

CLEANSE + DETOXYFY:

April



Spring brings new growth and regeneration, which makes it a great time to refresh our systems. This month we welcome in the month with simple and gentle ways to detoxify our body.





UNDERSTANDING OUR NATURAL *detoxification system*

While there are many uncontrollable factors in your overall health, through good lifestyle habits and proactive health care you can have significant influence over your physical well-being. Proper nutrition, exercise, rest, and stress management are fairly self-explanatory, but much less concern is generally shown for practices that assist in minimizing toxic load.

To understand the importance of minimizing toxic load, we must first define some foundational terms and discuss how our natural detoxification systems work. A “toxin” is any substance that causes excess stress to the body. “Toxic load” refers to the volume of these substances that have been accumulated in the body at any given time and the overall burden it places on the body systems and vital organs. Toxins come from countless sources, many of which we are not even aware of.

Your body has a number of different passageways through which it is directly exposed to toxins and several different mechanisms that it uses to deal with this exposure.

The three most vulnerable pathways are the lungs, the digestive tract, and the skin. We are directly exposed to toxins through the food we eat, the air we breathe, and anything that contacts our skin. Our bodies have their own natural defense mechanisms to protect these pathways. While we have little control over the quality of the air we breathe outside or chemicals we may be unknowingly exposed to, there are measures we can take to minimize exposure and support the natural mechanisms that deal with the toxins.



UNDERSTANDING OUR *lymphatic system*

The lymphatic system is a network of tissues and organs that are part of the circulatory system and that help the body remove toxins, waste and other unwanted materials. The system's primary role is to transport lymph, a fluid with white blood cells that fight infection throughout the body. The lymphatic system and the immune system work together to remove and destroy waste, debris, dead blood cells, pathogens, toxins, and cancer cells.

A lymphatic system that does not function well can manifest in health reactions such as:

- Headaches
- Brain fog / trouble concentrating
- Fatigue and lack of energy
- Cold limbs
- Bloating / constipation / diarrhea
- Swollen lymph nodes or tonsils
- Mucous
- Sluggish bowel function
- Inability to lose weight
- Soreness or stiffness
- Itchy skin or dry skin
- Acne
- Eczema
- Skin rashes
- Sore/swollen breasts
- Trouble sleeping
- Frequent mood swings
- Anxiety



WAYS TO CLEANSE THE *lymphatic system*

1. **Hydrate:** Dehydration is a common cause of lymph congestion. Lymph becomes thicker and less mobile when you are dehydrated, but flows well when hydrated. Add 1 drop of citrus essential oil to a full glass of pure filtered water.
2. **Deep Breathing** - breathing for even just 5-10 repetitions (or up to 10 minutes a day) will oxygenate the blood, circulate the lymph especially around the liver, and provide many other benefits. If possible, do this exercise outdoors in fresh air.
3. **Exercise** - regular exercise is one of the easiest ways to promote a healthy lymphatic system. It stimulates blood circulation and helps to transport oxygen to the tissues and cells in the body.
4. **Stress Management** - managing stress are necessary to maintain a well functioning lymphatic system.
5. **Sauna** - (if you have access) can promote detoxification, better circulation and skin purification thereby supporting a better lymphatic system.
6. **Dry Skin Brushing:** Promotes lymphatic drainage of toxic waste. Start a habit of dry skin brushing a few minutes before your shower or bathe using a natural bristle brush and 1 drop of your favourite essential oil.



7. **Massage** - the use of strokes and pressure to muscles, tissues and organs during massage help stimulate the circulatory system and expel toxins to the circulatory system for elimination.
8. **Hydrotherapy** - refers to the use of water (hot tubs, cold showers, ice packs, hot springs, water massage, etc.). It promotes detoxification and circulation.
9. **Hot/Cold Showers** - Lymphatic vessels contract when exposed to cold, and dilate in response to heat. A hot and cold shower uses the properties of water temperature and pressure to move stagnant lymphatic fluid, increase circulation, boost immune function and metabolism.
10. **Trampoline/Rebounder** - one of the most efficient ways to reduce lymphatic congestion, stimulate lymph flow, and exercise every cell in the body. Gentle up and down bouncing turbo charges lymph function.
11. **Stretch/Yoga** - Stretching and yoga poses are especially effective for moving lymph.
12. **Whole Foods** - Consuming processed foods, junk food, fast foods, sugary drinks, unhealthy fats, refined flour and sugar can cause inflammation and create lymphatic system congestion. Eat more fruits and vegetables, especially green vegetables.
13. **Detox baths** - Epsom salts have been known to stimulate lymph circulation in the body due to their high levels of Magnesium.
14. **Essential Oils** - may help stimulate our white blood cells to clean up microbes and toxins in the body. This makes the job of the lymphatic system easier as it helps eliminate excess waste.



