



Fit For Life Newsletter

Liver Cleanse

*2 grapefruits *4 lemons*1-2 c pure water*2 Tbsp cold pressed flax oil (Omega Blue)*1 tsp acidophilus (life 5)*1-2 garlic cloves*2 in. fresh root ginger * Directions *Squeeze the juice of grapefruit & lemon into a blender* using a garlic press, squeeze the juice of garlic & ginger into the blender *add water, acidophilus & oil. Blend 30 sec. Can add garlic to taste. Serves 2. Contains the most potent liver cleansing ingredients, gives your liver a gentle flush and the opportunity to heal itself.

Health tip of the Month

Cleaning the **liver bile ducts** is one of the most powerful things you can do to improve your body's health. Cleaning the liver of stones dramatically improves digestion, the cornerstone of health. Every organ receives nutrients from the liver. **The body will only work well when the liver works well!** A primary reason of liver dysfunction is a build up of stones in the gallbladder, and in the 50,000 gall ducts. These stones consist almost entirely of cholesterol, which the liver has filtered out of the blood and put on hold in the gallbladder, awaiting the proper dump time when food is introduced into the stomach. This cholesterol is formed into small waxy balls by the liver, to be dumped into the small intestine along with bile. If they stay in the gallbladder too long they form into stones. Long before gall stones cause pain, they have diminished the flow of bile from liver to gallbladder and gallbladder to duodenum. Perhaps, worst of all, gallstones stop the liver from filtering excess cholesterol from the blood. This combined with poor eating habits fills the colon with trash it can't eliminate. The intestine can bulge, holding bowel wastes in huge pockets for years. The daily food passes by these pockets of poison, poorly digested because of the liver, with the unsuspecting person believing they are functioning perfectly because what they ate yesterday came out today. These horrible bulged portions of the colon seep toxic waste from the compacted fecal matter blended with current fresh nutrients.

If one goes without food for more than ½ a day, the **toxic fecal waste becomes the only nutrient source and sickness results.** A healthy colon weighs on average 5-6 lbs, at death in Amer-

ica's normal has become 35 lbs. **Could this be a cause of increased colon cancer?** When the colon and the gallbladder have been bulged out of shape for years, one must keep the bulges empty long enough for them to regain normal shape.

You can help the colon, gallbladder and liver by doing a liver flush every 2 weeks until no stones are released.

It is part of the liver's job to produce bile: 1-1 ½ quarts a day! The liver is full of tubes (biliary ducting) to deliver the bile to the common bile duct. The gallbladder is attached to the common bile duct, acting as a storage reservoir.

For many people including children, the biliary ducts are choked with gallstones. Typically when the gallbladder is X-rayed, nothing is seen because the stones are too small or not calcified. At the very center of each stone is a clump of bacteria, suggesting a dead bit of parasite may have started the stone forming. As the stones grow and become more numerous the back pressure on the liver causes it to make less bile; causing much less cholesterol to leave the body and cholesterol levels to rise. Gallstones, being porous pick up all the bacteria, viruses and parasites that are passing thru the liver. In this way 'nests' of bacteria are formed, forever supplying the body with fresh bacteria. To Permanently heal stomach infection, ulcers or intestinal bloating. one must remove the gallstones from the gallbladder and the liver. **For specific flushing/cleansing routines/recipes, please email me.**

Consider the connection with stones and emotions. Feelings Buried Alive/Heal your Body/Releasing Emotional Patterns.

Feature Oil ~ Ledum



This wonderfully fragrant oil is highly effective for liver health. Credit is given Ledum essential oil for a huge variety of conditions, from cancer to allergies.

Upcoming Events

C.A.R.E. Bend OR, Feb 2-4, 2012
C.A.R.E. Crofton BC Feb 9-11, 2012
AromaShapes Crofton BC March 16-17, 2012
Check the Young Living web Renew you Tour
Young Living Convention June 26-30, 2012

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