

Cleansing and Rebuilding the Liver with TRUessence Essential Oils

Many different poor health symptoms can result from a liver that is overloaded with toxins and undernourished. Supporting your liver may just be the missing key to your optimum health! This diverse organ has well over three hundred different functions!

Good: External Liver Cleanse

Apply the oils to your feet in this fashion: Apply 1 drop Peppermint to the base of your right foot big toe, stroke the oil down to your heel along the bottom edge of your foot. Repeat with the left foot. Wait 5 minutes and repeat using Lemon oil. Drink plenty of pure water: 1/2 gallon a day

Better: Liver Cleanse Tonic

1 Tablespoon (or more if you like) of freshly squeezed Lemon Juice ***One drop of Peppermint Oil (TRUessence EO brand) ***One drop of Lemon Oil (TRUessence EO brand) **Mix Lemon juice, lemon, and peppermint oil. ***Best if taken before eating in the morning.

Best: New Super Liver Cleanse:

Add to 32 oz of water in a glass container

*** ¼ cup lemon juice:** Aids the thyroid for deeper breathing. Helps dissolve and eliminate mucoid plaque from the digestive system. Richest source of vitamins & minerals known to man. Benefits bile formation, for optimal fat metabolism, Helps regulate the liver. Promotes peristalsis, Encourages tissue building. Strengthens and energizes the heart. Stimulates and builds the kidneys and adrenal glands. Its oxygen builds vitality. Its calcium strengthens and builds the lungs, Its sodium encourages tissue building. It alkalizes the pH of the blood to a healthy level, Its iron builds the red corpuscles. It cleanses the blood plasma.

*** ¼ cup pure maple syrup:** Contains manganese, zinc and other important trace minerals. Decreases the progression of atherosclerosis. Supports the immune system. Increases Energy. Supports men's health.

*** 4 drops TRUessence Essential Oil of Lemon:** Encourages bile secretion, Aids liver function, Boosts metabolism, Reduces toxin buildup in fat cells, Supports bile flow.

*** 4 drops TRUessence Essential Oil of Peppermint:** Clears liver from drugs. May help allergies, hay fever, gastritis, flatulence, nausea, vomiting, common cold, bronchitis, sinusitis, fever, & morning sickness.

*** Pinch Cayenne Pepper** Promotes circulation through the body.

*** Drink throughout the day.**

This is even more beneficial when taking FrequenSea daily.

www.kathyjoy.com

Rejuvenate Your Liver with Hepatox

Hepatox is formulated for the detoxification and rejuvenation of the liver. It contains essential oils of lemon, peppermint and carrot seed. Hepatox can be rubbed over the liver area or taken in a capsule. It can also be rubbed on the reflexology liver area of the right foot. Use only *one or two* drops and work it in. Carrot seed is as easily assimilated on the skin as internally.

This blend will be very good to use after:

- A round of antibiotics
- AFTER a hepatitis outbreak. (Use lemon and peppermint DURING the outbreak).

This blend is meant to be taken on a quarterly basis about 4 to 6 times a year.

Essential oils are like food in that our body understands them and knows what to do with them.

When adding essential oils to water make sure the container is not a plastic container.

Lemon Oil

- Encourages bile secretion,
- Aids liver function,
- Boosts metabolism,
- Reduces toxin buildup in fat cells
- Supports bile flow.

Peppermint Oil

- Clears liver from drugs,
- May help allergies, hay fever, gastritis, flatulence, nausea, vomiting, common cold, bronchitis, sinusitis, fever & morning sickness.
- MUCH more!

Carrot Seed Oil

- One of the best liver tonics – helps to regenerate liver cells after hepatitis and other liver diseases.
- Has a restorative quality for the liver and gall bladder.
- Rebalances the liver and kidneys.
- Excellent blood-cleansing properties.
- Excellent skin-cell regenerating properties.