

Thanks. Well, we are all here again. My name's Dr. **Mary Starr** and I'm going to move on just a little bit to our main topic tonight.

If you are on the call tonight because someone invited you, maybe you're an established trainer and leader in Young Living, like \_\_\_\_\_, or maybe you're just somewhere in the middle, where you've been using Young Living products for some time and you just really want to hone your game. At the beginning of the new year, you want to make a difference in your health.

Tonight, we're going to talk about cleansing. And if you're listening to this call live or you're listening to this recording, you want to make sure that you do have a pen and paper. I want to remind you that this information is not to diagnose and prescribe. If you feel that you have a serious medical condition, seek competent health care with someone who is knowledgeable about what you want to use, including natural health, et cetera, okay. So again, we're not here to diagnose and prescribe.

I'm going to share some great stories tonight. So the first thing that we're going to talk about is just this topic of cleansing and particularly tonight we're going to focus in on colon cleansing and a particular unit that Young Living has that sometimes gets overlooked but it's one of my favorite and my colleague, Dr. **LeAnne Deardeuff's** favorite \_\_\_\_ of cleansing the colon.

So I'm going to begin. So on your pen and paper here, a lot of people the first question they have is they get a little confused about all the different cleansing products that Young Living has and what is the difference between the Cleansing Trio and the Five-Day Cleanse, and we'll talk about that, briefly.

We're going to talk about some of the hub of health and why cleansing a colon is so important. We're going to give you a systematic regimen that you can use tonight to start right away feeling better, having more energy, addressing some of your health issues, actually. And finally, we'll summarize all of this and see where you belong.

So let's start with that first question, again. What's the difference between the Cleansing Trio and the Five-Day Cleanse? I don't know if you any our colleagues have done a training on that yet, but we'll make sure that we get recorded, so that you have access to that, too. But the Five-Day Cleanse, which is on sale for the month of January 2010, it's over 20 percent off. It's a wonderful, wonderful way. I call it how to jumpstart. That's what LeAnne says. Oh, it truly, truly cleanse.

But I feel it is a jumpstart to cleansing. And the reason that I feel that is if you use the products in the way it's intended to be used for five days, then what you're doing is you are jumpstarting.

So let's talk about the three products that are in the Five-Day Nutritive Cleanse. One, you have Balance Complete. Two, you have Ningxia Red. And, three, you have Digest + cleanse. I'll say that one more time. So the products in the Five-Day Nutritive

Cleanse, 20 percent off the month of January 2010, is Balance Complete, Ningxia Red and Digest + cleanse. And briefly, I'll cover each one of those items, for those of you who are brand new.

Now why is it jumpstart? So it does really three things. It jumpstarts your weight loss. Two, it helps you break maybe some of those sugar addictions that some of us got over the holiday season, okay, cookies, soda, a little bit too much drinking, whatever it is. If you're having a hard time letting go of those now, Five-Day Cleanse is a great way to kind of break some of those addictions. And the third thing that the Five-Day Cleanse does is it really super saturates the body with nutrition and fiber, okay, nutrients and fiber. So it does those three things in five days. It jumpstarts off, also break addictions and really super saturates. And you know I'm going to add a three and a half or a four in there. It helps our body to rest, okay. It really helps our body to rest, and it's a perfect way to start any weight management program. I really, really do like this.

Starting with the Balance Complete, the Balance Complete is a meal replacement. Many people, if you're just using Balance Complete on a maintenance program, will use Balance Complete to substitute one meal a day. Sometimes they might even use it as a snack. If you're a person who has to eat more often, they might even do that as well. But Balance Complete is used as a meal replacement. It tastes wonderful. It's very good, very high in fiber and an excellent product, has digestive enzymes and just really helps the body to feel like it, for me, personally, it feels like it's getting not only the nutrition but I feel like I'm having something to eat. Because, for me, I make it with ice and water and it tastes, literally, like a milkshake, okay, a vanilla cream milkshake. It's very, very good.

I highly recommend, when you're doing the Five-Day Cleanse, you not do it with any other milk, almond milk, anything like that, just do it with water. You don't need the extra calories. You don't need anything else. Just doing the Five-Day Cleanse with water or water and ice, make it a few different ways, even just with that and even adding oil. Some people add more orange oil or lemon oil.

