

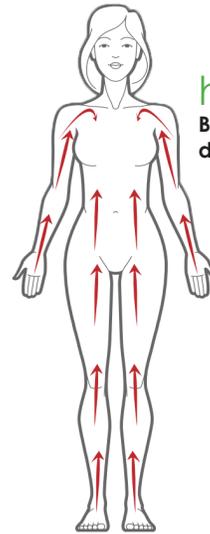
how-to

# RAPID REBOOT

**Do The Lymphatic Detox:** Your lymphatic system is part of your immune system. It's in charge of protecting your body from illness-causing invaders, maintaining body fluid levels, absorbing digestive tract fats, and removing cellular waste. The lymph fluid carries the waste products and destroyed bacteria back into the bloodstream. The liver or kidneys then remove these from the blood. The body passes them out with other body waste, through bowel movements (poo) or urine (pee).\*

## 1. Body Brush Before Shower

Take 5 minutes to brush daily before your shower. Always brush when your skin is dry, using light strokes. Gently glide your body brush over your skin using straight strokes. Brush from your feet up, including the tops and bottoms of your feet and in between your toes. Brush your palms, backs of your hands, and in between your fingers, always brushing toward the heart. Your goal is to exfoliate the top layers of the skin by repeating the strokes five times in each area.\*



## how-to Body Brush

Brush prior to showering, following the diagram on the left.\*



## 2. Do The Lymphatic Massage

This 15-minute massage can be done yourself. Use a very light touch as 70% of your lymphatic vessels are located just below the skin, and if you use too much pressure you'll bypass these vessels. The results of this massage are relaxing, detoxing, and healing on many levels. Apply 1-3 drops of L-Stimulate essential oil blend neat (undiluted) on fingertips and massage following the diagrams below.\*



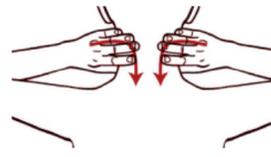
### Step 1: Collarbone

Place fingertips on the upper edge of the collarbone. Use a light touch and stretch the skin toward the center of the neck. Hold for 3 seconds and then release completely for 3 seconds. Repeat 4 times.\*



### Step 2: Spinal Chain

Place fingers along the sides of the neck. Use a light touch, stretching the skin slightly forward and down toward the collarbone. Hold for 3 seconds and then release completely for 3 seconds. Repeat 4 times.\*



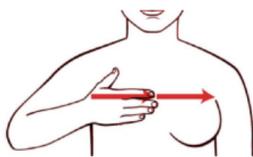
### Step 3: Back Chain (Trapezius)

Place fingers on the muscle at the back of the shoulders. Lightly stretch the skin toward the outer shoulder, then slightly forward. Hold for 3 seconds, and then release completely for 3 seconds. Repeat 4 times.\*



### Step 4: Armpits (Axilla)

Lift one arm slightly and place the fingertips of the opposite hand in the peak of the armpit. Push gently inward for 3 seconds, and then release completely for 3 seconds. Repeat 4 times on each arm.\*



### Step 5: Chest

Massage the chest in a gentle sweeping motion directed toward the arm. Gently stretch the skin, hold for 3 seconds and then release completely for 3 seconds. Repeat 10-15 times on each side of the chest.\*



### Step 6: Groin (Inguinals)

Place fingertips on the crease between leg and pelvis. Lightly stretch the skin upward approximately one inch. Hold for 3 seconds, and then release completely for 3 seconds. Repeat 4 times on each leg.\*



### Step 7: Arms

Lightly massage the entire arm toward the head. The total stretching movement should last 3 seconds, then be released completely for 3 seconds. Repeat upward movement 10 to 15 times on each arm.\*



### Step 8: Hands & Fingers

Massage fingers by gently stretching the skin toward the hand. Massage back of hand and palm by gently stretching the skin toward the forearm and releasing. Repeat 10-15 times on each hand.\*

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

how-to

# RAPID REBOOT

**Do The Belly Detox:** In many cases, your big belly is not from fat, but rather it's accumulated bodily waste that has attached to the inner lining of your large intestines and colon. The colon has immense elasticity and can stretch to accommodate almost any amount of mass, creating a significant and unnecessary contribution to your overall body weight. By cleansing the colon of this built-up waste, it can shrink back to a more proportionate size, reducing the weight around your midsection and helping to flatten your stomach.\*

Irregular bowel movements are one indication that your colon may not be working optimally. Irregular bowel movements and/or chronic constipation may lead to a condition known as leaky gut. Irritation and inflammation in the lining of the intestines caused by stool build-up leads to undigested food particles and toxins entering the bloodstream. This can lead to a variety of other conditions throughout the body.\*

## 1. Drink The Real Detox Tea Twice Per Day

The Real Detox Tea is a phytonutrient-rich cocktail for your cells and is one of the most powerful detox teas available for micro-nutrient delivery and elimination of undigested waste in your colon and digestive system. Pour 1 scoop into a cup. For hot tea, add 8-10 fluid ounces of hot water, stir, and enjoy. For iced tea, add 2 fluid ounces of hot water and stir, top with 6-8 fluid ounces of cold water, add ice, and enjoy. Lemon, honey, or preferred sweetener may be added depending on personal taste.\*



## 2. Drink Purge Tonic Twice Per Day

Purge Tonic is a blend of herbs formulated to support the body in gentle cleansing. Convenient to use, Purge Tonic is water soluble for rapid and efficient absorption. Along with detoxing parasitic organisms, Purge Tonic may improve digestion, increase energy and mental clarity, and support a healthy immune system. Add 325mg (1/8 tsp - approximately 20 drops) to water or juice.\*

## 3. Drink 2 Drops of Ease Twice Per Day

## 4. Massage Ease Into Abdomen Twice Per Day

Ease is a proprietary blend of essential oils that support the body in naturally providing relief from indigestion, nausea, stomach cramps, and food poisoning while helping to strengthen the digestive system as a whole. Ease helps the body to absorb more life-sustaining nutrients by slowing rapid digestion and aiding in the digestion of rich foods. Stir 2 drops into water and drink twice per day. Massage 2 drops over the colon area of the abdomen.\*



## Belly Bonus 1: Fat Blasting Cellulite Wrap

Mix 8 drops of FatDetox essential oil blend with your favorite lotion or massage oil. Apply generously to areas of cellulite and massage well. Then wrap with muslin or flannel and leave wrapped for 45 minutes.\*



## Belly Bonus 2: Feed Your Belly Fulvic Acid

Rich in vital nutrients and enzymes important for optimal gut function, gut bacteria and enhancing nutrient absorption. By providing a microbiome that is rich in prebiotics and probiotics, Fulvic Acid can decrease symptoms of digestive issues and promote a healthy gut.\*



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