



THE LIVER
CLEANSE

RE-SHAPE YOUR
HEALTH FOR
PENNIES A DAY!

Liver Health Information
Recipes
Success Stories

THE LIVER CLEANSE

RE-SHAPE YOUR HEALTH FOR PENNIES A DAY!

Supporting your liver may just be the missing key to your optimum health! This diverse organ has well over three hundred different functions! It is the first line of defense against any poisons – its role is to change harmful toxins into substances that can be safely eliminated from the body. In addition, all the nourishment obtained through the gastrointestinal tract enters the blood by way of the liver.

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.

With the help of our liver we naturally expel the metabolic by-products and toxins produced from the regular functioning and metabolism of our bodies.

The liver also has a profound effect on the hormonal system, helping to regulate and balance hormonal activity to ensure the proper functioning of our **neurological system**.

With the prevalence of synthetic “Franken” foods, nutrient deficient, depleted 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.

Some symptoms of an undernourished and toxic overloaded liver include:

- Poor digestion
- Fatigue
- Skin Rashes
- Depression
- Hormonal imbalances
- Obesity
- Gallbladder disease
- PMS
- Allergies
- Jaundice
- Nausea
- Emotional excess & mood swings
- Headaches
- Drowsiness after eating
- Weak tendons, ligaments
- Weak muscles
- Difficulty losing weight

healthy liver
also the secret
to weight loss



One of the best kept secrets in weight loss and lasting weight control is keeping the liver, the key organ for fat metabolism, in top shape. Ann Louise Gittleman, author of *The Fat Flush Plan*, says “Probably nothing you do to control your weight is as important as keeping your liver healthy. This means avoiding as many of the damaging elements (like alcohol) as possible, while embracing liver boosters. Among some of the lesser known compromisers of liver function are caffeine, sugar, trans fats, medications, and inadequate fiber. ”

**CLEANING UP THE LIVER IS THE KEY TO
BETTER HEALTH, ENERGY & VITALITY!**

THE BASIC DAILY DETOX

- 1 Tablespoon (or more if you like) of freshly squeezed Lemon juice (organic preferred).
- One drop of Peppermint Oil (TRUessence EO brand only, suitable for internal use.)
- One drop of Lemon Oil (TRUessence EO brand only, suitable for internal use.)
- Mix Lemon juice, Lemon oil and Peppermint oil. Drink.
- Best if taken before eating in the morning.

*Essential oils are like whole food in that our body recognizes how to use them for nourishment and healing.
It's best not to use essential oils in plastic cups /containers.*

Lemon Juice

- Benefits bile formation, which is essential for optimal fat metabolism.
- Helps regulate the liver.
- Promotes peristalsis. Keeps waste moving along for elimination.
- Strengthens and energizes the heart.
- It alkalizes the pH of the blood to a healthy level.
- Its iron builds the red corpuscles.
- It cleanses the blood plasma.
- Aids the thyroid for deeper breathing.
- Helps dissolve and eliminate mucoid plaque from the digestive system.

TRUessence Lemon Oil

- Organic oil from Italy, one of the best regions of the world to get Lemon Oil
- Encourages bile secretion.
- Antibacterial qualities of Lemon Oil also benefit the liver.
- Aids liver function.
- Boosts metabolism.
- Helps decongest a toxic liver.
- Alleviates conditions often associated with an overworked liver, such as nausea, headaches, irritability, and insomnia.
- Reduces toxin buildup in fat cells.
- Supports bile flow.
- Supports the body as a tonic, effective in ridding the body of phlegm and congestion.
- Assists in weight reduction and stimulates the lymphatic system.

TRUessence Peppermint Oil

- Clears liver from drugs.
- Stimulating properties of Peppermint assist other oils in being more effective.
- Helpful with allergies and hay fever.
- Detoxifying; activates lymph flow and drainage.
- Assists in overcoming digestive upsets, flatulence, nausea and vomiting.

LIVER CLEANSING FOODS

Besides the ritual of the TRUessence Basic Daily Detox 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.