I know I'm talking fast. I do apologize. I know that some of you are like, "Dr. Mary, please slow down." But my goal tonight is really not to focus on the Five-Day Cleanse. We can have that as a separate class. But knowing that Balance Complete is truly the nutrition, meal replacement and the fiber. Ningxia Red, you know, we all know Ningxia Red is very good. Maybe if you're brand new, you've just heard of it or you were thinking about it. Well, let me tell you that Ningxia Red is the reason that I no longer wear glasses, that's how powerful the nutrition and the antioxidants are in that product. And we could go on and on and on about testimonies of Ningxia Red.

But Ningxia Red on its own, many of you take one ounce, two ounces, maybe three ounces a day. But when you take those six ounces of Ningxia Red every day, it is amazing, an absolutely amazing to how beneficial it is to the body. It just super saturates the nutrition. So just imagine one week of taking six ounces of Ningxia Red today, you know. And, in fact, I'm doing this class, I'm walking over and I'm getting a packet of

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Ningxia Red right now, because it's late at night and my body's saying, "You know what, you didn't have enough Ningxia Red."

Now, Dr. LeAnne Deardeuff \_\_\_\_\_ she actually recommends that all of us should be doing six ounces of Ningxia Red a day. You know, I'm right there with her, but I understand that all of our budgets are different. But if you have serious health issues, if you are a person who really wants to change that, then I do recommend that you start taking six ounces of Ningxia Red a day.

Okay, I'm going to put the phone down for a second and drink my Ningxia Red and everybody go grab a glass of water quickly and get your Ningxia Red as well. Of course, the best way to take Ningxia Red is diluted in water. It's very alkalized into the body as well.

And finally, the Digest + cleanse, the purpose of Digest + cleanse is exactly what you hear. And I hear great testimonies about Digest + cleanse helping people who are constipated and have other issues. But I'm not going to focus in on that product tonight or the Five-Day Cleanse. We're going to move on to another thing.

So what does the Five-Day Cleanse do again? Those products, Balance Complete, Ningxia Red and Digest + cleanse, it helps jumpstart your weight loss program. Two, it helps to super saturate the body with nutrition, okay. Three, it helps to rest the body. Four, it helps to break addictions, okay. So that's going to be different than what we're going to talk about with the Cleansing Trio.

So the Cleansing Trio is the next set of products that I'd like to talk with you. And what it is, is really kind of it's a trio of healthful cleansing supplements. Cleansing your body systems and eliminating toxics and waste and it helps you to really find new energy and what we call rediscover your zest for life.

What's been happening over these past how many weeks, you know, several months of eating the holiday treats, going out, overindulging. Even if you're eating healthy food and you're overindulging, you're taxing the body.

So before I talk about the Cleansing Trio, I want to give you a couple tips, okay, tips of why the hub of health truly is in the colon and a couple books that you can find more information.

The first book, of course, is our colleague Dr. Leanne's book, called *Inner Transformations Using Essential Oils*. I highly recommend you get this book. If you are going to be one of those serious people about really getting the junk out and cleansing your body, you want Dr. Leanne's book, *Inner Transformations Using Essential Oils*, okay. And you can purchase that from – well, it's called \_\_\_\_\_ Wisdom now. I don't know if the phone number is the same, but you can purchase that from them.

The second book that is very helpful in just kind of seeing how important tissue cleansing

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is for bowel management, that's the name of the book, *Tissue Cleansing Through Bowel Management*, by Dr. Bernard Jensen, J-E-N-S-E-N, J-E-N-S-E-N, *Tissue Cleansing Through Bowel Management*, Dr. Bernard Jensen, J-E-N-S-E-N.

And I'll spell Dr. Leanne's last name, D-E-A-R-D-E-U-F-F. Again, that's D-E-A-R-D-E-U-F-F.

And the last book, which, hopefully, all of you have, is the *Essential Oils Desk Reference*, an excellent book. I know that the printing, it's hard to get right now but the *Essential Oils Desk Reference* is a great book and that information also may be in the *Referable Guide to Essential Oils* by the Harleys that you can purchase from Abundant Health, Abundant Health4U.com.

Okay, so this information is an introduction and these books are much more in depth, if you're a person who really likes to study, know what to do. But the top book I really recommend is *Inner Transformations Using Essential Oils*, because it goes step by step, organ system by organ system. But the cleansing system information we're going to talk about tonight is much more in depth in that book.

