

# YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 1: THEORY

### Section 1: Liver Support & Weight Management

#### 1. The liver is responsible for the proper digestion and metabolism:

- Of carbohydrates – by regulating blood sugar (glucose levels) after eating and between meals
- Of fats – by processing triglycerides into energy and making cholesterol (including hormones)
- Of proteins – by processing into amino acids, glucose, or fatty acids to be used on a cellular level

### Section 1: Liver Support & Weight Management

#### 2. Other important functions of the liver include:

- Cleaning the blood of toxins and used hormone metabolites
- Creating bile that is stored in the gallbladder for proper digestion
- Storing glycogen, vitamins, and minerals along with excess fats and toxins
- Releasing toxins stored in fat cells

### Section 1: Liver Support & Weight Management

#### 3. Why support liver detoxification?

- To support the healthy release of toxins and hormone metabolites
- To improve metabolism and release stored toxins in fat cells
- To improve emotional health by releasing frustration and irritability
- To improve energy flow throughout the body
- The liver cleanses the blood and the quality of the blood is directly related to overall health

### Section 1: Liver Support & Weight Management

#### 4. Where do every day toxins come from?

- Pollution, exhaust, solvents, plastics, synthetics, and heavy metals • Found in food containers, water, and clothes
- Infections, digestive flora imbalances, and improperly digested foods • Low grade chronic infections
- Chemicals in moisturizers, make up, soaps, deodorants, and lotions
- Lifestyle toxins include stress, alcohol, caffeine, food additives, refined sugar, fast foods, and all medications
- Oral contraceptives and pain medications

### Section 1: Liver Support & Weight Management

#### 5. Xenoestrogens and supporting liver detoxification:

- Xenoestrogens are found in plastics, aluminum can linings, pesticides, dental materials, food storage containers, fabrics, detergents, and more
- Our bodies unknowingly allow these harmful substances into the cells because they mimic natural estrogen
- Xenoestrogens are linked to obesity, insulin resistance, estrogen dominance, and hormonal imbalance
- Xenoestrogens can clog the cells and linger
- These may trigger immune system imbalances

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 1: THEORY

#### Section 1: Liver Support & Weight Management

6. Some of the common reasons the liver becomes congested:

- Exposure to environmental toxins
- Mal-absorption of nutrients (due to lack of enzymes)
- Gene mutations causes decreased enzyme and organ function (DNA testing + Nutritional Analysis)
- Lack of sulfur and minerals in the diet (reverse osmosis water)
- Partially or hydrogenated oils, rancid oils, and GMO foods
- Chronic low-grade infections

#### Section 1: Gallbladder Support & Weight Management

7. Important functions of the gallbladder:

- Stores and concentrates the bile produced by the liver to be released when eating meals with fats and proteins (this function is disrupted with low fat diets)
- Works with the liver to detoxify hormone metabolites (used hormones)
- Stores gallstones when the liver bile is too concentrated with cholesterol or bilirubin (the clearance of aged red blood cells)

#### Section 1: Gallbladder Support & Weight Management

8. Some of the common reasons the gallbladder becomes congested:

- The buildup of gallstones due to excessive stored fat, hormone metabolites, or cholesterol
- The use medications such as oral contraceptives, cholesterol-lowering medications, and proton pump inhibitors (Nexium, Aciphex, Prevacid, and Prilosec)
- Genetic factors that influence a fatty liver or choline production
- Lack of healthy fats in the diet

#### Section 1: Gallbladder Support & Weight Management

9. Some of the common reasons the gallbladder becomes inflamed:

- The buildup of gallstones due to thick bile
- Excessive alcohol use
- Chronic low-grade or acute infections
- High hormone levels (pregnancy and oral contraceptives)
- Poor quality fats (GMO and hydrogenated)
- Genetic factors that influence choline production or the digestion of fats and proteins

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 1: THEORY

#### Section 1: Pancreas Support & Weight Management

##### 10. Important functions of the pancreas (Spleen in Chinese medicine):

- Supports digestion by producing enzymes to digest carbohydrates (amylase), proteins (trypsin and chymotrypsin), and fats (lipase)
- Supports blood sugar regulation by producing insulin to lower blood sugar and glucagon to raise blood sugar
- Stable blood sugar is critical for the functioning of the brain, liver, and kidneys along with healthy metabolism