TRUessence **Hepatox** has been formulated to address the **detoxification, rebuilding and renewing of the hepatic system**. There are four single oils in the blend: *Lemon, Peppermint, Carrot Seed and Rosehip Seed*. Generally we use **Hepatox** everyday for one week out of a month. Based on your health needs, determine whether you want to use it daily, weekly, monthly or as needed, to support the rebuilding and regeneration of your hepatic system.

Other times you may want to use **Hepatox** include:

- After a round of antibiotics, chemotherapy or any chemical stressors we might ingest or be exposed to.
- After a hepatitis outbreak. Use The Basic Daily Detox during the outbreak and The Rebuild and Renew Detox after.

THE REBUILD AND RENEW DETOX

We suggest you do The Rebuild and Renew Detox on a monthly basis, daily for one entire week, each month of the year. Then return to The Basic Daily Detox.

Choose one of the following applications of Hepatox that speaks to you.

While rebuilding and renewing your liver, it is advised that you discontinue The Basic Daily Detox, as the same oils are a part of the Hepatox blend. Any option you choose below is best done first thing in the morning on an empty stomach.

1. Hepatox can be taken in a veggie capsule; 1-2 drops of Hepatox then filled capsule to the top with olive oil.
2. Hepatox can also be rubbed on the reflexology liver area of the right foot. Use only one or two drops and work it in.
3. Hepatox can be rubbed directly over the liver; 1-2 drops.
4. Add 1-2 drops of Hepatox to the juice of as little as 1/2, or up to 1 entire organic lemon.

Remember, less is more when using TRUessence Essential Oils.

In addition to Lemon and Peppermint oil, TRUessence Hepatox contains Carrot Seed and Rosehip:

TRUessence Carrot Seed Oil

- Carrot Seed oil does not come from the plant we eat, but the plant we know as Queen Anne's Lace or wild carrot.
- One of the very best liver tonics.
- Helps to regenerate liver cells after hepatitis and other liver diseases.
- Has a restorative quality for the liver, gall bladder and kidneys.
- Good for anemia; increases the hemoglobin in the blood which helps the anemia.
- It is being investigated for support with breast and skin cancer.
- Carrot seed is as easily assimilated on the skin as well as internally.

TRUessence Rosehip Seed Oil

- Believed to be one of the best oils for anti-aging.
- Extracted from the seeds of a native wild rose plant from Chile.
- Well documented tests from as early as 1983 validate its power to regenerate tissue.
- Assists with cell regeneration, and promotes increased collagen and elastin levels.
- Contains a high amount of essential fatty acids and Vitamin E.

LIVER CLEANSE SUCCESS STORIES

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 bipolar and on disability because of it. He has been taking the Frequensea (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 the Liver Cleanse. We highly recommend the combination of FrequenSea and the 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.

When I started the Liver Cleanse my tests indicated a VERY TOXIC liver. After only 2 months on the cleanse and another test, 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 FrequenSea, was up and about and feeling about 90% well. I learned about the Liver Cleanse and began it with the Peppermint oil, Lemon oil and 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 am so grateful for learning about the Liver Cleanse and have told many about it--who are now using it. - Michelle

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

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 that 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. - Kathleen

I have been doing the Liver Cleanse since 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 and Peppermint. 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. *(Continued...)*

Disclaimer: The experiences shared herein are that of the writer and are intended for informational purposes only. The statements contained herein have not been evaluated nor approved by the Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnosis, treat, cure or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein.

(Continued...)

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 Frequensea too, and I know that helped my allergies, but not completely. The two worked beautifully together. I now suggest to many of my new clients to try the Liver Cleanse too. Especially if they have specific challenges, i.e. allergies etc. - Heather

My daughter had protein in her urine. The doctor did a second test and there was significant protein. So he sent her to a 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 also give credit to all the prayers that were said on her behalf - you never know! - Julie Waddell

I started doing the Liver Cleanse because I was shutting down everyday 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.

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. So when I learned of the Liver Cleanse regimen, I thought I could probably get him to try it! I was right! And 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 where as 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.

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 Frequensea 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. *(Continued...)*

(Continued...)

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 Frequensea.

