



## Cleansing for Health



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*Keeping our Colon, Kidneys, Liver, Gallbladder and Lymphatic System healthy are extremely important in order to enjoy vibrant health. From time to time it's important to give our body a break and chance to*

*get rid of toxins that tend to build up over time. In this class we will discuss how and when to cleanse our bodies.*

*Cleansing is for your health and longevity with vitality!*

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Statements made during this presentation have not been evaluated by the FDA. Information, products and/or techniques mentioned are provided for educational purposes and not intended to diagnose, treat, cure or prevent any disease. Consult with the health authorities of your choice.

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**Our focus for this class**

- Colon
- Kidneys
- Liver & Gallbladder
- Lymphatic system
- ... and more



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*Just as you would take a bath to wash your body on the outside, cleansing is clearing out the dirty, unavoidable residue that accumulates on the inside from living, eating, and breathing.*

*Believe it or not, there is a certain order to follow when doing a total body cleanse. We will talk about several key systems in our body: The colon (gut), kidneys, liver and gallbladder, and the lymphatic systems. We will talk about them in order, considering working from the bottom up and inside out.*

*Of course, these are not all the systems in our bodies but they are a great place to start if you want to maintain optimal health and vitality.*

*Let's get started.*

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### **Understanding the problem...**

**"We are exposed to more toxicity in one day than our grandparents were exposed to in an entire lifetime."**

**--Dr. Tom Reed, M.D., Houston, TX**



*Nature  
Essentials*

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*With all the advances we have made in modern society, it's common to believe that we should be healthier today than in previous centuries. However, consider this statement by Dr. Tom Reed: "We are exposed to more toxicity in one day than our grandparents were exposed to in an entire lifetime." It's no wonder that as we age, we soon begin to have more aches and pains, and experience declining health.*

*This is especially true if we have not pursued a healthy lifestyle over our entire lifetime.*

*The old saying is so true. "Garbage in, garbage out." Are you letting the garbage pile up inside your body? Maybe it's time to consider cleansing for your future health and longevity!*

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## Where do we get toxins?



- Air
- Food
- Water
- Soil
- Indoor Environment
- Personal Care Products
- Cleaning Products

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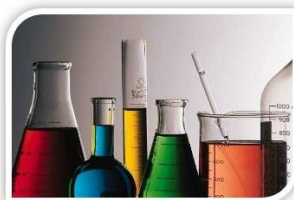
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*Maybe you don't think you need to cleanse. Stop to consider all the ways we get toxins accumulating in our bodies. This graphic shows a short list of ways toxins can be introduced into our bodies without our knowing it's happening. It's impossible to avoid ALL toxins all the time, however, if you can reduce them as much as possible in your everyday life, it does help. Let's look at a few things that impact our toxic load.*

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### Environmental & Personal Care Products

Of the more than **80,000** chemicals currently used in the United States, **most haven't been adequately tested** for their effects on human health.



Natural Resources Defense Council (NRDC)  
[www.nrdc.org/issues/toxic-chemicals](http://www.nrdc.org/issues/toxic-chemicals)

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*Perhaps you can't control everything in the outside world. But you CAN change products you use in your home and on your body. You can choose products that are clean and free of harmful chemicals. I have*



*been using cleaning and personal care products from Young Living for many years, and my body loves them! To learn more about how to clean safely, check out our [Thieves Class](#) in the Classroom!*

*New chemicals are being created every year and added to our cleaning and personal care products. Most have not been adequately tested to know their long-term impact on our health or on the environment, for that matter.*

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### Facts about toxins

- Indoor air is 70 times more toxic than outdoor, due to toxic cleaners. -EPA
- Municipal water treatment plants are too unsophisticated to remove prescription drugs, petrochemicals, triclosan, Teflon, chlorine, fluoride and other chemicals that contaminate our tap water.
- Chemical fertilizers, pesticides and herbicides pollute the soil where our food grows.