Okay, so why is the hub of health so important for health? Well, one thing that I'll give you a quick story while I pull something up here is about four years ago in practice I had a client who he came to me for some back issues and pain issues. And I was taking his health history and I found out that he had just these horrific, horrific almost like boils but they never truly came up to a head or anything and they were just all over like the hot areas under his underarms, below his hairline, in the groin area and was so painful. I mean, he could barely walk. He had been all over the world looking for solutions for this. And finally, what they ended up doing was grafting skin from his legs, like taking the skin out from under his arms and in the groin area and grafting it into – I mean, it was just a horrific thing.

Well, you know why he had this terrible condition? I'm sitting there taking his health history, and, remember, he's been all over the world. He's seen all these specialists. And I always ask how many bowel movements do you have a day, and the gentleman said to me, he said, "Well," he laughed. And I said, "Well, do you have, you know, every other day," and he laughed. "Every few days," and he laughed. Every 10 days, this man would go and have a bowel movement, yet he ate regular every day.

So let me explain that to you. Imagine you're home, you don't have air conditioning, it's 98.6 degrees, in your home, and you eat food and the leftovers, you have leftovers every day and for 10 days, basically, that food sits there. That's right. That food sits there rotting in your garbage can for 10 days. What do you think that's going to smell like? It's going to putrefy. It's going to toxify. It's going to be gross, absolutely gross. And that's what was happening in this gentleman. He was, basically, all that food, those toxins had to get out somehow. How did they get out? It was trying to get out through the skin.

To go further into that story, well, I ended up doing raindrop on him. There's very, very few people that – I always get smells sometimes out of people, but the oils are so strong your hands never smell like, you know, whether it's smoke or something like that, that comes out of a person's skin, when you do raindrop, raindrop type of essential oil technique that uses oils along the spine and the skin.

So I start dropping the first oil and the smell that comes of him is just, oh, it's so disgusting. Then I dropped, you know, the second oil. Well, then the stuff just starts coming out through his skin, the salt crystals and junk. And to this day, my hands have never really smelled, like they smell like oils after a client. They never have smelled like junk after a session like that. And it taught me a great lesson to put on gloves sometimes when your clients have those odors.

So anyway, his body was trying to release it. And although we did lose touch, I know that he proceeded to use some of the **ComforTone** and was making progress with it. So ComforTone, we're going to talk about that, as soon as we talk about normal bowel movements and how often they should occur.

Ideally, they should be two to three times a day. Gary says, Gary Young says if you go three trains in, three trains out. If you're eating three, you know, solid meals a day, you should be having three bowel movements a day. Your food transit time should be between 12 and 24 hours.

So what does that mean? That means if I was about to eat some corn or swallow some sesame seeds right now, I should see the bowel movement, they should see them in my bowel movement starting between 12 hours and ending before 24 hours. Now, if I see corn or seeds coming out before that, that's abnormal, or after that, that's abnormal, too. That's called constipation.

As food stays in the system, it putrefies. And the longer the food stays in the body, the longer the toxins can enter the bloodstream. Constipation can lead to autointoxication, a form of self-blood poisoning, which causes a wide range of disorders from headaches to autoimmune dysfunction. Additionally, slow transit time can lead to build of toxic material in the intestinal walls and this can lead to reduced nutrient and malabsorption.

And literally, that also, you know, nutrients are needed to create energy and vitality, so here's some things that can happen, when our body is constipated. It can lead, literally lead, to fatigue and depression, skin disorders, okay, things like eczema.

I was once working with a colleague who they brought in their daughter who had terrible – and she was, gosh, only two years old and she just had this terrible eczema over her skin. And the only problem was is that the pediatrician said it was okay that she only pooped every few days. Well, it's not okay. You know, you need to be passing the junk or it's going to have to come out somehow. Got her pooping and her skin cleared up, so important, important, important.

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Other things that you always want to look at the hub of health. Many autoimmune disorders, including things like Crohn's disease, diverticulosis, I believe chronic fatigue, fibromyalgia, rheumatoid arthritis. Now, this is \_\_\_\_\_ is not – you will read this in some research as well. But I have seen, every single person I've seen with rheumatoid always has some kind of colon issue. Again, the hub of health beginning in the colon. Does that say that's their only issue? Not necessarily. Well, we're not going to really talk about yeast. We had a class on that. But, you know, looking at the colon to begin with.

