



SPECIAL REPORT 4 INNER TRANSFORMATIONS II

Inner Transformations Through Cleansing – Part II

Welcome to 27 Special Reports on the essential lifestyle and exclusive ways to foster vibrant wellness!

How would you like to really suffer?

Do you know that that happens to many people and they don't even know why? Do you want to be the person who does not get trapped in the toxic lifestyle? Do you want to cleanse what is already in your body, cells and organs?

Many people experience the effects of toxins on their well-being on a daily basis: it is through fatigue and irritability to real malaise that manifests in many different ways. But most people never do anything against it....

You can now choose to be different!

Regular cleansing and a healthy, balanced nutrition is the best thing you can do for your body. Here are the most important types of internal cleanses following Special Report 3 "Inner Transformations I".

You are destined to live a great life!

Aditya Nowotny and Team ENJOY

P.S.: For questions and information, please contact the person who introduced you to Young Living's products, or go to <https://eotq.org/> and contact the person who lives close to your area or who you like best among the aroma experts.

Tip: please create a folder in your mail client to save the 27 Team ENJOY Essentials (Special Reports), so you keep them handy when needed and can look them up at once. Better even: print them right away and collect them in your practical wellness folder.

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I. Why Should Your Body Be Cleansed?

Not only preservatives and other synthetic substances from processed and artificially produced food are a challenge for the human body, also genetically modified foods and artificial vitamins are classified by your body as "non-natural". Simple toxins are excreted (eliminated) by your kidneys, intestines and liver, but more complex toxins are often stored in different tissues of your body if they cannot be excreted. Therefore your body prevents the toxins from circulating in the blood and being exposed to them again and again.

Why should your individual organs be cleansed regularly? First, your organs are supported in their healthy function. Each individual cell works together with other special cells in their tissue type. Therefore contributing to sufficient energy supports your human nerve cells to function well, to balance your hormonal system, beside many other healthy functions. In your intestine, nutrients can only be absorbed well if individual cells of your intestinal wall are not sticky or damaged. For many people a sticky intestinal wall is unfortunately the case with a diet of sugar, wheat and milk. Perhaps you remember how as a child you used wheat flour and water to cover your balloon with colored paper (papier mâché). Likewise many intestinal villi in your intestines stick together and although you eat "healthy", your body will not be able to absorb many nutrients.

Just after a well done intestinal cleanse, many people feel more energetic, lighter and more emotionally balanced than before. The fine intestinal villi are cleansed and the way for new nutrients is opened up. The intestinal bacteria which feed and strengthen you through what you eat also play a determined role in your emotional well-being.

Being full of power and living full of vibrancy also means to support your healthy body in its normal cleansing power. Now it is time to let go of your past and start your cleanse - to be who you want to be.

II. The Organ Clock - When Is Which Organ Active?

Each organ has its time when it has the strongest activity and can best be cleansed and regenerated. In the following table you can see your individual organs and their most active times:

Organ	Time	Season
Stomach, Muscles	7-9 am	Late summer
Spleen, Pancreas, Muscles	9-11 am	Late summer
Heart, Blood Circulation	11-1 pm	Early summer
Small Intestine	1-3 pm	Early summer
Bladder	3-5 pm	Winter
Kidneys, Bones	5-7 pm	Winter
Blood Circulation, Gonads	7-9 pm	Early summer
Triple Heater Meridian	9-11 pm	Early summer
Gallbladder	11-1 am	Spring

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Liver, Ligaments	1-3 am	Spring
Lungs	3-5 am	Autumn
Large Intestine, Skin, Hair	5-7 am	Autumn

III. Intestinal Cleanse (Autumn And Spring)



Before all other organs are cleansed it is necessary to cleanse your intestine and therefore clear the excretion channel for other substances that are dissolved in healthy cleansing. The intestine has its best time to cleanse in autumn and spring. To make sure that excretion can be fully accomplished it is best to start with a thorough intestinal cleanse first. Intestinal cleanse and liver cleanse with ICP, ComforTone, Essentialzyme-4, JuvaPower, JuvaFlex, GLF, JuvaCleanse and Detoxzyme / Essentialzyme is described in detail in Special Report 3 (Inner Transformations I).

