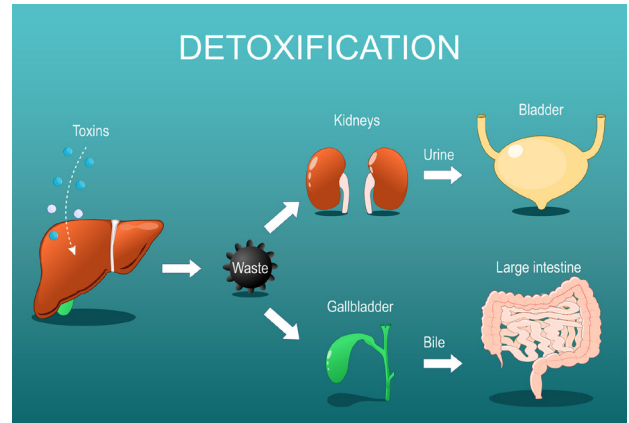


# LIVER CLEANSE

## RESHAPE YOUR HEALTH

Supporting your liver is essential for overall health. This vital organ performs over 300 functions, acting as the body's primary defense against toxins by converting harmful substances into safe compounds for elimination. The liver also processes nutrients from food, regulates blood sugar and cholesterol, and produces bile for fat digestion. It plays a critical role in detoxifying the body, helping to eliminate waste from normal metabolic processes.\*

In today's world of pollution, synthetic chemicals, and poor dietary choices, the liver faces extra strain. Factors like poor food habits, excessive alcohol, smoking, and medications can impede its ability to detoxify efficiently. By supporting liver health through proper nutrition, hydration, and lifestyle choices, we can help maintain balance in digestion, hormone regulation, and detoxification, ensuring this hardworking organ functions optimally in an increasingly toxic environment.\*



## Signs & Symptoms of Liver Toxicity

- Poor digestion
- Fatigue
- Skin rashes
- Depression
- Hormonal imbalances
- Obesity
- Gallbladder disease
- PMS
- Allergies
- Jaundice
- Nausea
- Emotional excess & mood swings
- Headaches
- Drowsiness after eating
- Weak tendons, ligaments
- Weak muscles
- Difficulty losing weight

## What's Inside & How It Works

### SOUL

Soul helps maintain a healthy pH balance, supports liver detoxification, and nourishes the gut and kidneys with chlorophyll-rich greens and Ayurvedic herbs. This powerful blend promotes increased energy, enhanced detoxification, and fewer cravings, helping to restore balance and vitality to the body naturally.\*



### LEMON ESSENTIAL OIL

A refreshing and invigorating oil known for its cleansing properties, supporting detoxification and digestion while promoting a healthy immune system.\*

### HEPADETOX ESSENTIAL OIL BLEND

A proprietary essential oil blend designed to support liver health, aid digestion, and promote overall detoxification, helping to relieve discomfort and support optimal liver function.\*

# LIVER CLEANSE

## LIVER CLEANSING FOODS

In addition to your daily routine of Basic Daily Liver Care, it's essential to drink plenty of pure, clean water and eat liver-supporting foods regularly. These foods help boost metabolism and reduce toxin buildup. Consider dedicating one week each month to focusing on liver-friendly food choices. Some great options for supporting your liver include the following.\*

- Fresh cage-free organic eggs
- Leafy green vegetables
- Cruciferous vegetables such as broccoli, brussels sprouts, cabbage, cauliflower, kale, and bok choy
- Artichokes
- Asparagus
- Beets
- Dandelion greens
- Garlic
- Grapefruit
- Lemons & limes
- Onions
- Ginger root
- Turmeric
- Avocados
- Apples
- Olive oil
- Green tea
- Seaweed (nori, kelp, dulse, and spirulina)
- Carrots (rich in beta-carotene for detoxification)
- Beets (support bile production and liver detox)
- Walnuts (rich in omega-3 fatty acids & glutathione)
- Cabbage (helps break down toxins in the liver)

## Liver-Loving Lemonade

- 1 to 2 organic Lemons, juiced
- 1 drop Lemon Oil
- 1 to 2 tablespoons organic Maple Syrup or pure Agave
- 8 to 16 ounces of water, depending on your pucker preference

Mix ingredients, adjusting to your personal flavor preference. Add ice if desired, enjoy!

**For Variety:** Add 1 drop Peppermint essential oil for a fresh minty drink, or 1 drop Lavender essential oil for Lavender Lemonade.

