool*
- ★ *Rectal itching*
- ★ *Dehydration*
- ★ *Abdominal pain*
- ★ *Sedentary lifestyle*

### Cleansing and Rebuilding

- A** DRINK MORE WATER
- B** BENTONITE CLAY AND PSYLLIUM HULLS SHAKE  
Impacted material from digestive tract
- C** DIGESTIVE BLEND (**I, T**)  
Digestion and elimination
- D** CAPRYLIC ACID WITH ESSENTIAL OILS (**I**)  
Yeast and parasites
- E** PROBIOTICS (**I**)  
Beneficial bacteria
- F** DIGESTIVE ENZYMES (**I**)  
Undigested food