What can you do to strengthen and cleanse your healthy intestine in your daily life and diet? Just as you brush your teeth every day, building and strengthening your friendly intestinal bacteria and flora (probiotics!) is enormously important. Nutrition plays the most important role here because without any exception your diet nourishes directly the pathogenic bacteria or strengthens your friendly intestinal bacteria. The intestinal bacteria is therefore enormously important for your entire immune system. The bacteria has a direct influence on your mood and emotions as well as your digestion and the proper breaking down and absorbing nutrients from the food you take. Without the beneficial intestinal bacteria and enzymes you can eat as much healthy food as you want, but your intestines will not get the nutrients where they are needed as your body cannot absorb them properly.

Through fermented foods such as "Sauerkraut", kefir and kombucha you can add friendly bacteria to your intestine. Probiotics such as **Life 9™** strengthen your healthy intestinal flora and increase the number of friendly intestinal bacteria. Not all probiotics reach your intestine alive: along the way they are often rendered dysfunctional by the stomach acid and other digestive processes. There are a few that reach your intestine fully and functionally. These are Lactobacillus acidophilus, Bifidobacterium lactis, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Streptococcus thermophilus, Bifidobacterium breve, Bifidobacterium bifidum and Bifidobacterium longum. All of them together can be found in Young Living's **Life 9™**.

You can get a permanently healthy intestinal environment not only by supplying beneficial intestinal bacteria, but also by your diet. Do you feed your healthy **or** pathogenic intestinal bacteria every day? Unfriendly intestinal bacteria have sugar as their main source of energy. They literally make you crave sugar so you eat sweets and carbohydrate-rich foods like pasta, pizza or potatoes. It's like an addiction. Once started with the sugar the unfriendly intestinal bacteria require more and more sugar and they happily multiply. The friendly intestinal bacteria are displaced thereby so that they can no longer optimally support your healthy body. Fatigue and food cravings are just some of the signs of this dysbalance.

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By the way, wheat (especially the genetically engineered hybrid wheat, which today is in many food products) and many other cereal forms break down in the intestines directly into sugar (simple carbohydrate compounds) and therefore often raise your blood sugar level even higher than a bar of chocolate. If you think you are eating a "wholegrain wholesome bread", in fact you are overloading your body with sugar - with all its harmful consequences.

Now it is time to feed your friendly intestinal bacteria! Sugar is an addiction! Those who convert from simple sugars in their daily balanced diet to more complex carbohydrates such as naturally found in the Ningxia wolfberry will probably initially get withdrawal symptoms, but after a few days to two weeks, the healthy feeling of hunger changes to a healthier balance which results in a more balanced satiety and more energy throughout your body. The friendly intestinal bacteria are feeding mainly on fructo-oligosaccharides which are complex carbohydrates that can not utilize the unfriendly intestinal bacteria and therefore "starve" gradually. In the meantime, the friendly intestinal bacteria multiplies and helps to absorb more nutrients from your diet. It also strengthens your healthy immune system and builds a balanced energy level.

Fiber-rich foods, such as those found in psyllium husks, oat bran, vegetables, spelt bran, flaxseed, hemp flour or Ningxia wolfberries help cleanse your intestines, bind toxins and aid healthy digestion. For example, when you start your day with a morning muesli you already have a good start with your intestinal cleanse and therefore you can start your day full of energy. Healthy fatty acids such as those found in coconut oil, olive oil, flaxseed oil and chia seeds therefore not only keep your digestive system smooth but also nourish your brain and nerve cells. Digestive foods like flaxseed flour, fennel or other vegetables help to achieve a healthy stool frequency and condition from less than one or one bowel movement a day to two or three times daily. And very important: only when you drink enough fresh water everything can work well together! Just by drinking enough water you can cleanse your intestines and support your healthy digestion.

