

Zia's Essential Connection

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Tune Up Your Detox System With a Whole Body Cleanse

We know that our bodies are exposed to tens of thousands of chemicals that are in our air, water and food. Residues of more than 400 of these chemicals have been found in human tissue.¹ This additional burden on our health makes it imperative that we reduce the intake of toxins and support our body's ability to cleanse itself with cleansing and nutrition.

How important is your detox system?

Your body has a built-in detoxification system whose job is to remove waste products. It does so by manufacturing hundreds of enzymes, vitamins and other molecules to extract the nutrients from our food and dispose of the rest. Your body considers detoxing a major priority, as most of the molecules the body produces are for "waste management AND it is the greatest energy-consuming metabolic process in the body.

Your health may suffer when your detox system is on overload. That can happen when the liver and/or intestines aren't functioning optimally or there is a lack of specific nutrients required for detoxification.

Dr. Frank Lipman says, "Toxicity is one of the biggest challenges to being healthy. It has the potential to undermine the balance of every system in the body."²

Systemic toxicity linked with gastrointestinal distress

Frank Lipman MD, author of Total Renewal, states:

"Often, symptoms of toxicity first arise as digestive disturbances."

"Gastrointestinal (GI) distress usually indicates a growing food sensitivity or allergy that may be the first indication of a breakdown in your detoxification system."

- constipation
 - diarrhea
 - increased gas
 - bloating after eating
 - fatigue
 - acid reflux and heartburn
- see sidebar on page two*

Other potential signs of excessive toxins are:

- recurring migraine headaches
- skin eruptions, acne, bumpy skin
- changes in pigmentation^{2,3}

Restore good health with whole body cleansing

Over their years in medical practice, Dr. Lipman and Marcelle Pick, NP have found that **whole body cleansing** is an important element of a holistic strategy to reduce the body's toxic burden and restore health. D. Gary Young, founder and President of Young Living Essential Oils® has been a life-long advocate of continuous cleansing and has developed a system of superior supplements that cleanse and support the body's detoxification system.

This newsletter will introduce you to three cleansing programs from Young Living AND offer you complete cleansing schedule to track your progress. Tens of thousands of people have experienced greater health, vitality and energy after cleansing with these products. We believe you will too. Read on to learn how to accomplish the continuous cleansing that your body needs to remain healthy.



Jeanmarie Hepworth, Crown Diamond

This newsletter is being sent to select Young Living members within the Zia Essential Oils organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and not solicitation. Previous newsletters and other information is available on my website. If you would like a free information packet or I can be of service to you, please let me hear from you.

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Young Living's **5 Day Nutritive Cleanse™** is perfect for a first time cleanse, when you only have time for a quick cleanse or as an adjunct to a weight-loss program. Just three components make this an easy, pleasant way to better health.

Ningxia Red® juice is delicious, energizing and replenishing.

Balance Complete™ makes a rich, frothy drink. Made of whole foods, formulated to energize and cleanse.

Digest + Cleanse™ supplement supports healthy digestion and soothes gastrointestinal discomfort.

A minimum of four, easy cleanses a year with the 5 Day Nutritive Cleanse plus nutritional support will help balance the extremes of the modern diet. 5 Day Nutritive Cleanse Item #3296 Whsl \$97.89 Pref \$112.89 Retail \$128.29

Cleansing Trio Kit™

For gentle cleansing and reconditioning the digestive system. The Cleansing Trio is augmented with herbs that are rich in vitamins, minerals, enzymes, amino acids, fiber and essential oils to give you new energy and an improved sense of well-being. Kit includes:

Comfortone® capsules combine the natural cleansers of bentonite and apple pectin with herbal extracts to dispel parasites and toxins, enhance colon function and relieve constipation.

ICP beverage contains an advanced mix of toxin-absorbing fibers to cleanse the intestine. A unique source of fiber and bulk, it speeds the transit time of waste through the intestinal tract.

Essentialzyme tablets contain an advanced, multi-enzyme complex that promotes complete digestion and assists in the assimilation of nutrients. Cleansing Trio Kit Item #3115 Whsl \$74.75 Pref Cust \$86.55 Retail \$98.36

Colon & Liver Cleanse *see directions on page three*

The third cleansing plan offered is designed to clean the colon AND the liver, because of its critical role in keeping us healthy. As D. Gary Young states, "The liver is one of the most important organs in the body, playing a major role in the detoxification process. When the liver is damaged due to excess alcohol consumption, viral hepatitis or poor diet, an excess of toxins can build up in the blood and tissues that can result in degenerative disease and death."

The Colon & Liver Cleanse detailed on the next page was developed by a Young Living distributor with years of experience in health consulting. It starts with a gentle colon cleanse and gradually incorporates liver-cleansing products over a period of four to six weeks. Healthy meals and lots of water will make this Colon & Liver Cleanse a rejuvenating experience for you.

Next month, look for my follow-up newsletter about enzymes. These all-important aids to digestion can make a significant difference in your health.



Resolving digestive problems is an important step to overall good health

Are you among the millions of men and women who suffer daily with GI distress symptoms?

If you're female, you have lots of company, as research shows GI distress is **twice** as common in women as in men. In addition, women have a greater incidence of complicating factors such as fibromyalgia, migraines and heartburn.⁴

The conventional medical community considers GI distress a "functional condition" (meaning not a disease), and often not taken seriously. However, Marcelle Pick, NP, says, "We know these [GI distress] symptoms indicate serious functional problems that can lead to disease."

