



SPECIAL REPORT 3

INNER TRANSFORMATIONS I

The Essential Lifestyle - Live Your Life Full Of Fragrance, Purity And Balance

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

This Special Report *"The Different Types of Inner Transformations I"* describes **the 2nd month of your 4th month Fast Start Program** for more naturalness, purity and health.

Have you ever wondered what a body purified of dangerous toxins and chemicals can mean for you?

How would it feel for you to be light, fresh and full of energy? To have more clarity in your mind? To be strong again like a child? To be more radiant and attractive so people look admiringly at you?

Today we show you ways to cleanse your healthy body with essential oils and oil-infused products. Presented are plants and essential oils that can usher in a new era in your life in the vital field of purification and cleansing.

In the introduction, you will get an understanding of the central meaning of inner transformations.

*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.***

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.

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I. Introduction: Inner Purification - A Survival Secret

1. Health and the cleansing of your three important vital organs

Your body is exposed to various environmental factors, strains and pollutants. The three organs that do work hard in your body every day, separating the pure from the unclean in your food and therefore ensuring your survival are your intestines, liver, and kidneys. Their purity and functionality is of paramount importance to a complete functioning of your immune system. Therefore **the three purifications of the vital organs**, regardless of your age is the greatest favor that you can do to your organism.

The **INTESTINAL CLEANSING comes first** - clogged, contaminated, sticky intestines and intestinal windings is a phenomenon of our time and our civilization. Many people and you as well might not be longer sufficiently supplied with vitamins, minerals and micronutrients - solely due to pollution of the intestines. In addition this situation of the bowels lead to many consequences. Almost all allergies (hay fever, atopic dermatitis, asthma) and many skin diseases are intestinal (on the physical level). The skin, as the largest organ in the human body, derives all toxins and deposits that can not come out of your body in any other way. Psychosomatically, other causes may be added or even act as a detonator but on physical level the intestinal environment always plays a bigger role.



There is another important issue in the intestines: parasites. Many people have no idea what biotope their intestines represent and which beings have already nestled in them and live in them ... Here, the reference to grapefruit seed extract is allowed but is no longer allowed in Europe for internal use.



The **LIVER CLEANSING** is in second place - many people do not know what hard work their liver performs daily. The disease of the liver is fatigue - the liver does not hurt and it does not give any other symptoms except when it is too late. Therefore many people do not realize in time that their liver has long been overstrained. Her name already tells you how important she is for your life: she lives for you ("Liver"). In English, her name has exactly this meaning: to live -

"liver". For many, including young people, 8 to 12 liver cleansings are needed to get back into balance.

The **KIDNEY CLEANSE comes in third place** - this closes the circle of these three important vital organs - whatever toxins, slags and impurities liver and intestines can not cope with, the kidneys take over the process. They are the last resort before toxins are stored in the (fat) cells. In addition kidneys have the vital function of detoxifying and filtering all fluids you consume. The growing need for kidney surgery and liver surgery in our civilization documents the nature of these organs - yet many people just live there until they catch them with such a major surgery.



It would be less effort and less loss of quality of life and lifetime, if you would start in good time with intestinal cleansing, liver cleansing and kidney cleansing.

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2. The dangers of modern nutrition

The modern diet has become a high-calorie, low-nutrient and fiber-poor food culture that is overloaded with sweeteners. These fast-digesting "foods" flood your bloodstream, causing your insulin level to soar.

High insulin levels are associated with increased inflammatory responses in your body. New studies have shown that these inflammatory reactions are at the beginning of all chronic diseases. Excessive blood sugar and the resulting increase in insulin levels can lead to chronic problems such as diabetes and cause cardiovascular disorders. In addition, they play a key role in the following conditions: high blood pressure and kidney damage, weak and brittle vessels, venous diseases, as well as some chronic diseases such as diabetes, cancer and Alzheimer's.

An obvious symptom of high insulin and blood sugar levels is abdominal obesity. About $\frac{2}{3}$ of the American population is overweight. One quarter of the German population is overweight. These circumstances also increase the risk of heart disease, high cholesterol, cancer, female infertility and gallstones.⁵

Too high insulin and blood sugar levels are a vicious circle. You have an appetite for simple carbohydrate compounds because they quickly enter your bloodstream. As a result, an excess of insulin is produced which causes even more hunger. The reaction to hunger consists in further food intake. Overeating leads to an accumulation of body fat and it leads to further insulin distributions. This carousel of insulin spasms makes you tired, hungry and weakens your concentration.

Heavy metals are among the most harmful toxins. These can slowly accumulate in human tissue and cause neurological diseases, cardiovascular problems and some cancers. Heavy metals such as mercury and lead are problematic because they form insoluble metal salts which are trapped in the adipose tissue and kidneys and can be eliminated only very slowly via liver. To facilitate heavy metal discharge, it is recommended to clean the liver regularly. Especially suitable for this are essential oils.

Clinical studies show that essential oils of Immortelle (Helichrysum), Ledum and Celery seeds significantly enhance heavy metal purification via liver. Above all, the detoxification of mercury, one of the most toxic of all non-radioactive metals is accelerated. In a 2003 clinical study, a four-person group tested the effect of these three essential oils on the excretion of mercury in the urine. Four healthy adults (27-69 years old) took two capsules **of a blend of the essential oils of Immortelle, Ledum and Celery seeds** per day. The first collection of urine was from the time before applying these three essential oils, the second and third collection of urine two and three days after the start of applying essential oils. The results showed that all four participants eliminated more than double the amount of mercury during these four days than before.

In particular, mercury damages the brain and nervous system as it traverses the blood-brain barrier and accumulates indefinitely in the motor neurons. Almost every person in the United States and the European Union is subject to harmful levels of mercury. This is caused on the one hand by amalgam fillings in the teeth. These consist of about 50% mercury. It is estimated that around 11 million kilograms of mercury in form of tooth fillings reach people's mouths every year.

On the other hand, the consumption of seafood and canned tuna is responsible for the heavy burden

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due to its high methylmercury content. It has been estimated that a person who ate 180 g of one of the top 5 brands of canned tuna (with a methylmercury level above 0.64 ppm) has taken 20 times as much mercury as it considers harmless by the *Environmental Protection Agency*. According to the United States *Disease Control Center*, statistics show that one out of every eight women of childbearing age in the United States has mercury in tissues, which can endanger the development of the fetus.

