

GO CLEAN AND LEAN

3-Day Liver Cleanse



The liver is one of our body's first lines of defense, acting as a filter to prevent toxins and other substances from passing into the bloodstream. Both the largest organ and gland in our body, the liver has a right and left lobe and is protected by the rib cage. The liver does not act alone; the gall bladder, along with the pancreas and intestines, digest, absorb, and process food. Filtered blood comes from the digestive tract as the liver detoxifies chemicals and makes protein, important to blood clotting. The colon will flush out the toxins as the kidneys will filter and eliminate through urine.

The goal of the 3-Day Liver Cleanse is to improve health through cleansing the whole body and hydrating.

Day 1:

- Drink 16 cups of VITALITEA or fresh water with 1 drop of Lemon essential oil & 1 drop of Peppermint essential oil
- Drink 2 scoops of SOUL 3x daily
- Apply HepaDetox essential oil blend over liver 1-3 times a day
- Bathe or foot soak with dead sea salt and essential oils (3 drops HepaDetox, DyGest, or Lavender)

Day 2:

- Drink 16 cups of VITALITEA or fresh water with 1 drop of Lemon essential oil & 1 drop of Peppermint essential oil
- Drink 2 scoops of SOUL 3x daily
- Apply HepaDetox essential oil blend over liver 1-3 times a day
- Bathe or foot soak with dead sea salt and essential oils (3 drops HepaDetox, DyGest, or Lavender)

Day 3:

- Drink 16 cups of VITALITEA or fresh water with 1 drop of Lemon essential oil & 1 drop of Peppermint essential oil
- Drink 2 scoops of SOUL 3x daily
- Apply HepaDetox essential oil blend over liver 1-3 times a day
- Bathe or foot soak with dead sea salt and essential oils (3 drops HepaDetox, DyGest, or Lavender)

