

LOVING THE LIVER: Cleanse & Support for Optimal Wellness

The program I have here is one I have been using since 2001. It was a critical component to lowering my elevated liver enzyme levels and assisting in neurotransmitter conversion when my health became challenged in 2007. I also believe it was a critical component to balancing my erratic blood sugar levels, since the liver is in charge of glucose conversion.

Cleansing the liver is not an overnight process, and should never be done in short intense intervals. I have witnessed unsatisfactory results when people purchase a “colon blow” weekend cleanse from the health food store. Please don’t do that, your liver won’t be happy with you!

This type of program I use is gentle and very effective and the 90 days is needed to make significant impact on the health of the liver since it has endured years of taxation. My personal experience has also lead me to the conclusion that individuals such as myself with blood sugar, adrenal, and anxiety issues benefit from using these items a week or so out of every month after the 90 day period to ensure continued liver wellness.

It is very important to drink a lot of water when doing any cleansing program. Pop, beer, coffee, or tea does not count as water. Increase normal intake which should be ½ our weight equivalent in ounces. If a person weighs 150 lbs, they drinking at least 75 ounces should be sufficient. During cleansing, we always use the Lemon (Item # 3578) essential oil in the water. It helps decongest the liver and supports digestion.

If headaches, skin blemishes, cramping, or any other discomfort is experienced, it could be a sign that one is doing too much too fast. If this happens to me, I do not stop the cleansing program; I just cut the intake of items way down. I also increase water consumption and add a few drops of Peppermint (Item # 3614) to it. If skin blemishes appear, I increase Comfortone and Detoxyme and facilitate lymphatic movement using Cel-Lite Magic Massage Oil (Item # 3754) as a lotion 2 X a day.

These items are available at <http://www.AnxietyTherapyRemedies.com>

Comfortone: Created to “tone” the smooth muscles in the large intestine so waste leaves the body in a timely manner. I start with 2 caps 2X a day, then in about a week, work up to 3-4 caps twice a day. Item # 3204.

Detoxyme: Powerful enzyme that facilitates proper digestion and detoxification. I start with 3 caps 3X a day, and work up to 5 caps 3X a day in about a week. Item # 3203.

JuvaTone: Abundant with nutrients that allow the liver to function properly. It is absolutely necessary for conversion of neurotransmitters in the liver as well as release of toxins. I start with 1 tablet 3X a day, after a week 2 tablets 3X a day, then two weeks later I increase to 3 tablets 3X a day. Item # 3214.

K & B Tincture: When cleansing the liver, the kidneys need support to handle the toxins being released. This is an essential component of my program. I use this as directed on the label. Item # 3262.

JuvaPower: Gently scrubs the small intestine while assisting the liver in the removal of unwanted toxins. Contains ingredients known to pull acid and mucous out of the body. I start with 1 scoop in the morning after a week using Comfortone and Detoxyme. I then work up to 2 scoops in the morning. For deeper cleansing, work up to 2 scoops in the morning and evening. Item # 3276.

JuvaFlex/Release: Use these essential oil blends over the liver area and on the bottom of the feet during this cleanse. JuvaFlex Item # 3375 & Release Item # 3408.

DiGize/Peppermint: Oils that we use on our tummy and bottom of feet during digestive cleansing if any nausea or digestive upset occurs. DiGize Item # 3324 & Peppermint Item # 3614.

If you have questions or would like to personally consult with Jen, send her an email at Jen@NaturalAnxietyTherapy.com.

The above information is not meant to diagnose, prescribe, or treat any health condition. It is the system I personally use to cleanse and support my body and should not be used as medical advice. Please seek qualified health professional before changing your health regimen.