Life 9™, ICP™, JuvaPower™, Ningxia Red® and MultiGreens™ should not be missing, not only in the targeted intestinal cleanse and liver cleanse but also in your daily diet. For a classic intestinal cleanse, Young Living's **Cleansing Trio** with 1-5 capsules of **Comfortone™** in the morning and evening, 1 teaspoon of **ICP** in the morning/evening and 2 capsules of **Essentialzyme™** or **Detoxzyme™** after each meal are ideal.

Essential oils boost your healthy sense of well-being. These are the "Seed-To-Seal" quality essential oils in the **Digest & Cleanse™** capsules as they are taken in the **5-Day Cleanse™** (see Special Report 3). In addition **Rosemary, Peppermint, Fennel, Ginger** and **Tarragon** oils are applied with a warm compress on your stomach, lower abdomen and right side of the body.

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IV. Kidney Cleanse (Winter)



While you constantly produce urine, your kidneys are busy regulating your salt and acid-alkaline balance, balancing electrolytes in your blood and therefore regulating blood pressure throughout your body and actively excreting toxins. At least once a year, preferably in winter, ideally in January, immediately after your intestinal cleanse, your kidneys should be cleansed.

Essential oils which can be used to enhance general well-being in this area are applied one drop at a time to your kidneys in the order listed and then covered with a warm compress:

1. A blend of *Cypress, Majoram, Helichrysum and Ylang Ylang* in a sesame oil base („*Aroma Life*“)
2. *Clary Sage*
3. A blend of *Green Mint, German Chamomile, Myrtle, Geranium, Sage, Nutmeg* (“*EndoFlex*“)
4. *Geranium*
5. *Grapefruit*
6. *Juniper*
7. *Fennel*

False calcium should be avoided as a dietary supplement since it can damage your kidneys. Calcium should be optimally absorbed in form of calcium citrate or calcium lactate.

V. Master Cleanse (Winter)



The "Master Cleanse" according to Stanley Burroughs, as described in Special Report 3, takes place after the intestinal and kidney cleanse in the winter. It is a 10-day regimen to cleanse all body systems running through organ and cellular levels. Some people also do the Master Cleanse longer – up to 42 days – but this is quite tough and usually done only by health fanatics. More details can be found in the book "The Lemon Juice Cure" by Tom Woloszyn.

10 to 12 glasses of a blend(below you will find a list of ingredients) can be drunk everyday:

- 6-12 fresh lemons per day
- 1-2 tablespoons of agave or maple syrup grade C per glass
- a pinch of cayenne pepper
- 1 teaspoon Glauber's salt or Epsom salt in the morning
- Peppermint tea or other laxative tea in the evening
- 8.5 fl. oz./250 ml of water per glass

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After the master cleanse, the redevelopment of your body starts to take place with healthy, nutrient-rich food: on the first day, in the morning and at noon, a glass of freshly squeezed orange juice is drunk and in the evening a light vegetable broth. Through the gradual and individual addition of individual vegetables, incompatibilities can also be found out well. The healthy feeling for your own body is strengthened and the awareness on doing something good for yourself is a sense to cultivate your body as a "house for your soul". On the second day, a glass of freshly squeezed orange juice is added in the morning and a light vegetable broth is added at noon and in the evening. From the third day on you eat normal, easy digestible food. The whole process can be well supported with Detoxzyme and Life 9.

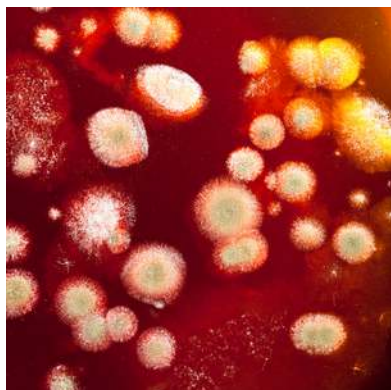
Sedimentation or volcanic natural zeolite of medicinal quality, Glauber's salt or laxative tea have proven to be useful.