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Excerpts*

*Are you drinking pure, healthy water (and I don't mean the municipal water that is treated with chemicals)? Is the soil where your food is grown free from pollution? Are you washing your veggies before you put them in your refrigerator in order to remove as many chemicals and germs as possible before you eat them? Are you cleaning with toxic cleaners? These are questions you should ask yourself if you are serious about having a healthy lifestyle. Yes, you can do a lot to improve the quality of health in your home and food. You can start today.*

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### Standard American Diet

- ◆ **Lack of essential nutrients**  
(Vitamin D<sup>3</sup>, Essential fatty acids)
- ◆ **Lack of antioxidants** (Vitamin C, E, selenium)
- ◆ **The wrong nutrients**  
(trans-fats, HFCS, GMO)
- ◆ **Anti-nutrients**  
(phytic acid, lectins)
- ◆ **Foods causing inflammation**  
(Sugar, too much protein, too many carbohydrates)



*Share  
Excerpts*

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*Now let's consider the food you eat. Are you getting all the nutrients (vitamins and minerals) your body desperately needs to stay healthy? What foods can you reduce or eliminate to decrease inflammation in your body? What healthy foods can you add to your daily diet to give your body what it needs to operate smoothly and in a healthy way? I am available if you want to schedule a free personal assessment to help identify areas where you could improve,*

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### **Disease and Toxicity**

Scientific literature is finding more and more data linking impaired detoxification with diseases like:

- Cancer
- Parkinson's
- Fibromyalgia
- Chronic Fatigue



Alternative Medicine Review, June 1998

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*Did you know some of the diseases that are common in our society can be linked to impaired detoxification? How could cleansing help give you a better chance of experiencing vibrant health?*

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*Here are some things that you could work to eliminate as much as possible in your lifestyle as you get started with detoxification:*

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- 
- *Chemicals*
  - *Pesticides*
  - *Herbicides*
  - *Heavy Metals*
  - *Artificial Colorings*
  - *Artificial Flavorings*
- 

### Healing is a two-step process



#### **1. Cleansing & Draining**

Breaking down and moving toxic materials out through eliminative channels

#### **2. Building & Healing**

Nurturing and maintaining our physical, spiritual and emotional health



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*Cleansing does not happen instantly. Simply put, it's a two step process.*

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1. *Cleansing and draining – breaking down the toxins and then moving them out of the body*
  2. *Building and healing – After you remove the toxins, it's time to nurture and heal. This includes providing healthy food for the physical body. And it also includes spiritual and emotional healing, Often our physical ailments have deep roots in past emotional or spiritual wounds. Maintaining and healing needs to encompass all areas of our being if we want long-term health and growth.*
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## Reversal process

### Herring's Law of Cure

1. Symptoms of a chronic disease disappear in definite order, going in reverse and taking about one month for every year the symptoms have been present.
2. Symptoms move from the more vital organs to the less vital organs; from the interior of the body towards the skin.
3. Symptoms move from the top of the body downward.

### Healing Crisis

"As you have built up conditions in the body through foods, pollution, overwork, lifestyle, etc., we have to learn our lesson and go back over them and relive them, so to speak. You can expect all of those problems to return as you get well."

--Dr. Bernard Jensen



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*There is a definite order to the cleansing and healing process. You didn't get sick instantly and you are not likely to get well instantly (aside from a miraculous healing through God's touch).*

*Symptoms often begin deep inside the body, and we are usually unaware of trouble brewing. Once we see symptoms manifested on the skin, I always say there's normally something pretty serious going on inside.*

*Symptoms usually move from the top of the body downward.*

*Therefore, when you desire to reverse that process, you need to start on the inside first. You may not see change on the outside right away. You also need to cleanse from bottom toward the top. Don't try to suddenly do a liver cleanse if you have not already cleansed the elimination systems, so the toxins can be more easily eliminated from the body.*

*So let's dive into the actual cleansing process.*

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## How long does detoxification take?

- Most people typically need an entire year or more
- The sicker you are, the longer it will take
- You need to cleanse more slowly when you're ill
- Your body handles toxins better when your body systems are working more efficiently
- You can start cleansing anytime, but there is a definite order to cleansing. Always start from the bottom up!