## I Love My Liver Green Smoothie

- 1 whole organic Lemon, ends cut off, chopped in quarters
- 1 or 2 whole apples, washed & quartered
- 1 to 2 drops Lemon Oil, Grapefruit Oil, or your preferred 'flavor'
- ½ - 1 "thumb-sized" piece of Ginger
- 1 Scoop of Soul
- Preferred greens (dandelion, kale, spinach, etc.)

1. Add all ingredients, except the greens, to the blender, covering them with enough distilled or purified water to just cover the lemons and apples. Blend gently, then stop the blender and add your chosen greens, filling the blender to your desired level.
2. Next, add enough distilled or purified water to cover the greens. Secure the lid tightly and blend on high until completely smooth. If desired, add a few ice cubes to chill the mixture.

Serve the smoothie in a beautiful glass, and store any leftovers in a mason jar in the fridge to enjoy throughout the day. For the best results, aim to drink a full blender's worth of green smoothie for three consecutive days. We're confident you'll love how you feel and notice positive changes in your body in such a short time!



# LIVER CLEANSE

We recommend incorporating the Basic Daily Liver Care into your daily routine - much like brushing your teeth - to maintain optimal liver health. Use it consistently for three weeks each month to support detoxification, boost energy, and promote overall well-being. For the fourth week, switch to the Rebuild and Renew Liver Care protocol, allowing your liver to rejuvenate and strengthen. By rotating between these two practices, you give your body the ongoing support it needs for sustained health, vitality, and balance. Make liver care a daily ritual, and feel the difference in your energy and vitality each day!\*

STEP 1



HepaDetox is a blend of powerful essential oils that are known to help the liver detox and also to regenerate and rebuild liver cells.\*

Rebuild & Renew Liver Care (can be done one week monthly)

- Apply 1 to 2 drops, neat (undiluted), to the skin directly over the liver area and/or on the liver reflex area of the right foot **three times daily**. Massage in well. Add 1 drop in 8 or more ounces of spring water or juice **three times daily**, before meals.\*

**Note:** HepaDetox can be taken in a veggie capsule instead of added to water; add 1 to 2 drops of HepaDetox then fill the capsule with olive oil. Take one capsule **three times daily** before meals.\*

Basic Daily Liver Care

- Apply 1 to 2 drops, neat (undiluted), to the skin directly over the liver area and/or on the liver reflex area of the right foot **once daily**. Massage in well. **OR** Add 1 drop in 8 or more ounces of spring water or juice **once daily**, before breakfast.\*

STEP 2



Lemon Essential Oil is a powerful ally for supporting liver health and detoxification. Its natural cleansing properties help stimulate bile production, aiding in the liver's detoxifying process. Regular use can promote the elimination of toxins, enhance digestion, and support overall liver function, making it an excellent addition to your wellness routine for improved vitality and balance.\*

Rebuild & Renew Liver Care (can be done one week monthly)

- Add 1 drop in 8 or more ounces of spring water or juice **three times daily** before meals. After 20 minutes, drink 2 to 4 cups of water. Best done on an empty stomach.\*

Basic Daily Liver Care

- Add 1 drop in 8 or more ounces of spring water or juice **once daily** before breakfast. After 20 minutes, drink 2 to 4 cups of water. Best done on an empty stomach.\*

STEP 3



Soul is a powerful blend of chlorophyll-rich greens and Ayurvedic herbs designed to support liver detoxification and maintain a healthy pH balance. It nourishes the gut and kidneys, promotes increased energy, reduces cravings, and helps combat inflammation. Packed with natural superfoods, Soul supports overall well-being, making it an essential part of your daily health regimen.\*

Rebuild & Renew Liver Care (can be done one week monthly)

- Add 1 scoop to milk, juice, smoothies, etc. **twice daily**, once before breakfast and again before dinner. May be sweetened to taste with preferred sweetener.\*

Basic Daily Liver Care

- Add 1 scoop to milk, juice, smoothies, etc. **once daily**, before breakfast. May be sweetened to taste with preferred sweetener.\*

# HepaDetox

detoxification blend

HBNaturals  
PRODUCT INFORMATION PAGE

HepaDetox is a potent essential oil blend that supports liver detoxification, regeneration, and overall health. Featuring Carrot Seed, Peppermint, Lemon, and Rosehip Seed oils, it helps the liver process and eliminate toxins from food, alcohol, drugs, and the environment. Over time, toxin buildup can slow liver function, impacting overall wellness. HepaDetox promotes cell repair, enhances natural detox pathways, and restores balance. Best used after the acute phase of illness, it helps the liver rebuild and strengthen for optimal health.\*