#### Section 1: Pancreas Support & Weight Management

##### 11. Insulin and the pancreas:

- A rise in blood glucose levels triggers the release of insulin
- High carbohydrate meals or sugars in the diet raise blood glucose levels
- Hypoglycemia or low blood glucose triggers the liver to release glycogen to raise blood glucose levels

#### Section 1: Pancreas Support & Weight Management

##### 12. Common symptoms of insulin resistance:

- Extreme fatigue after meals
- Fatigue if waiting too long to eat (three to five hours) or after the release of stored glycogen from the liver in response to hypoglycemia or low blood sugar
- Difficulty maintaining a healthy weight or Body Mass Index (BMI)

#### Section 1: Pancreas Support & Weight Management

##### 13. Some of the common reasons the pancreas becomes inflamed:

- Most common reason is gallstones or congested bile
- Excessive alcohol use
- Prescription medications
- Trauma or surgery
- Chronic low-grade infections
- Autoimmune responses

#### Section 1: Healthy weight management

##### 14. Maintaining a healthy weight comes from a healthy lifestyle:

- Supplement to support the liver, gallbladder, and pancreas
- Food choices and monitoring the frequency of eating to stabilize blood sugar (glucose levels)
- Daily exercise - if within the first 30 minutes of waking up it will reset metabolism rate and energy rhythm for the day
- Monitor blood tests and look into DNA nutritional reports if needed

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 1: THEORY

#### Section 1: Healthy weight management

15. Maintaining a healthy weight comes from a healthy lifestyle:

- Short-term radical dieting can cause dysfunction between the liver, gallbladder, and pancreas
- For people with insulin resistance, fasting can cause a negative feedback response with increased weight gain and inflammation
- Diets excessively low in fats or carbohydrates or high in proteins can cause additional dysfunction in the digestive system

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.1: SINGLE OILS

#### Section 2.1: Young Living's Vitality Single Essential Oils

1. Citrus essential oils support many aspects of the digestive system:

- They are high in d-limonene that supports healthy cellular regeneration and epithelial cells that line the digestive track
- They harmonize the immune and digestive systems
- They support the movement of fluids throughout the body (blood, lymph, and water)
- They support and a healthy inflammatory cycle
- They support the safe and healthy release of toxins
- B-5 (Super B) may be needed if not testing well

2. Bergamot oil to support all aspects of the digestive system:

- Bergamot is a European citrus that supports healthy blood sugar levels, easily crosses the blood brain barrier, calms the mind, and supports healthy sleeping patterns
- Bergamot tests well for all blood types and all ages
- Bergamot calms the spirit, grounds emotions, and promotes balance between ideas and actions
- Use 3 – 6 drops per meal in capsule or a few drops in water

3. Grapefruit oil supports all aspects of the digestive system:

- Grapefruit tests best with A blood types, the elderly, during the second half of the menstrual cycle, and after menopause
- Grapefruit supports circulation (a mild blood thinner) and the healthy down-bearing of energy
- Grapefruit grounds emotions and the spirit to promote movement
- Grapefruit supports the liver and the release of bile
- Use 3 – 9 drops per meal in capsule or a few drops in water

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.1: SINGLE OILS

#### 4. Lemon oil supports all aspects of the digestive system:

- Lemon tests best with O blood types, teenagers, the elderly, during the first half of a menstrual cycle, and after menopause
- Lemon supports the healthy creation of blood
- Lemon encourages positive emotions and feelings of freedom
- Lemon promotes the balanced flow of energy throughout the body
- Lemon supports healthy liver function and detoxification
- Use 3 – 9 drops per meal in capsule or a few drops in water

#### 5. Lime oil supports all aspects of the digestive system:

- Lime tests best with O blood types, teenagers, the elderly, during the first half of a menstrual cycle, and after menopause
- Lime supports healthy blood clotting factors and the creation of blood
- Lime cools heated emotions and calms the spirit
- Lime supports downward movement through the digestive track
- Use 3 – 6 drops per meal in capsule or a few drops in water