*We're all snowflakes!  
Exposure levels that will cripple  
one person may leave another  
seemingly unharmed.*





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*Detoxification can take a long time. By the time I learned sound principles for wellness, my health was already in serious decline. I have been working on reversing that process for many years, and am happy to report that in many ways I am doing much better than I was 20 years ago. It's something I work on diligently and I can really tell a difference. My story is NOT your story.*

*Everyone is unique.*

*You can start cleansing anytime. But always start from the bottom up! Get your gut working well. It will make all the difference in the world as you move through the process of detoxification.*

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### **Detoxification (purging the bowels)**

- Dates back to 2,500 B.C. (Egypt)
- Greeks favored saline enemas
- American Indians pioneered herbs (like Cascara Sagrada)



*"Death begins in the colon." – Nobel prize winner Eli Metchnikoff, PhD*

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*Dr Bernard Jensen always said, "Death begins in the colon." I believe that 1,000 percent!*

*Many ancient cultures have followed various protocols for cleansing the colon. Today we can benefit from knowledge and research of these ancient cultures.*

*So, when you are ready to begin cleansing, you want to start with the colon. Just pause for a moment to think about how great you feel after you have a good bowel movement, especially when it is right away in the morning!*

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## What does toxicity feel like? Colon



- Constipation
- Diarrhea
- Cramps
- Blood in stools
- Bloating & abdominal discomfort
- Long transit times
- Hemorrhoids (also sign of liver)
- Cellulite
- Poor immunity
- Low energy
- Depression
- Pain in other body parts
- Food allergies
- Phlegm & Lung problems
- Weight issues

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*How do you feel when you haven't had a good bowel movement? There is a connection between the colon and other things we feel in the body when our colon is not working properly.*

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## Importance of Colon cleansing

- Colon is your septic system
- Nearly all degenerative diseases begin in the intestines
- Colon cancer ranks third after lung and prostate cancer for men and third after lung and breast cancer for women (National Cancer Institute)



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*What happens when the septic system in your house fails to work properly? Just consider what's happening in your body when your body's septic system fails. It's not a good thing. Just saying!*

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## The Digestive “Track”

The average American has **5-25 pounds of undigested fecal matter** in them at all times!



- It may be “normal” but not healthy to have less than one movement a day.
- A faster transit time (optimal 18-24 hours) reduces harmful absorption of bowel toxins.

**Emotion associated with colon is control – fear of letting go, holding on to the past**

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*Have you ever known someone who only has a BM every 2nd or third or fourth day? YIKES! And I also have heard a doctor say three days was ok. I loudly disagree with that statement,*

*You might want to check the transit time for how long it takes to eliminate what goes into your digestive track. You can eat corn or beets or some food that is easy to identify on the output end of things! How long before you see it come out the other end? Optimal transit time is 18-24 hours. We all know and agree that diarrhea is no fun and certainly it’s normally an indicator of illness, But also consider the opposite. If food is in the digestive tract too long, fermentation and/or absorption of too many toxins occurs. This also is not healthy.*

*You may also want to consider the emotion connected to the colon. You may want to do some research on emotional healing connected to the colon.*

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## Don’t be a train wreck!



**Three trains in,  
chew-chew!  
Three trains  
out, toot-toot!**

**Without proper elimination, you’re headed for a “train wreck”!**

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*Just think of your digestive tract like a train station! If you are eating three meals a day, you should be eliminating three times a day.*

***Three trains in, chew-chew! Three trains out, toot-toot!***

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### Healthy lifestyle: The Colon

- Breakfast like a king,  
Lunch like a queen,  
Dinner like a pauper;  
decreasing your digestive  
burden at night.
- Chew your food well.
- Eat only until satisfied.
- Eat in a relaxed  
atmosphere.



*Elevated stress can compromise digestion and absorption, leading to inflammation, which increases cortisol, and the cycle continues.*

*Shore  
Scents*

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*Here are some tips for maintaining healthy digestion.*

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### Healthy lifestyle: The Colon

- Drink fresh, pure water:  
 $\frac{1}{2}$  your body weight in  
ounces per day —Rudy Davis ND
- Drink no more than  
6 oz. of fluid at a meal
- Avoid milk, juice and  
coffee with meals
- Exercise



*Magnesium can help move stool contents forward in the colon.*

*Shore  
Scents*

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*Water is critical to maintaining a health colon. Here are a few more tips to consider.*

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## Healthy lifestyle: The Colon



- Eat cultured vegetables and fermented foods like sauerkraut
- Eat fruit alone
- Make half of your plate fresh, raw, or lightly steamed veggies
- Release hatred, anger, rage, fear, stress, anxiety and worry. Verbally replace with the opposite.

