

Liver cleanse

Why cleanse the liver?

Supporting your liver may just be the missing key to your optimum health! Your body has an amazing filter—the liver. How often do you change the oil in your car? Every 3,000 miles. How often do you change the filter in your liver? Never. The liver is responsible for over 300 different things; one of them is filtering the blood. The blood comes up into the liver. The liver has two blood supplies, one comes from the lungs and heart and the other from the stomach and intestines. The blood comes in and goes through the filtering process and gets all the impurities out of the blood. It gets oxygen from the lungs, it gets nutrients from the small intestines and stomach, and the red blood cell pops out the other end of the liver and it's all clean and happy and strong and it has oxygen and nutrients. Now it's heading down to feed your body. When the liver gets plugged up the blood comes and it has the oxygen attached to it, it has the nutrients attached to it, but all the toxins have not been removed. So now it has food colorings, preservatives, nitrates, carbon dioxide, you name it, it's stuck onto the red blood cell. Now it goes down to feed your body and it gets pulled into a cell. Because a cell has respiration, it needs to get rid of carbon dioxide and bring the oxygen in, take in nutrients and push the toxins out. So it pulls this in and uses the oxygen, the foods and nutrients, and creates ATP, which is the energy to the cell. All of sudden there is a food coloring, that's a toxin; it's foreign to your body. The cell says, uh oh, someone's moving into the neighborhood and I don't like it. It literally builds a place in the cell where it puts the toxins. Over time and distance, one year, five years, whatever, that shed becomes larger than the brains of the cell. When that happens, the cell says, "The neighborhood's gone to pot." It sends a chemical message to the brain and tells the brain to come down clean up the neighborhood. The brain sends down the cells that kill foreign objects in your body. They get down there and start looking around and say, "Man, the whole neighborhood's shot." So they jump in there and take it all out. A lot of that neighborhood is you. Those are cells you need; this is the birth of an autoimmune disease (i.e.: cancer, lupus, Fibromyalgia, rheumatism, arthritis, asthma, allergies, etc).

The liver secretes vital digestive juices that help properly digest food and cleanse the blood. Pesticides, polluted air, water and soil are inhaled or absorbed daily. Our exposure to toxins is increased by our use of steroids, medications, smoking, over-indulgence of alcohol, poor food choices, and not drinking enough fresh clean water. There have been over 3,000 synthetic chemicals identified in our (those of us in the USA) food chain. Many of these are cancer causing! With the prevalence of synthetic foods, nutrient deficient foods, and the environmental pollution of our air and water, our liver is working harder than ever to detoxify our body and regulate healthy metabolic activity. Our livers are also in charge of helping regulate and balance hormones, the proper functioning of our neurological system, and getting rid of the normal by-products and toxins that occur just because our body is functioning regularly (in addition to the toxins that we take in from our polluted environment).

Why is the liver important?

The liver is the second largest organ of our bodies. The adult liver weighs 1200-1500 grams (1.2-1.5 kg) and comprises 1/5 of the total adult body weight. It filters 1.4 liters or 3 pints of blood per minute. The liver is the only organ that can regenerate itself. It takes up a lot of space but is not there for padding.

The liver has over 300 functions, among them are:

- The supreme organ of metabolism
- Causes all things to happen in your body the way they should happen
- Is the main organ for detoxification of pollutants and chemicals in the body
- Part of the digestive system
- Responsible for metabolism of fat, proteins, and carbs
- Creates bile
- Stores blood and energy reserves in the form of glycogen
- Stores fat soluble vitamins
- Helps maintain electrolyte and fluid balance
- Breaks down excess hormones (like estrogen)
- Stores certain unresolved emotions, mostly anger, rage, and resentment or bitterness
- Major detoxification organ through its various enzyme systems
- A blood purifier

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- Transforms fat soluble toxins into water soluble substances so that they are more easily eliminated
- When the liver is in failure it is the underlying cause of basically everything that goes wrong with our bodies.

The liver does all of the above and more AND it is one of the most often ignored organs. In the 25 years Dana Clay Young has been studying the human body and essential oils he has yet to find a single disease that he cannot trace back to the liver.

What are signs I need to cleanse my liver?

Symptoms of a mild liver dysfunction may occur even though blood tests show the liver is normal. Blood tests won't show the liver is in trouble until it is really bad.