So autointoxication. So all those things I talked about very important, fatigue and depression. And what happens when you the colon becomes impacted, have you ever seen a gentleman or – I say gentleman, because this is common with gentleman, is that they have skinny legs, skinny arms and a big old belly, okay, big old belly. And what's happening there is that the colon is becoming impacted but also their liver is becoming congested. We're not going to talk about liver specifically tonight, but you cannot cleanse the liver without the colon being free. I'm sorry. I disagree with any practitioner who says you need to liver cleanse before the colon. I think that's stupid, because where will all those toxins flush into, the colon and you will be very sick and not comfortable at all.

The colon needs to be moving two to three times a day, nice bowel movements. What should a bowel movement look like? The size a banana, okay, at least, one nice, solid movement. You shouldn't even need toilet paper, to tell you the truth, or at least the size of the shoulder to the elbow, the shoulder to the elbow, nice bowel movement. You know, it's a big joke from us at Young Living who do cleansing or in my own family and stuff like that is that we celebrate good bowel movements. We really do. And having a good bowel movement.

If you're putting out sticks like I like to call them, they're just like little squiggly worms and stuff, that might be a sign that your colon is impacted. When I say impacted, I mean, the colon walls are congested, so you're not having good bowel movements, not good formation. If you're having things like rabbit poop, your body might be too dehydrated.

So really looking at the diet to start with, but the first place that we would start is, obviously, with water. Starting with water to hydrate the colon is very important, the actual colon. So what am I talking about? For those of you who know a little bit about anatomy, you have your large intestine, which is many times referred to the colon, and the small intestine. And the large intestine is where you have the reabsorption of water. The small intestine is more for digestion, for soaking up all the nutrients, the vitamins, the minerals, your B12 is in there. But if you were to unwind the whole small intestine and every little nook and cranny \_\_\_\_\_ nearly be longer than a football field, literally, inside of you, you know. And some of you might be bigger and smaller out there, but that's inside of you.

So once we can really get the large intestine clean, the small intestine will start to dump. And in Dr. Bernard Jensen's book, you'll see he talks about the kind of impaction that

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most of us have, that it's our goal to get it out. It's this long, tar-like, putrefied-smelling – yeah and I can't even explain it but it looks almost like a huge squiggly, snakey worm. I hate to use that word, especially if my mother-in-law is on the call. She hates snakes. But it's pretty gross, but if you get that book or you can look at it online, possibly, too.

But that's the goal of the Cleansing Trio is to really get that junk out. So not only, you know, the first goal is to get you having two to three bowel movements a day and then that gets our large intestine working and gets the peristalsis, that's what moves the food along, and then our next goal is really to get this yucky greenish black stuff out of the colon.

And for some of you, this will happen sooner than later. Some people it takes 90 days. Some people it takes a year and a half literally being on this type of colon cleanse. But luckily, I find it is an inexpensive way to just get healthy.

Okay, so where do we begin? We start with water. I'm sorry if I jumped a little bit there. We start with water. We need water. For the Cleansing trio, it's very important that we're drinking water, but we also need it for our colon's health. I'll tell you. If you just drink more water, you constipated friends out there, if you just drank more water, you would see results, so getting yourself on a consistent amount of water. You might be saying, "Well, Dr. Mary, you know, my rewards account," if you're ordering with Young Living and \_\_\_\_\_ rewards already went out, you know, I'll start next month. Well, a great place to start right now is to start getting enough water in.

And how much water do you need? Well, as I drink mine, a rule of thumb is half your body weight in ounces, half your body weight in ounces. And the class I did tonight was on this same topic and they said, they said to me, "Well, does tea count? Now, do fruit juices count?" Tea, green teas, caffeinated teas, see, everything caffeinated basically negates your water. So if you are a 180-pound person and you need to be getting, you know, 60 ounces of water in, then if you have a cup of coffee in the morning, you're negating one of the glasses of water that you're drinking, so now you're at zero.

If you're drinking sodas, even sodas that are caffeine-free, anything like that, again, it works to more or less dehydrate the body. Green teas or fruit juices that are high in sugars, see if they're natural, you know, fresh squeezed, things like that, that's all good. If you sweat, if you go to the gym and sweat, okay, you need to replenish that as well.