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*Keep a healthy balance of dark green leafy vegetables to other foods you are consuming. There are many charts suggesting what foods are best eaten together vs. what foods not to combine at a given time. This is called "food combining."*

*Foods that digest slowly should not be eaten at the same time with foods that digest quickly. This will result in fermentation in the gut and not be an optimal outcome. How often have we thought that finishing a heavy protein meal with fruit for desert is a good way to end a meal. NOT!*

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## Colon cleansing benefits

- Assist normal cholesterol levels
- Improved digestion
- Better absorption of nutrients
- Reduced amount of pathogenic organisms
- Increase the natural healthy colon flora



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*Check this list of benefits for cleansing the colon. A healthy colon flora goes a long way toward optimal health.*

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## Digestive support



### Cleansing Trio

Colon Cleanse: Fall

### ComforTone

- Helps eliminate residues from the colon
- Supports normal peristalsis to move food through the intestines
- Relieves constipation
- Releases build-up on colon walls

### ICP

- Source of fiber and bulk
- Speeds transit time of waste matter through intestinal tract
- May help dispel gas and pain

### Essentialzyme

- Enhances normal bowel function and
- High quality enzymes aid digestion
- Helps maintain healthy balance in the bowel



Young Living has several products that are designed to support the digestive system. Check out these few products. Note: this is not an exclusive list, but a short list that can help you get started. Fall is a great time to start down the cleansing path.

## Digestive support



### Enzymes

Allerzyme  
Detoxzyme  
Essentialzymes-4  
Sulfurzyme  
KidScents Mighty Pro  
KidScents Mightyzyme



### Di-Gize

Helps maintain homeostasis in the Digestive System



### Peppermint



### Life 9

helps promote healthy digestion, supports gut health, and helps maintain normal intestinal function for the overall support of a healthy immune system

Drink 2-4 ounces of *Red* per day for optimal results!

NINGXIA



Here are a few more of my favorites.

## What does toxicity feel like? Kidneys

- Backache
- Kidney stones
- Frequent urination
- Foul smelling urine
- Cloudy or dark urine
- Knee & leg cramps
- Skeletal & joint weakness
- Infection
- Acidic pH
- Swelling & water retention
- Elevated blood pressure
- Mineral & sugar imbalance in the blood
- Mental confusion



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*Once the colon is cleansed, it's time to move up to the kidneys. The kidneys are next up in the elimination/cleansing sequence.*

*If your kidneys are feeling challenged, here are a few things you may feel.*

## What do the Kidneys do?



Gout:  
Excess Uric Acid  
can lead to  
Kidney problems

- Process about 200 quarts of blood daily to sift out about 2 quarts of waste products and extra water.
- Remove toxic waste from the blood.
- Help regulate PH and normal chemical balance in the body.

**Emotion associated with kidneys is fear**

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*The kidneys perform many important functions in the body. They help keep a normal chemical balance in the body. They eliminate toxic waste from the blood. When my mother-in-law was in her final years, the nurse told me a kidney or bladder infection can take out an elderly person faster than anything else. She put a very high priority for her residents on keeping the body well hydrated and the kidneys working properly.*

## Kidneys: Interesting facts

The kidneys play a key role in keeping a person's blood pressure in a healthy range, and blood pressure, in turn, can affect the health of the kidneys.

[www.medicinenet.com](http://www.medicinenet.com)



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*There is a direct link between blood pressure, blood sugar and the kidneys.*

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## Kidney burdens



- Heavy metals in water and some food sources
- Undigested food that turns acidic
- Acid-forming drinks
- Medications

*Cleansing aids can assist the kidney in their release*

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*Here are a few things that place an extra burden on the kidneys. Pay attention!*

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### Healthy lifestyle: Kidneys

- Drink 8 or more glasses pure water daily with no more than 6 oz. at a meal.
- Avoid commercial salt. (Celtic Sea Salt is better)
- Limit unhealthy beverages: coffee, soda (can have a pH of 2) and alcohol.



*"The most common cause of kidney stones is not drinking enough water." [www.medicinenet.com](http://www.medicinenet.com)*

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*Drinking soda or coffee or tea is not a replacement for drinking pure water when it comes to kidney health.*

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### Healthy lifestyle: Kidneys

- Work with your doctor on a plan to reduce prescription drugs if possible.
- Avoid synthetic sweeteners.
- Verbally release fear, worry, anxiety, stress and tension and replace with relaxation, peace, love and courage.