#### 6. Orange oils supports all aspects of the digestive system:

- Orange tests well for all blood types, during the entire menstrual cycle, and especially for men over the age of 50
- Orange harmonizes the liver, gallbladder, and spleen functions
- Orange encourages harmonizing with others and the environment
- Orange supports the healthy transportation of fluids throughout the body, including blood, lymph, and water
- Use 3 – 9 drops per meal in capsule or a few drops in water

#### 7. Tangerine oil supports all aspects of the digestive system:

- Tangerine tests best with A blood types, the elderly, during the second half of the menstrual cycle, and after menopause
- Tangerine supports circulation and the healthy up-bearing of energy
- Tangerine lifts emotions and the spirit to promote movement
- Tangerine supports the gallbladder and the release of bile
- Use 3 – 9 drops per meal in capsule or a few drops in water

#### 8. Mint oils to support all aspects of the digestive system:

- Peppermint tests best with low blood pressure
- Spearmint tests best with high blood pressure
- Both support healthy metabolism rate, boosts energy, test best early during the day, and cools the digestive system
- Use 1 – 3 drops per meal in capsule or one drop in water

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.1: SINGLE OILS

#### 9. Cardamom oil and ginger oil to support the digestive system:

- Cardamom and ginger are from the same botanical family
- Both support the end stages of detoxification, healthy bacterial flora in the digestive system, and healthy liver function
- Cardamom is milder in aroma and supports the detoxification of hormone metabolites (used hormones) and xenoestrogens
- Ginger oil supports detoxification of toxins, metals, and pharmaceuticals
- Use 2 – 3 drops per meal in a capsule or apply to the soles of the feet

#### 10. Celery seed and fennel oil to support the liver and kidneys:

- Both support the healthy digestion of fats and proteins
- Both support healthy liver and kidney function
- Both support the healthy bacterial flora in the digestive system
- Both support the end stages of detoxification
- Both support the detoxification of hormones and xenoestrogens
- Use 3–6 drops per meal in capsule or 1–2 drops in water

#### 11. Copaiba oil to support the digestive system:

- Copaiba supports a healthy lining of the digestive system
- Copaiba supports a healthy metabolism and boosts energy
- Copaiba supports the healthy recovery after exercising
- Copaiba easily crosses the blood brain barrier to support healthy brain function and healthy tissue regeneration
- Use 2 – 3 drops per meal in capsule or add one drop to coffee or tea in the morning

#### 12. Copaiba + Cinnamon oil to support healthy blood sugar levels:

- In addition to the properties of copaiba discussed
- Cinnamon supports a healthy carbohydrate processing
- Cinnamon supports healthy blood sugar levels
- Cinnamon supports healthy candida levels in the blood
- Copaiba balances the hot nature of cinnamon and supports digestion
- Use the ratio of 25% cinnamon (5ml) with 75% copaiba (15 ml) as a substitute for the essential oil ocotea and to support blood sugar

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.1: SINGLE OILS

#### 13. Lavender and marjoram oil to support the digestive system:

- Both support the lining of the digestive system
- Both support a healthy metabolism and relax the spirit
- Both support the healthy recovery after exercising
- Both support a healthy gallbladder function and the emotions of the gallbladder (willpower and sticking with positive decisions)
- Use 3 – 6 drops in capsule with dinner or before bed or add 1 – 2 drops to a glass water in the evening

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.2: OIL BLENDS

#### 1. Young Living's Citrus Fresh™ to support all aspects of digestion:

- Blend of orange, grapefruit, mandarin, tangerine, and lemon with a splash of spearmint
- Supports a healthy metabolism, movement of fluids, and flow of energy throughout the body
- Contains the emotional properties of the individual oils in the blend and mandarin oil promotes acceptance and adaptability
- Use 3 – 9 drops per meal in capsule or a few drops in water
- If citrus oils do not test favorably likely need B-5 (Super B)

#### 2. Young Living's DiGize™:

- Blend of tarragon, ginger, peppermint, juniper, fennel, lemongrass, anise, and patchouli
- Supports detoxification of environmental and food toxins
- Calms an upset stomach due to stress, poor quality food, and non-organic ingredients, and clears congested fluids
- Apply to the soles of the feet, abdomen, and take 3 – 6 drops internally in a capsule with or after meals