So water is a tricky thing, but you've got to develop a system of taking water and I am by no means a master at it. In the wintertime, I know it's very hard. But those of you who have those Ningxia Red bottles, excuse me, those glass bottles, a great thing for you to do, fill up two of those bottles a day. You know, that's 68 ounces that your body would be getting. And if you barely do one, starts with one, okay. Then maybe you don't weigh 180 pounds. Maybe you weigh less than that. But I doubt you weigh 68 pounds, so you definitely need more than one of those big liter bottles a day of the Ningxia Red glass bottles.

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And why do we like that? Because we also like to put oils in our water. Some of the oils that are great for cleansing are lemon in our water, some peppermint in our water. You can use a drop or two of those in the glass bottles only to help you drink more water throughout the day. And some people say, "Well, I like to use a straw or things like that." Remember, anything plastic you put with oils is not a good thing. You're actually putting more toxins in your body. You always want to be using glass, when you're drinking your water. I don't want to get into stainless steel, you know, because that's a whole other topic. We've got to keep moving here.

But drinking more water, that's a great place to start for your cleansing. And you really, for the Cleansing Trio to be effective, so water has to be consistent, daily. Can you fall off the wagon? Yes, that's fine. But get the water in. It's going to save you money, because you'll need less products, as well as it'll be so healthy for your body.

Another tip that is not in the Cleansing Trio, but I and Dr. LeAnne recommend is we recommend, as soon as you wake up in the morning, do half a squeezed lemon in water, half a squeezed lemon in water. And what that does is it really alkalizes the body and helps the colon to be more active.

So there's three options I'll give you. A half squeezed lemons up here where there's lots of snow and not a lot of lemons making it up our way. People complain they're so costly. You can do half a squeezed lemon, you can do one teaspoon of Bragg's apple cider vinegar, this is or, okay, in water, or you can do alkaline in water. So you have a choice. One of those three things: half a squeezed lemon right as soon as you wake up, one teaspoon Bragg's apple cider vinegar right as you wake up, one alkaline.

Now, if you're a person who does coffee first thing in the morning, you are really setting yourself up for trouble. And I'm not saying you can't do coffee for the rest of your life, but I'm just saying do this first thing in the morning, because you'll set your body up to go. And people say, "Oh, well, coffee helps me go to the bathroom." Well, these will as well. Literally, within 20 minutes of waking you should have your first bowel movement, okay, and this will help that move along.

The next tip that I'll share, just a quick product that a lot of people forget about is Di-Gize. Di-Gize is an oil. Many of us use it topically over the belly. And, when we get tummy aches, it works instantly. If you have nausea, instantly. Boat sickness, motion sickness, a great, great oil to use. It really works quite quickly. Vomiting, all of that, use it on the feet.

But \_\_\_ \_\_\_ in capsules taken internally what it does is it goes in and it starts to eat the bacteria. It helps with the peristalsis. It helps to get our digestion going. So again, you might say, "Dr. Mary, you know, I can't order these products, the Cleansing Trio, until next month." But look in your arsenal. Do you have some Di-Gize oil, or do you have what's in Di-Gize oil, like patchouli and ginger, things like that, can you start taking that right now and kind of jumpstarting to get ready for the Cleansing Trio?



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So love Di-Gize oil. Tell you a quick story about patchouli. This weekend, I had a client who had had a cyst removed on her back and the skin had healed over. She had used oils. It looks great, you know. But the doctor had gone in and said, "No, there's something still there." When I felt it, I felt, well, you know, this could be scar tissue or something. But it looked phenomenal. It didn't look like there was anything left. Well, something just kept saying use patchouli, use patchouli, so I used patchouli and purification. We know purification, right, pull things out. And I know Dr. LeAnne actually likes people to use purification by mouth. I don't know her regimen. You'll have to look at her books for that.

But purification, patchouli, all of a sudden I'm just, you know, finishing the raindrop, wiping and all of sudden this thing opens up and all this pus starts coming out of it. And what we thought was scar tissue or what he thought, you know, was something was still there, that the patchouli had gone in, started to eat it up and purification, you know, pulled it right out. And this was a closed, healed wound. So, you know, the oils have truly helped our body work to its highest potential, and that's just another great example. Although that's not a cleansing example, the cleansing is an example of how these oils work. So hopefully, those oils might be something that you have on hand, particularly Di-Gize, when we talk about digestion here.