3. Liver health - one of the most important building blocks to a healthy life

The **liver** is one of the most important organs in the human body.

It is vital for blood purification and plays an important role in the conversion of carbohydrates into energy as well as in energy storage in the form of glycogen and fat. It removes and neutralizes toxins and germs from blood. It also maintains hormone balance, regulates blood sugar and produces proteins that regulate blood clotting.

An overloaded liver can affect your energy balance, digestion, skin and blood.

Signs of a poorly functioning liver include skin problems (including rashes, eczema, dermatitis), fatigue, headache, paleness, dizziness, irritability, and poor digestion. **Toxic chemicals and heavy metals** accumulate in the liver along with fats and in the gall bladder. The accumulation of these toxins overburdens the liver and can no longer sufficiently cleanse the blood.

Already among teenagers, the liver is heavily burdened today - the reason is the civilization food, which is already taken from the youngest years. Many teenagers are already clearing hundreds of "liver stones" from liver cleansing - those round, greenish deposits of toxins that we all carry around in our liver.

Toxin accumulation, poor nutrition and illnesses burden the liver, which inevitably leads to irreversible liver damage and ultimately death. In the first stage, the fatty liver accumulates fatty deposits and toxins in the liver. An estimated 5% of the normal and 25% of obese population and also diabetics have a **fatty liver**. Over time, a fatty liver can turn into **liver cirrhosis**. In this process, non-functional scar tissue replaces normal liver tissue. Cirrhosis is the eighth most common cause of death and kills over 22,000 people annually.

There are several nutrients that cleanse the liver. These include choline, inositol, milk thistle, schisandra and dl-methionine. These were studied for their ability to protect the liver, degrease it, and minimizing toxins. The common Mahonie also supports the liver. It contains berberine, a component that has the ability to slow down the liver damage and scarring (cirrhosis) associated with alcohol consumption and hepatitis B and C.

Some essential oils such as Ledum, German Chamomile, Carrot Seeds, Immortelle (Helichrysum) and Geranium can favorably affect the gall bladder flow of the liver.

The cleansing of the liver according to Andreas Moritz has gained much popularity in alternative health circles. It is based on the intake of apple juice and a blend of olive oil, grapefruit and Glauber's salt. However, painful internal injuries sometimes occur when gall bladder or liver stones are released and then become lodged in the narrow canals of the liver or bile and can not be excreted. In some cases, the affected individuals even had to undergo surgery. For this reason, the

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description of this cleaning is omitted and instead gentler but equally effective methods are presented.

Signs of a contaminated or poisoned liver:

- a) Loss of appetite
- b) Nausea
- c) Weakness
- d) Weight loss
- e) Edema and ascites (water retention in the legs and intestines when no albumin is produced in the liver)
- f) Bleeding and bruising (caused by lack of coagulation factors)
- g) Yellowing of skin and eyes
- h) Itching (embedded bile in the skin can cause intense itching)
- i) Gallstones
- j) Forgetfulness, bad concentration and sleep disorders
- k) Medication Sensitivity (if the liver can not remove the drugs from the circulation well, they stay in the blood for longer than usual)
- l) Portal pressure (increased internal pressure with slowed blood flow through the portal vein)
- m) Varicose veins (blood flow from the intestine and spleen back into the blood vessels of the esophagus and stomach.) These vessels swell and can tear very easily.)
- n) Weak immune system (liver cirrhosis can lead to dysfunction of the immune system and therefore to infections)

Dangers to the liver:

- a) Chemicals, poisons, pharmaceuticals and parasites: Many pesticides, petrochemicals and environmental toxins cause severe liver damage. Paracetamol may also burden the liver as a potential side effect. Parasitic infections (*Schistosoma*) can also contribute to cirrhosis.
- b) Poor nutrition: Too much iron can put a strain on the liver, especially if someone, because of his genetic disposition, always absorbs iron and can not excrete it (hemochromatosis). This results in a blood type liver pathology.
- c) Diabetes, protein malnutrition, obesity and use of corticosteroids: All these factors can cause non-alcoholic steatohepatitis (NASH). NASH causes a lot of fat in the liver and possibly also cirrhosis of the liver.
- d) Viruses: Hepatitis B and C viruses are a major cause of chronic liver disease and cirrhosis. Viral hepatitis infections cause inflammation and mild liver damage, which may develop into cirrhosis and liver failure.
- e) In a study by *Dr. med. Roger Lewis* at the *Young Living Research Clinic* in Provo, Utah in 2003 investigated the efficiency of *Immortelle* (*Helichrysum*), *Ledum* and *Celery Seed* in cases of advanced hepatitis C. A 20-year-old man had hepatitis C with a viral load of 13,200. After taking 2 capsules of *Immortelle*, *Ledum* and *Celery Seeds* daily for one month without further intervention, the patient only had a viral load of 2,580 - a reduction of 80%.
- f) Hereditary diseases: Alpha-1 antitrypsin deficiency, Wilson's disease, galactosemia and glycogen storage disorders are congenital disorders that lead to impaired production of liver enzymes, processing of proteins and storage of metals.
- g) Blocked gall bladder ducts: If the gall bladder ducts are blocked, the gall bladder is stowed back and causes damage to the liver tissue (cirrhosis).

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4. Alkalinity is important to health - Restoring a balanced pH

When the filtering power of the liver subsides, the blood becomes more acidic. In an acidic environment, naturally occurring fungi and yeasts thrive into the body magnificently. They are responsible for a number of toxins known as mycotoxins which are the cause of many diseases and debilitating ailments.

Many researchers assume that most diseases are due to acidification of blood and intestines.

Symptoms of severe acidification are:

- 1) Exhaustion, lack of energy
- 2) Unexplained pain
- 3) Overweight
- 4) Bad disease defense
- 5) Allergies
- 6) Disturbed blood sugar level
- 7) Headache
- 8) Irritability and mood swings
- 9) Indigestion
- 10) Colitis / Ulcer
- 11) Diarrhea and Constipation
- 12) Urinary tract infections
- 13) Rectal and vaginal itching

The pH of the blood must be kept within a narrow range. The ideal pH varies between 7.35 and 7.45 and is generally assumed to be 7.38. The basicity of the blood is the basis for a healthy and resistant body. When the blood becomes too acidic, it promotes excessive fungal and yeast growth. These secrete mycotoxins. To neutralize them, calcium is pulled out of bones and biochemical changes slowly begin to strain the liver, weakening the immune system at the same time.