#### 3. Young Living's Longevity™:

- Blend of thyme, orange, clove, and frankincense (also available in a coconut-based gel capsule)
- Supports healthy detoxification of free radicals and sun exposure
- Supports cellular longevity, digestive function, and the eyes
- Warms the body, strong antioxidant as measured by the ORAC scale (oxygen radical absorbent capacity)
- Apply to the soles of the feet, abdomen, or take 3 – 6 drops or one Longevity capsule with meals daily

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.2: OIL BLENDS

#### 4. Young Living's Slique Essence™:

- Blend of grapefruit, tangerine, lemon, spearmint, and ocotea with stevia extract
- Supports stable blood sugar levels and a healthy appetite
- Supports detoxification and the digestive and lymph systems
- Supports healthy digestive flora
- Add 2 – 4 drops to water, tea, or Ningxia Red as needed during the day or drop 1 – 2 drops under the tongue

#### 5. Young Living's JuvaCleanse™:

- Blend of helichrysum, ledum, and celery seed
- Supports healthy detoxification of environmental toxins, heavy metals, and pharmaceuticals
- Easily crosses the blood brain barrier to support brain health
- Supports healthy liver and kidney function and the lymph nodes
- Dilute 50% for external use and apply over the liver or use one or two drops under the tongue

#### 6. Young Living's JuvaFlex™:

- Blend of sesame seed oil, fennel, geranium, rosemary, Roman chamomile, blue tansy, and helichrysum
- Supports healthy detoxification of hormones and xenoestrogens
- Easily crosses the blood brain barrier to support brain health
- Supports healthy liver and kidney function and the adrenals
- Apply externally over the liver or lower abdomen, or use one or two drops under the tongue

#### 7. Young Living's GLF™:

- Blend of grapefruit, ledum, helichrysum, hyssop, celery seed, and spearmint
- Supports healthy detoxification of environmental toxins, heavy metals, and pharmaceuticals
- Easily crosses the blood brain barrier to support brain health
- Harmonizes the liver and the gallbladder
- Apply externally over the liver or lower abdomen, or use one or two drops under the tongue

#### 8. Meramour's Liver Organ-Supporting Blend

- Blend of 40% orange, 40% fennel, 10% celery seed, and 10% rosemary (substitute clary sage for rosemary if a history of high blood pressure)
- Supports the healthy processing of hormone metabolites, xenoestrogens, and environmental toxins
- Supports healthy metabolism and liver function
- Diffuse, take 3 – 6 drops internally if using Vitality oils, dilute and apply to the upper abdomen before meals or before bed



## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.2: OIL BLENDS

#### 9. Meramour's Liver Meridian-Balancing Blend

- Blend of 25% bergamot, 12.5% cardamom, and 12.5% geranium in 50% V6 carrier oil (or diffuse without carrier oil)
- Supports the healthy processing of hormone metabolites and xenoestrogens
- Balances and supports the liver meridian
- Diffuse, apply to the upper abdomen before meals or lower abdomen before bed, and apply to the soles of the feet before bed

#### 10. Meramour's Gallbladder Organ-Supporting Blend

- Blend of 30% lavender, 30% marjoram, 20% wintergreen, and 20% rosemary (substitute nutmeg for rosemary if a history of high blood pressure)
- Supports healthy gallbladder function and the smooth release of bile
- Diffuse, or dilute and apply to the upper abdomen before meals or bed, and apply neat to the soles of the feet before bed

#### 11. Meramour's Gallbladder Meridian-Balancing Blend

- Blend of 50% marjoram, 25% rosemary, 25% tangerine
- Supports the healthy release of bile from the gallbladder with meals
- Supports the digestion of fats and proteins
- Balances and supports your gallbladder meridian
- Diffuse, apply to the soles of the feet, and take 3 – 6 drops internally with meals if using Vitality oils

#### 12. Meramour's Spleen Organ-Supporting Blend

- Blend of 40% tangerine, 40% fennel, 10% clove, and 10% coriander
- Supports healthy blood sugar levels and digestion of fats and carbohydrates
- Supports healthy liver and gallbladder function
- Supports the end stages of detoxification
- Diffuse, apply to the soles of the feet, and take 3 – 6 drops internally with meals if using Vitality oils