## DIRECTIONS

- **Topical Use:** Rub 1 to 2 drops neat (undiluted) on the liver reflex area of the right foot. Massage in thoroughly.\*
- **Topical Use:** Apply 1 to 2 drops, neat (undiluted), to the skin directly over the liver area. Massage in thoroughly.\*
- **Internal Use:** Add 2 to 3 drops to the juice of ½ to 1 whole organic lemon. Mix and drink.\*

## MEDICINAL CONSTITUENTS

- **Monoterpenes:** Naturally occurring compounds known for their cleansing, immune-boosting, and antioxidant properties. They help detoxify the body, support respiratory health, and promote cellular repair by neutralizing harmful free radicals. Monoterpenes also aid digestion, reduce inflammation, and enhance mood, making them a key component in natural wellness and healing.\*
- **Menthol:** A cooling compound found in peppermint and other mint oils, is known for its soothing, detoxifying, and anti-inflammatory properties. It helps clear respiratory congestion, support digestion, and flush out toxins, promoting overall wellness. Menthol also aids in relieving muscle and joint discomfort, easing headaches, and enhancing mental clarity. With its refreshing and purifying effects, it supports circulation, lymphatic drainage, and natural detoxification, making it a powerful ally for cleansing and revitalization.\*
- **Limonene:** A powerful compound found in citrus peels, is known for its cleansing, detoxifying, and antioxidant properties. It helps flush out toxins, support liver function, and promote digestive health by stimulating the body's natural detox pathways. Limonene also boosts circulation, reduces inflammation, and strengthens immune function, making it a key component in natural detox and overall wellness.\*

### Clinical studies for HepaDetox ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7582973/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10609285/>
- <https://pubmed.ncbi.nlm.nih.gov/31969098/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5814329/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5761127/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8348102/>

## INGREDIENTS

*Daucus carota (Carrot Seed), Mentha piperita (Peppermint), Citrus limon (Lemon), Rosa rubiginosa (Rosehip Seed)*

## CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.
- Do not exceed recommended dosages.
- Non-toxic, non-irritant, non-sensitizing.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs \*
  - **Healthy individuals ages 10 and over:** Dilute 60 drops per 1 ounce of carrier oil.\*
- Keep out of reach of children and pets.
- Store away from sunlight, at room temperature, with the lid securely tightened.\*

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# Lemon

citrus limon

Lemon essential oil is a powerful cleanser with antiviral and antibacterial properties, making it ideal for purifying air, surfaces, and household items. It enhances cleaners, freshens kitchens and bathrooms, and boosts disinfectant power in laundry and dishwashing. Rich in limonene, it supports liver health by aiding detoxification and digestion while adding a bright, citrus flavor to food and drinks.\*



## DIRECTIONS

- **Topical Use:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water for an invigorating bath.\*
- **Internal Use:** Add 1 to 2 drops to your drinking water for a refreshing burst of citrus flavor and a natural way to support hydration.\*
- **Environmental Use:** Add to household cleaners to boost cleaning power.\*
- **Topical Use:** Apply 1 drop neat (undiluted) to strengthen finger nails.\*
- **Diffusion:** Use 10 to 15 drops in a diffuser for up to 15 minutes per hour to sanitize the air and create an energizing, uplifting environment.\*

## MEDICINAL CONSTITUENTS

- **Monoterpenes:** Lemon essential oil is rich in monoterpenes, particularly d-limonene, which is known for its powerful antioxidant, anti-inflammatory, and detoxifying properties. It also contains β-pinene, γ-terpinene, and α-pinene, which support immune function, enhance respiratory health, and contribute to the oil's uplifting and purifying effects. Together, these constituents help promote liver health, improve digestion, and boost overall wellness.\*
- **Caryophyllene:** This key compound found in lemon essential oil, is known for its potent antimicrobial, anti-inflammatory, and antioxidant properties. It supports digestive health by promoting healthy bile production and enhancing the liver's detoxification processes. Citral also has calming effects, helping to reduce stress and anxiety, while its natural antibacterial and antiviral properties make it effective in supporting immune function and fighting infections. Overall, citral contributes to better digestion, skin health, and overall vitality.\*

### Clinical studies for Lemon:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9201525/>
- <https://pubmed.ncbi.nlm.nih.gov/37375600/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11666827/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6073409/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8510114/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10489792/>

