



TRUessence

# LIVER CARE PROGRAM

RESHAPE YOUR  
HEALTH FOR  
PENNIES A DAY!

Liver Health Information  
Recipes  
Success Stories

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# TRUE ESSENCE LIVER CARE

## RESHAPE YOUR HEALTH FOR PENNIES A DAY!

**S**upporting your liver might 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 kind of poison—its role is to convert 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 which 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, overindulgence 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 as a result of our body's normal function and metabolism.

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

With the prevalence of synthetic "Frankenfoods," nutrient-deficient and depleted foods, and environmental pollution of our air and water, **our liver is working harder than ever to detoxify our body** and regulate healthy metabolic activity.

### LIVER TOXICITY

Symptoms of an **undernourished and toxic, overloaded liver** might include the following:

- **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**

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

a healthy liver:  
the secret to  
weight loss



One of the best-kept secrets to 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."

## BASIC DAILY LIVER CARE

We suggest using the **Basic Daily Liver Care** as a daily health practice, (kind of like brushing our teeth) each day for three weeks of each month. For the fourth week of each month we use the **Rebuild and Renew Liver Care** protocol. Then we return to the **Basic Daily Liver Care**, rotating the usage of oils as desired.

### BASIC DAILY LIVER CARE

- 1 Tablespoon or more of freshly-squeezed lemon juice (organic preferred)
- 1 drop of Peppermint Oil (TRUessence EO brand only, suitable for internal use)
- 1 drop of Lemon Oil (TRUessence EO brand only, suitable for internal use)



Mix lemon juice with Lemon Oil and Peppermint Oil. Drink.

After 20 minutes drink 2 – 4 cups Filtered water.

Best if taken in the morning on an empty stomach, prior to eating.

### VARIATIONS OF THE BASIC DAILY LIVER CARE

To the juice of a freshly squeezed lemon, add

- 1 drop Lemon Oil
- 1 drop Peppermint Oil
- 1 drop Rosemary Verbenone and/or 1 drop Carrot Seed Oil



Swish to mix, drink. After 20 minutes drink 2 – 4 cups Filtered water.

*Pure essential oils are like whole foods ...  
our body's innate wisdom knows how to metabolize them for nourishment and healing.*

*NOTE: It's best not to use plastic cups or containers with essential oils.*

### 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
- Alkalizes blood pH to a healthy level
- Contains iron, essential for building red corpuscles
- Cleanses blood plasma
- Aids thyroid for deeper breathing
- Helps dissolve and eliminate mucoid plaque from the digestive system

### TRUessence Lemon Oil

- Organic oil from Italy, considered one of the world's best regions for sourcing Lemon Oil
- Encourages bile secretion
- Possesses antibacterial qualities of benefit to the liver
- Aids liver function and helps decongest a toxic liver
- Boosts metabolism
- Alleviates conditions often associated with an overworked liver such as nausea, headache, 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
- Stimulates the lymphatic system

### TRUessence Peppermint Oil

- Clears drugs from liver
- Possesses stimulating properties which boost efficacy of other essential oils
- Helpful with allergies and hay fever
- Detoxifying; activates lymph flow and drainage
- Assists in overcoming digestive upset, flatulence, nausea and vomiting



**TRUessence Carrot Seed Oil**

- Extracted from the wild carrot plant we know as “Queen Anne’s Lace,” rather than the garden-variety carrot plant
- One of the very best liver tonics
- Helps regenerate liver cells following hepatitis or other liver disease
- Has a restorative effect on the liver, gallbladder and kidneys
- Benefits anemia by increasing the hemoglobin in the blood
- Currently being researched as a support for breast and skin cancer
- As easily assimilated through the skin as it is internally

**TRUessence Rosemary ct. verbenone Oil**

- Facilitates intestinal peristalsis and balance of intestinal flora
- Reduces platelet aggregation,
- Enhances efficient detoxification and hepatic function
- Improves gall bladder function – improving bile secretion
- Has a powerful effect in balancing digestive complaints brought about by diet and medications.

**HEPATOX: SYNERGY IN ACTION**

Formulated to address the **detoxification, rebuilding, and renewing of the hepatic system**, TRUessence **Hepatox** blend combines the liver-cleansing benefits of *Lemon* and *Peppermint* essential oils with the tonifying and restorative actions of *Carrot Seed* and *Rosehip Seed* oils. Together, these four essential oils create a powerful, life-enhancing synergy which encourages optimum liver function.

