

Gout

Gout occurs when there is too much uric acid build up in the body.

START DOING THE LIVER CLEANSE RIGHT NOW—TODAY, NOT TOMORROW!

Liver Cleanse
1 Tablespoon freshly squeezed Lemon juice. 1 drop Peppermint Oil (Be Young brand only, suitable for internal use.) 1 drop Lemon Oil (Be Young brand only, suitable for internal use.)
Mix Lemon juice, Lemon and Peppermint oil in a full glass of water. Best if taken before eating in the morning.
Repeat each morning for 28 days then rest for one week and then resume.

When you are having an attack—you know, the burning fire—even the mildest of essential oils are often too strong. Dana Young, renowned essential oil expert, recommends starting with 4 drops of Birch, 4 drops of Cypress essential oil, and a teaspoon of Message Carrier oil to help draw out the burning. After the inflammation has eased, slowly (over a period of several days) begin experimenting with the following to see what works best for you.

- Thyme reduces uric acid—add 1 drop to your Masaji every morning or take in a capsule.
- Fennel, Geranium, Basil and Birch reduce the pain and inflammation causes by gout.
- Physical Touch blend applied with Message oil to the site of inflammation.
- Cypress increases circulation, assisting your body in getting the uric acid moving out.
- Frankincense will help increase the oxygen levels in your blood (pain relief and healing) and it is also an anti-inflammatory.

This is a very painful inflammation you are dealing with. As such, you may find that you need to apply the essential oils several times a day and may need to apply 5 drops of essential oil at a time. **THIS WILL MORE THAN LIKELY CAUSE A LIVER DUMP OR HEALING CRISIS! MAKE SURE YOU ARE DOING YOUR LIVER CLEANSE, CONSUMING FRESH GROUND FLAXSEED, AND THAT YOU ARE DRINKING PLENTY OF CLEAN, PURE WATER.** (Water, by the way, is water, not Kool-Aid, not soda pop, not juice—just water.)

Ways to use these essential oils:

- Internally, put 2-3 drops of Thyme, Fennel, Basil, or Frankincense in a capsule, fill it with Message oil and take up to three times a day. Depending upon your body's reaction to the essential oils you may want to take with a meal.
- Externally, applied to the location of pain, with Message Carrier oil.
- In a Bath, add your essential oil of choice (6-8 drops) and some Starflake Salt (add the oil to the salt and then to the bathwater, you can use Epsom salts or sea salts, too) and soak to draw out toxins and ease pain. If you don't want to do a bath, you can soak the feet only (especially useful for the pain in the toes). Rinse afterwards.

The more fresh, organic, non-processed, raw foods you consume, the better off you will be. Don't forget to take your daily dose of Masaji! Fresh fruit juices and smoothies are great (and they just make you feel better) be sure to add fresh ground flaxseed to them! (Fresh ground flax binds to toxins in your system and carries them out. It's great for helping clean up problems and assists your Liver Cleanse protocol.) A traditional remedy is to eat cherries or cherry juice—throw some into the mix!

To order, for class information, or if you have questions contact:

Debby or Penny Swann
208-852-2295
www.TracesEtc.com

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2008 (208-852-2295, www.TracesEtc.com)**