Common symptoms due to poor liver function:

- Abdominal bloating and swelling
- Allergies (especially sudden or later in life onset)
- Anxiety, frustration, inability to function harmoniously with those around you
- Asthma
- Bad breath in the morning and tongue is coated
- Cellulite
- Chemical and environmental sensitivities
- Chronic fatigue
- Colds and flues (the liver is responsible for immune function)
- Concentration and memory problems
- Constipation
- Depression
- Difficulty losing weight
- Digestive problems
- Dizziness
- Drowsiness after eating
- Elevated cholesterol
- Fatigue
- Feeling tired after eating
- Flatulence
- Foggy brain
- Gall stones
- Gallbladder disease
- Headaches
- Heart palpitations
- High blood pressure
- Hives, rashes
- Hormonal imbalances
- Hyperglycemia (low blood sugar), also indicates a yeast or Candida problem
- If the liver has to work harder than normal you will experience an increase in body temperature.
- Immune system dysfunction or disorders
- Inability to handle fats without feeling nauseated or belching
- Indigestion
- Irritability
- Irritable bowel syndrome (where the bowel actions are irregular varying from diarrhea to constipation during a 24 hour period)
- Jaundice
- Kidney stones
- Lack of harmonious flow of vital energies in your body—one minute you're bouncing off the walls, the next you're depressed and lethargic
- Mood swings—especially involving depression and anger
- Nausea (esp. after eating fatty foods)
- Night sweats (not hot flashes, night sweats)
- Obesity
- PMS as well as excessive menstrual flow containing many clots of blood
- Poor concentration and memory
- Poor digestion
- Rapid pulse
- Weak tendons, ligaments, and muscles
- Weight gain especially around the abdomen
- And more

As you do the liver cleanse you will experience gradual improvements. You will begin to notice:

- You will see many cravings go away as you do the liver cleanse.
- You will feel calmer and have fewer emotional swings.
- You will discover you have more energy.
- It will increase your metabolism.

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- Your immune system will be rebuilt.
- Make sure you have plenty of lemon and peppermint and lemon juice on hand so you don't run out because your family will want to do it too!
- Make it as ritualistic as brushing your teeth—everyone in the home should do it.
- You will see amazing changes within your body and your overall health as you embrace health instead of fighting disease.

The liver cleanse is the missing link to optimal health.

It is exciting to see how people feel like they've been freed from the shackles that they've been living in for so long when you explain to them what cleaning the liver can do.

How hard is it?

Most people think they'd rather die than do another liver cleanse because other liver cleanses are so harsh. The Be Young Liver Cleanse is simple, easy, and painless. You can cleanse without hunger, headache, fatigue, boredom, or cravings. That is something that you won't find anywhere out there in the cleanses that are going on—they will require starvation or long-term fasting that is going to produce headaches, fatigue, boredom or cravings like crazy. In fact, it's almost too easy. Many people won't do it because they don't think it's hard enough.

What is the recipe?

ALWAYS MAKE SURE YOUR ESSENTIAL OILS ARE 100% PURE AND TESTED FOR PURITY! (Like Be Young essential oils.) Other oils can cause challenges ranging from a burned throat to a trip to the emergency room.

The basic liver cleanse recipe:

1 drop Be Young Lemon essential oil
 1 drop Be Young Peppermint essential oil
 1 teaspoon – 1 Tablespoon (or more) Lemon Juice
 Each morning as you rise before you eat or drink anything, 20 minutes before eating.

Mid-level liver cleanse recipe:

20 ounces water (preferably spring)
 2 Tablespoons raw honey
 2 Tablespoons of fresh squeezed lemon juice
 3 drops of Be Young Lemon essential oil
 3 drops of Be Young Peppermint essential oil
 1 pinch of 90 HU Cayenne Powder (middle of the road mild) or Chili Powder
 Drink within a reasonable amount of time (don't chug).

Heavy duty liver cleanse recipe:

20 ounces water (preferably spring)
 4 Tablespoons grade B maple syrup (can substitute raw honey or molasses)
 4 Tablespoons fresh squeezed lemon juice
 5 drops of Be Young Lemon essential oil
 5 drops of Be Young Peppermint essential oil
 ¼ teaspoon 90 HU Cayenne powder (middle of the road mild) or Chili Powder
 Drink within a reasonable amount of time (DON'T CHUG!!) Some people report that it is a real cleanser. Go easy with this one. Take for 30 days.

Liver Cleanse tea:

½ fresh squeezed lemon
 1 drop peppermint
 1 drop lemon
 1 Cup water
 Put oil into lemon juice, then add hot (not boiling) water and drink. Again, wait 20 minutes before eating anything else. You can add a touch of sweetener in the form of Stevia or honey if desired.

Externally:

Drink the lemon juice (or add to water) and apply the 1 drop of peppermint and 1 drop of lemon to the big toes (right foot first), stroking down. Again, do every morning upon rising, before eating. *PLEASE NOTE: All citrus oils or blends containing citrus oils are photosensitive. Keep the area where oils have been applied out of direct sunlight for at least 48 hours after oil application.

Lemon juice notes:

- Preferably fresh squeezed, organic.
- You can squeeze your own ahead of time and keep in the fridge in a glass jar with lid or freeze (freeze in ice cube trays and then transfer to an airtight container).
- If not fresh, use the frozen kind not the kind that sits on the shelf.
- Pasteurized and packaged lemon juice is catatonic and often ineffective as a health remedy.