"Seed-To-Seal" quality essential oils and blends that accompany "Master Cleanse" can be applied to your liver, wrists and foot reflex zones with a warm compress are as follows:

- Blend 1 combines *Citronella, Lemon grass, Lavender, Rosemary, Tea Tree Oil, Myrtle and Peppermint*
- Blend 2 combines *Helichrysum, Celery Seed and Ledum*
- Blend 3 combines *Geranium, Rosemary, Roman Chamomile, Fennel, Helichrysum, Blue Tansy and a fatty base of sesame seed oil*
- Blend 4 combines *Helichrysum, Wintergreen, Clove and Peppermint*

After a 10-day master cleanse many people feel full of energy, joy and elan. A cleansing of your body always influences your emotions and emotional balance.

VI. Fungal Cleanse (Winter, Spring)



People who are attacked by intestinal fungus often suffer from crippling fatigue along with an irresistible desire for sweets. The pathogenic intestinal bacteria, which were fed by high-sugar and high-toxin food, now dictate what man eats. According to Rice University studies, more than 70% of adults in North America and Europe are affected by Candida infection. A very simple test that can be done at home is the saliva test: first spit in a glass of clear water (before eating or drinking) in the morning, and after an hour, observe your result. If your saliva has dropped thread-like or forms other forms, it is most likely that fungal spores are in your saliva.

In case of doubt, a test and a fungal cleanse should always be done by a doctor or health practitioner.

To support your process, the fungus can be "starved out" by strict nutrition. This is dispensed with anything that could feed the fungus especially sugar or carbohydrate-rich food such as potatoes, wheat (pastries, bread, pasta, pizza ...) and corn. Many vegetables, fibers, nuts, meat and good fatty acids are allowed. As a result, the fungus is starved for at least two weeks and longer. At the

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same time your healthy intestinal flora is strengthened by adding healthy intestinal bacteria such as **Life 9™**.

The traditional fungal cleanse is done daily with 15 capsules of garlic and 15 capsules of acidophilus for 50-70 days. This is a very long-lasting time and should be strictly adhered to.

It is important that you stay away from industrial sugar or simple carbohydrates in your daily diet after your cleanse. You can sweeten with stevia or xylitol. **Attention, sugar is hidden in many forms in various foods.**

VII. Petrochemical Cleanse



The ideal time for a petrochemical cleanse is winter and spring. Very often heavy metals cannot be properly excreted by your body and accumulate in your fatty tissue. The internal cleansing of your healthy body first takes place through your intestines, kidneys and lungs. Your liver therefore plays a central role in the conversion of substances. It changes your chemical structure i.e. toxins can be delivered via your bile directly into your intestine. It itself stores many substances, including toxins, if not all can be eliminated.

With that it can overload itself. Your body tries to release toxins, processed food and care products through your skin if your excretory organs and your liver are overloaded. A sensitive skin can be the result. If your healthy organism can not cleanse itself through your skin, your body bonds undesirable substances in fat cells. It then relinquishes these toxic depots in an inner cleanse.

To aid your body in its healthy ability, it is important to provide it with all essential vitamins, nutrients and minerals. Nature provides you with powerful helpers. Nutrient and antioxidant-rich foods such as spirulina algae, alfalfa sprouts, barley grass, bee pollen or pacific kelp supply your individual body cells with a variety of necessary vitamins, minerals, trace elements and antioxidants. This allows your cell to produce better nutrients for its proteins and enzymes as well as to function and purify in a healthy way.

These superfoods along with "Seed-To-Seal" quality essential oils are found in Young Living's **Multigreen™** capsules. Due to the power of plants and chlorophyll in this blend, (oxidative) cell stress is broken down, your energy metabolism is stimulated and the utilization of nutrients and energy are promoted. The contained nutrients strengthen your healthy glandular, nervous and circulatory system as well as your general vitality.

If you have normal metabolism (bowel movements twice a day), **take 3 capsules one to three times daily**, **if you have increased metabolism** (up to 4 bowel movements a day because of cleansing), **take 4 capsules one to three times daily**.