*Unsweetened apple juice helps soften kidney stones and gallstones.*

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*Here are a few tips from a medical professional that you may find helpful.*

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## Kidney cleansing benefits

- Better skeletal function; stronger bones
- Healthier knees, legs, ankles
- A back and spine that feel good
- Proper water balance in the body
- Proper mineral balance and, therefore, better energy



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*Why would you want to cleanse your kidneys? Check out these benefits!*

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## Kidney Health



### **K & B:**

Supports overall urinary health, enhances the body's efforts to maintain proper fluid balance



### **Valor Blend:**

Facilitates balance in the body



### **Idaho Grand Fir**

Helps dilate urethra

**NINGXIA  
Red**

**Drink 2-4 ounces  
of NingXia Red  
per day for  
optimal results!**

**Kidney Cleanse:  
Winter**

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*These are a few of my favorite Young Living products to help support Kidney health I never ever want to be without K&B Tincture. When I need it I need it NOW! And NingXia Red is on my list of daily "Must haves"!*

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## What does toxicity feel like?

### Liver



- Cholesterol imbalances
- Poor digestion of fats—“fatty liver”
- Fatigue & Insomnia
- Asthma & lung problems
- Headaches
- Blood toxicity
- Painful joints
- Symptom overload
- Inner sense of poor health
- Poor energy
- Skin problems

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*Now that we have cleansed the colon and kidneys, let's talk about the Liver. Here are a few indications that you might be dealing with liver toxicity.*

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## What does the Liver do?

- Helps digest stuff
- Makes proteins
- Gets rid of bad stuff



The liver serves as your body's “**border inspection station**.” Virtually every nutrient we consume, whether it has a valid passport or not, must pass through the liver so it can be transformed into a different biochemical form. That transformation is what allows the nutrient to be transported to a different location in the body and used. — Dr. Oz

*The liver is a chemical factory—  
Our primary internal organ of detoxification*

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*The liver is the chemical factory of your body. It is extremely important in detoxification. The liver is the border patrol for the body and lord knows, we need to protect our body from unwanted invasion. It's the only body we will ever have. God calls the body our temple and says we should take care of our temple.  
We need to be in the “Liver Lovers Club”!*

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## Healthy lifestyle: Liver

- Eat a healthy diet—more raw foods
- Exercise
- Get lots of fresh air
- Put the six-pack back!
- Avoid chemical pollutants like fumes from paint thinners, bug sprays and aerosol sprays



**Emotion associated with liver is anger**

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*Anger is stored in the liver. Here are some tips for maintaining a healthy liver.*

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## What does toxicity feel like? Gallbladder



*Gallbladder filled with gallstones*

- Gas
- Nausea (especially after high-fat meal)
- Chalk-colored stools
- Pain under right breast or between shoulder blades

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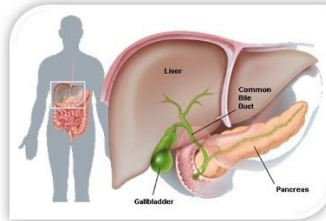
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*The liver and gallbladder are very closely associated. So what can you learn about toxicity in the gallbladder?*

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## What the Gallbladder does

Concentrates & stores bile which breaks fat globules into small particles that can be digested or eliminated out of the body



**Risk Factors: FAT, FEMALE, FORTY**

*Share Excerpts*

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*Here's what the Gallbladder does. And YES you need it! God gave it to you for a reason, so do everything you can to keep your liver AND gallbladder healthy and working properly.*

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## Healthy lifestyle: Gallbladder

- Eat a healthy diet—more fresh fruits, vegetables and fiber
- Trim the fat
- Exercise in the fresh air
- Drink plenty of water



**Emotions associated with gallbladder are bitterness & blame**

*Share Excerpts*

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*Hmmm... what can you do to keep your gallbladder healthy?*

*Pay attention to the emotions associated with an unhealthy gallbladder. You may want to check out the Young Living blend called Forgiveness.*

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## Gallbladder cleanses

- There are many recipes for cleansing the Gallbladder.
- Some doctors recommend against Gallbladder flushes due to risks of large stones lodging in the bile duct, leading to emergency surgery.
- A wise approach to gallbladder health is to take Ledum oil periodically as it helps drain the gallbladder. JuvaCleanse and GLF contain Ledum.
- JuvaFlex helps thin bile and drain the gallbladder.



