

## 5 Urinary System



### Common Health Concerns

- ★ *Burning, frequent or painful urination*
- ★ *Calcifications in the kidneys*  
*Coffee, tea, and cola increase occurrence of kidney stones*
- ★ *Lower back pain*

### Cleansing and Rebuilding

- A** DRINK MORE WATER
- B** EUCALYPTUS (T)  
Pain
- C** ROSEMARY (I,T)  
Infections
- D** LEMON (I,T)  
Kidney calcifications
- E** GERANIUM (T)  
Kidney calcifications

## 6 Lymphatic System



### Common Health Concerns

- ★ *Swollen lymph nodes*
- ★ *Swollen hands or feet*
- ★ *Excess mucus in sinuses*
- ★ *Skin sensitive to the touch*

### Cleansing and Rebuilding

- A** LEMON (I,T)  
Cleansing
- B** GRAPEFRUIT (I,T)  
Decongestant
- C** LEMONGRASS (T)  
Drainage stimulant
- D** CYPRESS (T)  
Circulatory stimulant
- E** HELICHRYSUM (T)  
Drainage stimulant

## 7 Skin



### Common Health Concerns

- ★ *Rashes*
- ★ *Blemishes*
- ★ *Cracked, dry, itchy, flaky skin*
- ★ *Wrinkles*
- ★ *Warts*
- ★ *Moles*
- ★ *Foot fungus*
- ★ *Groin fungus*

### Cleansing and Rebuilding

- A** MELALEUCA (T)  
Blemishes and rashes
- B** TOPICAL BLEND (T)  
Cracked, dry, itchy, flaky skin and blemishes
- C** ANTI-AGING BLEND (T)  
Age spots and wrinkles
- D** FRANKINCENSE (T)  
Moles and abnormal skin growths
- E** LAVENDER (T)  
Dry skin and ulcerations
- F** OREGANO (T)  
Skin tags and warts
- G** DIGESTIVE ENZYMES (I)  
Skin problems due to food sensitivities
- H** ALL NATURAL SKIN CARE (T)