Some pathogenic bacteria, yeasts and fungi occur naturally in the intestine and are inactive. However, if your body is weakened by illness, stress or hyperacidity these bacteria are active and transform into the invasive Myzelenform.

Many cancers are associated with mycotoxins. For example, the fungus *Aspergillus flavus*, which also sticks to stored peanuts not only causes cancer in laboratory animals but is also the main cause of many human liver cancers.

With a balanced pH and alkaline environment, excessive microbial growth can be curbed and the production of disease-causing mycotoxins is also curbed. When the pH returns to full equilibrium, the body can gain new strength and health.

5. How do you maintain a basic environment in your body?

1. Carefully inspect your food

Foods that promote yeast and fungal growth should be avoided. Especially meat, sugar, dairy products, pickled and malted products acidify your organism. Garlic, however, is excellent for fungus and yeast control. Other high basic foods that do not favor fungal growth are green and yellow vegetables, beans, and whole, non-cracked nuts.

In your daily diet, the **natural ratio of four parts of basic and one part of acidic food** should be found. The pH of raw foods does not always match the acidity or base formation in the digestive tract. Lemons are acidic in their natural state, but are metabolized alkaline. Therefore, the determining factor for the pH of a food is its acidic or basic ash.

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2. Avoid antibiotics

Using too many antibiotics not only increases resistance of pathogens but also kills good bacteria in the intestine. This leaves mycotoxin-producing yeasts and fungi. This is often the reason why women suffer from fungal infections in the genital area after antibiotic therapy.

3. Use essential oils

One study found that a blend of the essential oils Clove and Thyme killed over 15 species of fungi. Essential oils are most effective in basic blood and tissues. When our body turns to be acidic - due to poor nutrition, illness or emotional stress - essential oils lose some of their effects. The best way to make essential oils even more effective is to alkalize your body.

4. Use basic minerals

The intake of calcium drastically increases alkalinity in the blood and intestines. Food supplements, which contain a lot of calcium and magnesium, in addition to a healthy, balanced diet can help to alkalize blood and body tissues. Likewise, supplements containing many minerals and phytonutrients can fight yeasts.

5. Reduce stress

Emotional and psychological tensions can cause damage to your body system. In addition, they promote the formation of acid in your body. This influence is mostly underestimated. Essential oil blends containing many sesquiterpenes, e.g. Frankincense, Myrrh and Sandalwood can have profound balancing and soothing effects on your emotions. They work directly on your limbic system, the seat of emotions.

6. Strengthen healthy intestinal flora

On average, 1.5 to 2 kg of good bacteria permanently colonize the intestine of an adult. Not only are they the first line of defense against foreign immigrants, they are also critical to health, energy and optimal digestive function. The good intestinal bacteria monitors healthy mucus production and fiber debris, produces B vitamins and vitamin K and maintains the acid-base balance in your body. When your healthy intestinal flora is reduced or destroyed by antibiotics or bad eating habits, fungi and yeasts can grow unchecked and invade your intestine more and more, simultaneously excreting an increasing amount of toxic mycotoxins.

The naturally occurring intestinal bacteria is best replumed and protected against fungal and yeast overgrowth when *Acidophilus* and *Bifidus* products are used.

These help the body to maintain the proper pH balance for nutrient uptake and digestion. Ideally, the *Lactobacillus acidophilus* and *Bifidobacterium bifidus* cultures should be combined with bananas to help them nourish themselves better on the intestinal walls. Research shows that a remarkable proportion of acidophilus bacteria do not reach the lower intestinal passages alive or in such poor condition that they can no longer perform their task. That's why it makes sense to combine the *Lactobacillus acidophilus* and *Bifidobacterium bifidus* cultures with bananas.

Even more effectively, the intestinal flora can be strengthened when the bacterial cultures are combined with **fructo-oligosaccharides (FOS)**. FOS are among the most powerful natural substances that feed the good intestinal flora. FOS are medium-chain sugars that can not be used by pathogenic fungi and yeasts. So the FOS are starving the mushrooms and at the same time feeding the good *Acidophilus* and *Bifidus* cultures, which are your first defense against diseases. But fructo-oligosaccharides can do more than just strengthen and protect the good bacteria in your

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body. Over a dozen clinical studies have demonstrated FOS 'ability to prevent constipation, lower blood sugar and cholesterol, and protect against cancer (Hikada et al. 1991; Briet et al., 1995; Bouhnik et al., 1996; Kawaguchi et al., 1993; Luo et al., 1996; Rochat et al., 1994; Tokunaga et al., 1993).

6. A complete cleansing

The internal pollution can be eliminated with difficulty by a simple, one-in-one solution or a single panacea. For a complete body cleansing a number of different plants and herbs are needed, which are specially adapted to the different parts of your body.

The liver needs other herbs, oils and minerals for its own purification than the large intestine, which in turn needs other than the small intestine. Complete system purification requires a wide range of different products that work against a variety of contaminants and microorganisms. For contaminants such as heavy metals, other means of degradation and binding are needed than for parasites.

For a complete cleansing, a wide range of essential oils is also important. Essential oils help loosen and bind toxic chemicals and toxins in your body. They also support your healthy digestive function by promoting secretion and production of natural enzymes that increase intestinal peristalsis. Peristalsis is an important basis for complete self-cleansing of the intestine.

So what can you do?

Whoever wants to do a "proper household cleansing", should examine **the intensive methods of intestinal, liver and kidney cleansing**.

No matter if you start directly into general cleansing or start working with gentler methods - it will help you to become aware of these issues.

The physician as a companion

Anyone who cleanses or detoxes for more than three consecutive days should do so under the supervision of a physician. Take all other steps with your doctor or qualified health practitioner – qualified experts can advise you best if and when you should use these methods.