You can use more than one drop of oil, but when first starting try to get just one drop of each.

Some people do it twice a day, depending upon the severity of their challenge. Usually only once a day—if you have a more severe challenge don't overdue it, you can put yourself in a cleansing detox.

Depending upon the severity of your condition this cleanse may need to be as long as a year or more before you start seeing some pleasing results. For every year you have seen the effects of a weakened body and congested liver you need one month of cleansing to take place.

If you have high blood pressure that increases with the use of peppermint essential oil modify the liver cleanse this way: Apply Lavender over the heart and at pulse points before consuming the liver cleanse. (What is a pulse point? Where you take your pulse on your wrists.)

How long should I do this?

Taken upon rising for 28 days, then take 7 days off. After about the 3rd day of being off you will notice a change, allergies may be coming back, energy levels down. Yes, you do need to take the week off.

Some want to know why their liver isn't being "cured" because their symptoms will come back after 7 days. The problem is that we live in a toxic environment, so we have to do the liver cleanse forever.

Why? Because it's so subtle you'll think nothing is happening. After about the 3rd day all your symptoms will begin to return because we live in a toxic environment. The time off also allows your body to "reset" and rest. It's kind of like eating, you should always take time out every now and then to fast, it allows your body to rest and renew.

Why lemon juice?

Lemon juice is phenomenal. Lemon juice will cleanse 12 different things out of your blood.

It also:

- Acts as a motor stimulant
- Alkalizes the pH level of your blood to a healthy level
- Anti-scorbutic (prevents disease and assists in removing impurities)
- Antiseptic (prevents sepsis and putrefaction of the body's tissue)
- Benefits bile formation, which is essential for optimal fat metabolism
- Calcium builds bones and makes healthy teeth and strengthens and builds the lungs
- Chelates the blood
- Contains chemicals that help prevent against the development of kidney stones
- Dissolves uric acid and other poisons
- Fixes oxygen and calcium in the liver to regulate blood carbohydrate levels and oxygen levels
- Helps dissolve and eliminate mucoid plaque from the digestive system
- Hydrogen activates the central nervous system (oxygen and hydrogen = energy)
- Iron builds the red corpuscles, cleans the blood plasma, aids in thyroid for deeper breathing
- Its calcium strengthens and builds the lungs

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- Its sodium encourages tissue building
- Oxygen within the lemon juice builds vitality
- Phosphorus knits bones and stimulates brain for clearer thinking
- Potassium helps nourish the brain and nerve cells
- Potassium stimulates and builds the heart, kidneys, and adrenals
- Prevents hardening of the arteries by controlling calcium use
- Promotes peristalsis (eliminates waste from body via the digestive tract)
- Relieves symptoms of indigestion (heartburn, bloating, belching)
- Stimulates the liver
- The liver can make more enzymes out of fresh lemon juice than any other food element
- The richest source of vitamins and minerals, on land, known to man

If you have stomach ulcers, take lemon juice in small quantities and diluted in water to ease the burn. If you continue the lemon juice will provide the body with the nutrients it needs to deal with the ulcer. You may also want to take 1-2 Tablespoons of Aloe Vera Gel before taking the lemon water. Taking 500 mg of Bromelain (a digestive enzyme) has also proven to be helpful.

Why peppermint essential oil?

Peppermint oil releases drugs that are stored in your liver. Drugs that are stored in your liver block enzymes that are used to keep the liver functioning correctly. When the enzymes are blocked many people will experience weight gain or have allergies. When your liver begins clearing out these drugs you may experience stomach upset or heart burn, especially if you've been taking antacids for a long time. It will help clear prescription drugs and street drugs. It may help allergies, hay fever, gastritis, flatulence, nausea, vomiting, common cold, bronchitis, sinusitis, fever, and morning sickness. It energizes a sluggish body and promotes mental acuity.

Why lemon essential oil?

Lemon oil helps bile function from the liver to the gall bladder so it turns out bile salts that go into your intestines so that it can break down the proteins that you're going to eat that day. It helps carry the sex hormones. (Having your gall bladder removed generally lowers your libido.) It helps boost metabolism, reduces toxic build-up in fat cells, and aids liver function.

FAQ's

Can I take it in water?

If you want to take it in water, that's okay because water helps eliminate toxic body waste, empty stubborn fat stores from liver and hydrate cells so they are used as energy instead of fat molecules.

How long will a bottle last?

A bottle will last you about a month if you have a big family. Your investment is pennies on the dollar. If you go to the doctor for a flu or cold you have an office visit, a prescription(s), if you have insurance it might cost you as little as \$35.00, if not then you're looking at \$100.00. The liver cleanse is so much cheaper and it has no negative side affects, no time off work.

