

RADIANT HEALTH NEWS

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Get Fresh, Clean & Renewed- Your Health Depends Upon It

Are you among the millions of men and women who suffer daily with gastrointestinal (GI) distress symptoms such as constipation, diarrhea, increased gas, bloating after eating, fatigue, acid reflux and heartburn? If you're female, you have lots of company, as research shows GI distress is twice as common in women as in men. In addition, women have a greater incidence of complicating factors (like fibromyalgia, migraine and heartburn).¹

While the conventional medical community considers GI distress a "functional condition" (meaning not a disease), it is often not taken seriously. However, Marcelle Pick, OB/GYN, NP—Women to Women Clinic, Portland Maine—says, "We know these symptoms indicate serious functional problems that can lead to disease. Digestive problems often cause poor absorption of needed nutrients. The resulting nutritional deficiency contributes to an increased risk of chronic disease. Thus, resolving GI problems does not just improve your immediate quality of life by removing those unpleasant symptoms—it also promotes long-term health."¹

Frank Lipman, MD, author of Total Renewal, links GI distress with systemic toxicity: "**Often, symptoms of toxicity first arise as digestive disturbances.** This usually indicates a growing food sensitivity or allergy that may be the first indication of a breakdown in your detoxification system." Other potential signs of excessive toxins are recurring migraine headaches, skin eruptions, changes in pigmentation, acne, or bumpy skin.^{2,3}

Over their years in medical practice, Dr. Lipman and Marcelle Pick have found that whole body cleansing is an important element of a holistic strategy to reduce the body's toxic burden and restore health.

Reduce Your Toxic Burden Now for Short and Long Term Health Benefits

Our bodies are exposed to over tens of thousands of chemicals in our air, water, food. Reputable studies found residue of more than 400 chemicals in human tissue. Thus, it's imperative we support our body's ability to cleanse itself by reducing its toxic burden.^{3,4}

- Dramatically **reduce intake of toxins.** Choose organic, pesticide-free whole foods, filtered water, chemical-free personal care and household cleaning products.
- **Remove the toxins** already in your body. Cleanse now, making gradual, permanent changes towards **continuous cleansing.**
- **Provide essential nutrients** to support your body's detoxification system.



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How Important Is a Healthy Detoxification System?

Your body has a built-in detoxification system whose job is to remove waste products. It does so by manufacturing hundreds of enzymes, vitamins and other molecules to extract the nutrients from our food and get rid of the rest.

How important is this detox system? Your body considers it a major priority. It's the greatest energy-consuming metabolic process in the body, as most of the molecules produced are for "waste management."

Toxins Can Throw a Monkey Wrench In Your Detox Machine

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

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



Refresh and renew with
Young Living's Cleansing Trio.

Gary Young: If You Really Believe Your Body is a Temple, Then You'll Take Better Care of It

Gary Young, Young Living's founder, has long been an outspoken practitioner and advocate of internal cleansing. During a class on cleansing, he put things into perspective for everyone by asking, "What do you really want out of life...more than a car, house, vacation? Without good health, you'll make the last part of your life absolutely miserable." Following are just a few of the cleansing products he's formulated to help us protect our health.

Start Here—Cleansing Trio

For gentle cleansing and for reconditioning the digestive system, the Cleansing Trio is unbeatable. Each Trio contains ComforTone®, I.C.P. and Essentialzyme.

- 1. ComforTone capsules**—combine the natural cleansers of bentonite and apple pectin with herbal extracts to dispel parasites and toxins, enhance colon function and relieve constipation.
- 2. ICP beverage**—contains an advanced mix of toxin-absorbing fibers to cleanse the intestine. A unique source of fiber and bulk, it speeds the transit time of waste through the intestinal tract. This formula is unsurpassed as an aid to enhancing normal bowel function.
- 3. Essentialzyme tablets**—As we grow older, our pancreas produces fewer digestive enzymes. Thus, we're less able to unlock the nutrient value of our foods and digest toxic waste and gases. **Essentialzyme** is an advanced, multi-enzyme complex that promotes complete digestion and assists in the assimilation of nutrients.



Suggestions for Success—Drink at least ten glasses of water each day while cleansing; a drop or two of **Lemon** will add to the cleansing action. **DiGize** essential oil blend is also a must while cleansing. Massage a drop or two topically on stomach to soothe digestive problems.

If you have a history of chronic constipation, do not start I.C.P. and ComforTone at the same time. Use Comfortone capsules alone until your system is open. Then follow with I.C.P. Go slowly and let your body adjust by using the smallest dose noted on the package. For more ideas and information, call your Young Living member.



Peppermint essential oil is a perfect cleansing companion. Add a drop or two to water or apply topically for upset stomach. Detoxifies the digestive tract, enhances intestinal motility and peristalsis.⁶

What Causes GI Distress?

In *The Digestive System and Dysbiosis*, GI distress may be caused by:¹

- Poor or imbalanced diets or nutritional supplementation.
- Food allergies/sensitivities
- Frequent antibiotic or drug therapy
- Suppressed immune system
- Intestinal infections
- Parasite infestation
- Inflammation

In *The Essential Oils Integrative Guide*, poor bowel function- one aspect of GI distress-has been linked to the following:²

- Enzyme deficiency
- Low fiber
- Insufficient liquid
- Bad diet
- Stress (physical, emotional)
- Food-borne illness
- Candida (yeast overgrowth)

Product Name	Code # Size	Wholesale Pref Cust Customer Prices
Cleansing Trio- ComforTone, ICP, Essentialzyme	#3115	\$70.00 \$81.05 \$92.11
Di-Gize essential oil blend	#3324 15 ml	\$30.00 \$34.74 \$39.47
Peppermint essential oil	#3614 15 ml	\$19.75 \$22.87 \$25.99
Lemon essential oil	#3578 15 ml	\$9.50 \$11.00 \$12.50

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