II. Targeted internal cleansings

In order to be able to work sustainably with essential oils, it is important to get rid of old, toxic substances that may have collected in your body over time. If you disregard this step, you would eliminate those toxins (by using essential oils on a regular basis) and lead them out mainly through your skin. This can lead to unwanted and sometimes intense skin reactions looking like rash.

For a gentle start of cleansing at the cellular level, lemon-peppermint cleansing with “Seed-To-Seal“ quality essential oils is ideal.

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1. The Lemon - Peppermint Cellular Cleanse

Add one drop of Lemon Vitality (Lemon Plus +) oil to 34 fl. oz = 1 litre of water and drink during the morning.



***Attention:** for internal use always take essential oils of Young Living's Vitality/+ range, as those are essential oils approved for ingestion. Food quality approved Young Living essential oils are labelled "Vitality" in most markets and "+" ("Plus") in the European market. Please use only glass containers and avoid plastic bottles, as they are "digested" by essential oils (see "styrofoam test" with lemon or lavender oil).*

This causes your body to be cleansed at the cellular level – slags, toxins and debris that have accumulated in your cells are dissolved, released and washed out from your cells by the lemon oil. Furthermore, the cell receptors are purified. **One drop of lemon oil contains 40 trillion molecules (!). The human body, consisting of 100 billion cells, is therefore potentially supplied with 40,000 molecules of citrus in each cell.** Gamma-terpenes, which are naturally contained in lemon oil, diffuse throughout your body. It is important to drink enough water (34 fl.oz or 1 litre of water per 1 drop of oil) to support leading out the toxins from the body via excretion. This application also supports cleansing the liver and helps with occasional digestive problems any healthy person can have. The stomach and intestinal environments become alkaline again. **If ingesting lemon oil is too strong for you, alternatively use 1 drop of "Seed-To-Seal" quality Grapefruit or Orange oil that can be taken via direct inhalation from the palms of your hands** (i.e. you replace Lemon oil with Grapefruit or Orange and you replace ingesting the oil with directly inhaling the oil).



Add one drop of Peppermint Vitality (Peppermint Plus +) oil to 34 fl. oz = 1 litre of water and drink during the afternoon.

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avoid plastic bottles, as they are "digested" by essential oils (see "styrofoam test" with lemon or lavender oil).

This calms and supports your healthy digestion and excretion, makes your acid alkaline balance more basic and completes the effect of the Lemon oil ingested or inhaled in the first half of the day. Peppermint calms and refreshes.

Note: Peppermint has a cooling effect so it is ideally suited for summer. However, the cooling effect can be perceived as unpleasant by individual constitutional types in winter. In this case it can either be replaced by a drop of Spearmint Vitality/+ oil or Lavender Vitality/+ oil .

The Lemon-Peppermint cleanse is very gentle and mild and therefore, like many things in nature, "intelligent". Note: a fast detoxification would generally overburden the liver, kidneys and

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body. With the Lemon-Peppermint cellular cleanse you have a vehicle to detox your body over a longer period of time (6 weeks minimum, for optimal results ideally 9 months – but the cleanse can be done for years on end - some people reporting years of daily use with great results). A gentle cleansing of your body is being effectuated - toxins that have been deposited in the tissue for years and even decades are being released from your body system.

IMPORTANT: The described effects only occur when using “Seed-To-Seal“ quality essential oils - the use of lower quality essential oils or even fragrant oils is irresponsible and can cause health damage. *Please consult your attending physician or health practitioner prior to using this cleanse, especially if there are any relevant conditions.*

2. The 5-Day Cleanse

A gentle and effective method of cleansing

Many health experts recommend cleansing as a regular and normal support for the healthy body. However, the majority of the population does not cleanse (at all) until they are already ill. The *5-Day Cleanse* facilitates the process of cleansing with a simple energizing program that helps to say "goodbye" to obstacles and excuses that keep you from cleansing your body. Just four natural, short and easy cleanses with Young Living's *5-Day Cleanse* a year combined with continued support through a healthy diet can help you maintain a balance between the extremes of modern eating culture. The Young Living 5-Day Cleanse requires three different products: Balance Complete™, Digest + Cleanse™ and NingXia Red®.

Restoring balance through Balance Complete



Young Living's **Balance Complete™** is an energizing *superfood* shake rich in a Young Living patented fiber blend called V-Fiber. Scientific research by the *Life Extension Foundation* showed that fiber blends offer better viscosity (in consistency and in absorbing) than fiber alone. Young Living's innovative blend of soluble and insoluble fiber (11g per serving) is ideal for cleansing and is a daily contributor to health.

The ingredients of this effective fiber blend helps maintain normal, healthy blood sugar levels. When the fiber gets blended with water it thickens in your intestine and forms a mass that absorbs and removes toxins as well as excess fat from your intestinal tract. While some cleansing treatments adversely affect your natural intestinal flora, V-Fiber contains probiotic friendly fibers that support good microbacteria such as *Lactobacillus* and *Bifido bacteria*. Friendly bacteria can help reduce a number of pathogenic bacteria.

Note: the sudden initial increase in fibers in the intestinal tract may result in minor gas and bloating in some people. The *American Food and Nutrition Board* recommends a minimum daily intake of 38 g for men and 25 g for women. For example, typical Americans consume only half of it. An optimal enzyme content in Balance Complete™ promotes digestibility and minimizes flatulence. If gas and bloating occur reduce the amount of Balance Complete and increase the dose of Young Living's advanced essential oil blend, Digest + Cleanse™.

General recommendation of use: blend 2 measuring cups with 8.5 fl. oz. of water – alternatively use rice, almond or coconut milk. For a delicious drink mix 1-2 Balance Complete™ cups together

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with ½ cup/125ml carrot juice, ½ cup/125ml coconut milk and ¼ cup/60ml water. Add a few ice cubes as desired.

Please speak with your attending physician or health practitioner prior to performing this regimen, especially if there are any relevant conditions in this area.

Digest + Cleanse™

The second blend is a unique product made from special oils that support healthy digestion. It contains “Seed-To-Seal“ quality essential oils of Peppermint (*Mentha piperita*) aerial parts oil, Caraway (*Carum carvi*) fruit oil, Lemon (*Citrus limon*) peel oil, Ginger (*Zingiber officinale*) root oil, Fennel (*Foeniculum vulgare*) seed oil, Coconut (*Cocos nucifera*) fruit oil and Anise (*Pimpinella anisum*) seed oil which are directly attached to your intestine in *Precision Delivery Softgel* capsules (PDS).



