

YOGA BODY NUTRITION

FALL COLON CLEANSING W/ CLEANSING TRIO™

Young Living's Cleansing Trio kit contains ICP, Essentialzyme & Comfortone, three of YL's essential-oil enhanced nutritional products.

It's an effective, high-quality cleanse program that also tastes good (a huge plus in my opinion!), and allows you to regulate for your unique body's needs.

It is vital to drink 3 quarts (12 8-oz. glasses) of water per day while cleansing.

It is important to remember that everyone is different, so you will need to regulate it according to your own body's needs. You'll have to experiment with yourself using the instructions below. If you have any questions, get in touch.

Comfortone activates the bowel, while ICP adds bulk and some scouring action.

Essentialzyme is an enzyme supplement used here between meals to help break up the plaque in the colon and absorb toxins.

ICP is a blend of fiber and herbs created to provide bulk and nutrition. The best way to use it is to still it into juice or water and drink it down quickly, before it gets too thick.

The Cleansing Trio is designed to offer liver and kidney support as well to help for a more balanced and efficient experience.

Instructions:

1. Begin with 1 capsule of **Comfortone** in the morning. The next day, take 1 cap in the morning and 1 at night. Increase by 1 cap a day alternating day and night until you are getting 2-3 bowel movements a day. You should not be running to the bathroom, but you may experience some "gurgling" and perhaps even slight soreness in the intestines as the Comfortone creates activity where there once was stagnation. Start taking 1 capsule **Essentialzyme** between meals when you begin the Comfortone.
2. Once you've achieved 2-3 BMs, then begin taking 1 tsp. of **ICP** in the mornings in addition to the Comfortone. Add ½ tsp. ICP a day (as directed for the Comfortone) until you are achieving large bulky stools, but are not constipated. It is recommended that you continue adding ICP until you get to 1 tablespoon a day in the morning, and 1 tablespoon at night.
3. Continue on the 3 supplements for a minimum of 2 weeks. It is recommended you stay with this for longer if you wish to completely cleanse the colon. Once you do that, generally, you don't need to do an extended colon cleanse ever again. This is up to you. If you want to go the full deal, then you will continue until you have passed the "lining" of the colon and are having 2-3 good, easy BMs per day. The "lining" is described as being black and long and holds together in a long tube shape. It consists of all the caked material that had been lining the bowel and making it difficult for the bowel to function properly. It is possible that some people don't have this to pass ... use your intuition and decide what feels best for you!

 - If you have been doing this for a week and still haven't achieved 2-3 BMs a day, add a drop or 2 of Peppermint oil to a glass of your water or VitaFlex it into your feet and see if that helps.

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- Taking about ½ to 2 tsp. of Natural Calm (available in health food stores) a day will also help.
- Be sure to be getting enough fatty acids – grass fed butter, fatty fish, flax, etc. Also probiotics are key.
- If you feel that you may have parasites, a colon cleanse is always the first step to getting these out as well. (I know this is all such tasty stuff!)

*You don't have to eat specific foods or follow a specific diet, but I would say stick to a healthy, seasonal diet overall. Most important is to drink plenty of water, get your fatty acids and probiotics. Grass-fed butter actually promotes healthy gut flora and provides healthy essential fatty acids. Also, raw sauerkraut and unsweetened kefir are excellent food sources of probiotics.

Ordering

You can order the Cleansing Trio here on Young Living's site:
<http://www.youngliving.com/natural-cleans/cleansing-trio>

If you don't have an account yet, you may set one up with my member number –
904207.

If you have any questions at all, get in touch:

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