#### 13. Meramour's Spleen Meridian-Balancing Blend

- Blend of 50% orange, 25% clove, 25% copaiba
- Supports healthy energy and blood sugar levels
- Supports circulation and the digestion of carbohydrates
- Balances and supports your spleen meridian
- Diffuse, apply to the soles of the feet, and take 3 – 6 drops internally with meals high in carbohydrates if using Vitality oils
- Add to water to support healthy blood sugar levels between meals

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.2: OIL BLENDS

#### 14. Meramour's Stomach Organ-Supporting Blend

- Blend of 30% lemon, 30% copaiba, 30% patchouli, and 10% peppermint (substitute spearmint if a history of high blood pressure)
- Supports healthy digestion, calms a nervous stomach, and supports the stomach organ
- Substitute Vitality marjoram for patchouli for internal use
- Diffuse, apply to the soles of the feet, and take 3 – 6 drops in a capsule with meals if using Vitality oils

#### 15. Meramour's Stomach Meridian-Balancing Blend

- Blend of 50% grapefruit, 25% lime, 25% spearmint
- Supports the initial stages of digestion and metabolism
- Encourages the downward movement of food through for digestion
- Cools the body, boosts energy, and supports a healthy metabolism
- Balances and supports your stomach meridian
- Diffuse, apply to the soles of the feet, and take 3 – 6 drops in a capsule or 2 – 3 drops in water if using Vitality oils

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.3: SUPPLEMENTS

#### 1. Allerzyme™ Mini Capsules:

- Proprietary blend of a variety of enzymes and essential oils (tarragon, ginger, peppermint, juniper, fennel, lemongrass, anise, and patchouli)
- Supports detoxification of environmental and food toxins and hormone metabolites
- Supports a balanced immune system response to most foods, stress, and the environment (take one capsule with meals)

#### 2. Detoxzyme® Capsules:

- Proprietary blend of a variety of enzymes and essential oils (fennel, cumin, and anise)
- Supports detoxification of blood and protein deposits
- Use with sore or stiff joints and during targeted detoxing
- Take one to three capsules as needed once or twice daily
- Best taken between meals (one hour before or after) to cleanse the blood

#### 3. Essentialzyme™ Tablets:

- Proprietary blend of a variety of enzymes, herbs, and essential oils (anise, fennel, tarragon, peppermint, and clove)
- Supports healthy liver and gallbladder function
- Supports healthy metabolism of carbohydrates, sugars, and proteins
- Supports general detoxification
- Take one tablet with meals

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.3: SUPPLEMENTS

#### 4. Essentialzyme-4™ Capsules:

- Proprietary blend of a variety of enzymes and essential oils (anise, ginger, rosemary, fennel, tarragon, peppermint, and lemongrass)
- Supports healthy liver and gallbladder function
- Supports a healthy metabolism of all types of food groups
- Supports a healthy immune response to foods
- Supports general detoxification
- Take two capsules with meals

#### 5. Sulfurzyme™ Capsules:

- Proprietary blend of MSM (methylsulfonylmethane) and Ningxia wolfberry fruit (goji berry fruit)
- Supports detoxification of blood and protein deposits
- Use with sore or stiff joints and during targeted detoxing
- Take two to six capsules as needed once or twice daily
- Best taken between meals (one hour before or after) to cleanse the blood (can take with Vitamin C)

#### 6. Super B Tablets:

- Proprietary blend of B vitamins, minerals, and nutmeg essential oil
- Supports liver and gallbladder function and metabolism
- Supports detoxification of all toxins
- Includes pantothenic acid (B5) needed to properly synthesize Coenzyme-A and citrus essential oils
- Includes a natural form of folate (not synthetic folic acid)

#### 7. Comfortone® Capsules:

- Proprietary blend of a variety of herbs and essential oils that provide fiber and support for the entire digestive system
- Contains cascara sagrada bark and psyllium
- Best used short-term during targeted detoxification and take with at least 12 ounces of water
- Supports healthy end stages of detoxification and colon health