And finally, let's get to our Cleansing Trio products. This'll be quite simple and easy. But first, starting with our ComforTone, okay. ComforTone is an all-natural herb-based colon cleanser that includes an advanced mix of essential oils. Now, they support – remember I was talking about peristalsis, how the food moves along, how basically the colon pushes things along, and that's called peristalsis. Some people have, basically, no peristalsis, because they've been so impacted. Their food has just sat there. They overate some many times that the colon just stopped working, you know, and just doesn't like to move.

ComforTone is designed specifically for cleansing the colon and counteracting bloating, \_\_\_ gas and indigestion. The waste gasses and fermenting byproducts of digestion in the colon may have a high concentration of toxicity. We talked about that. And that toxicity actually can leach into our body. When you have impactation and the colon walls are covered with this old junk, that old junk can build, you know, obviously, ferment, but it can poke holes, eventually start to poke holes, and lead to yeast buildup, parasites, all of that. And they poke holes in the colon wall.

Now, you've got a bigger issue, because every time you're eating, especially your favorite foods, say, for example, you love meat, corn, chips or something, that leaches into the blood system. Now the body builds antibodies and this is where we start to see skin issues, people who have, you know, different itching and puffiness. I have quite a few clients, when they eat something, they're eyes will get all puffy and they're very, very sensitive. It doesn't mean that, you know, life is going to be like that forever. But they have to go back to the hub of health, to the colon, and heal that colon.

Tonight, we're not going to talk about how to heal those holes, but tonight we're going to

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talk about just cleansing. And I will tell you one of the testimonies you'll hear about \_\_\_\_\_ really does help to build the good bacteria but start to heal some of that colon wall.

Okay, and, okay, I'll just give you another hint, too, glutamine, L-glutamine, very, very good for healing the colon wall holes, if you're someone who suffers. But you've got to cleanse first.

Okay, so ComforTone, ComforTone has chamomile, \_\_\_\_\_, fennel, burdock, garlic, Echinacea, ginger root, apple pectin, licorice, \_\_\_\_\_ and many essential oils. Now, many people like to analyze the book and, oh, I can't do this or that. But I will tell you ComforTone is very, very comfortable. It's not something that's going to have you rushing to the bathroom, you know, right away.

There's so many cleanses out there that have so – the way they're balanced, they have too much bentonite, they have, you know, too much of this or too much of that. ComforTone is very, very well balanced. It is a capsule. You will need to, when you take the capsules in your mouth, I'll give you a trick, is you want to get them wet in your mouth. Get the ComforTone wet in your mouth and then you drink your water and make sure you drink a full eight ounces of water to get them down.

Both my husband and I have made the mistake. You know, in the evening, right before bed, we just, you know, pop them in and don't get them wet and they get stuck and then you're feeling that wonderful ComforTone in your chest all night, and you don't want that.

So ComforTone really targets the colon, the large intestine, okay. And it is really the centerpiece of your colon cleansing program and any parasite control regimen, okay. I always make sure I'm taking ComforTone when I travel away. We'll talk about how you can use it as maintenance as well.

So you do you start ComforTone? I highly recommend, again, that you get Dr. Leanne's book. But I'll give you some pointers of starting ComforTone is that you're working your way up to two or three bowel movements a day. So ComforTone and your enzyme you start together, so the Cleansing Trio is ComforTone, Essentialzyme and ICP, three different products, ComforTone, Essentialzyme and ICP.

ComforTone you start right away and you take ComforTone, you start with one ComforTone right before breakfast and one ComforTone in the evening before bed. The next day, you move up to two and two, the next day three and three, the next day four and four until you're having two to three bowel movements a day. Now, for some people, that'll be, well, second day, great. It's doing what \_\_\_\_\_. For others of us, you know, it really takes 10, some people 20 and some people they've got to kind of blow the plug, like I like to talk about it. They literally have to blow the plug, get the stuff out of there.

