

Liver cleanse with Essential Oils

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 the second largest organ of our bodies. It can regenerate itself.

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

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
- Bad breath in the morning and tongue is coated
- Cellulite
- Chemical and environmental sensitivities
- Concentration and memory problems
- Constipation
- Depression
- Difficulty losing weight
- Digestive problems
- Dizziness
- Drowsiness after eating
- Elevated cholesterol
- Fatigue
- Flatulence
- Gallbladder disease
- Headaches
- 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)
- 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)

ALWAYS MAKE SURE YOUR ESSENTIAL OILS ARE 100% PURE AND TESTED FOR PURITY!

Other oils can cause challenges ranging from a burned throat to a trip to the emergency room.

The basic liver cleanse recipe:

- 1 drop Lemon essential oil
- 1 drop Peppermint essential oil
- 1 Tablespoon EV Coconut Oil

Each morning as you rise before you eat or drink anything, 20 minutes before eating or at night before bed.

Mid-level liver cleanse recipe:

- 20 ounces water (preferably spring)
- 2 Tablespoons raw honey
- 2 Tablespoons of fresh squeezed lemon juice
- 3 drops of Lemon essential oil
- 3 drops of Peppermint essential oil
- 1 pinch of Cayenne Powder (middle of the road mild)

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.

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?

90 days...Why? Because it's so subtle you'll think nothing is happening.

Why lemon juice?

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

It also:

- 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
- Dissolves uric acid and other poisons

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

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. It helps boost metabolism, reduces toxic build-up in fat cells, and aids liver function.