#### 8. Digest and Cleanse™:

- Proprietary blend of essential oils (peppermint, caraway, lemon, ginger, fennel, and anise) in a coconut-base and coated soft gel
- Supports a balanced immune system response to most foods, stress, and the environment
- Supports healthy end stages of detoxification and colon health
- Supports detoxification of all types of toxins and hormone metabolites

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.3: SUPPLEMENTS

#### 9. ICP™:

- Proprietary blend of a variety of herbs and essential oils that provide fiber and support for the entire digestive system
- Contains psyllium, oat fiber, flax, and fennel seed for long-term detoxification support and take with at least 12 ounces of water
- Supports healthy end stages of detoxification and colon health
- Supports detoxification of all types of toxins and hormone metabolites

#### 10. Life 9™ Probiotic Capsules:

- Proprietary blend of 17 billion live cultures from 9 different strands of healthy bacterial strains (no essential oils)
- Supports a balanced immune system response to most foods and the environment
- Supports detoxification of hormone metabolites
- Supports the absorption of B-vitamins
- Time released to open in the colon (very important feature)

#### 11. MultiGreens™ Capsules:

- Proprietary blend of bee pollen, barley grass juice, spirulina, eleuthero root, alfalfa, kelp, and essential oils (rosemary, lemon, lemongrass, and melissa) in a choline base with L-Arginine, L-Cysteine, and L-Tyrosine
- Supports detoxification of heavy metals and environmental toxins
- Supports healthy liver and gallbladder function
- Caution or avoid with severe gluten allergies

#### 12. Juva Power®:

- Proprietary blend of spices, herbs, fiber, and essential oils (fennel and anise)
- Supports healthy end stages of detoxification and colon health
- Supports daily detoxification of all types of toxins and hormone metabolites
- Add to 1/2 to 1 teaspoon to food daily or 8 ounces of water

#### 13. Juva Spice®:

- Proprietary blend of spices, herbs, fiber, and essential oils (fennel and anise)
- Supports healthy end stages of detoxification and colon health
- Supports daily detoxification of all types of toxins and hormone metabolites
- Use to flavor foods daily

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 2.3: SUPPLEMENTS

#### 14. Juva Tone® Tablets:

- Proprietary blend of spices, herbs, fiber, and essential oils (lemon, German chamomile, geranium, rosemary, myrtle, and blue tansy)
- Contains choline, inositol, copper, calcium, and bee propolis
- Supports healthy liver and gallbladder function
- Take 1 or 2 tablets before or between meals

#### 15. Ningxia Red® Antioxidant Drink:

- Proprietary blend of wolfberry puree and concentrated juice of blueberry, plum, cherry, aronia, and pomegranate and essential oils (orange, yuzu, lemon, and tangerine) and grape seed extract, tartaric acid, sodium benzoate, and stevia extract
- Supports stable blood sugar and the creation of blood
- Supports the digestive, cardiovascular, and endocrine systems, energy production, brain function, and strong antioxidant

#### 16. Balance Complete Meal Replacement:

- Proprietary blend of vitamins, minerals, fiber, and enzymes
- Protein and healthy fats from whey protein blend, brown rice bran, barley grass, coconut oil, aloe vera, and Ningxia wolfberry powder
- Supports liver and gallbladder function and metabolism
- Supports detoxification of all toxins

#### 17. Pure Protein Complete Chocolate or Vanilla:

- Proprietary blend of five different proteins (25grams per serving of cow whey, goat whey, pea, egg white, and hemp seed) to provide a full range of amino acids
- Includes enzymes, B-vitamins, calcium, and zinc
- Supports stable blood sugar and post workout recovery

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 3: PRACTICAL APPLICATION

#### 1. Choose essential oils for daily support:

- Use the Body-Feedback testing techniques to choose citrus and mint oils to take with meals daily – target 12 to 18 drops of citrus/mint oils daily
- If the citrus oils do not test favorably then increase B vitamins and probiotics for a few weeks then retest the citrus oils
- Burping up essential oils can happen if the liver is congested – use the oils externally for a month with a clean diet and then try internally again
- Use the Body-Feedback testing techniques to choose essential oil blends for daily liver and gallbladder support and use as directed