Essential Peppermint oil supports your healthy gastrointestinal tract. A blend of Peppermint and Caraway oil, applied 3 times a day, can reduce mild bloating and calm your digestive tract.

Lemon Oil has a long history of use. Jean Valnet, a famous physician and aromatherapist says that Lemon oil stimulates the secretion in the stomach, liver and pancreas.

Ginger, Fennel and Anise have traditionally been used to aid and improve digestion. They have a reputation for calming the intestine, improving excretory function and activating various digestive organs. *

Recommendation of use: 1 capsule should be taken 30-60 minutes before each Balance Complete™ shake to increase effectiveness and wholesomeness of your 5-Day Cleanse.

NingXia Red®

NingXia Red® is a tasty, naturally-enriched wolfberry juice drink. The fresh Ningxia wolfberries (*Lycium barbarum*) give energy, strengthen and revitalize your entire body. Furthermore, 5 important fruit juices are included: blueberry, pomegranate, cherry, plum and aronia juice. These are known for their excellent antioxidant, fortifying and fiber-rich properties.



The juice also contains “Seed-To-Seal“ quality essential oils of Orange, Yuzu, Lemon and Tangerine as well as natural Stevia (Reb A). The sugar content of this blend is 11 Brix in the original recipe.

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NingXia Red® provides nutrients that can support your healthy liver and pancreas function.

General recommendation of use: drink 2 fl. oz. (= ¼ cup)/60 ml daily.

NUTRITIONAL PLAN DURING THE 5-DAY CLEANSE

To implement your 5-Day Cleanse, the following nutritional plan is used.

In order to have the best cleansing effect and to bring your leptin release back into rhythm, it is recommended to **delete all snacks** from your nutritional plan. However, if there is a high metabolism or excessive hunger, you can add *the snacks suggested below*.

DAY 1

Breakfast	Lunch	Dinner
1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra Water 2 fl. oz./60 ml NingXia Red®
Snack	Snack	Snack
1 Apple or 1 Orange approx. 10 fl. oz./ 300 ml of water	1 Cup/240 grams of raw Broccoli or other non-starchy vegetables 1 Cup/240 ml of herbal tea of your choice (Decaffeinated)	½ cup/125 grams fresh or frozen blueberries

Digest + Cleanse™ should always be taken 30-60 minutes before each Balance Complete™ Shake to increase its effectiveness and wholesomeness.

The regimen could lead to slight discomfort, headaches or cravings. Balance Complete™ compensates this regimen after it has been in your system for a few minutes.

If it comes to bloating because of the fibers, an additional Digest + Cleanse™ capsule can be taken with each shake or if necessary take Detoxzyme™ additionally.

DAY 2

Breakfast	Lunch	Dinner
1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®
Snack	Snack	Snack

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1 Pear or 1 Plum 2 teaspoons of raw sunflower seeds or almonds 10 fl. oz./300 ml of water	2 teaspoons of raw celery 1 teaspoon almond butter 1 cup/240 ml of herbal tea	½ cup/125 gr blueberries or 1 plum 10 fl. oz./300 ml of water
---	---	--

The experiences on your 2nd day depend on the respective accumulation of toxins you can have in your body. High accumulations lead to more symptoms - feeling unwell, etc. Low concentrations of toxins lead to the disappearance of symptoms and an increase in performance. If bloated, Detoxzyme® can be added to your program.

DAY 3

Breakfast	Lunch	Dinner
1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®
Snack	Snack	Snack
½ Galia melon (nettle melon) 1 cup/240 ml of mint tea 10 fl. oz./300 ml of water	Rice waffle without additives with raw nut butter 10 fl. oz./300 ml of water	1 apple or ½ cup/125 grams of blueberries 10 fl. oz./300 ml of water

The symptoms of detoxification fade away. You feel more energized and your body gets used to the extra fibers and water. You can still get hunger attacks, but milder.

DAY 4

Breakfast	Lunch	Dinner
1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®
Snack	Snack	Snack
1 Apple or 1 Pear 10 fl. oz./300 ml of water	Chamomile tea 2 teaspoons raw almonds	1 medium vine red, blue or white grapes

Your body feels the benefits of cleansing. It has become accustomed to the fibers, has more energy and also your cravings are gone. The awareness you have about the negative effects of inferior food on your health is growing.

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DAY 5

Breakfast	Lunch	Dinner
1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®	1 Digest + Cleanse™ 1 Balance Complete™ Shake approx. 10 fl. oz./300 ml extra water 2 fl. oz./60 ml NingXia Red®
Snack	Snack	Snack
1 pear or 1 plum 2 teaspoons of raw sunflower seeds or almonds 10 fl. oz./300 ml of water	1 cup/240 grams of raw sauerkraut or kefir or unsweetened yoghurt (active, friendly bacterial cultures)	1 cup/240 ml of miso soup or vegetable stock

You do not feel any cravings. You are ready to bring friendly food to your cleansed body to feel good and also to look forward to your next cleanse. On the next day, the Young Living Core Essential nutrition program can be started.

Core Essential Complete

– A program of daily composition and maintenance after your 5-Day Cleanse

Already during and after your 5-Day Cleanse a gentle and effective deep cleansing can be felt, which improves your general well-being. After the 5-Day Cleanse the products of **Core Essentials Complete** (a special program for optimized nutrients intake) can become part of your daily diet.

Core Essentials Complete includes:

- Drink 2 to 4 fl. oz./60 to 120ml of **NingXia Red®** daily
- One capsule **Life 9™** before going to bed
- Two capsules **Longevity™** a day
- Two capsules **Multigreens™** a day
- Three capsules **OmegaGize 3™** a day. Alternatively 2 tablespoons **Mindwise™** (vegan)
- Replace your nutrient-poorest meal of the day with **Balance Complete™**
(For even better weight management, 2 meals can be substituted.)

