

# how-to LIVER DETOX

**Support Your Liver:** "Is life worth living? It depends on the liver." This quote from American philosopher William James reminds us that the health of the liver is the key to living a healthy life. The liver supports almost every other organ in the body. If you want to live, you'll need a healthy liver. A healthy liver is a key element to a healthy life, and when the liver gets sick many problems can follow. Living a healthy lifestyle that includes whole food nutrition and moderate exercise can help our liver work as efficiently as possible and may lower the risk for developing liver disease.\*

## Daily Liver Maintenance

Use the Daily Liver Maintenance as a routine health practice, like brushing your teeth, each day for three weeks of the month. For the fourth week of each month, use the 3-Day Liver Detox (see page 2). Then return to the Daily Liver Maintenance, rotating use of the individual essential oils as desired.\*

- 1 tablespoon (or more) of freshly squeezed lemon juice\*
- 1 drop of HepaDetox or 1 drop of Lemon and 1 drop of Peppermint essential oils\*
- 1 scoop of Soul\*

Mix well, then drink. Twenty (20) minutes later, drink 2-4 cups of filtered water.\*

**Note:** The Daily Liver Maintenance is best taken in the morning, on an empty stomach, 30 minutes prior to eating.\*



## Signs & Symptoms of Liver Toxicity

Supporting your liver might just be the missing key to your optimum health. This workhorse of an organ has well over three hundred diverse functions in maintaining health and vitality. It is the body's first line of defense against any kind of poison. In addition, all the nourishment obtained through the gastrointestinal tract enters the blood by way of the liver. Signs and symptoms of an overloaded liver may include\*:

- Alcohol - Excessive use or abuse\*
- Allergies of any kind\*
- Appetite, poor\*
- Bad breath\*
- Body heat, excessive\*
- Bruise easily\*
- Coated tongue when going without food for ½ a day or more\*
- Colds, frequent fevers, and excessive mucus\*
- Digestive issues and/or chronic digestive flare-ups such as\*:
  - Indigestion or acid reflux\*
  - Bloating after eating\*
  - Constipation or diarrhea\*
  - Dark urine\*
  - Irritable bowel syndrome (IBS)\*
  - Poor digestion overall\*
  - Poor protein assimilation\*
- Diminished eyesight\*
- Drowsiness after eating\*
- Emotional excess and mood swings\*
- Eyes that are yellowish\*
- Fatigue that is either chronic, continual, or frequent\*
- Gallstones, gallbladder disease\*
- Gas, excessive, upper & lower\*
- High cholesterol\*
- High blood pressure\*
- Headaches, frequent or migraine\*
- Hormonal imbalances; impotence, low sex drive, PMS\*
- Immune system issues\*
- Itching\*
- Jaundice\*
- Liver cancer or fatty liver\*
- Metabolism that is sluggish\*
- Memory that is poor\*
- Mental fatigue\*
- Nausea\*
- Obesity or inability to lose weight\*
- Premature aging\*
- Skin issues of any kind such as\*:
  - Acne or blemishes\*
  - Discolorations\*
  - Eczema and/or psoriasis\*
  - Moles\*
  - Oily skin\*
  - Rashes\*
  - Rosacea\*
  - Warts\*
- Sleep disorders\*
- Sugar cravings\*
- Weak tendons, ligaments & cartilage\*
- Weak muscles\*

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**Do The 3-Day Liver Cleanse:** The liver is one of our body's first lines of defense, acting as a filter to prevent toxins and other substances from passing into the bloodstream. Both the largest organ and gland in our body, the liver has a right and left lobe and is protected by the rib cage. Our liver processes virtually everything we eat, drink, breathe in or rub on our skin. In fact, our liver performs over 500 functions that are vital to life. Every day, it helps our body by providing it with energy, fighting off infections and toxins, helping clot the blood, regulating blood sugar levels and hormones, and so much more.\*

The 3-Day Liver Detox is the perfect starting place for anyone who wants to make a radical shift in their health in a dramatic yet gentle way. It can transform your body so that you feel more energized, can be more productive and, overall, feel like the best possible version of you! Use the 3-Day Liver Cleanse once per month.\*

## Day 1

- Drink 8 cups of VitaliTea and 8 cups suggested water with 1 drop of Lemon and 1 drop of Peppermint essential oils added.\*
- Drink 1 scoop of Soul in 1 to 8 ounces of water 3x daily.\*
- Drink 20 drops Fulvic Acid in non-chlorinated water once daily.\*
- Apply 1-2 drops of HepaDetox essential oil blend over the liver once per day.\*
- Add 10 drops HepaDetox, 5 drops Lemon, and 3 drops Peppermint to ¼ cup salt & mix into a foot bath; soak 8-15 minutes.\*

## Day 2 & Day 3

- Drink 8 cups of VitaliTea and 8 cups suggested water with 1 drop of Lemon and 1 drop of Peppermint essential oils added.\*
- Drink 2 scoops of Soul in 1 to 8 ounces of water 3x daily.\*
- Drink 20 drops Fulvic Acid in non-chlorinated water once daily.\*
- Apply 1-2 drops of HepaDetox essential oil blend over the liver 1 time per day.\*
- Add 10 drops HepaDetox, 5 drops Lemon, and 3 drops Peppermint to ¼ cup salt & mix into a foot bath; soak 8-15 minutes.\*



*The liver secretes vital digestive juices which help properly digest food and cleanse the blood. Cleaning up your diet, and thereby supporting your liver, may be the key you've been looking for to greater health, energy, and vitality!*

## The Secret To Weight Loss

One of the best-kept secrets to weight loss and lasting weight control is keeping the liver - the key organ for fat metabolism - in top shape.\*