DETOXIFYING + CLEANSING

essential oils

Regular aromatherapy treatments in conjunction with exercise and a healthy diet can assist the body's natural eliminatory response by stimulating the liver, lungs and lymphatic system, kidneys, bowels, and sweat glands.

As always there are many different essential oils that can be used. Those with depurative (blood-cleansing), diuretic (increases the production and secretion of urine) and stimulant properties are the most helpful.

There are several essential oils that possess both depurative and diuretic properties which makes them particularly useful for supporting the body's natural detox process.

These include **Fennel, Grapefruit, Juniper berry** and **Lemon**.

Other useful diuretic oils are **Cypress, Geranium, Tangerine, Patchouli** and **Rosemary**.

Spice oils such as **Black Pepper, Clove, Cardamon, Cinnamon** and **Ginger** can help to stimulate the circulation and flow of lymph. **Fennel** also helps stimulate the circulatory system.

Grapefruit and **Wild Orange** have a stimulant effect on both the digestive and lymphatic system.

Cypress and **Rosemary** are also hepatic, which means they help stimulate and aid liver function.

Geranium supports the body's natural ability to rid itself of unwanted substances.

Cilantro supports the body's natural process of eliminating toxins.

PRODUCTS TO SUPPORT *natural detoxification*



Zendocrin® Detoxification Caps

Zendocrin Detoxification Complex is a proprietary blend of whole-food extracts in a patented enzyme delivery system that supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.

- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.
- Supports normal self-detoxification functions of the cleansing organs.

Zendocrin® Softgels

- Supports the body's natural ability to rid itself of unwanted substances.
- Purifying and detoxifying to the body's systems.
- Supports healthy liver function.

Tangerine: extremely rich in limonene, known for its purifying benefits.

Rosemary: supports healthy liver function.

Geranium: supports the body's natural ability to rid itself of unwanted substances.

Juniper Berry: supports healthy kidney function.

Cilantro: supports the body's natural process of eliminating toxins.



OIL INFUSED RECIPES

for the kitchen



FEATURED RECIPES:



Pitaya Smoothie Bowl



Lemon Kale Chips



Ginger Lemonade

Pitaya

SMOOTHIE BOWL

INGREDIENTS

- ½ fresh mango, sliced into chunks
- 1 ½ fresh kiwis, sliced into chunks
- 1 packet frozen pitaya
- 2 cups frozen fruit
- 1 cup cashew milk
- 1–2 frozen banana(s), sliced
- 1-2 drops Grapefruit oil

FOR THE TOPPINGS

- Chia seeds, to taste
- Coconut flakes, to taste
- ½ fresh mango, diced
- ½ fresh kiwi, diced