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VIII. Liver Cleanse (Spring)



Subsequent to cleansing your intestine is the liver cleanse. The ideal time is in spring, especially in March and April. This takes time and it is important to have 1-3 bowel movements per day before beginning your liver cleanse, so what dissolves in your cleanse can be naturally excreted. Your liver drains more than 50,000 chemical processes, including the conversion of toxins. This is also a reason why your outcome should really be cleared.

The energy balance is regulated in your liver since substances are detoxified and others are made functional which is also why the most important sign of an overloaded liver is fatigue. Important factors for blood clotting are produced here as well as bile (a yellow or greenish viscid alkaline fluid secreted by the liver and passed into the duodenum where it aids especially in the emulsification and absorption of fats).

One type of liver cleanse is to drink many or almost only selected juices and to consume little solid food to give the healthy liver an opportunity to work less and detoxify itself. That's why fasting, juice cleanses and the Master Cleanse are also liver cleanses.

The following procedure can be helpful for your liver cleanse:

In the morning take: 1 tablespoon JuvaPower™, 2 Detoxzyme™ capsules, 2 Essentialzyme-4 capsules preferably with water and a few drops of the blend of "Seed-To-Seal" quality essential oils Helichrysum, Celery Seed and Ledum applied directly below your right breast and covered with a warm compress.

During the day: you can drink beetroot juice with carrots, celery and ginger; green smoothies.

Lunch: you can eat a light salad with a tablespoon of JuvaPower.

Late afternoon: you can eat a light salad with nuts, sprouts, sweet potatoes (no meat or fatty food).

In the evening take: 1 tablespoon JuvaPower, 2 Detoxzyme capsules, 2 Essentialzyme-4 capsules preferably with water and a few drops of a blend of "Seed-To-Seal" quality essential oils Helichrysum, Celery Seed and Ledum applied directly below your right breast and covered with a warm compress.

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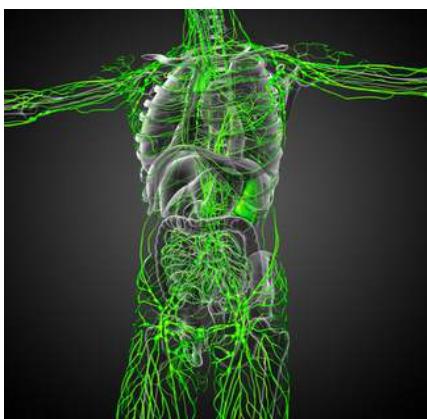
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IX. Lymphatic Cleanse (Summer)



The lymphatic vessels collect fluid from all tissues of your body, cleanse and filter the tissue fluids and finally deliver the fluids to your bloodstream. The individual lymphatic channels begin very finely, grow larger and have individual lymph nodes in between, which purify the tissue fluid and filter them for substances that don't belong in your body.

Here is a simple technique for a lymphatic cleanse:

A blend of coconut oil and "Seed-To-Seal" quality essential oils of Cypress, Grapefruit, Orange and Ledum are spread in this order with a roll-on or deodorant stick (ideally use Young

Living's **AromaGuard Meadow Mist** deo stick in winter, **AromaGuard Mountain Mint** in summer), first on one side of the body, then on the other:

1. From the elbows (dab 3x) under the armpit;
2. From under the armpit (3x pat) down around the breast inside;
3. In the collarbone (leave left / right for 30 seconds without applying pressure);
4. Swipe down from the cervical lymph nodes on both sides;
5. Brush on both strips (dab 3x) upwards to the right and left to the nipples;
6. From the back of the knees (3 times dab) along the inner thighs up to the groin;
7. From the lymphatic point between the first and second toes, stroke the back of the foot, then dab on both sides (inner cot: inguinal point, outer cot: armpit point) 3x, then continue around outer knuckle / inner ankle.

This application can be repeated in the morning and in the evening (about 2-3 minutes), giving a feeling of lightness and freshness.



