

# 5-day nutritive cleanse

young  LIVING  
ESSENTIAL OILS

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## A GENTLE, EFFECTIVE APPROACH TO CLEANSING

Many health experts recommend cleansing as a normal, preventive practice, yet a majority of people only cleanse after they are sick or diseased. Young Living's 5-Day Nutritive Cleanse™ eases the process with a simple, energizing program that helps you say goodbye to the obstacles and excuses that prevent you from cleansing. A minimum of four, short, easy cleanses a year with Young Living's 5-Day Nutritive Cleanse and continued nutritional maintenance will help balance the extremes of the modern diet.

## THE DANGERS OF THE MODERN DIET

Modern diets have degenerated into high calories, low-to-no nutrients, very little fiber, and dangerously high levels of sweeteners. These quickly digested "foods" flood the bloodstream, causing insulin levels to soar.

High levels of insulin are associated with increased inflammation. Recent research indicates that inflammation is at the root of all chronic diseases.<sup>1</sup> Excess blood sugar and insulin surges eventually lead to chronic problems like diabetes and cardiovascular damage. In addition, high blood sugar and insulin often play a pivotal role in the following problems: hypertension and kidney damage, weak and brittle vessels and veins, and a number of serious chronic illnesses such as diabetes, cancer, and Alzheimer's disease.<sup>2</sup>

One noticeable symptom of excessive insulin and high blood sugar is abdominal obesity.<sup>3</sup> About two-thirds of American adults are overweight. One third are clinically obese.<sup>4</sup> This condition also increases your risk for heart disease, cholesterol imbalance, cancer, female infertility, and gallstones.<sup>5</sup>

Excess insulin and high blood sugar creates a vicious cycle. You crave simple carbohydrates because they enter the blood quickly. Then, a surplus of insulin is produced which causes more hunger. In response to hunger, you eat more. Overeating causes more body fat to accumulate and it activates more insulin. This merry-go-round of insulin spikes leaves you tired, hungry, and unfocused.

## RESTORE BALANCE WITH BALANCE COMPLETE™



Young Living's Balance Complete is an energizing, superfood shake high in a Young Living proprietary fiber blend called V-Fiber™. Research from the Life Extension Foundation shows that fiber blends produce more viscosity (thickness and absorption) and are more effective than one type of fiber alone. Young Living's cutting-edge blend of soluble and insoluble fiber (11 grams per serving) is ideal for cleansing, weight-loss, and everyday health maintenance.\*

Ingredients found in this effective fiber blend have been shown to help maintain normal blood sugar levels.\* As the fiber mixes with water, it swells in the intestines, providing bulk that absorbs and removes toxins and excess fat from the digestive tract.\* While some cleanses negatively affect intestinal flora, the V-Fiber mix contains a prebiotic fiber that nurtures beneficial microflora like Lactobacillus and Bifido bacteria while decreasing pathogenic bacteria.<sup>6</sup>\*

It should be noted that a sudden increase in fiber may initially cause a minor amount of gas and bloating for some people. This is partially due to the fact that the average American diet lacks fiber. The American Food and Nutrition Board recommends a daily minimum of 38 grams for men and 25 grams for women.<sup>7</sup> Typical Americans eat only half that amount. An improved enzyme pack in Balance Complete aids digestibility and minimizes bloating. If you experience gas or bloating, reduce the amount of Balance Complete and increase the dosage of Young Living's progressive essential oil blend Digest + Cleanse.

#### DIGEST + CLEANSE



Digest + Cleanse is a totally unique product. It supplies therapeutic-grade peppermint, caraway, lemon, and other essential oils directly to the intestine with Precision Delivery softgel capsules.

Research shows that enteric-coated peppermint is effective for gastrointestinal upset.<sup>8</sup> A blend of peppermint and caraway oil, taken three times daily, is shown to reduce gas and soothe the intestinal tract.<sup>9</sup>

Lemon oil, another key ingredient in Digest + Cleanse, has an equally long history. Jean Valnet, famous medical doctor and practitioner of aromatherapy, says lemon oil stimulates gastrohepatic and pancreatic secretions.<sup>10</sup>

Other supportive oils in Digest + Cleanse—ginger, fennel, and anise—have a long tradition of cleansing and improving digestive function. They are reported to soothe the bowel, improve elimination, and activate various digestive organs.\*

Take one capsule 30-60 minutes before each Balance Complete shake to greatly increase the effectiveness and comfort of the 5-Day Nutritive Cleanse.



### NINGXIA RED®

NingXia Red's reputation as a powerful, natural antioxidant and nutrient-dense infusion is unmatched. NingXia Red provides dynamic and sustainable energy, making it ideal for maintaining energy while cleansing.

There are two distinct phases in the cleansing process. In phase one, toxins are broken down and made water soluble. Phase two removes these toxins from the body. NingXia Red provides essential nutrients that enhance both phases of detoxification.\*

NingXia Red is loaded with nutrients that nourish and support pancreatic and liver function.\* Like Balance Complete, NingXia Red contains constituents that may help maintain normal blood sugar levels.\* It is high in vitamins, minerals, amino acids, flavonoids, carotenoids, cerebrosides, pyrrolles, and zeaxanthin. Easy to digest, delicious to the taste, and with a glycemic index of only eleven, NingXia Red is an ideal part of any cleansing program.