## INGREDIENTS

*Organic Citrus limon (Lemon) from Italy, cold expressed from peel*

## CAUTIONS

- **Safety Group 2:** Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.\*
- May increase sun sensitivity; avoid direct sunlight for several hours after application. Dilution is not typically necessary, but can be done if skin sensitivity occurs using these recommended guidelines.\*
  - **Healthy individuals ages 10 and over:** Dilute 60 drops per 1 ounce of carrier oil.\*
  - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
  - **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 15 drops per 1 ounce of carrier oil.\*
- Keep out of reach of children and pets.\*
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.\*
- Store away from sunlight, at room temperature, with the lid securely tightened.\*

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# Soul

liver support & alkalizing wholefoods

HBNaturals  
PRODUCT INFORMATION PAGE

Chronic inflammation is now recognized as a key factor in many diseases, from arthritis and asthma to Alzheimer's, diabetes, and heart disease. Supporting detoxification and maintaining a healthy pH balance can help combat inflammation and promote overall wellness. Soul is rich in chlorophyll-packed greens and Ayurvedic herbs that nourish the liver, kidneys, and gut—helping to boost energy, improve digestion, and reduce cravings naturally.\*

## DIRECTIONS

- Add 1 scoop Soul to milk, juice, smoothies, etc. Delicious hot or cold! Can also be sprinkled on your favorite yogurt, cereal, or salad. May be sweetened to taste with preferred sweetener. Shake or mix well. May be taken up to 2 times daily.\*



## MEDICINAL CONSTITUENTS

- **Curcumin:** The active compound in turmeric, curcumin, is a powerful antioxidant and anti-inflammatory agent known for its numerous health benefits. It supports joint and heart health, aids digestion, boosts immune function, and may help protect against chronic diseases by reducing oxidative stress and inflammation in the body.\*
- **Chlorophyll:** The green pigment in plants, chlorophyll, is a powerful detoxifier and antioxidant that supports overall health. It helps cleanse the body by promoting liver function, aids digestion, boosts red blood cell production, and may neutralize toxins. Known for its alkalizing properties, chlorophyll can also support gut health, reduce inflammation, and enhance energy levels.\*
- **Limonene:** This natural compound found in citrus peels is known for its powerful antioxidant and detoxifying properties. It supports liver health by promoting the production of enzymes that aid in detoxification and help flush out harmful toxins. Limonene also has anti-inflammatory benefits, supports digestion, and may help maintain healthy cholesterol levels, making it a valuable nutrient for overall wellness.\*

### Clinical studies for Soul ingredients:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6855174/>
- <https://pubmed.ncbi.nlm.nih.gov/19811613/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC8576288/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11121291/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5598502/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10968638/>

## INGREDIENTS

Organic Turmeric (Root) Powder, Organic Wheatgrass Powder, Organic Coconut (Fruit) Powder, Organic Lemon (Fruit) Powder, Milk Thistle (*Silybum marianum*) Seed Powder, Organic Camu Camu (Berry) Powder, Organic Jerusalem Artichoke (*Helianthus tuberosus*) Powder, Dandelion (*Taraxacum officinale asterolus*) Root Powder, Organic Amla (*Phyllanthus emblica*) Berry Powder, Organic Ashwagandha (*Withania somnifera* Root) Powder, Organic Astragalus membranaceus (Root) Powder, Luo han guo (Fruit) Powder, Panax (*Panax quinquefolius* L.) Ginseng, Organic Gotu Kola Powder, Organic Alfalfa (Leaf) Powder, Organic Barley (Grass) Powder, Organic Broccoli Powder, Organic Moringa (Leaf) Powder, Organic Spinach Powder, Organic Spirulina Powder, Organic Beet (Root) Powder, Organic Tomato (fruit) Powder, Organic Dulse (*Palmaria palmata*) Powder, Cordyceps Mushroom (*Ophiocordyceps sinensis*), Goji Berry (*Lycium barbarum*), Lion's Mane Mushroom (*Hericium erinaceus*), Maca (*Lepidium meyenii*) Root, Reishi Mushroom (*Ganoderma lingzhi*), Siberian Ginseng (*Eleutherococcus senticosus*), Kale, Pumpkin, Sweet Potato, Sunflower Seed, Cranberry, Chlorella

## CAUTIONS

- **Safety Group 2:** Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*
- Keep out of reach of children and pets.\*

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