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X. Cleansing And Building Of Your Skin (Spring, Autumn)

Your skin protects you from many external influences: mechanically by its stability, chemically by the effective acid mantle; it is involved in the regulation of temperature balance, protects you from UV radiation and dehydration. In addition, there are many small tactile corpuscles throughout the skin that you can feel. UV light creates the important vitamin D in your skin.

Since your skin fulfills so many important tasks for you and comes in contact with many things, it often is the first part of your body that gets hit by environmental influences and can be enormously strained. Many people use commercial shampoos, shower baths and body lotions that contaminate the skin with a plethora of petrochemicals and toxins, causing the skin to dry out and be damaged.

The secret of healthy skin lies in a healthy diet with essential vitamins, minerals and the prevention of toxins as well as the proper relaxation and care of your largest organ. In order to cleanse your skin optimally, your intestines should be thoroughly cleansed. Your skin often excretes the toxins that are not digested by your intestines – which becomes visible as skin impurities.

Good nutritional supplements for your healthy skin are:

Hyaluronic acid capsules

The water must come from the inside - Hyaluron is an endogenous long-chain molecule, which must be present in all living beings. For some years, hyaluronic acid has been identified by science as the responsible, endogenous building block, which has the highest ability to bind water. The water in your body is "kept in shape" by hyaluronic acid, as hyaluronic acid has the extraordinary ability to bind up to 3000 times its own weight.

The older you become, the less natural hyaluronic acid (HA) is contained in your cell layers of skin, internal organs, joints, brain and eyes.

While the hyaluronic acid level in babies is about 98%, it has already halved to 40 years of age! A person around the age of 60 carries only about 10-20% of hyaluron molecules in them. As a result, the skin relaxes and wrinkles form. Hyaluronic acid is also important for a healthy functioning of the eyes, which contain 3% hyaluronic acid in a healthy condition, as well as the optimal function of the brain, joints and internal organs. It has not yet been possible to clarify why the body's own production of hyaluronic acid is declining more and more from the age of 30, but the consequences associated with a low HA level are known.

So if a person wants to "stay in shape", then he/she needs that body's own molecule that keeps the water in the body in shape.

Other good supplements for your healthy skin include aloe vera, coconut water from the green coconut and orchid extract, which is why Young Living's skin-care ART products also cleanse and nourish your skin on the basis of orchids - detailed information on this can be found in the Special Report 9 about natural beauty.

“Seed-To-Seal“ quality essential oils that nourish and strengthen your healthy skin are Myrrh, Sandalwood, Elemi, Lavender, Rosewood, Geranium, Cedarwood and Frankincense.

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XI. Cleansing And Strengthening Of Your Muscles And Bones (Autumn And Spring)

"Use it or lose it" is the motto of muscles and bones, just like the nerve connections (synapses) in your brain. "Use them or you lose them." Since your body always works economically, it only builds up what is actually used and needed.

Exercise which makes you really sweat, is therefore very important, at least half an hour a day. Exercise also cleanses and strengthens muscles and bones. The bone then grows out of the osteoblasts and is strengthened. Osteoblasts, which are bone-degrading cells, degrade the bone 100 times faster than it builds. Your thyroid gland plays an important role in your calcium balance because it regulates the incorporation and distribution of calcium through your hormones (parathyroid hormone, calcitonin). The pH value of your blood has a major influence here: if your blood is too acidic, your body is forced to get calcium out of your bones in order to keep your blood's pH balance alkaline enough so as not to cause your blood to become acidic. That is why additionally a thorough intestinal cleanse and a good structure of your intestinal flora are so important.

Good nutritional supplements full of minerals for your healthy muscles and bones include MegaCal, SuperCal, Sulfurzyme, BLM and Hyaluronic Acid Capsules.

"Seed-To-Seal" quality essential oils that can be used to enhance general well-being in muscles and bones are Frankincense, Wintergreen, Lemongrass and PanAway.

XII. Cleansing And Strengthening Of Your Pancreas And Spleen (Summer)

Not only does your pancreas have a major impact on sugar balance and sugar utilization of your entire body, it also provides vital enzymes for your healthy digestion so that your body can efficiently break down and utilize carbohydrates, fats and proteins.