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 Frequensea 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 Frequensea. We are truly grateful. -- Trish

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 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 Lorene enough for her help and continued support in educating the public about an easy and natural alternative to some of our everyday problems. - Jan

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. 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 the shoulder pain one time. -JS

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 everyday, 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.

(Continued...)

Disclaimer: The experiences shared herein are that of the writer and are intended for informational purposes only. The statements contained herein have not been evaluated nor approved by the Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnosis, treat, cure or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein.

(Continued...)

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 all of 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).



Emmy, Paige A's daughter

These are small health problems but when you have dealt with them on a daily basis for years it get 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 unenjoyable 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. We eventually determined that wheat and bananas as well as three parasites were invading this little boy's intestinal tract.

Six months after beginning the Liver Cleanse he is 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 FrequenSea 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.

My affirmation is "When its easy for me, its right for me" and when I first heard about the Liver Cleanse 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. 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 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 all the rest of the team. I LOVE the oils, I find lots of opportunities to use most of them. - Anon.

I have used the Basic Detox Liver Cleanse for the last 2 years with great results.

When Hepatox Blend became available I was interested in trying it because of the Carrot Seed Oil added that replenishes and restores the liver.

Personally I have used Hepatox on a daily basis for two months now. I have noticed that acid-reflux symptoms at night have completely disappeared as well as "liver spots" on my hands and arms are fading dramatically! (I'm 47—my Mother has always said liver spots are a sign of wisdom—well I don't know about that—I thought I was too young to have them—so I'm glad they just look like a small freckle now!) - Leean J.

My mother was in the ICU with liver shut down for 6 weeks and we could not get a diagnosis on her. She had a drain outside of her body that had a bag hooked up to it and we couldn't get it to drain for over 3 weeks. I was in turmoil because they wouldn't even allow pressed flowers in the ICU. I knew that if I started using essential oils on her they would throw me out. I eventually got brave enough to sneak oils on her on the bottoms of her feet as soon as the nurses left. I put it right on the pressure point on the bottom of her feet right where the liver pressure point is and within 6 hours of doing that her drain was draining and had bile in it.

Basically I was in shock and all the doctors couldn't understand what was going on. They thought she was a miracle and they just didn't understand.

Her internal medicine doctor looked at me and he said, "I do not understand what is happening here!" And I said, "Well, I do." And I just left it at that.

Her bilirubins were very high at 3.4 in the hospital. The high/normal range of the bilirubin is goes up to 1.5. She was way over, and very jaundice.

When I met Alexandria in Utah she said she was working on a new oil for regeneration of liver tissue. I said, "Well hurry!"

And so I got my Mom taking Hepatox. She was on it for 10 days when I got a blood test back. Right before Christmas her bilirubin counts were 2.1 and we just couldn't get them in normal ranges. They wanted to do more testing. And I decided not to put her in a tailspin right before Christmas.

Mid-January we decided to start my Mom on Hepatox. Now, because of her liver not functioning properly, the oils are absorbed differently for her. I haven't been able to apply them topically like you normally would because she gets a burning sensations right from her liver.

So I decided the best way for her to do it was to put it in her Liver Cleanse with her lemon juice and that's how we decided to get it in her. I know you can apply Hepatox directly over the liver and it will absorb right in, but I was too afraid to do that with how sensitive her skin was, to which the oils may cause a burning sensation.

We made sure she took her Hepatox every single day in her lemon juice.

Her hematocrits and bilibrubins were always high and her liver functions and her enzymes were off the charts. The doctors told me she was supposed to die in ICU.

I never gave up. We got a blood report back, after having her on Hepatox for 10 days. She is now at .8 and 0.1 to 1.2 is a normal range. Normal ranges for hematocrits are 34 to 44. My Mom's are now 42. They have absolutely no concerns right now, as far as her liver function.

Since I got her out of the hospital in mid-October, we tried for 2 months to get her numbers down. But I think it took Hepatox to get those numbers in normal ranges. She was on a Liver Cleanse before, but it was just that extra little push of what Hepatox did for her. We're ecstatic! Thank you Alexandria! Hepatox sure saved my Mother's life! - Jen L.