Can I do the Liver Cleanse even while I am doing chemo?

Absolutely! In fact, it's recommended! Just leave a 2-hour window between any cancer treatments and taking your liver cleanse.

Can I do the Liver Cleanse and still take my prescriptions?

Yes! Just leave a 2-hour window between taking a prescription and taking your liver cleanse (otherwise they'll fight with each other).

Do I have to take a week off? I feel so miserable when I do.

It is best if you can. Some people feel so miserable when they do that taking a break can create quite the challenge for them. If you are one of those people continue moving forward, taking a day off here and there (generally do six days on the liver cleanse and one day off). Eventually your health will improve enough that you can do 28 days on and 7 days off.

What should I do if I have (fill in the disease of your choice here)?

Almost always when asked this question Dana says to start with your liver cleanse!

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Is there anything else I should be doing?

Besides the daily ritual of the Be Young Liver Cleanse, drinking lots of clean water, as well as eating liver-cleansing foods on a daily basis are also important steps to take! Fresh, organic eggs, plenty of fresh vegetables, and especially cruciferous vegetables such as broccoli, Brussels sprouts, and kale are great! Garlic, onion and ginger root help support metabolism and reduce toxin buildup. Soak, Soak, Soak! Soaking with ½ cup Epsom salts and essential oils can remove as much as a quart of toxins from your body (during a 20 minute soak)! Be sure you rinse off afterwards so you don't reabsorb the toxins on your skin. Consume ¼ cup fresh ground flax daily. (Work your way up to ¼ cup.) Flax is full of O3 oils and it binds with toxins in your body helping remove them before they cause problems.

Do I have to use Be Young brand of Lemon and Peppermint?

If you have heard Dana Clay Young or any Be Young distributor talk about using essential oils, please be clear that without exception, each and every oil referred to is a Be Young essential oil. There are no other essential oils on the market - that we're aware of - that will garner the same benefits. EVERY other essential oil line that we have researched and studied has been compromised in one way or another by:

- Being extracted with hexane, or other toxins
- Being steam distilled with chemicals in the steam to enhance the amount of oil that is extracted.
- Being extended with synthetic oils, synthetic extenders and other potentially health-compromising synthetic ingredients
- Being extended — they're "in a base of . . ." various kinds of fatty oils (almond, sunflower, etc), thus diluting the therapeutic value of the essential oils!

If the essential oil you are using is not 100% therapeutic grade and approved for internal consumption you are risking your health—you may not notice any immediate side effects, or you may burn your throat as soon as you swallow your liver cleanse, you may even need to visit the emergency room due to complications. Don't toy with your health; make sure the essential oils you are using are good for you!

Success Stories:

I highly recommend this Liver Cleanse; it is easy detoxification for anyone who is interested in physical and spiritual detoxification. –Lynn W.

Three weeks after my first cleanse I realized that I had not only lost two dress sizes, but also my cravings for sweets, chips, and soda. –Belinda E.

We use the Peppermint oil as part of a Liver Cleanse every day. My husband has allergies and he says it helps open up the nasal passages. -Jenny

My husband is bi-polar and on disability because of it. He has been taking the Liquid nutritional supplement (averaging 2 oz. a day) since it came out and that did help, but he began really getting results within a few days of when he started on Dana's Liver Cleanse.

We highly recommend the combination of Liquid nutritional supplement and the Be Young essential oils Liver Cleanse. -Phyllis

Marilyn's daughter Meagan has benefited greatly from the Liver Cleanse by having her allergies clear right up. When she stops the watery eyes and nasal congestion come back.

My two daughters, Kelsey and Iliana, also suffer from hay fever especially in the spring. I have put them on the Liver Cleanse and to date their hay fever symptoms thus far have not shown up (it is the end of April). My youngest daughter is 8 and has no problem taking the Liver Cleanse. -Dee K.

My daughter had protein in her urine. The doctor did a second test and there was significant protein. So he sent her to an urologist. In the meantime she called me and I had her do a Liver Cleanse (Peppermint and Lemon, lemon juice in water each morning). She went back after a week then called me. Everything is clear. I must give credit to all the prayers that were said on her behalf - you never know! - Julie W.

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Before the Liver Cleanse I was an architectural rep. My memory was so poor that going from the parking lot, to the elevator, to the floor I was to be on, I had forgotten who I was to see, what project, and what product I was coming for.