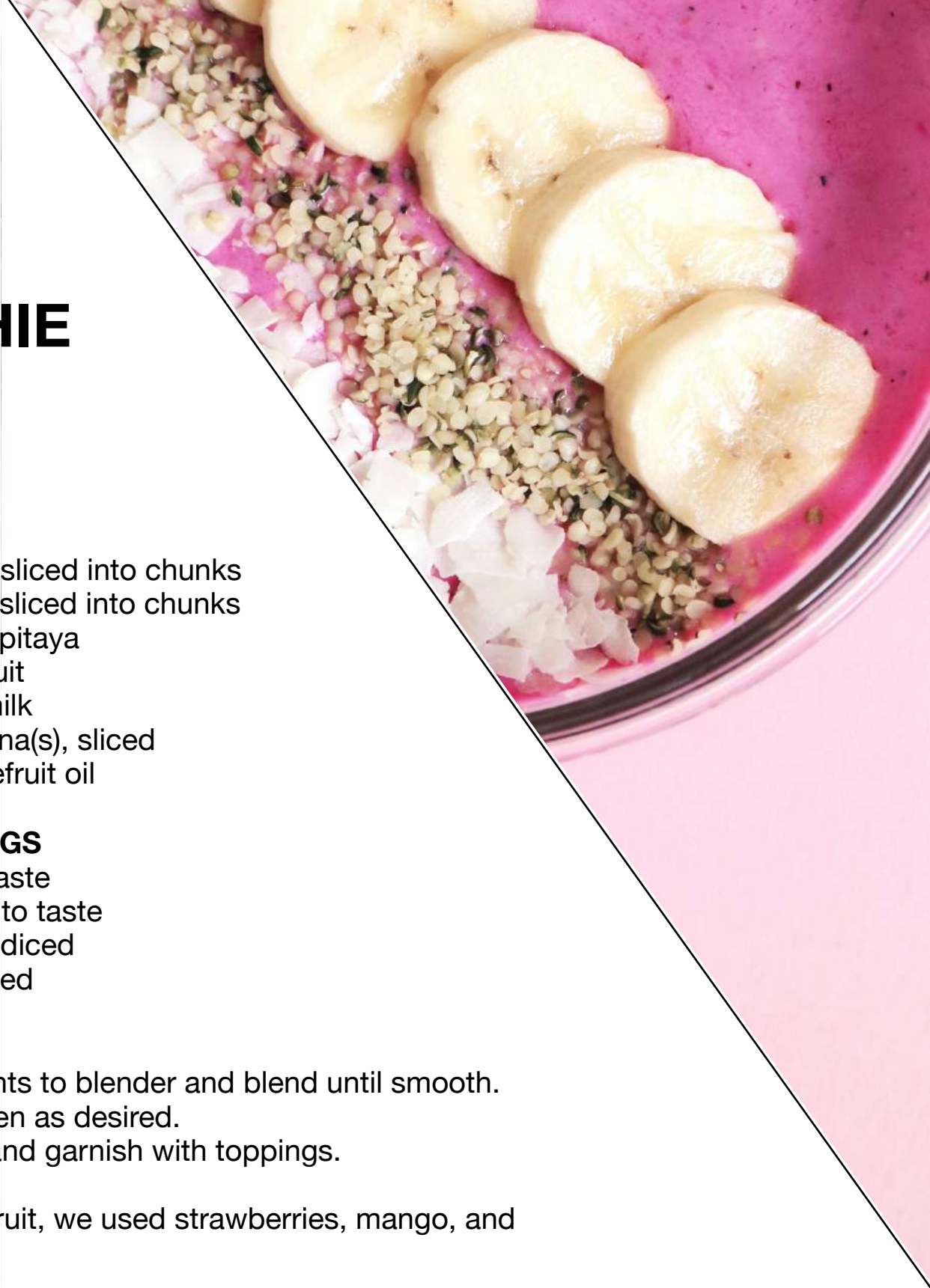
INSTRUCTIONS

- Add all ingredients to blender and blend until smooth.
- Add ice to thicken as desired.
- Pour into bowl and garnish with toppings.

- Tip: For frozen fruit, we used strawberries, mango, and pineapple.

RECIPE SOURCE:

- https://www.doterra.com/NZ/en_NZ/blog/recipe-pitaya-smoothie-bowl-with-grapefruit-essential-oil



Lemon

KALE CHIPS

Kale chips are a delicious, easy, and inexpensive way to get more greens into your diet. Try this recipe for original flavored kale chips or spice them up with other herbs and essential oils for more options.

INGREDIENTS

- 1 large bunch kale, washed + torn into pieces
- 2 tablespoons olive oil
- 2 drops Lemon oil
- Salt & pepper

INSTRUCTIONS:

- Preheat oven to 200° F.
- Wash and dry kale thoroughly.
- Combine olive oil and Lemon oil in large mixing bowl.
- Add kale and toss. Make sure kale is well coated with oils.
- Once coated, place on baking sheet in single layer.
- Sprinkle with salt and pepper.
- Bake on the centre rack for 45–50 minutes or until crispy.

- Tip: Keep an eye on the smaller pieces and take them out if they are done earlier; otherwise they will burn.

RECIPE SOURCE:

- <https://www.doterra.com/US/en/blog/recipe-kale-chips>



Ginger

LEMONADE

A twist on classic lemonade, Honey Ginger lemonade is the perfect refreshing drink to help lift your mood. The juiced ginger helps add a little spicy kick, while both lemon juice and Lemon oil keep the recipe light and cool. The addition of Lemon oil is important as it provides cleansing benefits for your organs. Raw honey has been used since ancient times for a variety of health purposes. In this recipe, the raw honey is a necessary addition—not only as a sweetener, but also as an antibacterial element.

INGREDIENTS

- 1–2 tablespoons ginger, juiced
- 3 lemons, juiced
- 2 drops Lemon oil
- 1 cup water
- ⅓ cup raw honey
- 1 cup ice

INSTRUCTIONS:

- Juice lemons and ginger. To juice ginger, add ginger pieces to a juicer or a blender. Blend or juice. Separate pulp from the juice with a cheesecloth.
- Combine all ingredients into a two-quart pitcher. Mix well.
- Chill in the fridge until ready to serve. Makes two quarts.

- Tip: You can substitute the juiced ginger for one to two drops Ginger essential oil, if desired.

