

Greetings! This newsletter talks about the importance of the liver cleanse and other new Young Living products

The blessings of Aromatherapy. Young Living's gift to the world. Pure essential oils, and ingredients like wolfberry and pregnenolone, are radical new tools for achieving optimum health, longevity, and emotional well-being. At the convention we received new products to cleanse the liver.

This month's article "Young Living to the Rescue Again" takes you through the use of the products that will cleanse the liver. I felt this information was so important that my husband and myself attended a week at the Young Living research clinic in Springville, UT, do that we could prepare ourselves for this ongoing cleanse.

Always before when I attempted a liver or gall bladder cleanse, I became very ill because I was extremely toxic. Now, with these products, along with the cleansing trio, one can cleanse the liver and gall bladder if they follow this program.

Progensence Cream is back! Code #3275.

New oils: Australian Blue Blend, code #3311, Chivalry, code #3121, and Highest Potential, code #3355.

New Kids Line product: KidScents MightyZyme, code #3259

For adults and kids, we now have a chewable vitamin C - Super C Chewable, code #3251.

In the cleaning line we have Thieves Cleaners, (wipes and sprays) Thieves Spray - 2 fl. oz., code # 3228, and Thieves Wipes, code 3756.

We also have Thieves Lozenges, code #3229.

New products for our beloved pets: Animal Scents Pet Shampoo, code #5167, and Animal Scents Pet Ointment, code #5165, and finally

New Underarm Deodorant - AromaGuard Meadow Mind, code #3752, and AromaGuard Mountain Mist, code #3753

Love and Light, Mary Hardy (269) 673-4849



Notice: The FDA is trying to pass legislation that will hurt our young living business. This bill is being introduced in the US Senate called the Dietary Supplement "Safety" Act. For information contact badlaw@youngliving.com or call 800 371-3515.

Young Living to the Rescue - Again!

By Rev. Mary Hardy, Ph.D



A couple of years ago, my husband Dean had a stroke, and by using Young Living oils and supplements, we were able to keep Dean out of the hospital and reduce the damage that can occur during stroke. That was the subject of a newsletter called "Young Living to the Rescue." However, Dean continued to fall down at the slightest little bump. This spring, he was

falling two and three times a day, sometimes hurting himself. A friend of mine told me that falling sometimes deals with liver stress, so I had a massage therapists, Kerry, run the oils of Juvaflex and Gentle Baby down the liver meridians described in the *Touch for Health* book. *Juvaflex* is a blend of oils to cleanse the liver. After this was done, he very seldom fell. This indicated that he needed to do a liver cleanse.

This year, I attended the 2003 Young Living Conference in Salt Lake City and was delighted to find that Gary Young has come up with many new products to cleanse the liver. He feels that some of the food we eat plugs up the liver by forming acid, and some of the foods we eat reverses the flow in the liver by binding acid, and starts to cleanse it. The liver is a large organ that filters the blood. It is very important that this organ be cleansed on a daily basis. D. Gary Young has done research to determine the foods that are acid binding and acid forming and has published a little booklet called "Recipes for Liver Cleanse and Diet." You can buy the booklet from ESP, Essential Science Publishing. The booklet contains a very useful formula for cleansing the liver:

THE LIVER CLEANSE

Immediately after you awake, drink a 10 oz. glass of lemonade drink, which is purified water, half a lemon, and Agave to sweeten, and then take

the following:

2 *JuvaTone*, 2 *Detoxyme*, 1 *Lipozyme*, and drops of *JuvaCleanse*. Following the capsules, you are ready to drink the Vital Life Juice. The ingredients are listed below:

3 oz. beet, 1 oz. celery, 1 oz. carrot, 1/3 oz. white radish, 1/8 oz. ginger, 1/3 oz. red potato.

Second Hour: 10 oz. of the lemon drink, adding a pinch of cayenne pepper.

Third hour (approximately 10 a.m.): Repeat Vital Life Juice followed by two scoops of *Power Meal* and one tablespoon of *JuvaPower*.

Fourth hour: Repeat the 10 oz. of lemon drink.

Fifth hour - LUNCH: Lunch may include a salad or soup. Eat lunch along with the lemon drink. One tablespoon of *JuvaPower* can be added to the salad or soup.