When I started using the Liver Cleanse my mercury levels went from 282 to 28 in six weeks! I have now been on it for about two years correctly with the lemon juice first thing every morning and some evenings. I enjoy having my memory back. It is continually getting better as my mercury levels continue to decrease. I thank God everyday for bringing Dana with his oils to us. -Donna

When I started the Liver Cleanse my LSA Hand Cradle readings indicated a VERY TOXIC liver. After only 2 months on the Cleanse and another LSA HAND Cradle reading, my liver had improved over 700% according to the health care professional I'm working with. I feel absolutely GREAT!! -Julie Ann

Last November I came down with Valley Fever, which Arizona (where I live) is known for – with all of the fungus you can breathe in from the soil and dust. I was down for almost 2 months, and thanks to Liquid nutritional supplement, was up and about and feeling about 90% well. After the Be Young convention, where I learned about the Liver Cleanse, I began the Liver Cleanse with the Peppermint oil and Lemon oil w/lemon juice. It brought me back to 100%! I felt like my old self again--energetic, brain functioned more clearly and I had more energy. I was so grateful for learning about the Liver Cleanse and have told many about it--who are now using it. Thank you, Dana! -Michelle N.

I have been on the Liver Cleanse for a year now. I am 40+ with a full schedule of motherhood, teaching, volunteering, business, and then some. With the Liver Cleanse I have had increased energy, more stable emotions, and I have not been sick.

I usually have a kidney attack a few times a year, but have not had any kidney challenges at all. The constant dull ache in my kidneys that I have had for eight years and am used to just dealing with, is greatly diminished and often gone.

As an added bonus my skin tone is better, my hormones have become more balanced and my pH levels are alkaline. I have seen many health improvements in my family and in others with the Liver Cleanse. I highly recommend it. -Carol

I just know that when I don't take my Liver Cleanse, first thing in the morning, for a few days - I have trouble concentrating, staying focused and my cravings for the wrong foods start coming back! -Clara V.

My body has experienced a challenged liver for quite some time. The Liver Cleanse has proved to me to be the heart of my healing journey. The first thing I noticed when I first started my first Liver Cleanse was my vision was much sharper and clearer. My bowels moved with much vigor and were becoming more regular. IBS symptoms were becoming less bothersome. My body's overall inflammation was greatly reduced. My gut actually started to shrink. The hard lump in my right front started to soften and I could once again lay flat on my stomach without feeling like I was lying on top of a basketball. I lost weight!! My thoughts were clearer and I could speak easily and stay on task. No more GI headaches!! I had more energy!! So with all of these great benefits, I was told to STOP the Liver Cleanse.

I made myself do a full 7 days without my daily Liver Cleanse. My body was not happy at all, as most of my symptoms came back around the 6th day. I have been doing the Liver Cleanse for over one year and the results are amazing. I keep my cabinet well stocked of oils and lemons! I do the LC whenever my body needs it, morning, noon or night. -Shelia

Eight years ago I was introduced to Essential Oils. My daughter Tiffany thought they were the greatest things and was so excited about them! I too was a TRUE believer of the power of them, but I hated the smell!

I introduced myself to Dana Young at a banquet in Salt Lake and told him that my daughter was always working on people with the oils and the smell was awful to me! Even though I would be in another room when she was using them, I could taste them in my mouth. He told me that I had a bad liver. My body was saying, "Do not detoxify me to fast, I will get very sick." I looked at Dana in bewilderment, as I already knew that my liver was bad, I had been seeing a Holistic Healer and her computer always scanned my liver as being bad. We are talking 14 years of working on cleaning the liver up. I thought - how could he possibly know this? At any rate he asked if I wanted to fix my liver and of course I said yes.

He recommended the Liver Cleanse and told me it would probably take a year or more. I started feeling better within a couple of weeks. 4 months later I had another scan with my Holistic Healer, and for the first time in 14 years my liver did not come up first on the chain of numbers. My Holistic Healer asked me what I had been doing and I told her. Her comment was to

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keep doing it because my liver showed such improvement. I have been doctoring with the Limbic Stress Assessment for a year now and the liver meridian just gets better and better until on July 20, 2006 the numbers on the Liver Meridian were 0.00. Wow does this Liver Cleanse work!!!!

I will take the Liver Cleanse every day for the rest of my life because after 14 years of working on cleaning up my Liver I just want to keep it squeaky clean!! -Jacque P.

I have been living my life from healthy and alternative choices for 25 years and I was well aware that I have multiple signs of a toxic liver including the inability to sweat. Since sweating is a channel to release toxins it has been an unachievable part of my health vision for decades. Over the years I have done dozens of Liver Cleanses, most of which were extremely unpleasant. I have also done month long programs under the guidance of my holistic MD with no change. I even went to the expense of purchasing an Infrared Sauna with the promise that if I slowly increased my sauna time up to 30 minutes a day within a few weeks I would be sweating – again a huge disappointment. Still no sweating.

I was introduced to the Liquid nutritional supplement in mid-January of 2006 and have experienced many benefits, including sleeping sounder and a keenness in my thinking. On April 12th, of the same year, I was introduced to the liver cleanse using the Be Young Essential Oils.