But what helps the ComforTone work better is taking you Essentialzyme. Now,

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Essentialzyme, in my opinion, is one of the best enzymes. I have had clients who've been on so many other companies' enzymes and they love Essentialzyme. It's advanced multi-enzyme complex with digestive enzymes vital for promoting digestion, important in dissolving toxic waste and assist in the assimilation of nutrients. So Essentialzyme not only does it help you get the nutrition, because, remember, if you've got that impaction, we see this a lot in the geriatric population, you know, all those years they haven't cleansed, they have that impaction, they have that yucky black stuff I was telling you about, so that, when they're eating food, not only are their enzymes much, much lower than those of us under 30, not that I'm under 30. But if you're under 30, your enzymes are good until you get up to about 30 and then they start to go down. Actually, the new generation of children I know that's come up, they have even less enzymes, so enzymes, enzymes, enzymes important. You should be taking them regardless if you're cleansing or not, very, very important.

So, in the geriatric population, so you can be eating very, very healthy foods, but you're not getting the nutrition, because your body can't absorb that and that's what the Essentialzyme does, helps our body to absorb that nutrition. The pancreatic enzymes, it helps the pancreas not have to work so hard, very, very good, so that you don't have an overgrowth of yeast and fungus and parasites. Love Essentialzyme, highly recommend it, highly recommend everyone have that on their \_\_\_\_\_ rewards monthly. Again, it has \_\_\_\_\_ and the new formulation is just phenomenal as well, so capsules very, very effective.

Okay, so I'm bragging on Essentialzyme, but what Essentialzyme does is, when you take Essentialzyme before a meal, definitely 10, 30 minutes before a major meal that you're going to have, it's going to help you digest that food and also absorb the nutrition. But, when you use it in the Cleansing Trio, you're also going to use in between meals, and that's going to go and help to eliminate that toxic waste and help you dissolve some of that old stuff that's in there.

So this combination of ComforTone, so, again, on day one, you're starting with your ComforTone one and one. But during your meals you're also taking your Essentialzyme. And for some people and the new formulation, let's see here, on the bottle, it says take one capsule three times daily prior to or with meals. Use to improve digestion \_\_\_\_ meals used as an internal purifier and **tonifier** between meals. So that's the one we want. Use as internal purifier and tonifier between meals.

And not only do we want to take it with our food – oh, and here's the difference between Cleansing Trio and Five-Day Cleanse. With Cleansing Trio, I'm eating regularly. If you eat even better, if you choose to go on a yeast-free diet or, you know, eating your salads, that would be great. But Cleansing Trio can be done with your regular food that you would eat. Five-Day Cleanse, that's the only food you eat, okay, if that makes sense. So if you want just to save money and want to go quicker, eat better, okay.

So you have your Essentialzyme before a meal, okay, prior to your meal, and then you're going to also take an Essentialzyme in between meals, okay, in between meals. Now, if

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you're someone who has to eat six times a day, it's going to be challenging. You've got to, you know, just get yourself on a little bit of a regimen and see how you do. If you want take 6 or 12 Essentialzymes, see how it works for your body. Each of us is different, okay. Each of us is different.

But Essentialzyme and ComforTone, that combination, we want to work up to having 12 bowel – excuse me, two to three bowel movements a day, two or three bowel movements a day. When we've done that for approximately two weeks, having two to three bowel movements a day, and this is on your Cleansing Trio, when you've done that for two to three weeks, now we're going to add what's called the ICP, internal cleansing program, otherwise known as I see poop.

Well, in that combination, you have – it's a fiber beverage. And I'll give you my – so ComforTone's a capsule. Essentialzyme's a capsule. ICP is a fiber beverage. So how I use that, this is my trick. I don't know if my other colleagues would agree. I buy a big thing of apple juice, like organic apple juice. And, when I have to take my ICP, I just put a little bit of apple juice in \_\_\_ water and then my scoop of ICP. You do two teaspoons. It says it on the bottle. And I take it down and that really helps me to take it down. It's not that it tastes awful or anything like that, but it just is more pleasant.

So ICP is a fiber that contains an advanced mix of toxin-absorbing soluble and insoluble fiber, including **selenium**, for relief of occasional constipation. It also can be used with Flax seed, rich in health fortifying omega-3 fatty acids and a unique blend of therapeutic oils. It is a very good product.

And how you would use this product via maintenance is you would take this two to three times a week is what Gary Young recommends to help pull the acid out. If you've done a yeast diet or you have yeast issues, it just helps to kind of pull that out. Not one shot, it's not going to do it. But it just helps to really maintain.

So now, I'm going along and I've got all my things. I'm going along and I've got all my three products, the ICP after two to three weeks of having consistent bowel movements. Now that might take you months. It might take you two months to get to those two or three bowel movements a day. I got my Comfor Tone and I've got my Essentialzyme, and that, my friends, is the Cleansing Trio.