Digestive problems often cause poor absorption of needed nutrients. The resulting nutritional deficiency contributes to an increased risk of chronic disease. Thus, resolving GI problems does not just improve your immediate quality of life by removing those unpleasant symptoms—it also promotes long-term health."⁴

Success Tips

- Look for more details on all of these products and directions for cleansing on my website.
- Soothe any upset stomachs with these two essential oils:
Di-Gize - 15 ml, Item #3324 Whsl \$32.00 Pref \$37.05 Retail \$42.11
Peppermint - 15 ml, Item #3614 Whsl \$19.75 Pref \$22.87 Retail \$25.99
- Drink a minimum of ten 10 oz glasses of purified or bottled water daily with any cleansing program.

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References

- ¹DiGangi, J., Schettler, T., Cobbing, M., Rossi, M. Aggregate Exposures to Phthalates in Humans. 2002.
- ²<http://www.lipmanworld.com/go/lipmanworld/toxic>
- ³Young, D.G. Essential Oils Medical Guide. 2003.
- ⁴<http://www.womentowomen.com/digestion & gihealth>

Daily Schedule for Colon/Liver Cleanse

SCHEDULE	6:00 AM	6:30 AM	7:30 AM	8:00 AM	NOON	3:00 PM	6:00 PM	9:00 PM	CLEANSING NOTES
	Before breakfast Supplement Qty	Day 7, 30 min after ComforTone Supplement Qty	Day 7, 30 min after lemonade Supplement Qty	Breakfast	Lunch	Day 3, 2+ hours after lunch Supplement Qty	Dinner	2+ hours after dinner Supplement Qty	Suggested length of cleanse: four to six weeks.
DAY 1	ComforTone 2 Water 10 oz							ComforTone 2 Water 10 oz	Drink ten 10 ounce glasses of purified water daily.
DAY 2	ComforTone 3 Water 10 oz							ComforTone 3 Water 10 oz	Add two ComforTone capsules daily, one in AM, one in PM.
DAY 3	ComforTone 4 Detoxzyme 2 Water 10 oz					Detoxzyme 2 Water 10 oz		ComforTone 4 Detoxzyme 2 Water 10 oz	Add Detoxzyme on Day 3 or later.
DAYS 4-6	ComforTone 4 or 5 Detoxzyme 2 Water 10 oz					Detoxzyme 2 Water 10 oz		ComforTone 4 or 5 Detoxzyme 2 Water 10 oz	Adjust number of ComforTone capsules to ensure cleansing without discomfort.
DAY 7 +	ComforTone 4 or 5 Detoxzyme 2 Water 10 oz	Lemonade 1 JuvaTone OR 2 JuvaCleanse 1 Lipozyme 3	Nutrition drink 1			Detoxzyme 2 Water 10 oz		ComforTone 4 or 5 Detoxzyme 2 Water 10 oz	Add cleansing lemonade and nutrition drink on Day 7. Repeat Day 7 schedule daily until end of cleanse.

Recipes and Directions for Colon/Liver Cleanse

Cleansing lemonade
2 c Water
1 Juice of one lemon
2 tbsp Grade B maple syrup or Young Living Blue Agave
1/8 tsp Cayenne pepper
or less
Stir and drink with one of the liver supporting supplements at right.
Optional - On Day 7 or later, if well tolerated, add a second lemonade with liver supplements at bedtime.

Liver supplements
JuvaTone tablets
Milder liver cleansing formula. Start with 2 tablets, taken with lemonade. May gradually increase to four tablets, 4 times daily.
JuvaCleanse essential oil blend
Stronger liver cleansing formula. Start with 5 drops of JuvaCleanse plus 3 drops of Peppermint essential oils in a "00" size capsule. Close capsule and take with lemonade.

Nutrition and fiber drink
1/2 scoop Golden flax seed
1 scoop Salba seed
1/4 cup Dried wolfberries
2 cups Fine grind in coffee grinder
1-2 oz Water
NingXia Red juice
Stir to mix and drink.
Optional ingredients
1-1/2 tsp JuvaPower supplement
1 scoop Power Meal protein drink
Optional - On Day 7 or later, if well tolerated, take a second nutrition & fiber drink at 3:00 PM with Detoxzyme.

Nutrition and Price List
ComforTone® 150 caps. Item #3204
Whsl \$29.75 Pref Cust \$34.45 Retail \$39.14
Detoxzyme® enzyme complex. 180 veg caps, Item #3203
Whsl \$39.74 Pref Cust \$46.03 Retail \$52.30
JuvaTone supplement, 150 tabs. Item #3214
Whsl \$31.75 Pref Cust \$36.76 Retail \$41.78
JuvaCleanse essential oil blend, 15 ml. Item #3395,
Whsl \$94.75 Pref Cust \$109.71 Retail \$124.67
NingXia Red juice, 2 pak, 1 ltr ea. Item #3023
Whsl \$77.00 Pref Cust \$89.16 Retail \$101.32
JuvaPower supplement, 8 oz. Item #3276
Whsl \$39.75 Pref Cust \$46.03 Retail \$52.30
Power Meal protein drink, Item #6300
Whsl \$49.75 Pref Cust \$57.61 Retail \$65.46
Di-Gize essential oil blend 15 ml, Item #3324
Whsl \$32.00 Pref Cust \$37.05 Retail \$42.11

Optional - May increase JuvaCleanse by 2 drops per day to max of 16 drops per day, plus 3 drops of Peppermint.

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