**Hepatox** is generally designed to be used everyday for one week each month. Your own individual health needs will help you determine whether you want to use it daily, weekly, monthly, or as needed to support the rebuilding and regeneration of your hepatic system.

Other occasions where **Hepatox** might be of benefit include:

- Following a round of antibiotics, chemotherapy, or exposure to/ingestion of chemical stressors
- After a hepatitis outbreak; use the **Basic Daily Detox** during the outbreak and the **Rebuild and Renew Detox** afterward

**REBUILD AND RENEW LIVER CARE**

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** for the remainder of each month.

Choose one of the following applications of Hepatox that speaks to you. Please note that, while rebuilding and renewing your liver, it is advised that you discontinue the **Basic Daily Detox**. 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; add 1-2 drops of Hepatox then fill the capsule to the top with olive oil.
2. Hepatox can also be rubbed on the liver reflexology area of the right foot. Use only one or two drops and work it in.
3. Hepatox can be rubbed directly over the liver; use 1-2 drops.
4. Add 1-2 drops of Hepatox to the juice of 1/2 to 1 entire organic lemon.

*Remember, less is more when using TRUessence Essential Oils.*

**LIVER-CLEANSING FOODS**

In addition to your daily routine of the TRUessence **Basic Daily Liver Care**, drinking lots of pure clean water and eating liver-loving foods on a daily basis are also important steps to take. Each of these foods help support metabolism and reduce buildup of toxins. Consider planning one week per month to focus on liver-loving food choices.

Some particularly great liver-loving foods are:

- |  |                    |                  |
|--|--------------------|------------------|
| • Fresh cage-free organic eggs               | • Artichoke        | • Grapefruit     |
| • Fresh leafy green vegetables.              | • Asparagus        | • Lemons & Limes |
| • Cruciferous vegetables such as broccoli,   | • Beets            | • Onion          |
| brussels sprouts, cabbage, cauliflower, kale | • Dandelion Greens | • Ginger root    |

## LIVER-LOVING LEMONADE FOR ONE!

*NOTE FROM LORENE: Since I don't drink sodas, if I get a 'hankering' for a flavored drink, this is what I'll whip up in a hurry.*

- 1 – 2 Organic Lemons Juiced.  
Varies depending on juiciness
- 1 drop TRUessence Lemon Oil
- 10-12 drops Rainmaker HYDRessence
- 1 – 2 Tablespoons Pure Organic Grade B Maple Syrup or pure Agave
- 8 – 16 oz of water, depending on your pucker-preference!



Mix, adjust to your flavor preferences. Add ice if desired, enjoy!

*FOR VARIETY:*

*Add 1 drop Peppermint for fresh minty drink!*

*Add 1 drop Lavender for lavender lemondade*

*Add a drop or two of your favorite Dragon HYDRessence*

Try this for your entire family! They ALL deserve the benefits!

## I LOVE MY LIVER GREEN SMOOTHIE

*NOTE FROM LORENE: This is one of my favorite Green Smoothie recipes. It's not only great for liver care, its great for reducing your overall food cravings, re-setting your taste buds, and getting more veggies into your body! If you are new to green smoothies, you may want to add some fresh fruit to sweeten it up. Personally, I use very little fruit and mostly greens, lemon, and essential oils.*

INTO VITAMIX OR BLENDER:

- 1 whole organic lemon, ends cut off, chopped in quadrants  
the entire lemon is great, but cut it up to make it easier to blend
- 1 or 2 whole apples, washed & quartered I use different varieties  
of apple each day, Fuji, Green, etc
- 1 – 2 drops Lemon Oil, Grapefruit Oil, or your preferred 'flavor'
- 5 drops Green Dragon HYDRessence
- 5 drops Rainmaker HYDRessence
- ½ - 1 'thumb' sized piece of Ginger
- 2 squirts PURE liquid minerals

Cover with enough distilled or purified water, to barely cover lemons and apples. Blend gently. Stop blender. Add selected greens, mixing a different variety each day, Fill the blender bowl to desired level of greens.