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*I only mention gallbladder flushes because many people have heard about them and tried them. You need to be very wise if you consider something like this.*

*I personally prefer working on maintaining a healthy approach. But there is a lot of information out there for you to research if this topic interests you.*

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## Liver & Gallbladder cleansing benefits

- Decreased risk of infection from lodged gallstones
- Removal of stored toxins from the body
- Improved breakdown of amino acids and proteins
- Reduced systemic degeneration
- Improved metabolism and digestion
- Improved kidney function
- Improved hormonal balance
- Better fat digestion
- Increased energy reserves



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*Considerations for cleansing the liver and gallbladder.*

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## Liver & Gallbladder Support



**Juva Power Powder:**  
Rich source of acid-binding foods;  
high in liver-supporting nutrients;  
intestinal cleansing benefits



**JuvaTone Tablets:**  
Promotes healthy liver function and  
normal excretion functions; especially  
beneficial for those with high protein diets



**Drink 2-4 ounces  
of NingXia Red  
per day for  
optimal results!**

**Liver & Gallbladder Cleanse: Spring**

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*My personal preferences for supporting the liver and gallbladder are any of the Young Living oils and supplements that have the word JUVA in them. I have done a protocol using JuvaTone Tablets several times with great success. It takes six weeks from start to finish, but is gentle and effective. I include Juva Power Powder and NingXia Red in my daily smoothie to help support my liver and gallbladder.*

## Liver & Gallbladder support



**JuvaCleanse:**  
Cleansing properties  
help support digestion  
and healthy immune  
system.



**JuvaFlex:**  
A beneficial  
complement to  
other supportive  
dietary blends



**GLF:**  
Helps support healthy  
gallbladder and liver  
function. Powerful when  
taken in conjunction with  
Detoxzyme® and  
Essentialzyme™

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*Juva Flex: Supports liver and lymphatic detoxification; may help if you desire to reduce your consumption of coffee, alcohol, drugs or tobacco.*



## What does toxicity feel like? Lymphatic System

- Inflammation
- Sore Throat
- Fever
- Yeast infections
- Weak immune system
- Cellulite fat accumulation
- Fibromyalgia
- Slow healing
- Chronic depression
- Lupus
- Chronic Fatigue Syndrome



"If the Lymphatic System were to shut down, we would die within 24 hours." --Dr. LeAnne Deardeuff

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Scents*

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*Finally, let's discuss the lymphatic system. When the lymphatic system is not happy, here are a few things you might feel going on.*

*We seldom consider just how important this system is to our health.*

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## What does the Lymph do?

- Carries away bacteria, viruses and fungi for detoxification and elimination.
- Proteins and wastes that are too large to move through the capillaries are transported through the lymph system to the chest and then dumped into major blood vessels.



**Anxiety & fear can compromise the immune System**

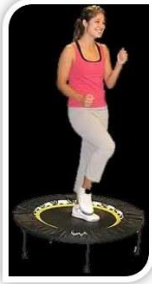
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*Here's a quick summary of what the lymph does in our body. Lymph is extremely important to our immune system.*

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## Healthy lifestyle: Lymph



- Exercise - (walking, bicycling, jumping or walking on a rebounder/mini trampoline)
- Get plenty of rest
- Eat more raw organic fresh foods
- Avoid toxic chemicals & pollutants
- Lead a peaceful lifestyle
- Keep a good attitude
- Take time for your spiritual health
- Eliminate toxins (diet, personal care)
- Lymphatic Massage
- Skin Brushing



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*Is the healthy lifestyle starting to sound familiar? If you are not able to do the type of walking or rebounding mentioned above, you can simply stand in place on the floor and rise up to the ball of your feet and back down repeatedly or “pump” your feet by sitting and flexing them forward and backward to do a lymphatic pump. Skin brushing is also quite effective. This is easy to do in the shower if you are able to safely sit down or hold on to a bar for balance.*

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## Benefits of lymphatic cleansing