The concept of using the essential oils for detoxing made sense to me and I began immediately. By May 1st I began to experience a two-week detox period and in the process of the many detox symptoms, I began to sweat. This was a major breakthrough!

The combination of Liquid nutritional supplement and Be Young Essential Oils has been the easiest to administer liver detox program I have ever tried. No gagging down potions and holding my nose, no spending days in the bathroom. It is truly amazing how simple the process was.

Thank you Be Young Essential Oils for giving me the gift of sweating and providing me the tools to have optimal health. -Peg O.

I have been doing the Liver Cleanse since the essential oil training in February of this year. Within a couple of weeks, I noticed that my allergies were not bothering me the way they normally do. In fact, I was afraid to go off the Liver Cleanse, because I actually needed to do the cleanse two or 3 times a day in the peak of hay fever season. I did not use any prescription nasal sprays during that time and just the odd antihistamine.

Then, I ran out of the Lemon Essential Oil. I continued to use the Peppermint, but that didn't seem to work. I needed the Lemon. I ended up getting all stuffed up and it took almost a month to get over it. I developed a cough in that period too. So, I do not ever want to run out of those two essential oils and lemons of course.

This little cleanse that is so simple to do, has saved me hundreds of dollars in antihistamines and nasal sprays per month. Of course, I take the Liquid nutritional supplement too, and I know that helped my allergies, but not completely. The two worked beautifully together. I now suggest to many people to try the Liver Cleanse too. Especially if they have specific challenges, i.e. allergies etc. -Heather M.

I started doing the Liver Cleanse because I was shutting down every day at about 2:00 pm. I would get extremely sleepy and my eyes would get blurry and my mind went very foggy. I was on the Liver Cleanse for 5 days and went all day without shutting down. As a bonus my skin cleared up as well. Thank You. -Sarah E.

Ever since I learned of Dana's Liver Cleanse, (because we all get chemicals in the water, food, air, etc.) I have been encouraging EVERYONE to do the Liver Cleanse to support it, the master controlling organ, and thus help all the other organs in the body improve.

Earlier this month I had a man call who said, "I am so excited ... I didn't tell you I had Hepatitis C when I saw you. You checked me and encouraged me to take the Liver Cleanse and told me you and your husband were going to take it the rest of your lives. That is the only thing I did differently this last year. I just got back from my doctor's and he told me my Hepatitis C was gone and wanted to know what I was doing? When I told the doctor, he seemed stunned -- he was speechless!"

ADDENDUM TO THE STORY: This man said he took the Liver Cleanse faithfully for 10 months. He didn't know when it went away, but he had gone ten months between doctor's visits and had come in here after the first visit, started the Liver Cleanse, and took it faithfully. He called with no Hepatitis C ten months later.

I encourage people to take it for 6 days and let their body rest on Sunday instead of 28 days on and one week off. I think the results would be about the same either way. We are getting wonderful results. Some take it weekdays and are off on weekends. It would just take a little longer. My people love the Liver Cleanse. The teenagers say acne clears, they have more energy, the digestion is better, and much, much more!

WOW - Wonderful - Powerful Oils! Thanks to "The Great Physician" and "Dana." -Marilyn N.

My husband is anything but a supporter of holistic, natural remedies. To him, a trip to the Medical Doctor is the only alternative! A few years back he was diagnosed with Fatty Liver Disease and was advised to keep his weight down because any weight he gained would settle in his liver and compromise his health. Of course he had paid no attention to this advice (He believes in medical approaches as long as it doesn't inconvenience him) and had started having chronic headaches. He would wake up in the early a.m. and take aspirin to combat the headache that was keeping him from sleeping. I had tried to have him attempt another herbal Liver Cleanse but it was complicated, tasted horrid, and he wanted nothing to do with it. Fortunately he LOVES lemons. When I learned of the Liver Cleanse regimen, I thought I could probably get him to try it! I was right. He welcomed the daily dose of lemon juice (with some essential oils dropped in.) He said he didn't believe it would do any good but he would pacify me if he got to have straight lemonade! After a few weeks of the Cleanse he mentioned to me that he had to admit that something must be happening because his headaches had ceased. He even recommended it to his brother who is having liver issues! Recently we had a hectic morning and forgot our cleanse...for one day. By the end of that day he was suffering from hay fever so bad that his eyes were bloodshot and puffy and his nose raw from tissues! We realized that he hadn't had an allergy attack in quite awhile...and why today? We then realized that we had missed our oils that morning. Within a couple of days, the allergies were under control and haven't come back since. The headaches occasionally make an appearance but they are few and far between whereas they used to be pretty regular. He now says, "I can't figure out how any of this is being affected by the oils...but I won't miss another day!" -Sheri B. F.