Some suggested types of greens are:

- A handful of Dandelion greens  
(go easy with these, they're a little bitter. An acquired taste)
- Kale (any of the assorted varieties, or mix them up)
- Spinach (purchase organic pre-washed at Costco)
- A handful of Basil
- A handful of Cilantro
- A handful of Parsley

After filling blender bowl with desired level of greens, add enough distilled or purified water to cover the greens. Cover tightly. Blend on high till completely and thoroughly liquefied. If desired, add a few cubes of ice to chill.

Serve in a beautiful glass. Save the remaining smoothie in a mason jar, store it in the fridge to drink throughout the day.

Try to drink a blender full of green smoothie for 3 days in a row. We guarantee that you'll LOVE how you're feeling and the changes you experience in your body in such a short time!



# LIVER CARE SUCCESS STORIES

From Michelle Day;

- I have suggested people start with the “Liver Cleanse” for various reasons, and they will usually come back to me and say... Should I feel so good??
- I had a lady start the liver cleanse and Frequensea before her Stomach Cancer surgery...When the Dr. came out after surgery he said not only could we not find the cancer....but WOW did she have a pristine liver!
- My husband use to have gout flare-ups at least 2-3 times per year...since starting the liver care protocol he has not had a flare up in over 3 years!!

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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 thus far their hay fever symptoms have not shown up (it is the end of April). My youngest daughter is eight and has no problem taking the Liver Cleanse. – *Dee K.*

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When I started the Liver Cleanse, my tests indicated a VERY TOXIC liver. Another test after only two months on the cleanse showed that my liver had improved over 700%, according to the health care professional I’m working with. I feel absolutely GREAT !! – *Julie Ann*

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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*

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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 (which I am just used to dealing with) is greatly diminished and, often, gone.

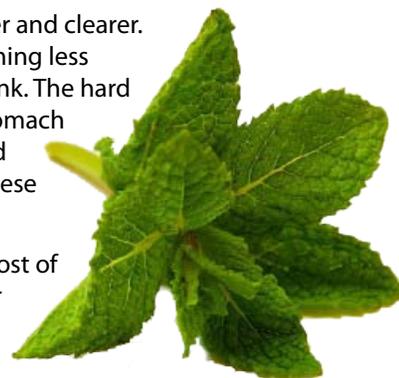
As an added bonus my skin tone is better, my hormones have become more balanced and my pH levels are alkaline. I have seen many health improvements in my family and others with the Liver Cleanse. I highly recommend it. – *Carol*

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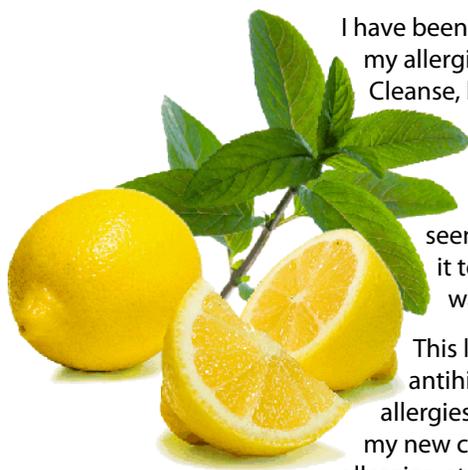
My body has experienced a challenged liver for quite some time. The liver cleanse has proved to me to be the heart of my healing journey.

The first thing I noticed when I 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 on the right side of my abdomen 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 6<sup>th</sup> day. I have been doing the Liver Cleanse for over one year and the results are amazing. I keep my cabinet well-stocked with oils and lemons! I do the LC whenever my body needs it; morning, noon, or night. – *Kathleen*



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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 three times a day in the peak of hay fever season. I did not use any prescription nasal sprays during that time, and just the occasional 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 or lemons, of course.

This little cleanse, which is so simple to do, has saved me hundreds of dollars per month in antihistamines and nasal sprays. Of course, I take FrequenSea too, and I know that it helped my allergies, but not completely. The two worked beautifully together. I now suggest to many of my new clients that they try the Liver Cleanse too. Especially if they have specific challenges such as 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 oil with lemon juice in water each morning). She went back to the doctor 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 p.m. I would get extremely sleepy, 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 morning 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 that he would pacify me if he got to have straight lemonade!

After a few weeks on 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 a while ... 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 whereas 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. After around \$1000 in extensive therapy including feeding tube, IV fluids, antibiotics, tooth surgery, hospitalization (they wouldn't let him go home with the tube in) etc., the vet told my daughter that 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. *continued...*

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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 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 up the tube.