Note: This is just a starting point. Intensified and targeted foods may be required depending on your personal situation. e.g. **Detoxzyme™**, **Essentialzyme™**, **Essentialzymes-4™**, **SuperCal™**, **SuperC™**, **SuperB™** etc.

3. Intestinal Cleanse

Important for your stable health is to support yourself with a deep cleansing of your digestive organs and at the same time the recovery of all 18 enzymes. The average person in your society

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usually has only 10 or 11 of these essential enzymes - which can lead to food allergies, skin irritations, pollen allergies, and consequently the inability of the body to absorb and digest nutrients.

After this month of cleansing with the famous "Cleansing Trio" ComforTone, Essentialzyme and ICP, the body can go back to work as it was originally planned.

Important: Drink at least 68-101 fl. Oz./2-3 liters of pure water every day. (This happens already at the Lemon-Peppermint cleansing, which is done for at least 2-3 months).

ComforTone™

ComforTone™ is a laxative herbal complex of soft clay, apple pectin and herbal extracts, which supports and cleanses your healthy intestinal function. Incrustations along your intestinal wall are broken up. This promotes the removal of old slugs and helps your body to absorb more of the substances that it needs to work from food again. The contained essential oils are Ginger (*Zingiber officinale*) root, Tangerine (*Citrus reticulata*) rind oil, Anise (*Pimpinella anisum*) seed oil, Peppermint (*Mentha piperita*) leaf oil, Rosemary (*Rosmarinus officinalis*) leaf oil, Ocotea (*Ocotea Quixos*) leaf oil and German Chamomile (*Matricaria recutita*) flower extract to enhance strength and effectiveness of the complex in your body i.e. Ocotea is known to reduce candida, which helps to restore a healthy intestinal environment.



Application within your intestinal cleanse:

Take 1 capsule on day 1 to day 4 in the morning and 1 capsule in the evening. From the 5th day you take 2 capsules each in the morning and in the evening. Take 3 capsules each from the 9th day in the morning and in the evening. From the 13th day in the morning and in the evening you take 4 capsules each.

From the 17th day in the morning and in the evening 5 capsules each, until the pack is used up.

If you have diarrhea you can reduce the dosage to one capsule..

The cleansing should be done once every three months (one package per quarter).

Please drink a lot of pure water – at least 68 fl.oz./2 liters in addition to your normal daily basis.

General recommended use:

You can take up to 3 capsules before breakfast and at bedtime. Drink at least 68 fl. oz./2 liters of filtered water during the day for best results.

Essentialzyme™

Essentialzyme™ is a double-layered multi-enzyme complex designed to balance digestion and to aid overall enzyme activity.

The enzymes are released in 2 phases to improve overall enzyme activity, reducing stress and supporting your healthy pancreas. They help to divert and internally cleanse waste products.

The side of the fast-release capsule contains the plant enzymes bromelain and papain and also

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herbs as well as “Seed-To-Seal“ quality essential oils Anise, Fennel, Peppermint, Tarragon and Clove, which aid healthy digestion.

In the delayed release phase, Essentialzyme™ is the only Young Living enzyme product that contains pancreatic lipase, a special blend of pancreatic enzymes that breaks down fats, proteins, and carbohydrates. In addition, pancreatin breaks down proteins similar to pancreatic lipase and trypsin.

A special ingredient in Essentialzyme™ is betaine hydrochloride. This adds acidity to your stomach in addition to stomach acid. Therefore, Essentialzyme™ is taken three times a day, one hour before eating.

Warning: Keep out of reach of children. In case of pregnancy or illness, a doctor should be consulted before use.

ICP™

ICP is a blend of different water-soluble and insoluble fibers. This helps to absorb water and to form the stool mass. The insoluble fibers act like a cleaning paste and cleanses your healthy intestine from the inside. Waste materials are gently discharged from the intestine. The aloe vera juice in ICP naturally stimulates your intestine and additional enzymes in ICP help break down fats, proteins and peptides. The blend is rounded off with “Seed-To-Seal“ quality essential oils Fennel, Anise, Tarragon, Ginger, Lemongrass and Rosemary, which support your friendly digestive feeling.

Mix 2 tablespoons with 8 fl.oz/236 ml juice or water and drink it once a day, when you eat a few proteins in your daily diet, and three times a day, when you have many proteins in your daily diet. After mixing, it is important to drink the blend quickly, otherwise it will be too thick.

Warning: Keep out of reach of children. In case of pregnancy or illness, a doctor should be consulted before use.

The Intestinal Cleanse With The "Cleansing Trio" In The Overview:

Essentialzyme: Take 1 capsule three times during the day just one hour before your meal.

ComforTone: Take 1-5 capsules in the morning and evening (Day 1-4: 2x1 capsules, Day 5-8: 2x2 capsules, Day 9-12: 2x3 capsules, Day 13-16: 2x4 capsules, from day 17: 2x5 capsules).

ICP: During your cleanse, blend 2 tbsp with 8 fl. Oz/236 ml of water or juice three times a day.

4. Liver Cleanse

The liver cleanse is ideal for spring, especially during the months of March and April. Below you will find an overview about the liver cleanse which is done for at least 7 days and up to 42 days:

In the morning take: 1 tbsp. JuvaPower, 2 Detoxzyme capsules, 2 Essentialzyme-4 capsules, 20 drops JuvaFlex/JuvaCleanse/GLF Plus/Vitality* oil in a capsule. Young Living has empty capsules for filling them up with “Seed-To-Seal“ quality essential oils.

During the day: beetroot with carrots, celery and ginger, green smoothies, fresh lemon juice, 1

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serving of Power Meal with rice or almond milk.

Lunch: light salad with 1tbsp. JuvaPower

Dinner: light salad with nuts, sprouts, sweet potatoes; NO meat, not fatty meals.

In the evening: 1 tbsp. JuvaPower, 2 Detoxzyme capsules, 2 Essentialzyme-4 capsules, 20 drops JuvaFlex/JuvaCleanse/GLF Plus/Vitality* oil in a capsule. Young Living has empty capsules for filling them up with “Seed-To-Seal“ quality essential oils.

* *JuvaFlex may be taken for light cleansing of the liver; JuvaCleanse for stronger cleansing of the liver and GLF is for cleansing the liver and the gallbladder.*

Note: For internal intake only Young Living Plus / Vitality oils (supplements) may be used. „Vitality“ oils are for the North American and world wide market, while the respective oils that are taken internally are called „Plus“ in the European including the UK market.