Now, my colleague Cory, you know, just a few months she started getting the black gook out. Another colleague, Cathy, it took her a little over a few months of doing the Cleansing Trio started to get the black stuff out in pieces. Then, even after she was done, her \_\_\_\_\_ kept to release of mucus and yeast that would come out. So it was very, very effective in also helping you to lose weight, because our colon carries anywhere from 5, 10, 15 pounds. You know, Elvis, he died with, what was it, 40, 60 pounds of impacted fecal matter.

If you've got a belly, I'll tell you, you most likely have junk, junk in your belly. So let's get it out. Let's make a choice to do the Cleansing Trio.

To wrap things up, again, we talked about the difference between the Five-Day Cleanse and the Cleansing Trio. Five-Day Cleanse is a great way to jumpstart. Hopefully, all of you have done that, because you'll get better results with your Cleansing Trio, actually, if you start with a Five-Day Cleanse. Some people start with the Cleansing Trio and then they get better results with their Five-Day Cleanse. So you can decide. But that's the difference.

Then we talked about some simple things you can do. Increasing your water, okay, and getting enough water every day will be key. We talked about the half a squeezed lemon, a teaspoon of Bragg's apple cider vinegar or alkaline in water, any of those three, as soon as you wake up in the morning. We talked about lemon and peppermint in your water. Then, finally, we talked about our Cleansing Trio, ComforTone, we talked about Essentialzyme and we talked about ICP.

And I know I have a couple quick testimonies to share with you. But to share with all my pregnant friends out there. I was taking a great class with Dr. LeAnne and the Cleansing Trio is very safe to do, when you're pregnant, after your first trimester, but also very important to do before you want to get pregnant. Dr. LeAnne has done an amazing pregnancy talk that you can look at her Web site. Of course, I don't have it here. But research her name and you should be able to find it.

Here is a testimony from Jill **Right**. "I used to have to use five capsules of ComforTone two times a day to get my colon moving. Now, with the new probiotic Life 5, I'm down to two capsules of ComforTone times a day, a couple times a week. My body must have been missing the good bacteria. My friends ask me why I don't drink Activia drinks, and I told them that I don't want the sugar and junk in my body. Plus, Life 5 is actually cheaper than Activia."

So we talked about there's something there's something extra you can do and that really is the Life 5.

Kathleen Gardner said, "I was able to cut my ComforTone dosage down considerably, when I started using enzyme. I had more energy, regular bowel movements and I felt great, so I thought but as soon as I started taking the \_\_\_\_\_ supplements that have the Life 5 in them, I didn't need ComforTone anymore. I guess I was getting all that good nutrition in every day and the probiotic made a world of difference. And the energy I now have is awesome. My husband says I have a whole new wife."

Okay, I'm going to wrap this up. You know, ComforTone, these are examples of people who had to use ComforTone as maintenance. But the Cleansing Trio truly can help you to jumpstart, get the junk out. You will see a world of difference in your health.

You have three choices right now. The first choice for people listening to this call, maybe you're brand new, maybe you, you know, just have a lot of questions, you're not sure, get with a person who invited you onto this call and get these books that we talked

about on the call. Start doing some of your own research. But I'll tell you, the best research is trying something yourself. Let your body tell you if it works.

Second type of person is saying, "You know what, I'm going to try that. I'm going to – you know, maybe I'm constipated. Maybe I'll try one or two things." Maybe that's what your budget allows you, at this time. Start with the Essentialzyme, start with the ComforTone and see how your body does, maybe just using it on a maintenance level.

And finally, the third type of person on the call is saying, "I am ready to cleanse. I am going to invest in the Cleansing Trio, and I know it may not just be a month before I get that yucky stuff out. It may be two months. It may be three months. But I am committed to do that." I highly recommend that you get Dr. Leanne's *Inner Transformations Using Essential Oils* book, if that is you, and get yourself on the right track.

My name is Dr. Mary Starr. I want to thank you of being on the call with us tonight and/or listening to this recording. And if you have any questions, again, go to the person who invited you on this call, go to your sponsor and coach, hopefully you have one. And I think that's it.

Next week, we will have more great training, so tune in and I will see you all later. Bye-bye now.

*[End of Audio]*