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 the FrequenSea.

After the feeding tube came out we tried to continue with the oils, but he had so much strength back and was resisting being force-fed, so we had to discontinue them. However, they did the trick.

All of 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, and 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.

The tooth infection also cleared up during usage of the oils; he had been on antibiotics, 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*

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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 an 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 drugstore 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*

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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*

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I have had such a positive experience with the Liver Cleanse.

My whole life I have suffered with allergies, and in the last four years I have developed asthma, acid reflux and narrowing of the esophagus. I have had only one week since February 2007 that I have had allergies, and that was because I forgot to take lemons on a camping trip. *continued . . .*



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Prior to starting the Liver Cleanse, there were no prescription drugs that would help my allergies ... I had burned my system out on all of them, I guess. I am a hairdresser 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!!!! I also used an inhaler twice a day, everyday, never missing a treatment, and I was always scared I would have an attack while I was sleeping. Finally, I could hardly eat a meal without vomiting because of the acid reflux and narrowing of my esophagus.

I started the Liver Cleanse in February 2007 after visiting my family in Arizona. 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!

I have only used my inhaler in extreme situations maybe six times since I began the Liver Cleanse (I manage most attacks with Eucalyptus, Cypress, and Peppermint). My acid reflux is gone ... I no longer have issues with that and, in turn, my narrowing esophagus has fewer spasms and mealtime is not as irritating as it used to be (I also use Marjoram three times a day to help with the narrowing esophagus).

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 how I never took a drive without some right there with me, and how unenjoyable it was for those I was traveling with. I say, "Go Liver Cleanse ... Just 4 The Health Of It!!!" – *Paige A.*



*Emmy, Paige A's daughter*

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 that we could try "this" and hope that it works. We were introduced to the Liver Cleanse and began to take it faithfully. 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, and 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, and using the Peppermint oil on his feet."

My affirmation is, "When it's easy for me, it's right for me," and when I first heard about the Liver Cleanse it sounded easy and simple.

I'm going to backtrack 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 was so refreshing and the peppermint certainly had my nose's attention.

About six 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 on to this simple, yet powerful, cleanse. Thanks to nature and all the rest of the team, I LOVE the oils ... and I find lots of opportunities to use most of them. – *Anon.*

I have used the Basic Detox Liver Cleanse for the last two 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 my nightly acid reflux symptoms have completely disappeared, and the "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!) – *Leann J.*

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My mother was in the ICU for six weeks with liver shutdown, and we could not get a diagnosis on her. She had a drain outside of her body with a bag hooked up to it, and we couldn't get it to drain for over three 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 the bottoms of her feet as soon as the nurses left the room. I put them on the soles of her feet right where the liver pressure point is, and within six 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 while in the hospital were very high at 3.4. The high/normal range of bilirubin 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 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 into a tailspin right before Christmas.

In mid-January we decided to start Mom on Hepatox. Now, because her liver does not function properly, she absorbs the oils differently. I haven't been able to apply them topically like you normally would because she gets a burning sensation 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. 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, as 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 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 two 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! – Jan L.

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We use the peppermint oil as part of a Liver Cleanse everyday. My husband has allergies and he says it helps open up the nasal passages.  
– Jenny

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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 really began getting results within a few days of starting on the Liver Cleanse. We highly recommend the combination of FrequenSea and the Liver Cleanse. – Phyllis



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## NOT ALL ESSENTIAL OILS ARE CREATED EQUAL

There is a distinct difference in quality of essential oils in the market. With TRUessence Essential Oils, you have the benefit of pure, unadulterated essential oils. Pristine quality in every drop!

### Unique Qualities of TRUessence Essential Oils

- Oils from organically grown and wild crafted plants.  
No pesticides or chemicals have been used in the cultivation of ANY crops.
- Premium –grade, 100% pure essential oils.  
No additives, extenders or compromises.
- All extraction is done in a manner as to preserve the pristine nature of the organic/wildcrafted plant material.
- NO GMO plants used for distillation or extraction.
- NO irradiation.
- NO sewage sludge used in any plants or plant materials from which TRUessence oils have been sourced
- NO animal testing, NO animal derivatives.
- NO cross-contamination from allergens; peanuts, milk, tree nuts, wheat, soy, fish, egg or shellfish.
- Authentic, therapeutic-grade oils. Independently tested and documented for purity and authenticity.
- Lot numbers and batch numbers on each bottle document and assure authenticity.
- Cruelty-free oils. No animal testing or animal products used.  
Formulations by Alexandria Brighton, an expert in essential oils from seed to bottle.  
Unavailable in stores (except in some quality locally owned stores in some regions).