The spleen cleanses your blood of toxins, outdated blood cells and plays an important role in your immune system. Your pancreas and spleen lie along the same meridian and benefit from the liver and master cleanse. The spleen plays not only a key role for your immune system, but is also energetically of great importance: the spleen chakra (located on the left side of your body) is decisive for the uptake of Prana (Chi) from the cosmic life energy (pranomaya). Too little energetic function of your spleen causes weakening of your aura. Warm compresses can be applied on the spleen (left side of your body) with the "Seed-To-Seal" quality essential oil of **Cypress**.

Sulfurzyme and Ningxia wolfberries strengthen your healthy pancreas. To cleanse these organs, a thorough intestinal cleanse, liver cleanse (see Special Report 3) or master cleanse can also be supportive.

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XIII. Cleansing And Strengthening Your Heart And Circulation (Summer)



Your blood circulation can be understood in a simplified way like a garden hose. Your heart is the pump that pumps the blood into your body and maintains the whole circulation. Sufficient movement of your muscles ensure a good return of the blood to your heart. Not only does your heart perform vigorous and sustained muscle work 24 hours a day, it also has its own pacing and conduction system through which it is electrically powered. Minerals in the right proportions are of enormous importance for your heart muscle work and correct transmission of stimuli.

Therefore, the following supplements can support your healthy heart:

- **SuperCal:** contains magnesium, calcium, potassium and zinc – take one capsule three times a day before meals.
- **MegaCal:** contains magnesium, calcium, manganese, zinc and vitamin C. Take 1 scoop/1 tsp/5g with 1 cup/240 ml of water or juice three times daily, one hour after a meal or an hour before bedtime. **Do not exceed 3 servings daily.**
- **OmegaGize:** contains omega-3 fatty acids, vitamin D3, Q10 and clove oil (to prevent the fish oil from oxidating) - 2 capsules can be taken in the morning, 2 in the evening.
- **Essentialzyme** or **Essentialzyme-4:** take 2-4 capsules between meals for optimal enzyme supply (enzymes are in large part responsible for regulation your body's metabolism).

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XIV. Time To Transform Yourself!

Here's how you can live the great life: get genuine essential oils and oil-infused supplements most conveniently and at an attractive price...

Get Young Living's Essential Oils and Supplements as a Customer (Retail Customer) or become a Young Living Member (Wholesale Customer or Distributor) for free. As a Young Living member, you get the Starter Set Premium and all other products at wholesale price - 24% off the retail price, without having to sell the oils and other products.

If you want to order regularly, you should definitely enroll in the Essential Rewards program (Autoship, ALS). Similar to collecting airline miles, **in the first three months you will already receive 10% of the PV of your product purchases**, which you can spend in products after just two months. **After four months, you will already receive 20% on each of your product purchases and from 25 months in the "Essential Rewards" program, you will get 25% on the PV of your product purchases - a whole quarter of the shopping value!** Overall, the 49% margin compared to the retail price!

In the Essential Rewards program, you can freely change the delivery date within the calendar month, as well as discontinue the products for your monthly order - do not forget to delete the ordered products from the previous month from the order form.

In Essential Rewards you will receive reduced shipping costs and additional 5ml free oils on the 3rd, 6th, 9th, 12th month and then once a year (the "Loyalty" "Seed-To-Seal" quality essential oil blend) as well as a 5ml free oil each time your order 120 PV order value exceeds. With normal orders (100PV) you save 400,- to 500,- only by being in Essential Rewards.

Participation in the Essential Rewards program can be terminated at any time simply by calling the YL Customer Service or emailing customer customerservice@youngliving.com - do not forget to redeem your points.

If you have enrolled in Young Living through a member of Team ENJOY (see <https://eotq.org/aromaexperts>), you are always welcome to attend regular oil training sessions, oil webinars, and business trainings that show you the many application techniques as well to offer a deeper knowledge of the essential lifestyle.

Become a team member in the team of the person who sent you this special report, or choose the person you know the best on <https://eotq.org/aromaexperts>.

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