Detoxzyme™



Detoxzyme™ combines effective enzymes with “Seed-To-Seal“ quality essential oils of Cumin (*Cuminum cyminum*) seed oil, Anise (*Pimpinella anisum*) seed oil and Fennel (*Foeniculum vulgare*) seed oil which complete the digestion, gets rid of the system of toxins and promotes internal cleansing.

This plant enzyme complex digests starch, sugar, proteins and fats. This ensures optimal absorption of nutrients from food and supplements. The trace elements contained in Detoxzyme can help your body maintain its healthy cholesterol and triglyceride levels. In addition, Detoxzyme can support the regulation of healthy pH and reduce acid formation. Many people are on the acidic side with their blood pH - parasites, candida and yeasts love a overacidic environment. Maintaining a healthy pH can allow your body to defend itself against these invaders in its own way. Therefore Detoxzyme supports your health, keeps you balanced and helps maintaining your optimal energy level.

Detoxzyme also contains phytase, an important enzyme to fully digest minerals of many grains, nuts and seeds that are otherwise unavailable to the body because of their binding to insoluble, non-digestible phytic acid complexes. Up to 90% of magnesium, potassium and zinc in foods such as barley, cashews, walnuts and rice are irreversibly bound to phytic acid and can not be absorbed by the digestive system. Therefore, the Detoxzyme phytase brings a tremendous increase in mineral intake from nuts, seeds and wholesome foods.

Recommended use within the liver cleanse:

During the liver cleanse please take 2 capsules of Detoxzyme™ in the morning and 2 capsules in the evening. This supports your immediate processing of the newly ingested food and reduces deposition of problematic substances in your body.

Common use: take 2-4 capsules three times daily between meals. If you have normal metabolism (bowel movements twice a day), take 2 capsules three times daily, if you have increased metabolism (up to 4 bowel movements a day because of cleansing), take 3 – 4 capsules three times daily.

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Essentialzyme-4™

Essentialzymes-4 is a high-bandwidth multi-enzyme complex designed to help digest dietary fats, proteins, fiber and carbohydrates. These are often found in processed foods and have become an integral part of many people's daily diets.

During the liver cleanse: take 2 capsules in the morning and in the evening.

Warning: Keep out of reach of children. In case of pregnancy or illness, a doctor should be consulted before use.

JuvaPower™

JuvaPower™ is a high-antioxidant vegetable powder and a rich source of acid-binding foods and liver-protective nutrients. Combined with the “Seed-To-Seal“ quality essential oils of Anise (*Pimpinella anisum*) seed oil and Fennel (*Foeniculum vulgare*) seed oil, it dissolves the deposits from the liver and aids in bowel movements (elimination).



Recommended use within the liver cleanse:

During the liver cleanse you dissolve 1 tbsp. of powder in warm water. You can take it in the morning, during the afternoon and evening. Alternatively, put 1 tbsp. Of JuvaPower on muesli, rice, potatoes or salads mornings and evenings.

General suggestion: sprinkle 1 tbsp. over your food or stir in 4 fl. oz./120 ml of plain water, rice milk or almond milk and drink. JuvaPower™ can be taken three times daily for great performance.

Please speak with your attending physician or health practitioner prior to performing this regimen, especially if there are any relevant conditions in this area.

JuvaFlex

JuvaFlex™ is a combination of the following “Seed-To-Seal“ quality essential oils that purify and support your general well-being: Fennel, Rosemary, Blue Chamomile, Roman Chamomile, Geranium and Helichrysum.

During your liver cleanse, JuvaFlex is applied to the right side of your body and can be relaxing, cleansing and purifying.

JuvaCleanse

The liver is the largest internal organ and one of the main cleansers of your body. The substances that you inhale from the air are filtered by the liver including those of aerosols, paints, insect repellents, etc. Yet, any “filter“ must be cleansed from time to time. The “Seed-To-Seal“ quality essential oils Ledum, Celery Seeds and Helichrysum are well-known oils for cleansing your liver.

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JuvaCleanse™ works well in conjunction with GLF™ and JuvaFlex™. It can be applied to your abdomen with a warm compress during your liver cleanse – 10 minutes in the morning and 10 minutes in the evening, while lying in bed.

GLF

Gary Young formulated this oil blend as a result of one of his stays in Ecuador.

GLF can boost your sense of well-being during a cleanse. GLF complements with Detoxzyme, JuvaTone and ComforTone. It strengthens your general well-being.

GLF cleanses you from emotions like bitterness, guilt, and anger that are normally stored in your liver and gallbladder. GLF helps you to promote positive emotions such as recognition, satisfaction and forgiveness.

It is a blend of “Seed-To-Seal“ quality essential oils. These are Grapefruit, Ledum, Helichrysum, Celery Seed, Hyssop and Spearmint.

During your liver cleanse GLF can be applied to your stomach with a warm compress.

5. Kidney Cleanse

There are a number of pure “Seed-To-Seal“ quality essential oils that can support cleansing effect through **layered application** to your kidneys: *AromaLife, Clary Sage, EndoFlex, Geranium, Grapefruit, Juniper* and *Fennel*.

In this recommended use of sequential application, the oils are applied during mornings and evenings in the order given. In order for the oils to have an optimal effect, it is recommended to put on a warm compress for ten minutes. For support, 67-101 fl. Oz/2-3 liters of pure (still) water should be drunk daily. This application should be carried up to one month.

Kidney stones are almost always a result of too little water intake and the (excessive) ingestion of carbonated drinks i.e. soda, sprite etc.

The following drink supports your body to depart kidney stones: 2 tablespoons first pressed virgin olive oil, 8.5 fl. Oz/250 ml of naturally cloudy apple juice (best freshly pressed), 2-3 times a day. However, these measures should be discussed with a doctor or health practitioner - in case of emergency only surgery will help.

The *JuvaFlex*™ “Seed-To-Seal“ quality essential oil blend supports your kidney cleanse and strengthening. It can be applied circularly on your body where your kidneys are located (right and left side underneath your breast).