Our story is about our cat. Unbeknownst to us, the cat had broken one of its back teeth. The tooth developed an abscess and the cat stopped eating because of the pain. Apparently in cats, when cats stop eating, the LIVER pulls out all the fat in the body and tries to store it. The liver then becomes toxic. The cat became skin and bones within a couple of days, down to about 4-5 pounds after being near 15-20 pounds. The first vet my daughter took the cat to said that after around \$1000 in extensive therapy, including feeding tube, iv fluids, antibiotics, tooth surgery, hospitalization (they wouldn't let him go home with tube in) etc., the cat still only had about 50-50 chance of surviving and because of his being 8-9 years old it probably wasn't worth the money. We had subcutaneous fluids given to the cat there, and took him home to decide. The next day, my daughter called another vet and took him there. They were willing to insert the feeding tube and let us take him home to treat. Since it was liver toxicity, we first gave him Lemon oil and Peppermint oil in water down the feeding tube, a couple of times a day. We also gave him Liquid nutritional supplement through the feeding tube and she also had to blend canned cat food with water and try to get it through the tube, although this clogged the tube up. Within a couple of days, the cat was putting on weight again and trying to eat on his own. The vet kept the tube in for a few more days and we took advantage of this to continue the Liver Cleanse of Lemon and Peppermint oils, along with Liquid nutritional supplement. After the tube came out we tried to continue with the oils but he had so much strength back and resisted being force-fed so we had to discontinue these. However, they did the trick. All the personnel at the second vet's office who had seen him before the treatment and then afterwards were astounded at how well and how quickly he had recovered, how much weight he put back on that first week, how soon he was eating on his own. They think it was because of the food, but truthfully, not that much food got down him through the tube, but the oils and the Liquid nutritional supplement did. Also, the tooth infection cleared up during usage of the oils, he was on antibiotics, also, but not as much got down him as was prescribed. Today, several months later, the cat's coat is shiny and so soft. He gained all his weight back and to our chagrin, more. But he's happy, healthy, very active, and ALIVE thanks to using the Liver Cleanse oils of Lemon and Peppermint and backing this up with the cleansing and healing ingredients of the Liquid nutritional supplement. We are truly grateful. -- Trish A.

I would love to share my success with the Liver Cleanse so others may have the opportunity to see what using this process can do for them as well.

Last summer I had the unfortunate experience of contracting a horrible rash all over my body after visiting a health spa for what I thought was going to be a relaxing afternoon and a special treat. Boy, was I in for a surprise! I'm not sure if the reaction was caused by the products used during my massage or the bath product that I purchased (which was supposed to

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relax me and aid in sleeping). Nonetheless, I ended up with this awful red rash and a terrible itching sensation all over my body. Upon visiting a dermatologist and undergoing a battery of tests which included a plug from my leg (for a biopsy to make sure nothing more serious was going on) I was informed that they could find NOTHING!! I was sent to the drug store with a handful of prescriptions which did absolutely NOTHING but waste my money.

Thank God I found Lorene when I did and she suggested the Liver Cleanse every morning. Within days, literally, of using the Liver Cleanse the rash was completely GONE! I could not believe my eyes. Since then I have continued to use this regimen and will continue to do so forever.

I can't thank Dana and Lorene enough for their help and continued support in educating the public about an easy and natural alternative to some of our everyday problems. Best Regards, Jan J.

For years I had a dull ache under my left shoulder blade and had gone to a Chiropractor for adjustments to take care of it to no avail. The pain would get unbearable at times so I would take a Motrin 800 to get rid of it... this was before I knew better and certainly before Be Young EO. Eventually I learned that I had toxic blood and therefore a toxic liver. Ever since I have been on the Liver Cleanse I have not had it one time and after taking a LSA Cradle test, I learned that my liver had improved over a whopping 700%. How's that for some results? -JS in SC

I have had such a positive experience with the Liver Cleanse. My whole life I have suffered with allergies and in the last 4 years I developed Asthma, acid reflux and narrowing of the esophagus. Prior to starting the Liver Cleanse there was no prescription drugs that would help my allergies...I had burned my system out on all of them I guess. I am a Hair Dresser and sometimes in order to finish a client I would literally have to pack my nose with tissue so I did not have to stop so often to blow my nose. SOOOOO EMBARRASSING and unprofessional!!!

In addition I also took an inhaler 2x a day every day, never missed, I was always scared I would have an attack while I was sleeping. Finally I could hardly eat a meal with out vomiting because of the acid reflux and narrowing of esophagus.

I started the Liver Cleanse after visiting my family in AZ, Feb 2007. My sister-in-law encouraged me to try it. I have never been so grateful in my life!!! If you have suffered with allergies and asthma this is for you. As of today I have only had one week since Feb 2007 that I have had allergies and that was because I forgot to take lemons camping with me. I have only taken my inhaler in extreme situations maybe 6 times since I started (I manage most attacks with Eucalyptus, Cypress and Peppermint) and my acid reflux is gone...never have issues with that, in turn my narrowing esophagus has less spasms and meal time is not as irritating as it used to be (I also use Marjoram 3x a day to help with the narrowing of esophagus).