*"Probably nothing you do to control your weight is as important as keeping your liver healthy. This means avoiding as many of the damaging elements (like alcohol) as possible, while embracing liver boosters. Among some of the lesser-known compromisers of liver function are caffeine, sugar, trans fats, medications, and inadequate fiber." says Ann Louse Gittleman, Author of The Fat Flush Plan.\**



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# how-to PARASITE DETOX

**The Root Of Many Health Issues:** Approximately 3.5 billion people worldwide suffer from parasitic infections, and sadly, most people who are infected by parasites don't even know! Highly contagious and easily spread through contact with skin, clothing, or food, parasites can be the root of myriad health issues.\*

Beneficial gut bacteria can be killed by parasitic infestations, which allows harmful yeasts like *Candida albicans* to thrive, further impairing gut health. Parasites also produce toxins that affect digestion and may lead to weight gain, bloating, diarrhea, constipation, or even intestinal blockages. As parasites multiply and grow, they steal vital nutrients from the body and disrupt the intestinal microbiome which may result in fatigue, brain fog, joint and muscle pain, unusual skin rashes, or overall weakness. Parasites that feed on red blood cells may cause anemia, which can also result in fatigue or weakness.\*

## Parasite Detox

Use the Parasite Detox if you frequently experience diarrhea or other digestive upsets, or if you have unexplained symptoms that seem to be gut-related. This is especially true if you've traveled internationally.\*

- Take Fulvic Acid & Purge Tonic internally 3x per day for 10 days.\*
- Apply HepaDetox & L-Stimulate topically 3x per day for 10 days.\*
- Drink at least 7 glasses of water per day.\*

Along with detoxing parasitic organisms, Purge Tonic, Fulvic Acid, and HepaDetox may improve digestion, increase energy and mental clarity, and support a healthy liver & immune system while L-Stimulate may improve lymphatic drainage to assist with removing toxins from your body.\*

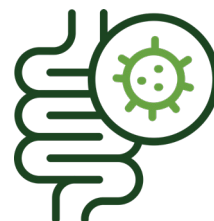
**Drink plenty of water throughout the protocol to assist with flushing toxins from your body. Water carries nutrients to our cells, aids digestion, flushes our bodies of toxic waste, and helps keep our kidneys healthy.\***



## Signs & Symptoms of Parasitic Infestation

If you suffer regularly from gas, bloating, constipation, diarrhea, nausea, or other digestive issues, skin rashes, anemia, or fatigue your body could be overwhelmed with deadly toxins and parasites. Common signs and symptoms of a parasitic infestation may include\*:

- Stomach cramps and pain\*
- Nausea or vomiting\*
- Dehydration\*
- Unexplained weight loss\*
- Swollen lymph nodes\*
- Constipation, diarrhea or persistent gas\*
- Skin issues such as rashes, eczema, hives, and itching\*
- Continuous muscle and joint pain\*
- Fatigue, even when you get enough sleep\*
- Depression or feelings of apathy\*
- Constant hunger, even after a big meal\*
- Iron deficiency/anemia\*
- Grinding your teeth during sleep\*
- Unexplained feelings of anxiety\*
- Recurrent yeast infections\*
- Itching of the anus or vagina\*
- Redness, irritation, or unusual discharge from the genital area\*
- Sleep disturbances\*



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# PARASITE DETOX

**Fuel Your Detox:** In addition to staying well hydrated during the Parasite Protocol, a sensible diet filled with nutrient-rich whole foods can support your body in removing unwanted parasites and toxins. Try to include foods known for their anti-parasitic effects and high levels of antioxidants.\*

## Anti-Parasite Foods

- **Garlic & Onions:** Both garlic and onions contain sulfur compounds and antioxidants shown by research to destroy pathogenic organisms and support a healthy immune system.\*
- **Herbs:** Certain herbs, like ginger and oregano, have good antibacterial and anti-parasitic effects because they help increase the production of stomach acid, which can kill parasites and may assist the body in preventing infections.\*
- **Pineapple & Papaya:** Both of these fruits contain compounds that may assist in reducing the production of pro-inflammatory cytokines that can lead to inflammation in the colon. The juice of these two fruits can also have anti-parasitic benefits.\*
- **Coconut Oil:** The medium chain triglycerides (MCTs) found in coconut oil help boost the immune system and its anti-parasitic, antifungal, and antimicrobial properties may help efficiently remove "invaders" from the body.\*
- **Probiotic-rich Foods:** Fermented foods like kefir, sauerkraut, and yogurt that contain probiotics may help keep parasites at bay and improve overall gut health.\*
- **Apple Cider Vinegar:** May improve digestion and restore a healthy pH balance in the gut.\*

## Foods To Avoid

- **Added Sugar:** Contributes to inflammation and may feed harmful organisms in the gut. Parasites eat glucose (sugar) so stay away from carbs like bread, pasta, rice, and sugary fruits.\*
- **Processed Foods:** Hard on the digestive system and mostly devoid of real nutritional value.\*
- **Alcohol:** May interfere with healthy immune system function and can lead to dehydration. Additionally, the liver breaks down most of the alcohol you drink so that it can be removed from the body, therefore consuming alcohol may further tax an already over-burdened liver.\*
- **Wheat:** Grains, especially those containing gluten, may lead to inflammation as they break down into sugar in the body. Since many parasites other unfriendly gut bugs (certain yeasts and bacteria) feed off sugar, consuming wheat or other grains containing gluten may prolong or exacerbate parasitic infestation.\*
- **Pork and/or Wild Game Meat:** Undercooked or raw pork may be contaminated, especially with Trichinella parasites. If you experience digestive problems or muscle pain and swelling after eating pork or wild-animal meat, talk to your health care provider.\*

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