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## WHY USE ESSENTIAL OILS?

Essential oils are the living essences of plant material—herbs, spices, seeds, rind, bark, leaves, twigs, and flowers. True essential oils—those derived from natural sources—have been scientifically proven to be anti-infectious, antibacterial, antiviral, antiseptic, antifungal, antiparasitic, and truly life enhancing in every way!

Essential oils are also historically proven, having been used for thousands of years as beauty treatments, in meditation and worship, for treating all manner of illness, to cleanse and disinfect, and in general, to improve the lives of people around the globe. Just as importantly, when used properly, they do not have the toxic side-effects and dangers found with over-the-counter medications and prescription pharmaceuticals.

When you hold a bottle of TRUessence Essential Oil, you are holding the essence of Mother Nature in your hand. The infinite power of the plant kingdom is in that little bottle—and it brings with it an endless array of health benefits, natural goodness, and amazing aromas!

## WHY THERAPEUTIC GRADE?

Organic or wildcrafted therapeutic-grade essential oils contain nothing artificial, nor have they been grown or extracted with artificial and harmful fertilizers or solvents. They contain no nut oils, extenders, or synthetic additives which diminish or counteract their therapeutic action. They are carefully selected with the utmost importance given to botanical species, country of origin, growing conditions, harvesting and extraction method, and even which part of the plant is used. Each of these factors greatly impact the quality and therapeutic properties of the essential oil.

Therapeutic essential oils can be used in so many preventative and pleasurable ways:

- Supercharge your immune system and fight illness and disease
- Provide your body with the raw materials and energies needed to assist repair and healing
- Indulge in a relaxing massage or unwind with a hot, soothing bath
- Relieve a headache or ease aches and pains
- Lift your spirits, calm overly-rambunctious kids, or set a romantic mood
- Quiet your mind or energize your day
- Chase away mice and the things that “bug” you
- Disinfect your environment and protect your family
- Add flavor to your food and purify your drinking water

## WHY TRUessence?

With a commitment to essential oils that is “true,” TRUessence, a division of *ForeverGreen International*, set out to work with the very best. Forging a partnership with essential oils expert and master aromatherapist Alexandria Brighton, TRUessence brings to the world only the most pristine organic and/or wildcrafted pure, therapeutic-grade essential oils. Hence, TRUessence!

While there is no standardized rating scale for assuring quality, you can recognize the pure, pristine nature of TRUessence essential oils by their unadulterated aromas, the clear energies of each bottle, and the guarantee of quality on file for each and every batch. They also carry with them the assurance of Alexandria Brighton—whose 25+ years of master blending and global aromatherapy work stands behind the efficacy and quality of each and every bottle!

TRUessence essential oils are stringently sourced from providers who meet Alexandria’s strict standards of quality control—from seed to bottle. A representative sample of each lot is meticulously tested to verify its natural chemical composition and purity. The lot is rejected if test results do not fall within a very specific acceptable range. The country of origin and specific botanical species of each oil must also be known for proper evaluation, as differences in plant varieties, geographical location, and even weather conditions all impact the composition of, and constituents in, the oil. TRUessence defines each different type or species of essential oil with their own unique item and lot numbers, with the rigorous testing ensuring that they are 100% pure and natural—and that their quality can be counted on to be consistent with every bottle.

The ability to trace the origin of the oils is of utmost importance to TRUessence and *ForeverGreen*. Recognizing that essential oils are used in a multitude of ways—from cosmetics to aromatherapy to food products and nutrition, it is imperative that only the most pristine therapeutic-grade oils be sourced for TRUessence. The food industry’s GMP (Good Manufacturing Practice) Guidelines mandate lot traceability, and these guidelines are an integralmyriad the company’s quality control system.

Nowhere will higher standards be found than with TRUessence essential oils. When we state that TRUessence essential oils are 100% pure, you can be assured that they are 100% pure ... not 51%, not 75%, not 99% pure. **100% pure!**

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