These are small health problems but when you have dealt with them on a daily basis for years it gets annoying...to have found relief is a real treat. I love that I don't have to make sure I have a box of tissues everywhere I go...I remember I never took a drive without some right there with me, and how un-enjoyable for those I was traveling with. I say go Liver Cleanse...Just 4 The Health Of It!!! -Paige A.

My son was born screaming and didn't stop screaming for the first six months of his life. He had diarrhea all the time and would throw up for three days every six weeks. We took him to many doctors and all of them said he was "normal" but you could try 'this' and hope that it works. We were introduced to the Liver Cleanse and began to faithfully take it. Using the Limbic Stress Assessment we determined that wheat and bananas as well as three parasites were invading this little boy's intestinal tract. Six months later a very happy three-year-old is now eating wheat without any problems thanks to his brand new liver. Will we be doing the Liver Cleanse for life? Happily! -Shelli A.

ADDENDUM: Here are the details about how Shelli (in the story above) used the Liver Cleanse with her son: "I would put lemon juice in his Liquid nutritional supplement and use the Lemon and Peppermint oil on his feet. We have now begun taking the lemon juice and Lemon oil in a little water with the Peppermint oil on his feet." -Shelli A.

Thanks, so much for the invite to share. I wanted to share an aspect I have discovered working with a variety of clients. I have found that some are having upset stomachs from the Liver Cleanse. When I test I find the Peppermint is too much. So I have them do JUST the lemon oil in lemon juice for about a week and then they seem able to add the Peppermint with out any troubles.

Whenever we eat wrong or start to feel stuffy, congested etc. our family does the Liver Cleanse for 3-4 days and then the symptoms are gone. My asthmatic son hasn't had attacks for some time. But even this year with all the fires, he was starting

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to go into distress and I had him do a couple of Liver Cleanses and apply "Breathe" to the back lung area, and he is still going strong. NO other meds.

I love the oils they have truly become part of our everyday life, and a big part of my practice. Keep on Oiling!! -Cathleen

I was introduced to the Liquid nutritional supplement and the Be Young Essential Oils at an energy-healing conference I attended. I had skeptically begun taking the Liquid nutritional supplement and had some amazing results occur, so I figured there must be something to the oils as well... So I started doing the Liver Cleanse. About 2-3 months later I happened to look down at my wrist and thought to myself that something looked different - - - it was then that I realized the marble-sized ganglion cyst that I had had for over a year was less than half of it's original size - it was literally "melting" away! (I must mention that the ONLY things that I had changed in my lifestyle were the addition of the Liquid nutritional supplement and the Liver Cleanse!!) About one month later the cyst was completely gone. I am so thankful to have been introduced to the Liver Cleanse - my mother-in-law had a ganglion cyst in the same location as mine and chose to have surgery and she has had nerve damage and problems with her hand ever since! Thank you Dana and Be Young!! ~Kim W. SLC, UT

I'm happy to give you a story about my Liver Cleanse.

I was at a Boot Camp just before convention this year and heard about the Liver Cleanse.

Well, my affirmation is "When it's easy for me, its right for me" and this sounded easy and simple.

I'm going to back track for a moment. About a year ago a colleague told me the spots on my arms were liver spots and suggested a complicated Liver Cleanse - needless to say I got too busy and disregarded the suggestion.

After convention in March 2007, I started the Liver Cleanse, one drop of Peppermint oil and one drop of Lemon oil in a large glass of warm water with lemon juice first thing each morning. Well, I love it. I took the drink faithfully each morning. It was a great 'wake me up' the Lemon so refreshing and the Peppermint certainly had my nose's attention. About 6 weeks into the Cleanse I was at a meeting with that same colleague (who is a well known nutritionist) and he was surprised to see the spots on my arms had faded considerably. "Your Liver Cleanse is working well," he said. I smiled and agreed. I've turned lots of people onto this simple, yet powerful cleanse. Thanks to nature and thanks to Dana and all the rest of the team. I LOVE the oils; I find lots of opportunities to use most of them.

I have a friend, age 58, that started the liver cleanse and Liquid nutritional supplement one year ago. Previous to this, his doctor had diagnosed him with cirrhosis of the liver and said that he should expect to have a liver transplant within the next 4-5 years. He was discouraged of course.

However, after being on both products now for one year and recently having had blood work done, the doctor was happy to report that he no longer has the cirrhosis. He was so excited to share this with me and is beyond elated. Thanks for all your hard work in our behalf and to Dana for giving us all so much to be grateful for. --Angel blessings, Lorraine D.

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

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