- Improved tissue structure
- Better elimination of toxins
- Stronger immune system and overall health
- Increased vitality
- Improved fluid balance in tissues
- Better delivery of nutrients to body

*Since two-thirds of the lymph is produced in the liver and intestines, one must also assure there is good function in these areas.*

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*What benefits can you expect from lymphatic cleansing? Here's a list of benefits.*

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## Lymphatic System support



**Inner Defense**  
Reinforces systemic defenses;  
promotes healthy respiratory  
function; supports healthy  
immune system



**Grapefruit**  
Helps cleanse  
lymphatic system;  
high in d-limonene



**Ledum**  
General tonic;  
supports liver,  
kidneys; lymphatic  
system; healthy  
energy flow



**Rosemary**  
Loved for its naturally  
occurring constituents:  
eucalyptol and alpha-  
pinene, which can help  
maintain overall wellness



*Some of my favorite products to support the lymphatic system include the ones pictured here.*

## Lymphatic System



### Healthy Deodorants

- Pleasant & safe alternative to commercial deodorants
- Free of propylene glycol & toxic aluminum salts
- Several options available



**Meadow Mist  
Mountain Mint  
Valor  
CitriGuard  
CinnaFresh**



*Drink 2-4  
ounces of  
NingXia Red  
per day for  
optimal  
results!*

**Lymphatic Cleanse: Summer**



*Summer is a great time to concentrate on the lymphatic system. Young Living deodorants are very healthy for the lymph glands located in the armpit areas.*

### Detoxifying releases:

- Toxic waste accumulations
- Environmental toxins
- Opportunistic organisms
- Acids
- Mucus
- Excess fat
- Fluid buildup



*Cleansing is not recommended for nursing mothers because the toxins released during a cleanse enter the mother's milk supply.*

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*In summary, these are things that can be released by a systematic approach to detoxification, Please note that I do not recommend cleansing for nursing mothers or while you are pregnant.*

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### Benefits of detoxifying

- Weight loss
- More energy
- Positive life outlook
- Less disease
- More even moods
- Healthier skin & complexion
- Reduction or elimination of aches and pains



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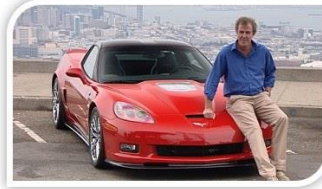
*Finally, check the list of benefits of cleansing! It's a great way to get a new lease on life!*

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## Conclusion

You don't think twice about  
giving your automobile regular tune-ups  
every 6 months or an oil change every 3,000 miles.

**AREN'T YOU  
WORTH  
MORE THAN  
YOUR CAR?**



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*You are worth more than your car, so why not consider giving your body a tune-up before trouble happens?*

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- Don't wait for your engine to break down! • Resolve to live a lifestyle that generates health.*
  - Decide to give your body gentle detoxification tools on a daily basis with some deeper cleansing periodically.*
  - Don't delay – start today!*
- 

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**You are worth the effort... your body will thank you!**

**Don't delay, Start today!**

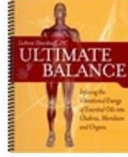
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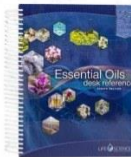
## Educational resources



**Inner Transformations  
Using Essential Oils**  
By Dr. LeAnne Deardeuff, DC  
Dr. David Deardeuff, DC



**Ultimate Balance:  
Infusing the  
Energy of EOs**  
By Dr. LeAnne Deardeuff, DC



**Essential Oils  
Desk Reference**

These resources may be out of print and difficult to access.  
But if you can get your hands on them, they are well worth having in your library.



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*These educational resources may be out of print and difficult to access.*

*But if you can get your hands on them, they are well worth having in your library.*

*This class does not cover all ways to cleanse, but it does cover some of the basics that can help you maintain longevity with vitality.*

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- *Information obtained here is meant for educational and informational purposes ONLY, and to motivate and empower you to make your own wellness journey based on your own research and partnership with your healthcare provider.*
  - *The statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.*
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*Visit my new website and create your free personal profile to get access to the educational resources to help you learn more about natural wellness. You'll get a notification each time something is added to the community pages in the vault. I am out there looking for some great content and resources to help you along in your wellness journey. This is a place where you can browse at you leisure and find topics that interest you.*

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