Sixth hour: Lemon drink

Seventh hour: Vital Life Juice

Eighth hour: *PowerMeal* and *Berry Young Juice*

Ninth hour: Repeat Vital Life Juice

Tenth hour: Salad of your choice - or a simple stir fry with brown rice, and two *Allerzyme* capsules.

Eleventh hour: Lemon drink

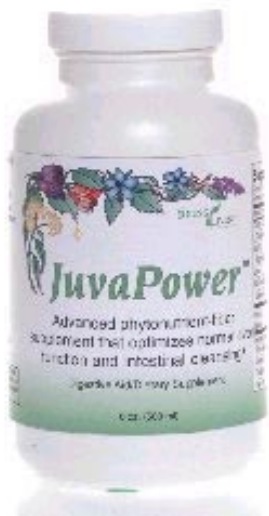
Twelfth hour: Vital Life Juice

Thirteenth hour: Take 2 *JuvaTone*, 2 *Detoxyme*, 1 *Lipozyme* and 1 *Polzyme* capsules followed by 1 *JuvaCleanse* and the lemon drink. If there are any problems with bowel function or movement, incorporate *ComforTone* and add *ICP* to one of your drinks. This will further enhance the cleansing action of the liver.



Pictured in this article are the new products to cleanse the liver. *JuvaTone*, *JuvaPowder* and *JuvaSpice*. We also have an oil that cleanses the liver called *Juva Cleanse*.

JuvaTone was the first liver cleansing product. It is an excellent source of choline. It contains the antioxidants, inositol and dl-methionine, both of



which have been researched for their ability to convert oil soluble toxins into water soluble compounds that may be more easily secreted. Methionine helps recycle glutathione, one of the body's most important natural antioxidants that is crucial to normal liver function.

The new products are *JuvaPowder* and *JuvaSpice*. Their

benefits will cleanse the liver and intestines, by being acid binding. These foods can be sprinkled as natural flavoring to enhance scrambled eggs or salad. This, in turn, is designed to cleanse the liver.

We also have a new oil called *JuvaCleanse*, which is designed to remove the chemical pollutants from the liver. We live in an environment which contains hundreds to thousands of pollutants. Daily as we breathe and drink water, we ingest many of these pollutants. *JuvaCleanse* is a blend of three powerful essential oils known for cleansing and supporting the liver. They are helichrysum, celery seed and ledum.

Since it's so important that we cleanse our liver, I am taking my husband and myself to the Young Living Research Clinic, simply to get us set up in a routine so that we can start a daily program of cleansing the liver. I totally believe that the liver cleansing will bring us optimal health and give us much more energy. I also believe that the liver contains the emotions of anger and fear.

Most people think that the brain is the seat of intelligence. But I feel that the whole body reacts to consciousness. At the conference, Dr. Sabina

DeVita, author of "Saving Face," confirmed that the body has many areas of consciousness. According to Sabina's lecture, the heart has many similar cells as the brain, which almost makes one think that the heart has as much consciousness as the brain. When you are controlling energy, it is the heart energy that people feel when we are communicating with one another. Even in the story of Harry Potter, *The Order of the Phoenix*, it was Harry's ability to transcend ego and to demonstrate total love through the heart chakra, that he was able to destroy the evil Lord's control over him. It is important to be able to control the energies within the heart. Science has taught us that it needs to be dealt with by the five senses to make it scientific. But as one explores the avenue of love, this energy comes mainly from the heart, and not from the brain.

It seems the liver is the seat of fear and anger, and when this organ is plugged, these are the emotions that are hard to control. Angry people are beet red, which is the color of the liver and of blood. It is also the color of anger. After Kerry did the meridian cleanse on Dean, he stopped falling, but he also started to clear some of his anger. Prior to the cleansing, every little effort would make Dean beet red. Now he was able to do tasks and not change color. The unblocking of the liver meridians has such an effect on Dean that he did the old gall bladder cleanse with apple juice, and has now agreed to go to D. Gary Young's clinic to do the complete liver cleanse.

The time is now that we cleanse the liver to heal the anger and the fear so that the heart chakra can retune the whole electromagnetic field with love. Then we can use the anointing oils of the Bible to activate the amygdala gland, which is the gateway to the frontal lobes and higher consciousness. The major anointing oils are frankincense, myrrh and sandalwood. The Native Americans use cedar wood. D. Gary Young has many combinations of oils to help us control our emotional body. Along with the liver cleanse, we can start to heal ourselves of our anger, fear, and the emotions that block us from being the total human being that we wish to be.