

# FAQ Section:

Here are some of the most asked questions about the challenge

## **Q-Can men do this challenge?**

A- YES!

## **Q- Is there a kid version of this challenge?**

A- You can do this on your children. Not all kids like the dry skin brushing, so I have them jump on the trampoline which helps the lymph move as well.

## **Q-I can not take Multigreens due to GF issues. Is there an alternative?**

A- If you can not take Multigreens you need Master Formula and/or Ningxia red. (Actually we all need these all the time-they are amazing supplements-but especially when detoxing).

Regarding Multigreens containing gluten: YL multigreens contains Barley grass. Barley Grass is naturally gluten free. HOWEVER, YL can't ensure that no amount of barley grain has gotten into it because they do not test for gluten. If you are highly sensitive to gluten then consider that. If you just avoid gluten this product will be fine for you. That being said many with celiac have taken multigreens occasionally with no gluten issues.

## **Q-I can't use Cel-lite due to gluten intolerance, What do I do?**

Cel-lite: many many people with celiac still use this but you know your body and what is right for you. If you don't feel comfortable using it then you can buy the oils listed in it and create your own with whatever carrier oil you chose. You will need 2 bottles of cypress to do this.

Here is a video on how to make your own Cel-lite:

<https://m.youtube.com/watch?v=XWbRJCQMbno&feature=youtu.be>



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**Q-I can not take Multigreens because I am allergic to bee's and it has bee pollen.**

A-A beekeepers response, Bee Pollen and Bee Venom are not the same. Bee pollen is simply the packed pollen from flowers that the bee collects in their bags. Might even be helpful with the allergy...kind of like I tap our birch trees and drink the birch water to ease birch allergies. A homeopathic-type response. If you are not comfortable then please use the alternative suggested product.

**Q-Will this be enough for two people?**

A- Yes enough for 2 people, but you will want product to maintain. I do all these things weekly to keep on top of my lymph.

**Q-Is the bundle already on the website to order?**

A-No, you will need to search for the items separately. You can create a wishlist to easily share with your friends.

**Q- I do not have a bath tub, how can I do the detox baths?**

A- You can use a bucket or some other container and do a foot soak. Just use the minimum recipe in the instruction guide. Please note, that a full bath is more effective so you may need to increase the amount of soaks you do to every other day.

**Q- Which dry brushes should I use?**

A- I like having long and short handles, but you really only have to have 1.

Dry Brushing Body Brush

<https://amzn.to/3RLkdb6>

Dry Brushing Body Brush Set- (Long Handel)

<https://amzn.to/3B1J17Z>



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## **Q- Can I invite friends to this challenge who are not a member?**

A-YES! Please don't mass invite to the group. You are welcome to ask people if they want to join and if they have or purchase the products share the group with them to join! Please find the graphic with the password.

## **Q-Can any other massage or carrier oil be used or does it have to be cel-lite?**

A- Cel-lite is best unless you have an aversion to it, then make one as close as you can to it, see above for a video how too.

## **Q- How often can we do this challenge? Monthly? Quarterly? Annually?**

A- As much as you want. I do it a few times a year and then do all of these things weekly to maintain.

## **Q- How long (hours) should we limit sun exposure with the CitrusFresh?**

A- 12 hours at least-you just don't want direct sun exposure on those locations it has been applied.

## **Q- Is Multigreens safe for diabetics?**

A-We do not make medical recommendations, but do not see any reason it would not be, consult your health practitioner if you are concerned.

## **Q- Is a lymphatic cleanse safe for someone with..... (insert illness or medical issue)**

A- If you have ever been told to avoid lymphatic massages you should not do this challenge. For all other conditions, we can't make medical recommendations, you will have to research and decide for yourself. This challenge is just getting the lymph system to move in the way that it should be moving but isn't. The products used are chosen to help support your body in the process.



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## **Q- Is this safe to do while pregnant or nursing?**

A- I want you to research the products and where they come from and make a decision with what you are comfortable doing. I would personally feel fine, but you need to make that decision for you.

## **Q- I had a mastectomy and they removed quite a few lymph nodes. Are there any special instructions if lymph nodes have been removed?**

A- If you were told NOT to do massages you should not do the dry skin brushing, but applying the oils will still be helpful. If nodes have been removed all the more reason to help it and out and love on your lymph!

## **Q- Can we continue to take all of our supplements during this challenge?**

A- Yes! Don't stop anything!

## **Q-Do I have to do this in the morning?**

A-Anytime of the day is fine! Brushing your skin while it is dry allows you to exfoliate and increase blood circulation without robbing it of moisture the way the hot water in your shower can-this is why we do it before a shower, but that shower can be anytime of the day.

## **Q- Do I need to use a carrier oil with Citrus Fresh?**

You can use it neat or if you feel any burning sensation you can add a carrier oil to help. If you use when your body is hot, it is more likely to sting.



# FAQ Section cont'd:

## **Q- Can I substitute or leave out (insert product)?**

**A-** Something worth doing is worth doing right. We have worked on this detox for years and believe these products-as listed-are the best and produce the best results. Unless you have an actual issue with something in a product we do not recommend changing anything.

With that being said, doing something is always better than doing nothing so we have created an alternative product guide that is posted in the group. We have no specific recommendations outside of those.

## **Q-What kind of diet should I eat during this detox?**

**A-** We do not recommend a specific diet, but eating clean and avoiding alcohol and sugar always helps your body detox what is already in it, not what you are adding to it, during a detox. It is best to focus on good nutritious foods, and make sure you are getting enough minerals.

## **Q My bottle of multigreens does not have the same dosage you recommend?**

**A-**Multi greens product is the same in all countries. Different areas have different labeling instructions. We are recommending the dosage on the American bottle.