### YOUNG LIVING'S 5-DAY NUTRITIVE CLEANSE PROGRAM

To get the greatest cleansing benefit, delete the snacks from your program.

If you have a high metabolism or if you experience excessive hunger, add the suggested snacks.

**SEE CHART ON REVERSE SIDE >**

### DAILY BUILDING + CLEANSING MAINTENANCE WITH CORE ESSENTIALS COMPLETE

Using Young Living's 5-Day Nutritive Cleanse, you will experience gentle and effective cleansing to improve overall well-being. After the initial cleanse, make Core Essentials Complete part of your permanent daily nutritional regimen.

This means you should

- + Drink 1-3 ounces of NingXia Red daily.
- + Take Core Supplements:
  - a.m. packet: Longevity (1), True Source (1) and Omega Blue (1)
  - noon packet: True Source (1) and Omega Blue (2)
  - p.m. packet: True Source (1) and Life 5 (1)
- + Replace your least nutritious meal with Balance Complete.  
(For better weight management, replace two meals.)

**NOTE** This is just a starting place. More intense and targeted nutrients may be required for your particular situation.

#### NOTES

1. Ann Underwood, "Quieting A Body's Defenses," *News Week*. Summer 2005. 26-28.
2. "Novel Fiber Limits," *Life Extension*. Collector's Edition, 2005. 86,87.
3. Ibid.
4. Alan R. Gaby MD, *The Natural Pharmacy*. New York: Three Rivers Press, 2006.
5. Ibid. 446,447.
6. "FiberAid," DKSH. Switzerland Ltd. [www3.dksh.com/.../dksh/central/resource.ns?imgref/4\\_A3713434BD7170648256F55002E6111/FILE/FiberAid.pdf](http://www3.dksh.com/.../dksh/central/resource.ns?imgref/4_A3713434BD7170648256F55002E6111/).
7. "Benefiber," [www.benefiber.com](http://www.benefiber.com).
8. Gaby, *The Natural Pharmacy*, 281.
9. Ibid.
10. John Valnet MD, *The Practice of Aromatherapy*. Rochester, VT: Healing Arts Press, 1982. 150-155.

## 5-DAY NUTRITIVE CLEANSE

	<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>
1	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red	1 apple or 1 orange 8-12 oz. water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red
<b>DAY ONE</b> You may experience mild discomfort, headaches, or a craving for certain foods. Balance Complete will help so, take one Digest + Cleanse with each shake. If desired, add one Essentialzyme™.			
2	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red	1 pear or 1 plum 2 Tbsp. raw sunflower seeds or almonds 8-12 oz. water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red
<b>DAY TWO</b> Your experience on day two depends on the level of body toxicity. High toxicity = more cleansing symptoms causes discomfort, add Essentialzyme to your program.			
3	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red	½ cantaloupe 1 c. peppermint tea 8-12 oz. water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red
<b>DAY THREE</b> Toxic symptoms subside. You begin to feel more energetic, and your body is adjusting to the extra fiber.			
4	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red	1 apple or 1 pear 8-12 oz. water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red
<b>DAY FOUR</b> Your body feels the cleansing benefits. Your energy level is increasing. Your food cravings are gone. You feel great!			
5	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red	1 pear or 1 plum 2 Tbsp. raw sunflower seeds or almonds 8-12 oz. water	1 Digest + Cleanse 1 Balance Complete shake as directed 8-12 oz. extra water 2 oz. NingXia Red
<b>DAY FIVE</b> Your food cravings are gone; you are ready to continue putting good food into your cleansed body. You feel great!			

SNACK	DINNER	SNACK
1 c. raw broccoli or other non-starchy vegetables  herbal tea of choice (no caffeine)	1 Digest + Cleanse  1 Balance Complete shake as directed  8-12 oz. extra water  2 oz. NingXia Red	$\frac{1}{2}$ c. fresh or frozen blueberries

lp alleviate hunger. Give it a few minutes to get into the system. Because of the extra fiber, you may have minor gas. If

raw celery 1 Tbsp. almond butter  1 c. herbal tea sweetened with Stevia Extract	1 Digest + Cleanse  1 Balance Complete shake as directed  8-12 oz. extra water  2 oz. NingXia Red	$\frac{1}{2}$ c. blueberries or 1 peach  8-12 oz. water
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ms listed in day one; mild toxicity = symptoms subside, and you begin to feel an increase in energy. If gas or bloating

plain rice cracker with raw nut butter	1 Digest + Cleanse  1 Balance Complete shake as directed  8-12 oz. extra water  2 oz. NingXia Red	1 apple or $\frac{1}{2}$ c. of blueberries of choice  8-12 oz. water
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and water. You may still have food cravings, but they are much milder.

chamomile tea  2 Tbsp. raw almonds	1 Digest + Cleanse  1 Balance Complete shake as directed  8-12 oz. extra water  2 oz. NingXia Red	1 medium bunch red, purple, or black seedless grapes
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realize the negative effect that poor food choices have on your health. Your body is adjusted to the fiber.

1 c. raw sauerkraut or other active, friendly bacteria, such as kefir or unsweetened yogurt	1 Digest + Cleanse  1 Balance Complete shake as directed  8-12 oz. extra water  2 oz. NingXia Red	1 c. miso soup or vegetable broth
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great and look forward to your next cleanse. You are going to start Young Living's Core Essentials primary nutrition