In addition, fresh vegetable juices, especially cucumber, watermelon and pumpkin are nutrient-rich for maintaining kidney health and kidney cleanse. A tasty soup such as pumpkin soup can be prepared, which also supports your inner cleanse.

Please speak with your attending physician or health practitioner prior to performing this regimen, especially if there are any relevant conditions in this area.

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6. The Master Cleanse by Stanley Burroughs

The "Master Cleanse" by Stanley Burroughs is a cleansing and purification program. The original recipe involves taking a blend of fresh lemon juice, maple syrup and cayenne pepper. Although no solid food is taken in addition, it is not a fasting regimen. When fasting, only water is consumed, while the master cleanse provides your body with calories, vitamins and mineral sources.

Procedure of the master cleanse

Instead of daily meals, a lemon juice blend is drunk in the Master Cleanse.

A drink includes:

- **The juice of half a lemon** – pressed from fresh organic lemons. Contrary to popular belief, lemon juice in your body is not acidic. Already in your mouth it becomes alkaline.
- **8.5 fl. oz./250ml of distilled water** – or purified demineralized water. In a mineral-rich water, lemon may have an acid-like reaction, but not in distilled water that contains no minerals.
- **1-2 teaspoons of blue agave nectar, Neera syrup or Grade C maple syrup** – These are among the sugars that are best balanced and contain a balanced amount of positive and negative ions. Also, they do not get into your bloodstream as fast as honey or sugar. Especially for people who react adversely to sugar (restlessness and sleeplessness after sugar intake), for borderliners as well as for prediabetics this alternative is much better suited. People with diabetes should in any case use up to a quarter teaspoon of pure Grade C maple syrup.
- Blue agave nectar and Grade C maple syrup are preferable because they have a higher mineral content than the conventional grade B maple syrup.
- **1 teaspoon full of cayenne pepper** – It contains vitamin A, dilates blood vessels and has a warming effect. During the cleansing program it supports circulation and boosts your body's own fat burning. It can be used both internally and externally (especially on your feet - only in small quantities!). Begin with just a pinch of cayenne pepper, then gradually increase the amount to a tenth of a teaspoon. The cayenne pepper should not be taken separately in a capsule, but with the lemonade. The effect of the compilation would otherwise change. It could lead to inflammation and excessive mucus production, which could cause irritation associated with inflammatory bowel syndrome.

The amount of the blend you should drink should be between 6 and 12 glasses of 8.5 fl. oz/250 ml per day. Whenever a feeling of hunger occurs, a glass of lemonade with maple syrup can be drunk. This cleansing treatment is taken without further food. In addition, it is very important to drink enough purified water. In the morning, a tea with a laxative effect or a glass of water with Glauber's salt can be drunk.

Master Cleanse should be done by healthy and physically strong people for at least 3 to 7 days or, as **recommended by Stanley Burroughs, for 10 days** (max. 3 weeks). Physical exercise increases your cleansing power of the program. The Master Cleanse is not intended for children, diabetics and physically weak people. As with any calorie restricted regimen, consult your doctor before

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starting to fast or cleanse.

As with any cleanse, it is important to **maintain a positive attitude**. If you are not used to this procedure, you should prepare one day for the cleanse. The Sabbath or Sunday is best for this purpose. The biggest hurdles are the fear that cleansing might fail and uncertainty about what to expect.

During the half-time and final stages of Master Cleanse, typically between Day 3 and Day 7, body chemistry changes and your energy level usually starts to increase.

However, it can also cause ailments such as headache, flabby stomach, flatulence or low energy, as toxins and parasites are flushed out of your body. When your energy level drops, another glass of the blend can be drunk. Regular intake can prevent weakness and headache.

Important: drink plenty of water! If unwanted symptoms nevertheless appear, the accompanying health practitioner should be consulted, the cleansing should be stopped slowly and, in addition, the intake of cleansing food such as salads and fruits should be started. At this point, it is also helpful to switch to vegetable juices. Fresh carrot juice, celery juice or even a blend of carrots, celery, spinach and broccoli are particularly suitable. Carrot with a little apple juice or carrot and apple with a little lemon juice facilitate purification. 200 ml/7 fl. oz of carrot juice, 30 ml/1 fl. oz of apple juice and the juice of half a lemon can keep the healthy pH stable and maintain the cleansing. Grapefruit also gives an excellent cleansing juice.

Freshly squeezed fruit juices are drunk on **the first day after the *Master Cleanse*** in the morning, and at noon you start with a soup of fresh vegetables and herbs. The lemon juice blend can be drunk again and again until the afternoon. In the evening a light and fresh vegetable soup is recommended. On the second day after the cleanse you can repeat the same, but slowly return to more and more solid food.

A cleanse like Stanley Burroughs Master Cleanse is the best way to start a diet change. For example, after the cleanse, you can avoid returning to meat or fish, and switch to a vegetarian diet. Also the master cleanse is perfect to start to stay away from coffee or nicotine. Smoking during the *Master Cleanse* is almost impossible anyway, as awareness of your increasingly pure and sensitive body system increases.

In addition, MultiGreens, barley grass powder and / or spirulina or chlorella can be taken as an aid in conversion to a plant-based diet and reprogramming of your body.

Please consult with your attending physician or health practitioner prior to performing this cleansing, especially if there are any relevant conditions in this area.

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VI. 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 as a customer (retail customer) or **become a Young Living member** (wholesale customer or reseller) for free. As a Young Living member, you get the Premium Starter Set 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 always 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 your 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" 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 canceled at any time simply by calling YL Customer Service or emailing customerservice@youngliving.com - do not forget to *redeem your points*.

Become a team member in the group of the person who invited you to receive this special report or choose the person you like among <https://eotq.org/aromaexperts/>

If you have enrolled with **Young Living through a member of Team ENJOY** (see <https://eotq.org/aromaexperts/>), you are welcome to attend regular **essential oil trainings and webinars** that will teach you the many application techniques as well as deeper knowledge of the subject of "Inner Transformations".

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Special Report 3 - "Inner Transformations I"

23/23

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Visit us at <https://eotq.org>

Enjoy and share the lifestyle!

Order the products with the YL ID number of the person who introduced you to Young Living, using this URL: <https://youngliving.com/vo/#/signup/new-start>