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 3: PRACTICAL APPLICATION

#### 2. Choose Young Living products for daily support:

- Use the Body-Feedback testing techniques to choose supplements including enzymes, probiotics, and fiber and rotate supplements daily or weekly
- Choose products that support the gallbladder first if reactive gallbladder Body-Feedback areas, then add in the liver support after 30 – 60 days
- Add probiotics daily if B vitamins not testing favorably
- Add fiber supplements between or after meals to support the colon and blood sugar levels
- Use the Body-Feedback testing for Ningxia red and protein powders

#### 3. Identifying liver and gallbladder imbalances:

- Monitor the Body-Feedback liver and gallbladder alarm points or organ referral areas for tenderness and especially after eating
- Monitor the Body-Feedback liver and gallbladder pulse position (the middle position on the left hand) for a wiry, choppy, deep, or forceful presentation
- Monitor for low energy, discomfort or irritability after meals high in fats, and watch for diarrhea or floating stools
- Are you noticing difficulty maintaining a healthy weight

#### 4. Identifying pancreas or spleen imbalances:

- Monitor the Body-Feedback spleen alarm points or organ referral areas for tenderness and especially after eating
- Monitor the Body-Feedback spleen and stomach pulse position (the middle position on the right hand) for a wiry, choppy, deep, or forceful presentation
- Are you waking up during the middle of the night for two or more hours
- Do you have excessive water retention, unstable energy levels throughout the day, and afternoon fatigue

#### 5. Identifying stored toxins in fatty nodules:

- The body stores toxins and unhealthy fats in fatty nodules in the lower back (the large intestine - colon referral area) as a safety mechanism
- Press around on the lower back just above the posterior iliac spine crest (hip bones) and look for nodules that are moveable
- Overtime these nodules can compromise the surrounding tissue and weaken the muscles in the back cause constant discomfort in the lower back
- If you find these nodules, you can dilute the essential oils for detoxification support and apply over these nodules daily

#### 6. A healthy diet is mandatory for optimal health:

- Eat organic, whole foods or locally from a reputable source
- Eat or drink every three to five hours to maintain stable blood sugar
- Take enzymes or capsules of essential oils with meals or snacks

## YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT

- Use fiber supplements or plant-based diet support stable blood sugar and provide substance for toxins to bind with when released from the body
- Drink 1/2 your body weight in water daily (recommend high-quality spring water or test your water sources using Body-Feedback testing)

### YOUNG LIVING FOR DETOXIFICATION & WEIGHT MANAGEMENT PART 3: PRACTICAL APPLICATION

#### 7. Ideas for following a healthy diet:

- The Paleo Diet to support a sensitive immune system (excess histamine)
- The Ketogenic Diet to support stable blood sugar
- The Whole 30 Diet to transition to whole foods type diet
- The Eat Right for Your Blood Type to support liver and gallbladder health
- An 80% or higher plant-based diet of whole foods for general good health
- Test your foods using Body-Feedback techniques found in *Meramour's Guide to Supporting Your Acupuncture Meridian System*

#### 8. Exercise and lifestyle:

- High intensity exercise for 20 minutes or longer within 30 minutes of waking up to reset cortisol rhythms and boost metabolism and cortisol
- Relaxing activities in the evening such as walking, yoga, or stretching to promote circulation and liver cleansing
- Create affirmations to say during exercise for cellular programming (Michelle's affirmations – "I am strong, I am healthy, I am wealthy, I am fit")

#### 9. Conscious language and body image:

- Marcella Vonn Harting, Young Living Crown Diamond, speaks on the importance of word choice and how the subconscious works with language
- The subconscious is programmed to find things we loose
- Avoid using term "weight loss" as it causes your subconscious to find ways to keep putting back on the weight
- Use "letting go of or releasing excess fat, weight, or toxins"  
(Michelle's affirmation - "I am permanently releasing 50 pounds of stored fat with grace and ease")

#### 10. When to look to your Medical Doctor or healthcare professional:

- Always check with your doctor or licensed healthcare provider prior to starting an aggressive detoxification program
- Check with your doctor if you have a medical condition, autoimmune disease, or take medication that compromises liver or gallbladder health
- Work with a healthcare professional that knows Body-Feedback techniques if you are struggling to find essential oils or products that support your liver, gallbladder, or spleen Body-Feedback areas