RECIPE SOURCE:

- <https://www.doterra.com/US/en/blog/recipe-honey-ginger-lemonade>



do-it-yourself

RECIPES WITH ESSENTIAL OILS



FEATURED RECIPES:



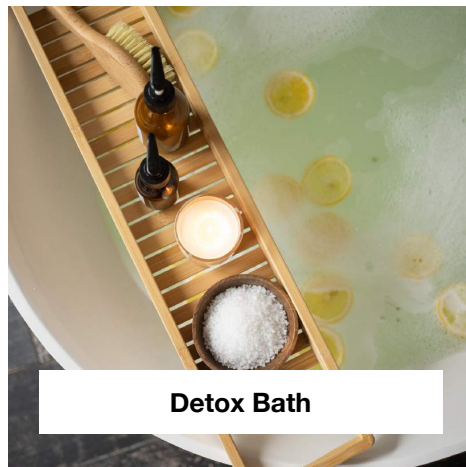
Detox Mask



Master Detox Blend



Love on your Liver



Detox Bath



clay facial mask

INGREDIENTS:

- 2 teaspoons bentonite clay
- 2 teaspoons apple cider vinegar
- 1 drop Frankincense
- 1 drop Lavender
- 1 drop Tea Tree

INSTRUCTIONS:

- Combine clay and vinegar in bowl and stir until well combined.
- Tip: For a thicker mask, add an additional half teaspoon of clay.
- Add essential oils.
- Apply to clean skin, avoiding the areas around eyes and mouth.
- Leave on skin for 5 minutes.
- Rinse with warm water and follow with regular facial routine.



master detox blend

IN A 30ML DROPPER BOTTLE ADD:

- 5 drops of Cilantro
- 7 drops of Cypress
- 7 drops of Copaiba
- 7 drops of Frankincense
- 5 drops of Geranium
- 7 drops of Lemongrass
- 7 drops of Rosemary
- Top with a carrier oil
- Apply to bottoms of the feet or along the spine.
- To enhance this blend apply before: a sauna, hot bath, foot bath, or fitness.
- When using this blend drink lots of clean filtered water.



love on your liver

The liver is the body's second-largest organ (skin is the first) and is essential in ridding your body of toxic substances.

IN A 30ML DROPPER BOTTLE ADD:

- 8 drops of Pink Pepper
- 8 drops of Geranium
- 8 drops of Ginger
- 8 drops of Grapefruit
- 8 drops of Rosemary
- Top with castor oil
- Apply onto and around your liver (under your rib cage on the right side of your abdomen).
- To enhance this application follow with a hot water bottle or lay on a heating pad.
- When using this blend drink lots of clean filtered water.



detoxification bath

HOW TO MAKE:

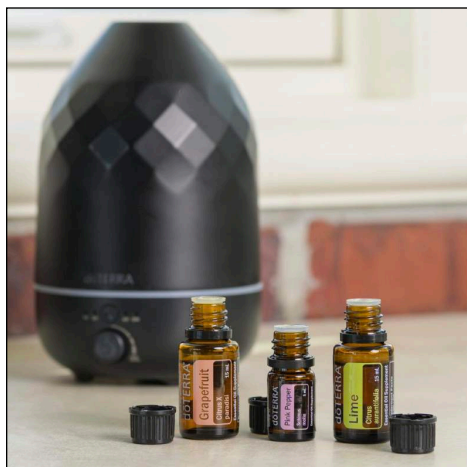
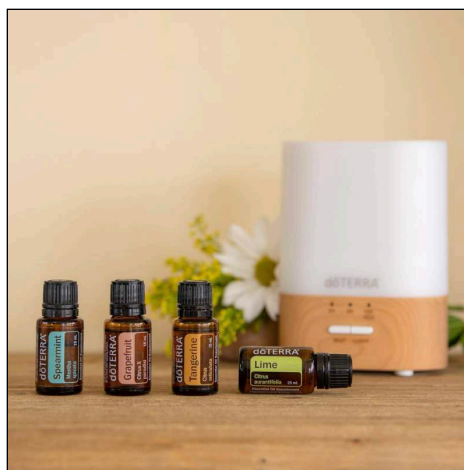
- 1 cup of Epsom salt
- 1/2 cup baking soda
- 2 drops of Zendocrine® Detoxification Blend
- 2 drops of DDR Prime® Cellular Blend
- Run the hottest bath you can handle.
- Add all ingredients.
- Mix well.
- Soak for 15 minutes.
- Rinse the body clean.
- End your rinse with a 10sec-30sec cold shower.
- To increase detoxing, drink lemon water as often as you can while in the tub.

OIL RECIPES FOR YOUR

diffuser



FEATURED RECIPES:



Cleansing

In your favorite diffuser add:

- 2 drops of Spearmint
- 3 drops of Tangerine
- 2 drops of Lemongrass



Refreshing

In your favorite diffuser add:

- 2 drops of Spearmint
- 2 drops of Grapefruit
- 2 drops of Tangerine
- 2 drops of Lime





Revitalizing

In your favorite diffuser add:

- 2 drops of Grapefruit
- 2 drops of Pink Pepper
- 2 drops of Lime

Opening

In your favorite diffuser add:

- 2 drops of Lime
- 2 drops of Breathe® / EasyAir®/ Air®
- 2 drops of Wild Orange

