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Cardiovascular System



Common Health Concerns

- ★ Cholesterol out of balance
- ★ Blood sugar issues
- ★ Overweight
- ★ Smoking
- ★ Sedentary lifestyle
- ★ Family history of heart disease
- ★ Inflammation causing blocked vessels

Cleansing and Rebuilding

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|------------------------------------|--|---------------------------|---|
| A LEMON (I) | Plaque & blood pressure | D LAVENDER (A,I,T) | Cardiotonic |
| B ROSEMARY (I,T) | Cholesterol balance | E GINGER (I,T) | Normal cholesterol balance; supple arteries |
| C CELLULAR VITALITY COMPLEX | Inflammation and protection of cardiovascular system | | |

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Liver



Common Health Concerns

- ★ Sluggish elimination, gas and bloating
- ★ Face and body flushing
- ★ Food and pollen sensitivities
- ★ Groggy, sluggish feelings
- ★ Headaches
- ★ Fat in the liver
- ★ Cholesterol levels
- ★ Hormone imbalances
- ★ Sleep disturbances
- ★ Anger / Irritability

Cleansing and Rebuilding

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|--------------------------------|--|
| A GERANIUM (T) | Liver detoxification, fat in the liver, damaged liver tissue |
| B DIGESTIVE BLEND (I,T) | Liver detoxification |
| C HELICHRYSUM (T) | Regeneration and detoxification |
| D CLOVE (T) | High antioxidant protection |
| E MYRRH (A,T) | Scar tissue and inflammation due to disease |

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Gall Bladder



Common Health Concerns

- ★ Pain / Spasms under the right rib cage especially after eating fatty foods
- ★ Severe upper abdominal pain
- ★ Pain radiating around to the back or to the right shoulder
- ★ Nausea / Vomiting
- ★ Gas / Burping / Belching

Cleansing and Rebuilding

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|-------------------------------------|----------------------------|
| A GRAPEFRUIT, GERANIUM (I,T) | Gallstones |
| B PEPPERMINT (I,T) | Spasms, bile duct dilation |
| C FENNEL (I,T) | Spasms |
| D DIGESTIVE BLEND (I,T) | Bile production |